

## Title

Balis Goalie Chaos

## Created By



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## Description

3 stations for goalies to work on 3 key skills:

### Station 1

- P1 skates with puck up to tire, give and go with P2, then attack net with P2 giving chase

### Station 2

- P1, P2, P3 play keep away from D with 1 touch passing. Goalie tracks puck from "post to post" with Players look for opening to shoot on goalie through or around the D. Players can battle for rebounds

### Station 3

- P2 is rimming puck to P1 for in tight scoring. Goalie must decide if he risks trying to play the puck leaving goal wide open or if he attacks P1 and faces the shot and battles to cover the puck

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## Tags

lateral movement

puck tracking

compete

cutting angles

stick work - goalie

