

Chest Save Progressions



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 | <ul style="list-style-type: none">• Start at top middle of crease in butterfly• Take shots into the chest |
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Progression #2

- Start at top middle of crease on feet
- Drop to butterfly to make the save