



Cat #1:

Goalie

Title : 3 Shooter Rebound & Recovery

Cat #2:

Mechanical movements

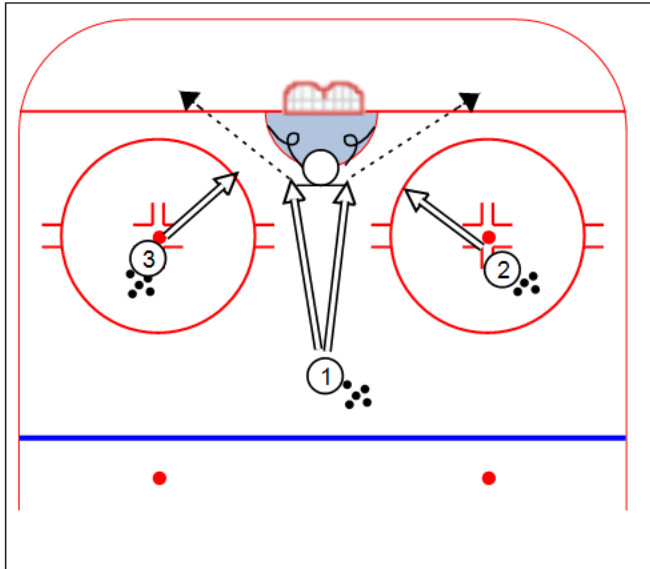
Level :

Description (notes)

1. Goalie in the net, three shooters set up as shown
2. Shooter 1 shoots low glove side. Goalie tries to kick rebound into the corner, then FOLLOWS his rebound and squares up to Shooter 2
3. Shooter 2 shoots anywhere. Goalie makes the save and stays square to the rebound, wherever it goes.
4. Goalie Squares back up to Shooter 1, and this time Shooter 1 shoots low stick side
5. Goalie tries to kick rebound into the other corner, then squares up to Shooter 3.
6. Shooter 3 shoots anywhere. Goalie makes the save, then squares up to the rebound.
7. Drill repeats, with Shooter 1 alternating which side he shoots to.

VARIATIONS:

1. Move the shooters closer or farther away
2. Activate shooters 2 and 3 to play the rebounds if applicable
3. Add a 4th player that passes the puck from the corner to the shooters

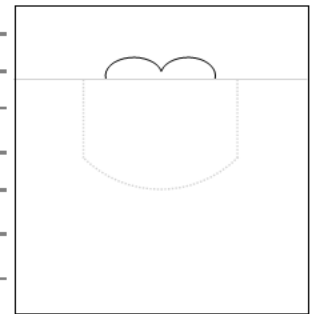


Movement

Rebound Recovery

Angles

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____



_____ times each sides.

_____ minutes