

Drill Name: RAPID FIRE

Stage of Activity	Train to Train, Train to Compete
Skills	Stance (Ready Position), Reactionary Movement
Equipment	Low Profile Disc Pylons, Balls, Goaltender, Net
Time	10 Minutes
Number of People	2+
How It Works	<ul style="list-style-type: none">• Six pylons positioned on an arc one or two steps from the goal line inside the crease.• A ball is placed on top of each pylon (6 balls)• Goaltender starts in the ready position on goal line.• Goaltender steps towards one pylon at a time, crouches low, lowers stick (like saving a bounce shot) and knocks the ball off without hitting the pylon.• Goaltender returns back to ready position on goal line and repeats until all the balls have been knocked off the pylons.• Goaltenders goal is to do this as quickly as possible and to increase accuracy hitting the ball off the pylon. <p><i>This drill is to help goaltenders work on good positioning for bounce shots.</i></p>

