

Notes / Coaching Points

Key Points:

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

Progression #1

Description

- Start in butterfly
 - Take shots to blocker
 - Deflect pucks to corner
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Progression #2

- Start on post
- Push to elbow of crease
- Deflect shot off blocker to corner
- Recover to post on the same side where you deflected the puck
- Repeat