

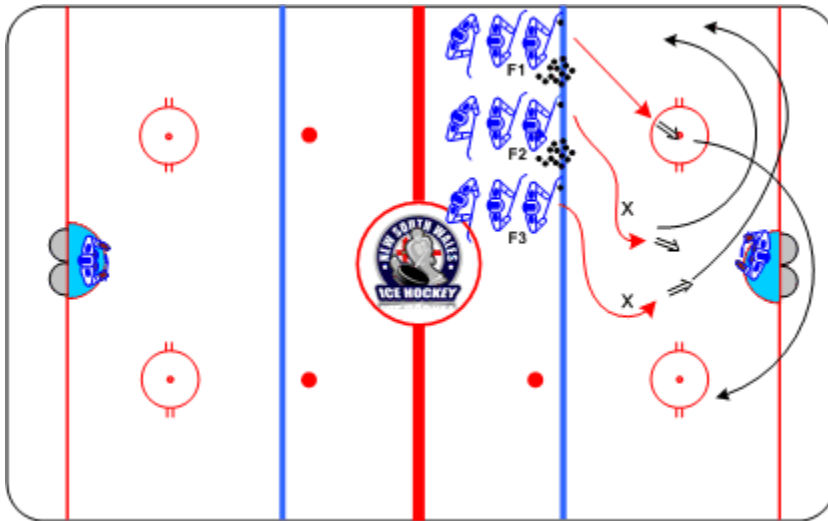


3 Stations — Station 2

Three Shot Goalie Drill

Duration: 5 mins

- **F1** strides forward for a slapshot, follows up to the post
- **F2** skates and takes a snap/wrist shot, follows up to the post
- **F3** skates across ice and comes to front of net for a shot



Coaching Tips

- Goalie to respond as if these are rebound shots
- Players play no rebounds

Execution Tips

- Goalie starts all three players with one nod of the head
- Shooters focus on movement to net after shots