

DRILL CATALOG

ON-ICE GOALTENDING DRILL LIBRARY



LACOUVEE GOALTENDING



@lacouveegoaltending

ABOUT ME



HEY GOALIES!

My name is **Connor LaCouvee** — a professional goalie with experience in the **NCAA, ECHL, AHL & Europe**. This catalog is the same drill library I run at my camps.

Every drill is built around a real scoring-chance situation — not random shots. You get a clear emphasis, a simple diagram, and a video on every page, so you know exactly what you're training and how it should look on the ice.

"TRAIN THE SITUATION, NOT JUST THE SHOT."

NCAA

ECHL

AHL

EUROPE

PLEASE READ ME

Quick but important — please read this before you hit the ice.

TRAIN AT YOUR OWN RISK

- ▶ These are high-intensity, on-ice drills. Always warm up properly and wear full goalie equipment — you take part at your own risk.

I'M NOT A MEDICAL PRO

- ▶ I'm a professional goalie and coach, not a licensed physician, physiotherapist or strength & conditioning coach. Nothing in here is medical advice.

CHECK FIRST

- ▶ Talk to a qualified medical or fitness professional before starting any new training — especially if you're carrying an injury or a condition.

BUILD IT SMART

- ▶ Master each pattern slowly before adding speed or volume. If something hurts, stop. Clean reps beat rushed ones every time.

HOW TO USE

A quick guide to getting the most out of every page.

01

READ THE DIAGRAM

Each drill has a top-down rink diagram. The legend on the next page explains every arrow and marker.

02

RUN THE SEQUENCE

Follow the numbered steps. Start slow and clean, then build speed once the pattern feels automatic.

03

LOCK THE FOCUS

Every drill has one key coaching point. That's the thing to nail — not just stopping the puck.

04

WATCH THE VIDEO

Tap the video button on any drill to see it run live, then mirror the timing and detail.

LEGEND

Every diagram uses the same simple language. Learn these once and you can read any drill at a glance.



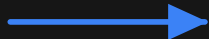
T-PUSH / MOVEMENT

Goalie skating & pushes



C-CUT

Curved edge work



SLIDE

Butterfly / power slide



PASS

Puck movement between players



SHOT

Shot on net



GOALIE



PLAYER



SCREEN



CONE



PUCK

DRILL TYPES

Each drill is built around a specific scoring-chance situation. Here are the ten categories this catalog trains.

01

TECHNIQUE

Isolated mechanics — box control, edges and save selection on clean looks. Minimal traffic so you can groove depth, posture and recovery.

02

SKATING

Pure movement work — T-pushes, shuffles, C-cuts and power slides. Building efficient, repeatable footwork that holds up under fatigue.

03

PUCKHANDLING

Retrievals, stops and outlet passes. Reading pressure, protecting the puck and making a clean first pass to start the breakout.

04

TRACKING + POSITIONING

Following the puck through movement and pre-scanning the next play. Square up, recover to the right post and be set before the shot.

05

POST PLAY / BEHIND THE NET

Reverse-VH, post integration and wraps. Seal the post, scan for handedness and explode off the post back to the middle.

06

NET DRIVES

Defending speed and lateral attacks to the net. Hold your depth, time the poke and don't over-commit on a drive or a delay.

07

SCREENS / TRAFFIC

Finding the puck through bodies. Battle for sightlines, track through the screen and react to tips and flash screens.

08

SPEED

Game-pace sequences — rapid lateral pushes, set feet and reloading for second and third shots without losing position.

09

BREAKAWAYS

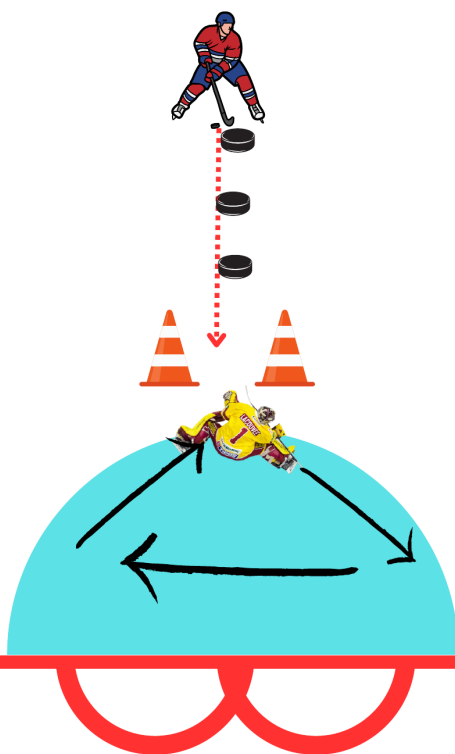
One-on-one reads. Patience, depth management and forcing the shooter to commit first.

10

PK

Penalty-kill looks — one-timers, seam passes, low plays and high tips. Read the pass and get set a beat early.

BOX CONTROL – 2 PUCK



► WATCH THIS DRILL

THE SEQUENCE

- 01** G starts in the middle, pushes to the angle, across to the far angle, then back to the middle.
- 02** P1 shoots through the narrow cones (or a dog leash) to force tight box control.
- 03** Second shot comes in closer, simulating a breakaway.

