

SUNDAY

| | | | |
|----------------|--|-----------------|--|
| 7:00-10:00 JAC | | Goalie sort out | |
|----------------|--|-----------------|--|

On-Ice Marshall will lead the skating portion
Skating drills (10 Min)

All participants together

Assessing Basic Technique and Mobility:

Assessed by all evaluators

All skating drills are accessed in the goalie stance

- Forward/Backwards skating
- Left skate on the ice, use right skate to make C cuts
- Right skate on the ice, use left skate to make C cuts
- Shuffles left/right
- T-pushes left/right
- Recoveries, butter fly, ups and shuffle to the right, back in butter fly up move to the right, repeat going to the left side
- Slide/up, slide/up, push/down
- Power pushes (advanced or older goalies)
- Recoveries, right leg / left leg

On-Ice Marshall will lead the skating portion
Recoveries (5 Min)

All participants together

Assessing Basic Technique and Mobility

Assessed by all evaluators

Right leg recovery

Left leg recovery

Station 1: Push off Post and across (10 Min)

- 2 Shooters in face-off circle
- 4 x 2 Shots

Assessing Rebound control and Aggressiveness:

Assessed by all evaluators

- Goalie starts on his left post, looking at the corner, on coach's tap of the stick, he or she pushes off the post to become square to shooter #1, who is stationed in the face-off dot on his left side (static in Atom, moving in Peewee and Bantam)
- After the shot the goalie recovers to his right post.
- Goalie starts over from his right post, takes position and repeats the same towards shooter #2 who is stationed in the face-off dot on the goalie's left side. (static in Atom, moving in Peewee and Bantam)
- After that shot the goalie moves to the opposite post, (the starting post) and repeats it one more time.

Next goalie repeats

Station 2: Net Drive (10 Min)

- 2 shooters. Shooter #1 in the corner beside the net, shooter #2 in the slot (center, same distance as face-off dot)
- 4 x 2 Shots

Assessing Ice awareness and Aggressiveness

- Shooter #1 drives the net from his corner (left of the goalie), either wraps-a-round or jams the net.
- Shooter #2, comes in on mini breakaway
- Shooter #1 drives the net from his corner (left of the goalie), either wraps-a-round or jams the net.
- Shooter #2, comes in on mini breakaway
- Shooter #1 drives the net from the opposite corner (right of the goalie), either wraps-a-round or jams the net.
- Shooter #2, comes in on mini breakaway
- Shooter #1 drives the net from the opposite corner (right of the goalie), either wraps-a-round or jams the net.
- Shooter #2, comes in on mini breakaway

Next goalie repeats

Station 3: Angle Net Drive (10 Min)

- 2 shooters. Shooter #1 starts on the face-off dot to the left of the goalie. Shooter #2 starts in the face-off dot to the right of the goalie.
- 4 x 2 Shots

Assessing Rebound control and Ice awareness

- Shooter #1 shoots from face-off dot, then walks in the slot, in an angle, with another puck for a 2nd shot.

- Shooter #2 shoots from face off dot, then walks in the slot, in an angle, with another puck for a second shot.
- Repeat all once more

Next goalie repeat

Evaluation points explained:

Basic Technique: Stance (stick, glove and pads), butterfly, stand up, angles

Mobility: Speed, lateral, vertical, telescopic

Aggressiveness: Alert, Challenges the shooter, focus, in the game

Ice Awareness: Defensively and offensively, read and react quickly to the threat or the passing option (pass or puck set up)

Rebound Control: Steers and controls first shot/positioning for 2nd shot

Small Area Games (played at first weekend of sort-outs):

Goalies will be assessed as part of the small area games being played during the first weekend of sort outs. Please note that goals against **will not** be evaluated and this will not be considered during evaluations of the small area games. The skills detailed above will be evaluated during small area game play.