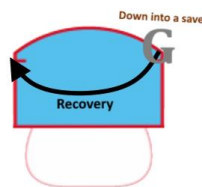
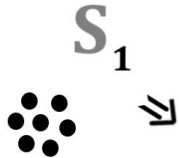
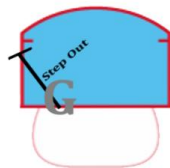
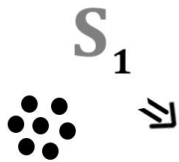




**Evolution Goaltending Corp.
Evaluation Package
2021**

Tech1: Drill 1

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**

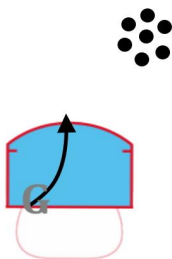
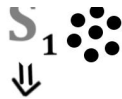
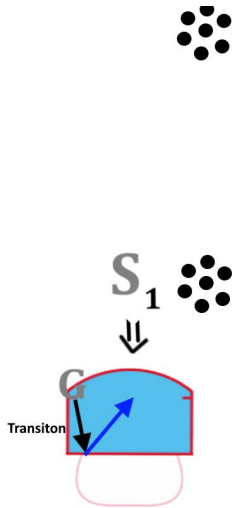
Scored **out of 10**

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



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

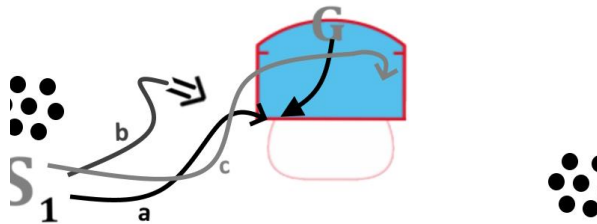
4 reps **per side**

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Key Points

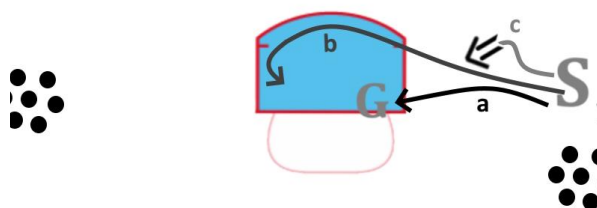
1. **Sloping out** with a combination of both angle & depth is the most efficient Direction of Movement (DOM)
2. Feet alignment on the post eases the side-to-middle DOM.
3. Maintaining body position to the puck will facilitate the complete save process

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 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

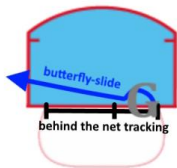
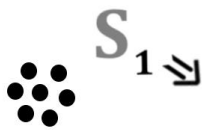
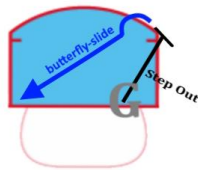
3 reps **per side**

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.

Lateral Feeds



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

4 reps **per side**

Scored **out of 10**

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.