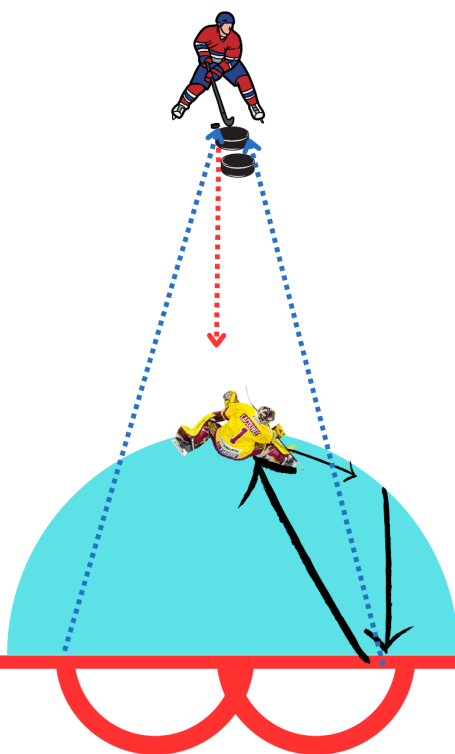
FOCUS

Minimize movement. Stay compact and let the puck come to you – control the box, don't chase it.

PROGRESSION

Tighten the cone gate and have the shooter step in closer on the second puck.

BOX CONTROL – DOG LEASH PATIENCE



► WATCH THIS DRILL

THE SEQUENCE

- 01 G starts middle, pushes to the angle, angle to post, then back to the middle.
- 02 P1 shoots through the dog leash to the glove or blocker side.
- 03 Goalie drops into the butterfly and stays down – the second shot is taken in the butterfly.

FOCUS

Patience in the butterfly. Don't pop up early – hold your seal and take the second look from down.

PROGRESSION

Vary glove vs blocker side so the goalie has to read the release, not guess.

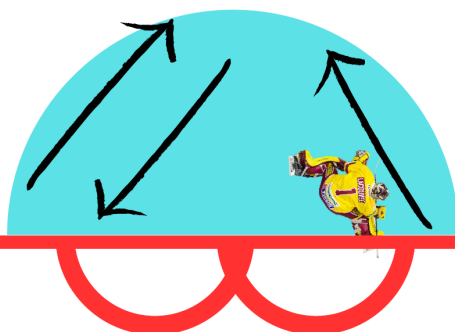
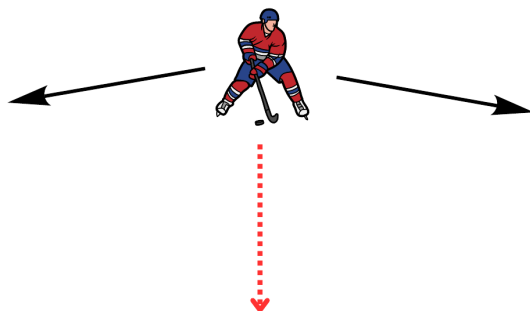


03 Recover to the rebound, then to the post nearest P3. P3 feeds P2 and the read repeats the other way.

Track the puck the whole way and arrive set. Recovery is about being stopped and square, not just getting there.

Let P2 choose the side live so the goalie reads the move instead of anticipating it.

POST-OUT & RECOVER



► WATCH THIS DRILL

THE SEQUENCE

- 01 G starts on the post, then pushes out to the shooter.
- 02 Shot comes on-ice to the far pad — get the stick down and seal the puck.
- 03 Recover to the far post, push out to the next shooter, and repeat.

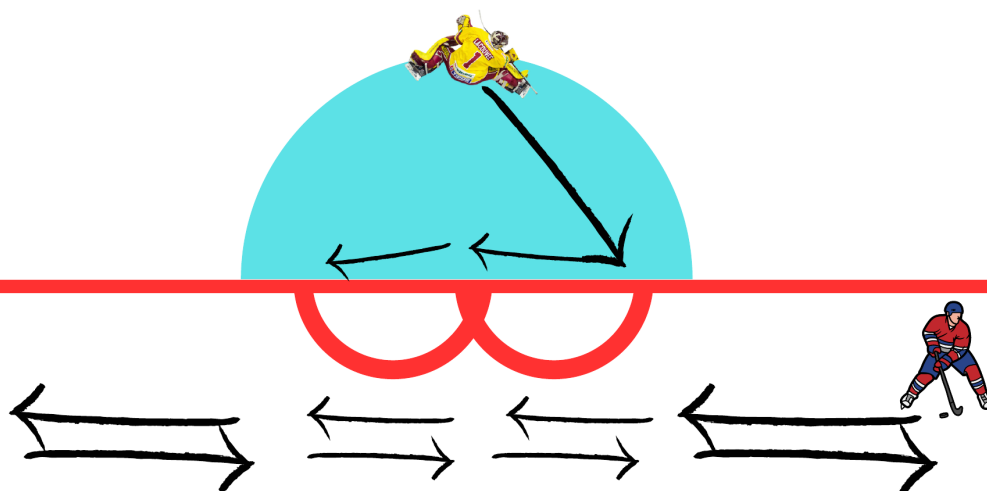
FOCUS

Lead with the stick on the far-pad shot. Seal ice first, then control the rebound into your body.

