

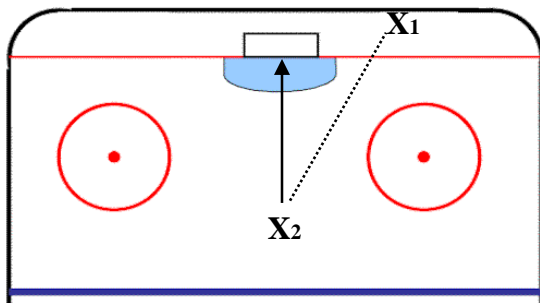
Goalie Tryout Session

Justin Johnson on ice to explain drills; blow whistle to rotate

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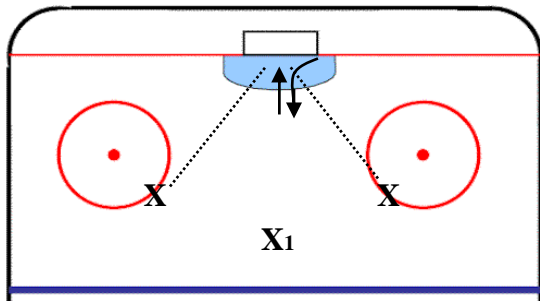
- Nikki: Pass from side to slot area
- Jason: Y drill (shots from side)
- John Z: Lateral movement drill
- Todd: Off angle Y drill (shots from center)
- Andy Kent: Movement station

Drac: You will be heading over to Plymouth Rink C and working the girl sessions with Jake.



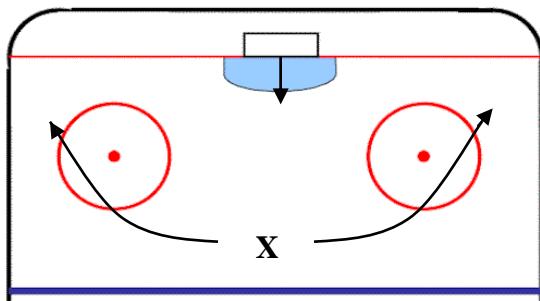
Nikki's Drill

Goalie starts on opposite post of the shooter and moves post to post. When pass is made goalie moves from post to top of the crease.



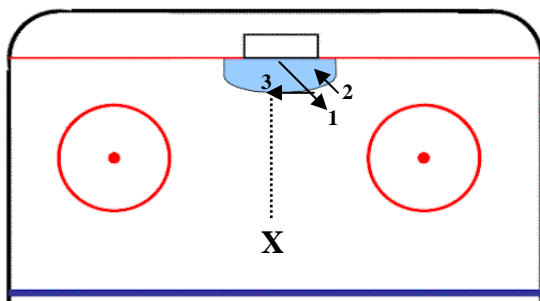
Jason's Drill

Goalie starts on pipe takes space towards center ice goes straight back pivots and pushes to shot.



John Z's Drill

Goalie starts from center attacks out towards where the blue line meets the boards, backwards movement shooter hits stick on ice, goalie goes down, recovers moves laterally to shooter.



Todd's Drill

Goalie starts in center of net. Attacks straight out. Pivots and then moves with shooter.