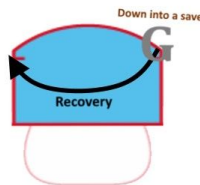
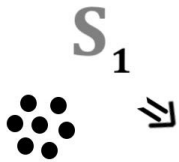
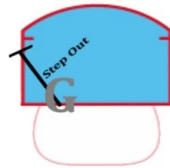
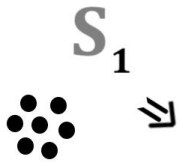




Evolution Goaltending Corp.
Technical Evaluation Drills
August 2020

Recoveries



Phase 1 Description

- G starts on the same-side post as the shooter
- On "Go", G steps out to the near-side
- Shooter shoots to the far-side to attempt creating a rebound
- G follows the rebound, then resets to the far-angle

Phase 2 Description

- G is positioned on the far-side angle.
- On "Go", G goes down into a simulated save to the far-side of their body
- G recovers from their down position to the far-side angle
- Once G has established position on the puck, shooter releases the puck on net

3 reps **per side**

Scored **out of 10**

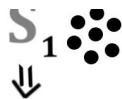
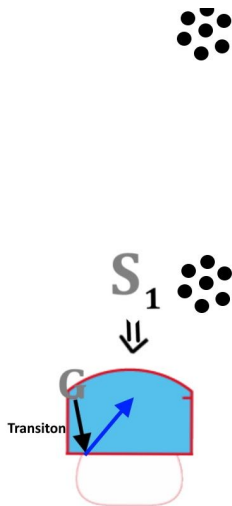
Key Points

1. **Patience from feet** is crucial to enact a strong and controlled save attempt.

2. A strong first save attempt is the first step in enabling a dynamic post-save response.
3. Remaining North/South to the puck is a key ingredient for a dynamic post-save response

Tech1: Drill 2

Mid-Ice DOM



4 reps **per side**

Scored **out of 10**

Phase 1 Description

- G starts on the angle
- On “Go”, G transitions into his near-side post
- On 2nd “Go”, G activates to the middle
- Shooter releases a puck on net from a tighter proximity
- The shot can be before/as/after G establishes position on the puck
- G follows the rebound (if any), then recovers back to the post

Phase 2 Description

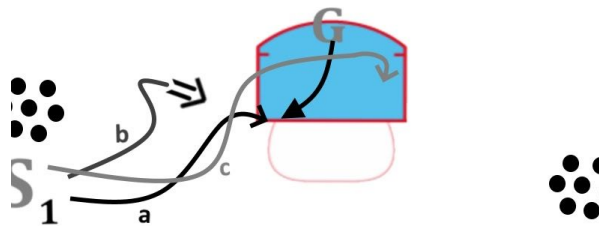
- G is positioned on post
- On “Go”, G moves to the middle
- After G establishes position, shooter releases a puck on net from a further position

Key Points

1. **Sloping out** with a combination of both angle & depth is the most efficient Direction of Movement (DOM)
2. Feet alignment on the post eases the side-to-middle DOM.
3. Maintaining body position to the puck will facilitate the complete save process

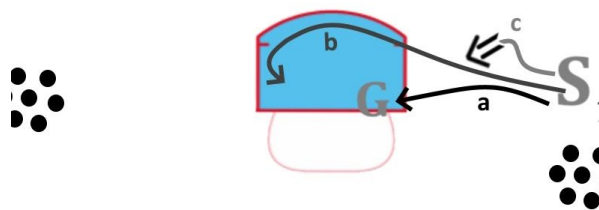
Tech1: Drill 3

Goal-Line Attacks



Phase 1 Description

- G starts on the top of the crease
- On “Go”, G establishes position on the same-side post as the shooter
- Once position on post has been established, shooter attacks below the goal-line
- Shooter can
 - a. Jam the puck on net
 - b. Pull above goal-line to shoot
 - c. Drive to the far-side
- G follows the rebound (if any), then resets to the opposite post



Phase 2 Description

- G is positioned on the opposite post
- Shooter attacks above the goal-line
- Shooter can
 - a. Jam the puck on net
 - b. Release a shot on net
 - c. Drive to the far-side

3 reps **per side**

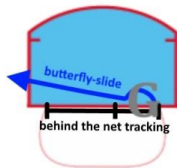
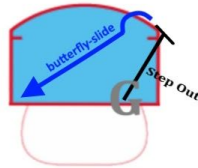
Scored **out of 10**

Key Points

1. **Proper integration** into post on arrival enables multiple positional options and unlocks all vertical lanes.
2. Base should be adjusted depending on the technique/tactic preferred.
3. An active stick can create time and space for G to handle the attack.

Tech1: Drill 4

Lateral Feeds



4 reps **per side**

Scored **out of 10**

Phase 1 Description

- G starts on the opposite-side post of the shooter
- On "Go", G steps out to the near-side
- On 2nd "Go", G butterfly-slides high-to-low to the far-side
- Shooter releases puck on the net as or before G establishes position
- G follows the rebound (if any), then resets to same-side post as the shooter

Phase 2 Description

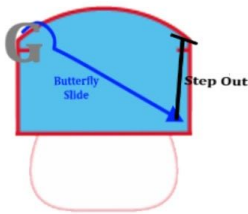
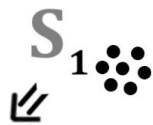
- G is positioned on the same-side post as the shooter
- On "Go", G moves post-to-post while tracking behind the net
- On 2nd "Go", G butterfly-slides low-to-low to the far-side
- Shooter releases the puck on net as or before G establishes position

Key Points

1. **Angle** is the required positional priority on a far-side DOM.
2. A movement is not a save attempt, it is a mode of transportation.
3. An extension can only occur after a retraction, and vice versa.