PROGRESSION

Have the shooter move laterally before the second shot so the recovery isn't pre-set.

4 WINDOWS



► WATCH THIS DRILL

THE SEQUENCE

- 01 G starts in the middle and pushes to the post, sealing in reverse-VH.
- 02 The player walks the puck slowly through the four windows behind the net, then repeats on the other side.

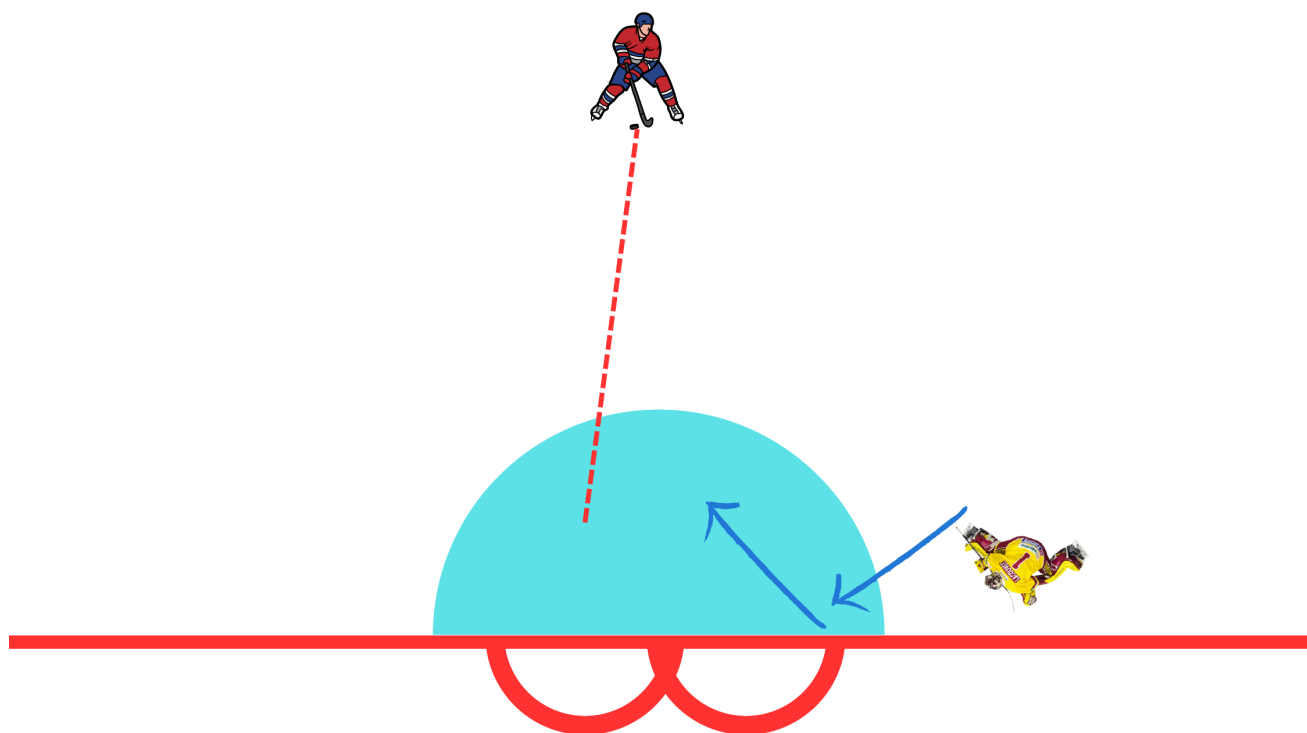
FOCUS

Vision behind the net. Stay attached to the post and pick the puck up through each window without breaking your seal.

PROGRESSION

Speed the puck up so the goalie has to find each window faster.

RVH PIVOTS



► WATCH THIS DRILL

THE SEQUENCE

- 01** G starts in the butterfly facing the net, then pushes and pivots into the post in reverse-VH.
- 02** Bump off the post back to the middle as the puck comes out front.
- 03** Player shoots far-side glove or blocker (around 75%). Repeat on the other side.

