

## G - Goalie Skating and Warm-up – Pro

### Key Points:

Goalies must be able to skate in all directions using their edges and slide and get back up in a balanced position.

### Description:

**A: Coach make x's on the ice in a zig-zag with a marker.**

1. Goalie push with the inside edge and glide to the x's.
2. Goalie push and slide with the inside pad into a butterfly; forward then backwards.
3. Goalie push side to side get square and drop into a butterfly.
4. Goalie stay in the butterfly and push off side to side with the inside edge.

Goalie Skating One – Pro:

[https://youtu.be/\\_Pag14lBaZM](https://youtu.be/_Pag14lBaZM)

Goalie Skating Two – Pro:

<https://youtu.be/2zapKXPvGv0>

Goalie Skating and Technique – Pro:

<https://youtu.be/lgCl2ExwOP4>

G - Goalie Skating and Warm-up – Pro

<https://youtu.be/P2vVBsEd6Wg>

G - Crease Skating - Pro

<https://youtu.be/vz8FGzL9uS4>

