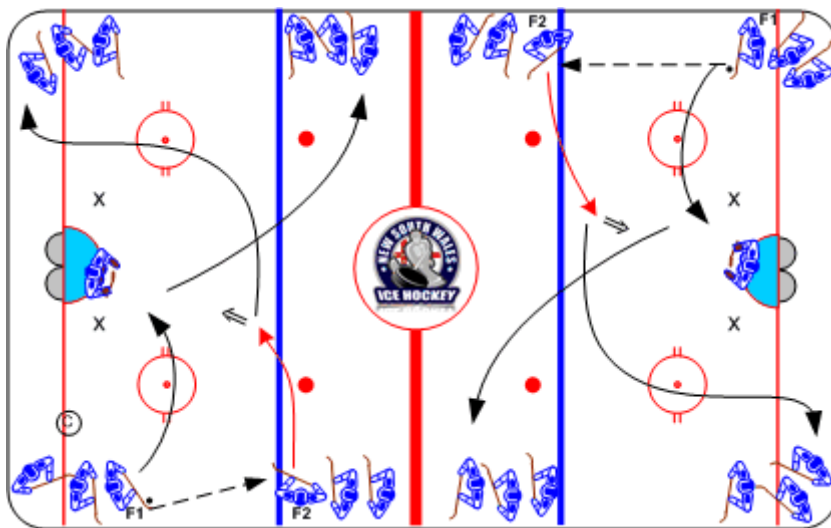




Goalie Drill - Telescoping

Duration: 6 mins

- F1 passes to F2
- F2 drags to the middle, taking slap shot on goal
- F1 moves to the net for a rebound. If the rebound is between the post and pylons, the play is dead
- After the play, F1 and F2 race to opposite lines, alternate sides



Coaching Tips

- Rebound control
- Positioning
- F1 timing for rebounds

Execution Tips

- F1 positioning for rebound
- Goalie must challenge the shooter