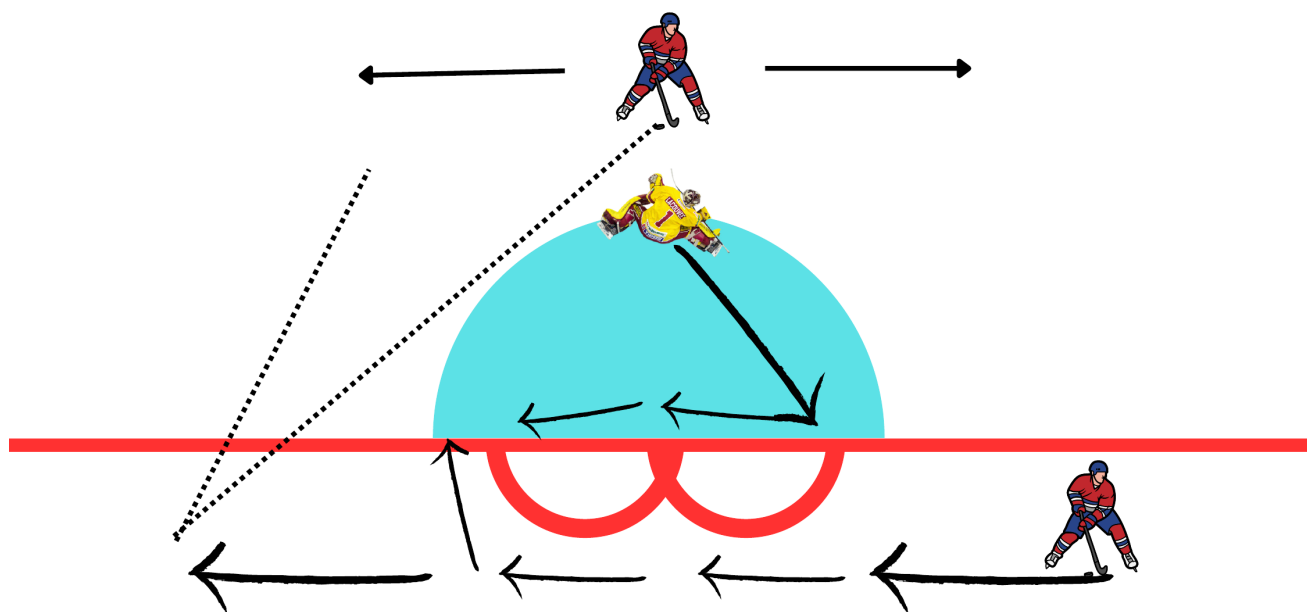
FOCUS

Clean pivot into a sealed post, then an explosive bump to the middle. No drifting on the way out.

PROGRESSION

Increase shot pace and vary the release point once the pivot timing is sharp.

WINDOWS – PASS OPTION



► WATCH THIS DRILL

THE SEQUENCE

- 01** G starts middle and pushes to the post as the player takes the puck behind the net.
- 02** Two options: the player wraps the puck (1), or takes it far for a pass out front (2).
- 03** Scan early and identify the player's handedness before committing.

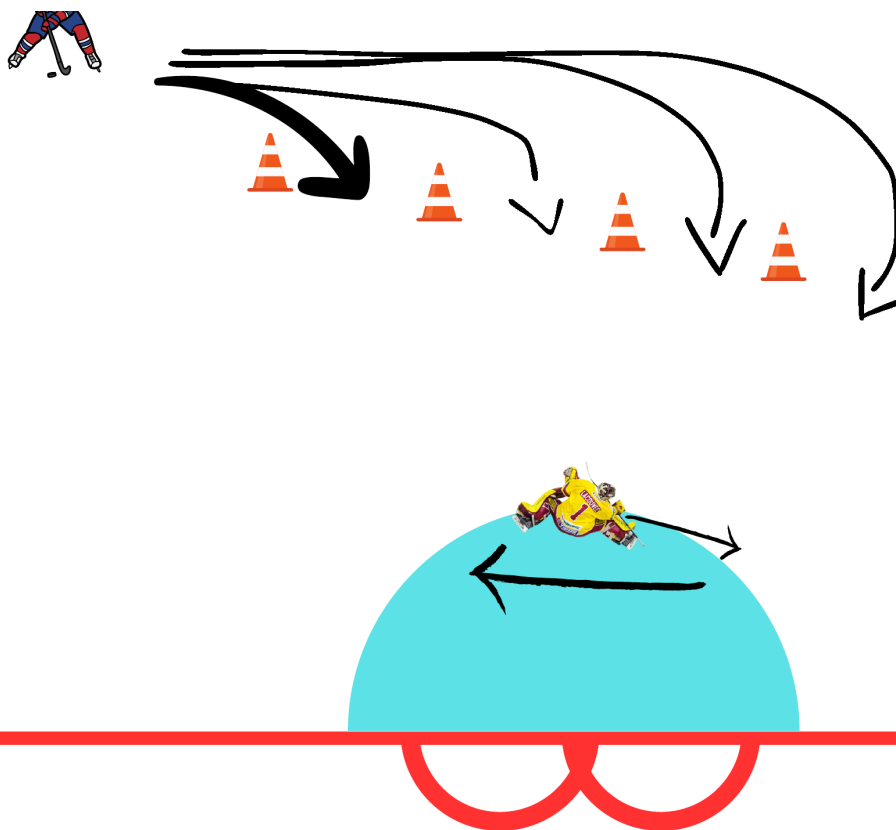
FOCUS

Read the hands behind the net. Wrap means seal tight; pass-out means be ready to explode off the post.

PROGRESSION

Let the player pick the option live, and add a second option so the goalie can't cheat.

PETE'S TURN DRILL



► WATCH THIS DRILL

THE SEQUENCE

- 01 G starts middle, pushes to the angle, then to the far angle as the player skates toward the cones.
- 02 The player has four options – pull or push the puck around either cone – then shoots to score.
- 03 Match the player's movement with rotation, not extra steps.

