

PEE WEE—BANTAM HOUSE: DRILL PLANS

DRILL NAME:	MIDDLE DEPTH	PRACTICE:	2	DRILL:	1
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DRILL DESCRIPTION:					
1.	X1, X2, and pucks situated as indicated				
2.	X2 will make a cross-ice pass to X1 who will take a few strides then release a shot on net				
3.	After X2 makes the pass he has the option to drive the net, stay where he is, or cut across the blue line				
4.					
5.					
6.					

KEY DEVELOPMENT POINTS:	
<ul style="list-style-type: none"> A middle depth is a position that is located in the middle of our positional range 	
<ul style="list-style-type: none"> This middle depth allows us to make small adjustments either in or out 	
<ul style="list-style-type: none"> Depth is not based on where the puck is but rather what is going on away from the puck (example: Is there a weak side threat?) 	
<ul style="list-style-type: none"> Ice awareness is key 	
<ul style="list-style-type: none"> If there is no sign of a weak side threat G has the ability to play more aggressive 	
<ul style="list-style-type: none"> If a Weak side threat is present G should play more conservative, however angle and body position must remain to where the puck is 	

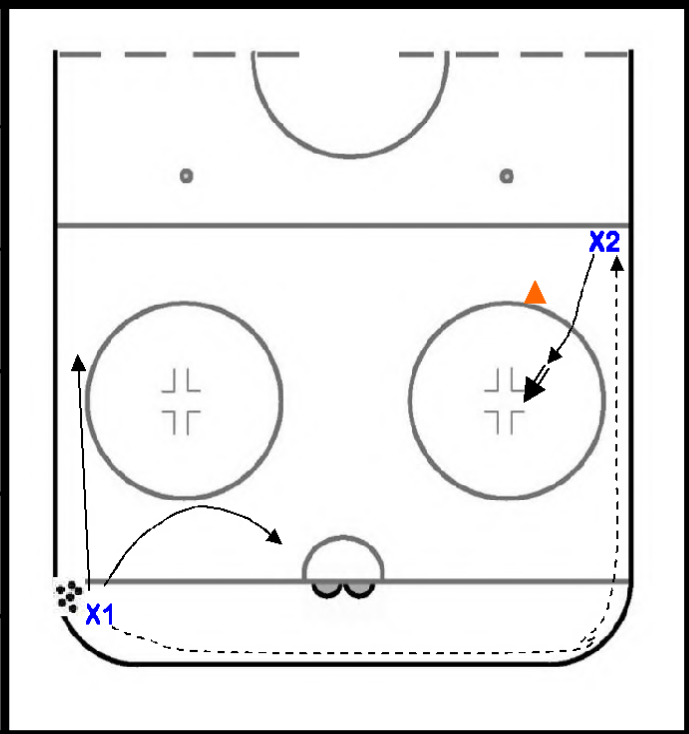
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DRILL NAME:	INITIAL POSITIONING	PRACTICE:	2	DRILL:	2
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DRILL DESCRIPTION:
1. X1 and X2 position as indicated
2. X1 rims the puck around to X2
3. X2 receives puck at point and drives down and around a pylon as indicated
4. X1 will opt to go to the net OR go up the wall and away from the net
5. X2 always shoots the puck
6.

KEY DEVELOPMENT POINTS:

- Depth is an important component to the goaltenders positional game
- Depth is not based on where the puck is but rather what is going on away from the puck (example. Is there a weak side threat?).
- Ice awareness is key
- If there is no sign of a weak side threat G has the ability to play more aggressive
- If a Weak side threat is present G should play more conservative, however angle and body position must remain to where the puck is
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DRILL NAME:	DEPTH ADJUSTMENTS	PRACTICE:	2	DRILL:	3
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DRILL DESCRIPTION:

1. X1 will star on the top of the circle
2. G will start on the opposite post
3. On C's "Go", G will t-push out to the top of the crease
4. G will then perform a quick head swivel then make a short depth adjustment out
5. When G is set, X1 will release a shot
- 6.

KEY DEVELOPMENT POINTS:

- Depth is an important component to the goaltenders positional game
- Depth is not only based on where the puck is but also what is going on away from the puck (example. Is there a weak side threat?).
- When making depth adjustments, G should use sculls as their form of movement
- Sculls allow G to make quick and more importantly precise depth adjustments
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