

Notes / Coaching Points

## Key Points:

- Take puck early
- Watch the puck all the way in, all the way out
- Finish every save with eyes

## Progression #1

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- | Description                                      |
|--------------------------------------------------|
| • Start in butterfly at the top middle of crease |
| • Catch every shot in the glove                  |
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## Progression #2

- Start on post
- Push to elbow of crease
- Catch shot in glove
- Recover to post