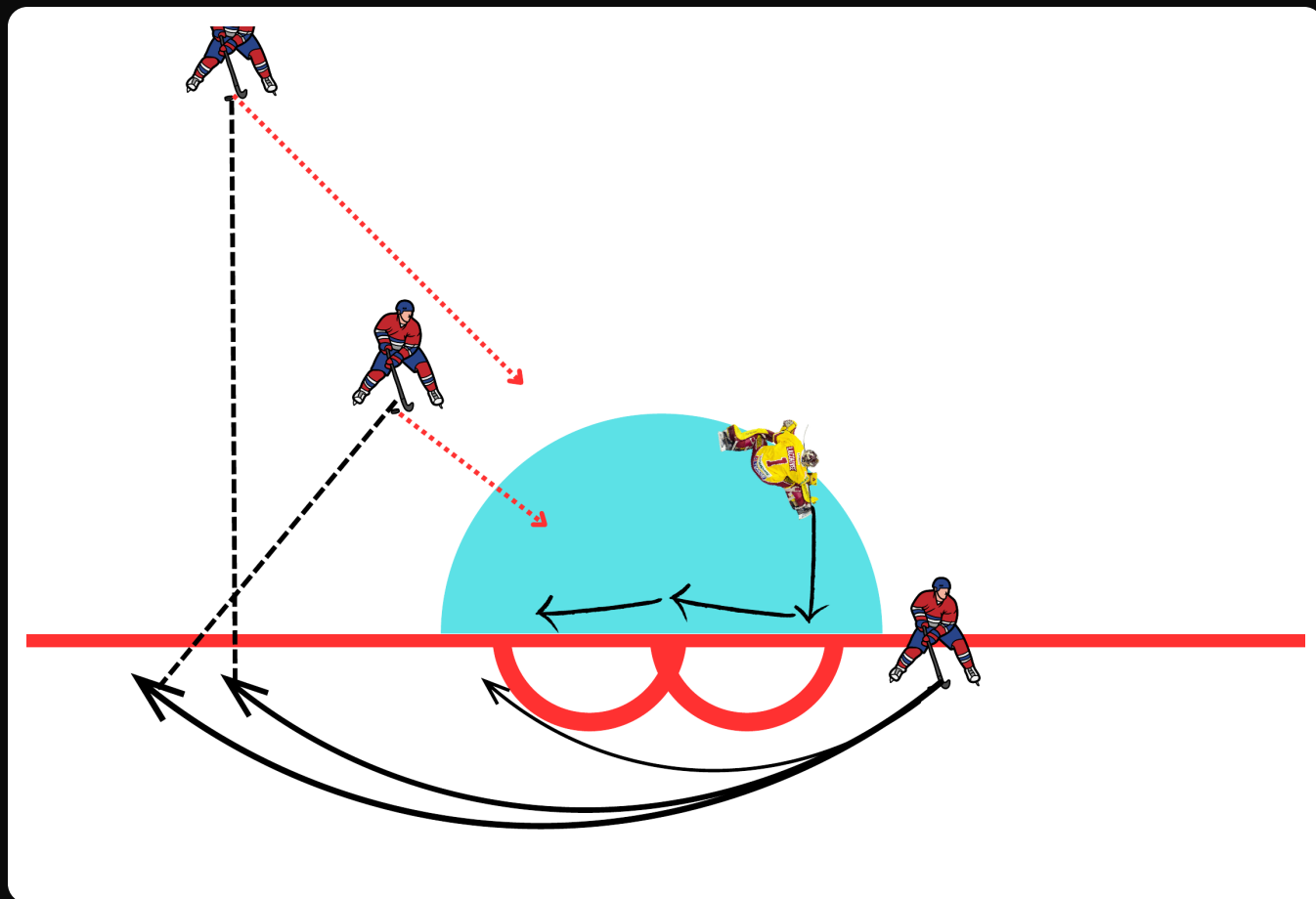
FOCUS

Rotation over movement. Stay patient and let the player declare before you commit your push.

PROGRESSION

Add a second puck or a quick re-attack after the first shot.

PETER'S DRILL – 2 SHOOTERS



► WATCH THIS DRILL

THE SEQUENCE

- 01 G starts on the angle and pushes to the post.
- 02 Three-shot sequence: (1) the player wraps, (2) a behind-the-net pass for a shot, (3) a behind-the-net shot-pass.
- 03 Reset to the start position after each shot.

