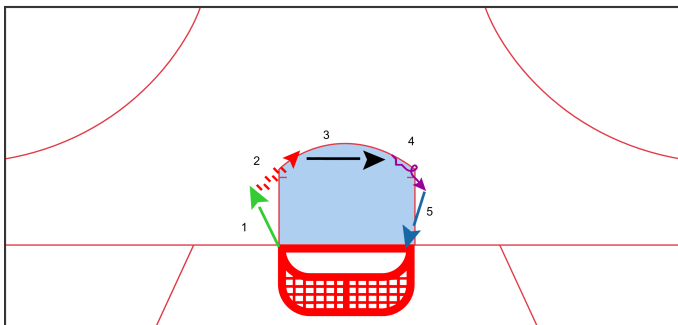


VW Goalie Evaluation

Duration: 0 mins

VW Tryout - Goalie - Rebound & Transition

0 mins



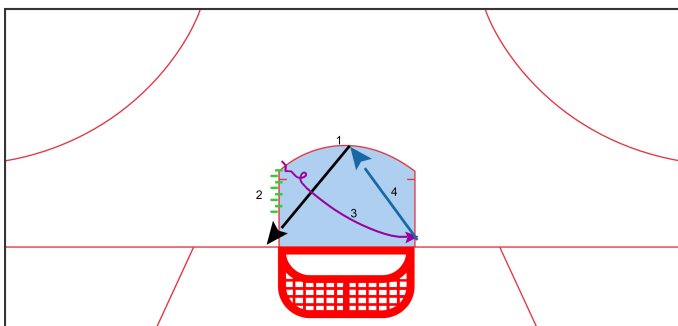
Drill 1: Rebound and Transition

- Start on the post and push to the in-zone face-off dot.
- From there, shuffle to the neutral zone dot
- Next perform a **T-push** across to the opposite in-zone dot.
- Drop into a **butterfly save** and then recover on your feet,
- Finally, push back to the post.

This drill simulates an in-zone play with a pass from one defenseman to another, followed by a blocked shot that goes to the corner.

VW Tryout - Goalie - Backdoor Play

0 mins

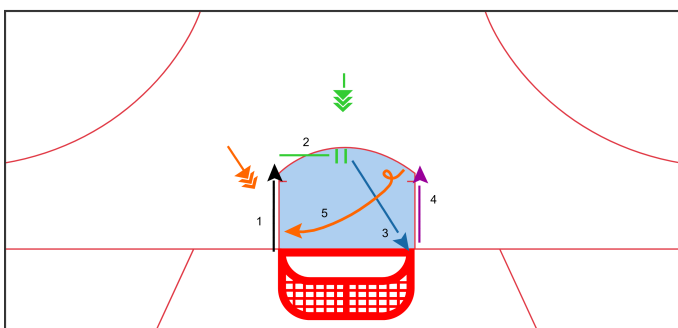


Drill 2: Backdoor Play

- Begin at the top of the crease and **T-push** back to the post.
- Shuffle out to the in-zone face-off dot
- Perform a large rotation with a **butterfly slide** back to the far post to defend against a backdoor play.
- Recover to your feet and **T-push** back to the top center of the crease.

VW Tryout - Goalie - Angle & Recovery

0 mins



Drill 3: Angle and Recovery

- Start on the post and push to the blueline angle.
- Execute an explosive push to the middle of the ice for a shot.
- Recover back to the opposite post.
- For a more advanced variation, recover to your feet and push to the closer blueline angle,
- Rotate back for a second shot, sliding into it with hands extended.