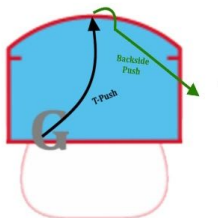
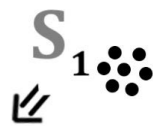
Tech2: Drill 1

Lateral Details



Phase 1 Description

- G starts on opposite-side angle from the shooter
- On “Go”, G butterfly slides to far-side and recovers to their feet
- Shooter releases puck on net
- After a save is made, G follows the rebound, then recovers to whichever post they are closest to.



Phase 2 Description

- On “Go”, G will t-push to the top of the crease
- On “Go”, G will activate down into a save, then backside-push to regain position on puck
- While G is moving, the shooter will release a puck on net

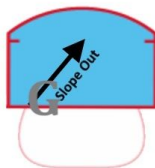
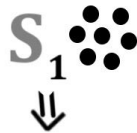
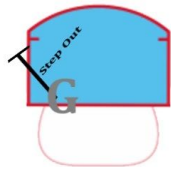
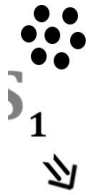
4 reps **per side**

Scored **out of 10**

Key Points

1. **Blocking (compact butterfly)** is only efficient when the puck is located in tighter proximity to the net, and when G is fully on Angle with Body Position and adequate Depth. If any of the criteria are not met, G must remain reactive in their save attempt.
2. When sliding, whether using a butterfly-slide or a backside-push, the movement is NOT a save. It is simply a mode of transportation to move from one point to another. G cannot rely simply on good positioning to make a save.
3. When moving while down or on feet, a Direction of Movement towards the Angle is critical when moving laterally side-to-side or middle-to-side.

Vertical Corridors

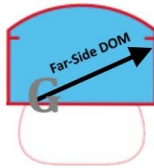
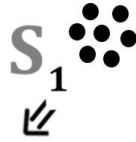


Phase 1 Description

- G starts on the same-side post a the shooter
- On “Go”, G steps out to the near-side
- Shooter releases puck on net
- After a save is made, G follows the rebound, then recovers back to the same post they started from

Phase 2 Description

- On “Go”, G slopes out to the mid-ice lane
- Shooter releases puck on net
- After a save is made, G follows the rebound, then recovers back to the same post they started from



2 sets **per side** (shooter at further distance)

2 sets **per side** (shooter in tight proximity)

Scored **out of 10**

Phase 3 Description

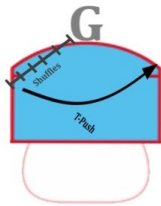
- On “Go”, G will direct his movement to the far-side
- Shooter releases puck on net
- After a save is made, G follows the rebound, then recovers to the opposite post to repeat sequence in the opposite direction

Key Points

1. **A Direction of Movement (DOM)** towards the positional element of depth is most efficient when moving to the near-side corridor.
2. When sloping out to the mid-ice vertical corridor, a combination of both angle and depth is the most beneficial DOM.
3. On a far-side DOM, the goaltender should prioritize the element of angle over the others in his trajectory.

Tech2: Drill 3

Angle Tightening

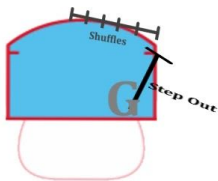


Phase 1 Description

- G starts on top of the crease
- On "Go", G begins shuffling in the opposite direction of the shooter
- On 2nd "Go", G t-pushes across the crease to establish position on the puck
- Shooter releases puck on net
- After a save is made, G follows the rebound, then positions on the same-side post as the shooter

Phase 2 Description

- On "Go", G steps out to the near-side
- Shooter carries the puck towards the middle, and then releases a shot on net
- G must maintain position on the puck and activate into a strong save attempt



3 reps **per side**

Scored **out of 10**

Key Points

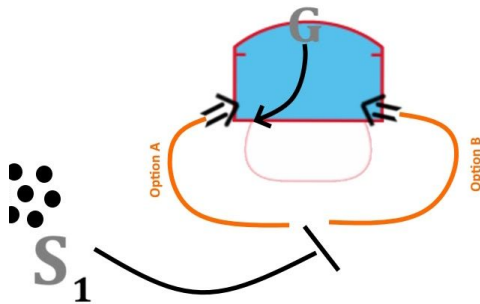
1. **Maintaining structure** when shuffling with both the upper and lower body will facilitate the save attempt.
2. Remaining on angle to the puck in lieu of being on angle to the shooter's body is crucial to increase probabilities of a save being made.
3. Patience from feet is key in controlling rebounds.

Tech2: Drill 4

Behind The Net Tracking

3 reps **per side**

Scored **out of 10**



Phase 1 Description

- G starts on top of the crease
- On “Go”, G t-pushes or shuffles to the same-side post as the shooter
- Shooter activates behind the net
- Shooter may go for a quick wrap-around or stop behind the net
- If the shooter chooses to stop behind the net, they can then wrap on either side

Key Points

1. **Maintaining visual attachment** on the puck when it is located behind the net is critical, no matter which behind the net tracking system the goaltender chooses to utilise.
2. Stick details are important to clog the shooter’s space in tighter proximity to the net.
3. Foot alignment can increase consistency when connecting skate on post whether shuffling or sliding.