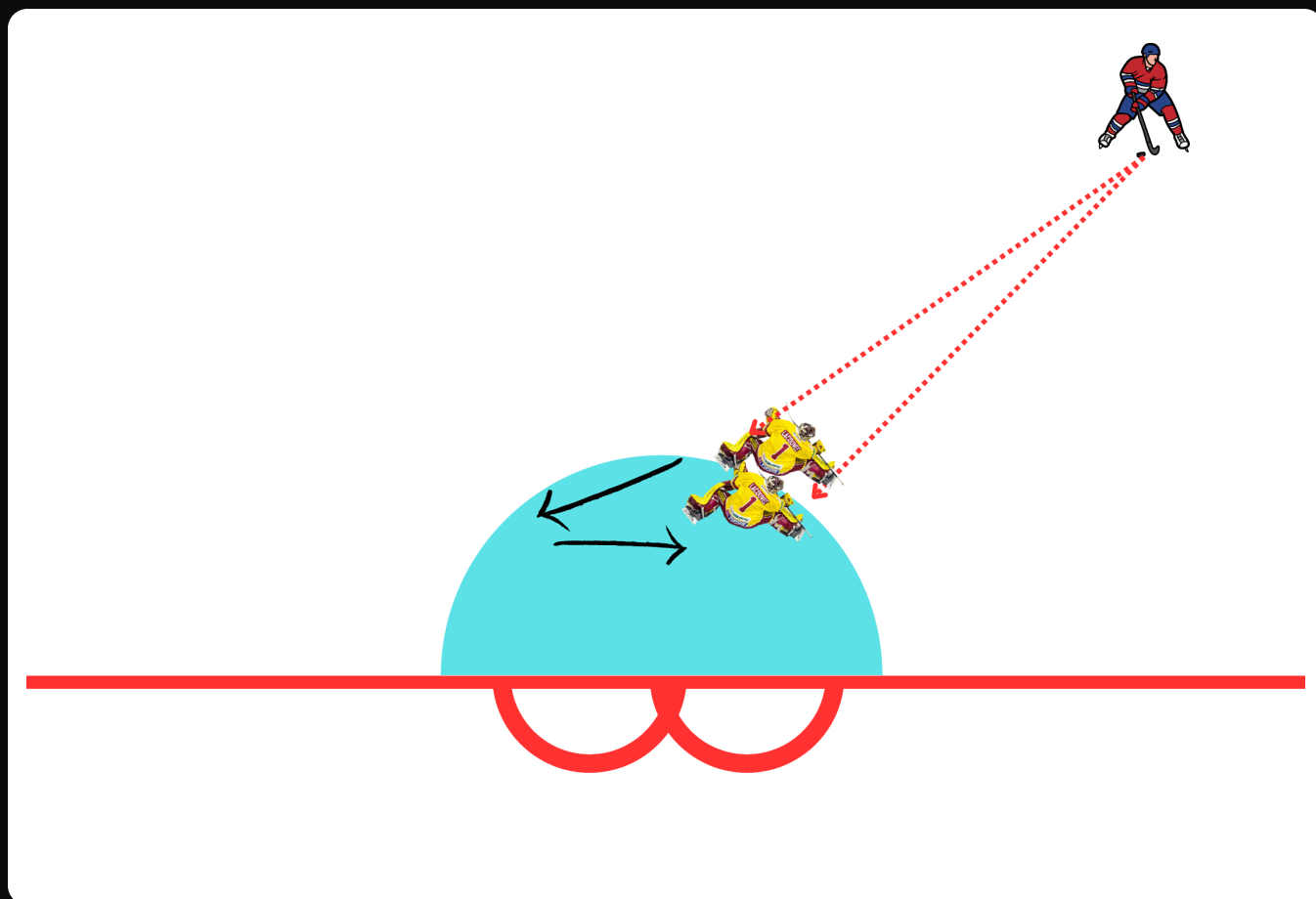
FOCUS

Hold the post until the puck declares, then react. Don't pre-rotate off the wrap.

PROGRESSION

Shorten the reset time so shots come back-to-back at game pace.

2-SHOT SCREEN



► WATCH THIS DRILL

THE SEQUENCE

- 01 G starts middle, pushes to the angle, then across to the far angle.
- 02 A screen sets up on the far side. Shot 1 comes through the screen to the short side.
- 03 Recover, then Shot 2 goes far side off a flash screen as the screen relocates.

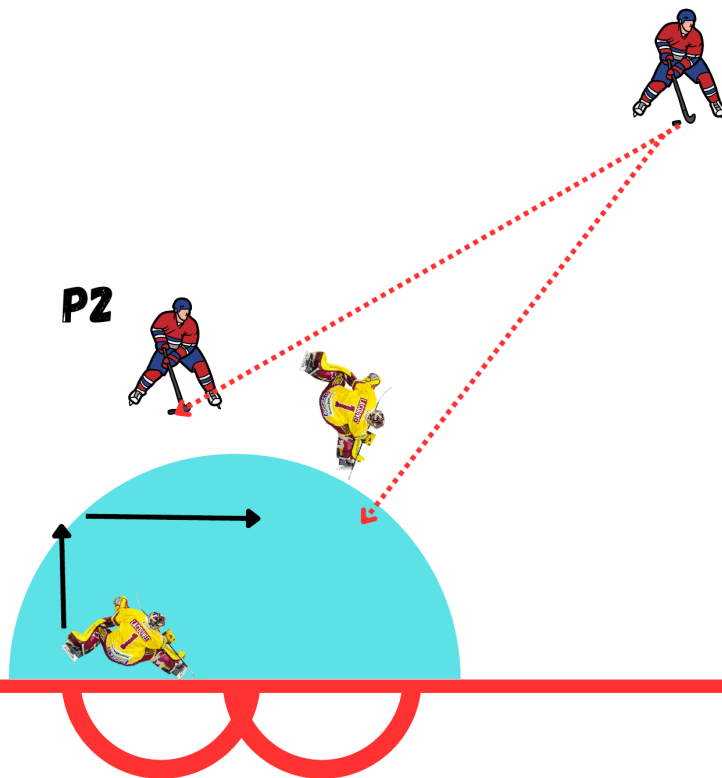
FOCUS

Battle for your sightline early. Find the puck beside the screen, don't fish for it through the body.

