

SHORT STICK SAVES

OBJECTIVE

To improve goalies' positioning, footwork, stickwork, and focus on the ball.

SPACE/EQUIPMENT

- Goal
- Balls
- Short sticks

PLAYERS NEEDED

Only one goalie can participate in this drill at one time. Others can serve an important role backing up the cage.

DRILL-EXECUTION

One goalie steps into the goal and a coach starts approximately 8-10 yards above the goal with a pile of balls. Using a short stick instead of a goalie stick, the goalie saves each ball as the coach shoots 5-7 shots at each of the following spots: stick-side high, off-side high, stick-side hip, off-side hip, stick-side foot, off-side foot, "5-hole" (at his feet, between his legs), and bounce shots. After a goalie has gone through the entire progression, players rotate positions.

SKILLS PRACTICED

- Body and stick positioning in goal
- Proper footwork and save mechanics
- Focus on ball

VARIATIONS/PROGRESSION

To increase the challenge of the drill, coaches can increase the velocity of their shots or "mix it up" (i.e., not tell the goalie where the ball is going) once they have gone through the whole progression.

GOALIE INVOLVEMENT

Full

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