PROGRESSION

Live screen movement so the goalie has to re-find the puck each shot.

SCREEN + HIGH TIP



► WATCH THIS DRILL

THE SEQUENCE

- 01 G starts on the post, pushes to the angle, then across.
- 02 The point player either shoots on net through the tip man (1), or feeds him for a high tip (2).

FOCUS

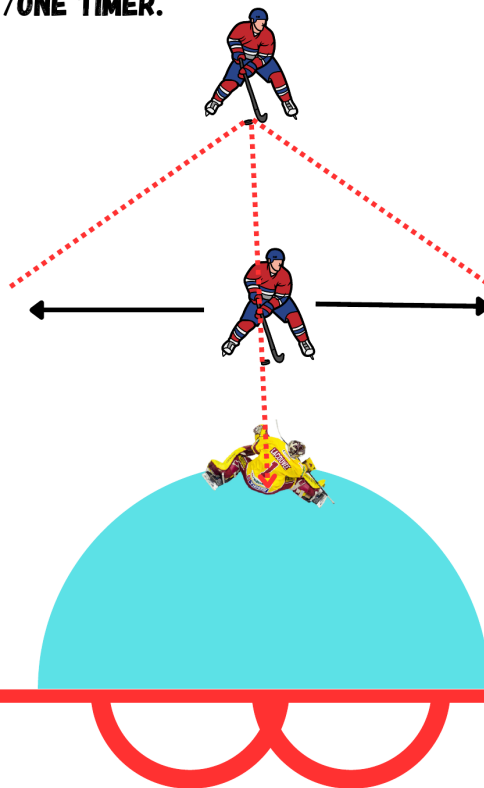
Square to the puck and stay tall through the tip. Track the release off the stick, then react to the deflection.

PROGRESSION

Vary shot vs tip live, and add a net-front battle for the rebound.

SCREEN + ONE-TIMER

A QUICK SHOT/ONE TIMER.



► WATCH THIS DRILL

THE SEQUENCE

- 01 G starts middle. The point shoots through the screen — follow the puck and the rebound (1).
- 02 Recover back to the middle (2).
- 03 The screening player slides to either side for a quick shot or one-timer (3).

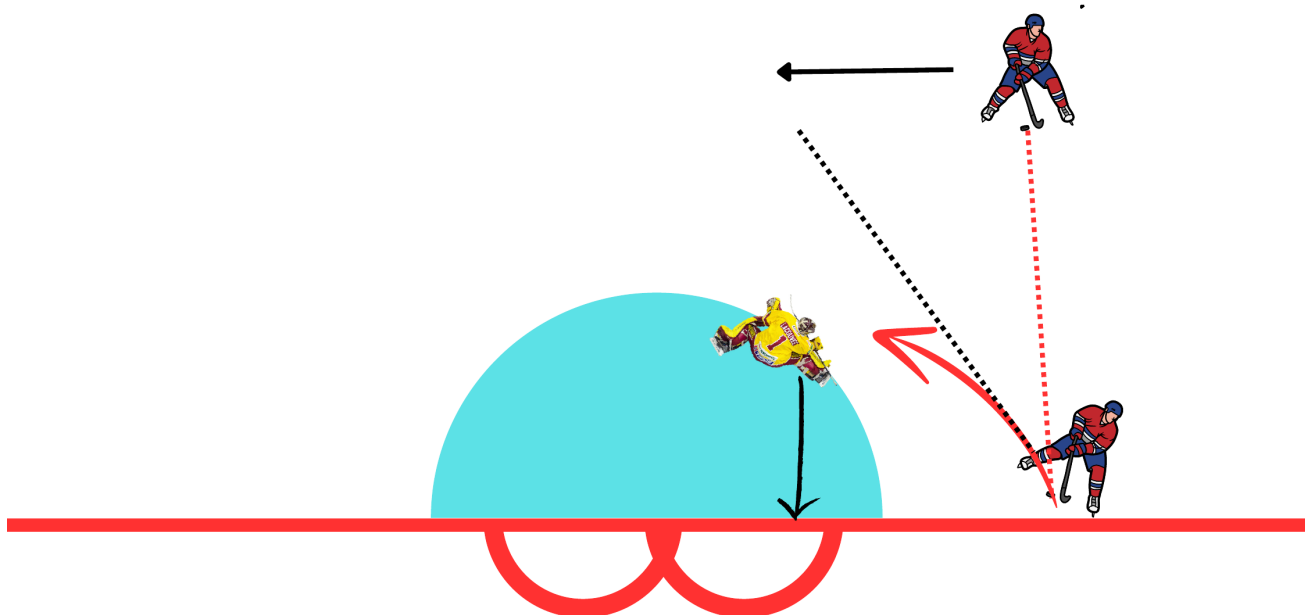
FOCUS

Find the first shot through traffic, then get set early for the one-timer. Beat the pass to the spot.

PROGRESSION

Make the screen-player's side a live read so the goalie can't pre-load.

LOW-PLAY PK READ



► WATCH THIS DRILL

THE SEQUENCE

- 01 P1 passes low to P2 (1).
- 02 P2 either jams it quick to the post (2), or passes back to P1 for a quick shot (3).
- 03 Read whether to play it in reverse-VH or stay on your feet.

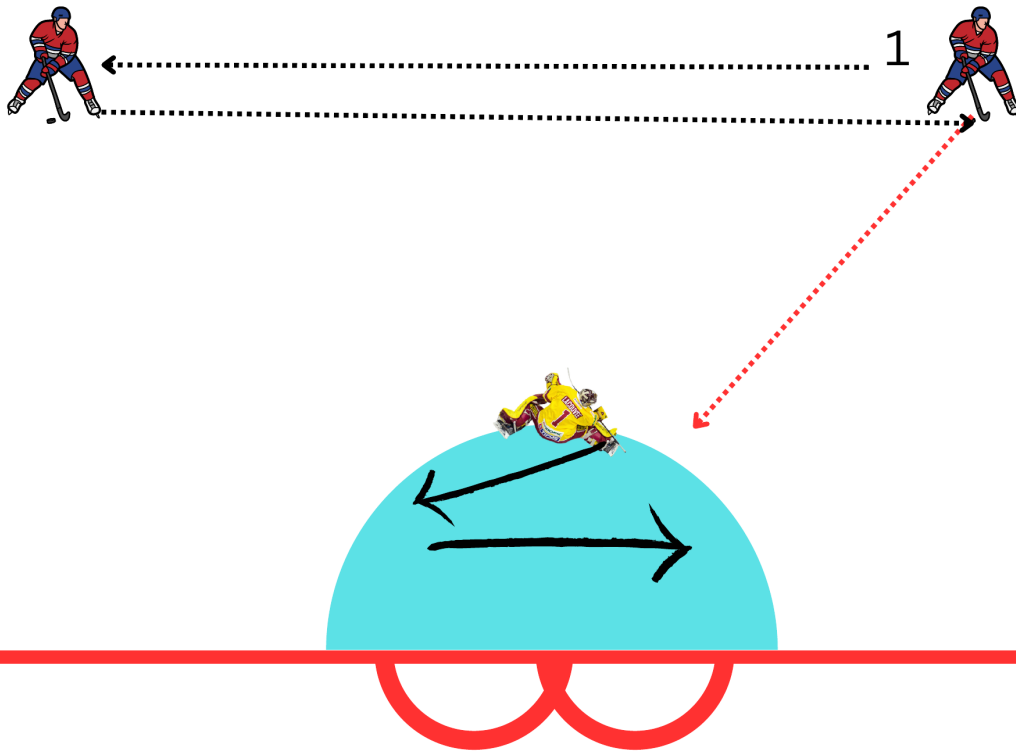
FOCUS

Scan and set early. The read is RVH vs feet – make it before the pass arrives, not after.

PROGRESSION

Add a net-front man so the jam play includes a rebound battle.

SET FEET



► WATCH THIS DRILL

THE SEQUENCE

- 01 G starts middle and pushes to P1. P1 passes to P2 (1).
- 02 P2 passes back for a one-timer (2). The goalie must T-push quickly to P2, then back to P1 for the shot (3).
- 03 Quick feet — get there and set them before each release.

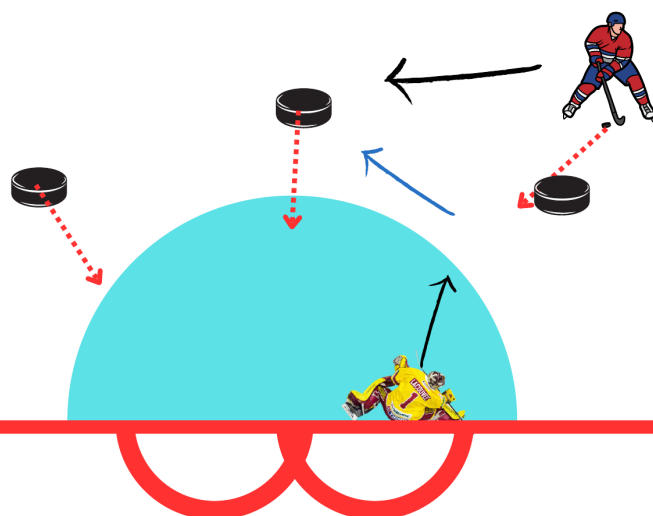
FOCUS

Feet set on contact. Beat the pass to the spot so you're stopped and square, never sliding into the shot.

PROGRESSION

Speed up the puck movement and add a third passer.

ILIA 3-PUCK



► WATCH THIS DRILL

THE SEQUENCE

- 01 G starts on the post and pushes off. Player shoots 5-hole (1).
- 02 Make the save, power-push to puck 2 (2), then to puck 3 (3).
- 03 The player tries to beat you on the last two – change direction quickly.

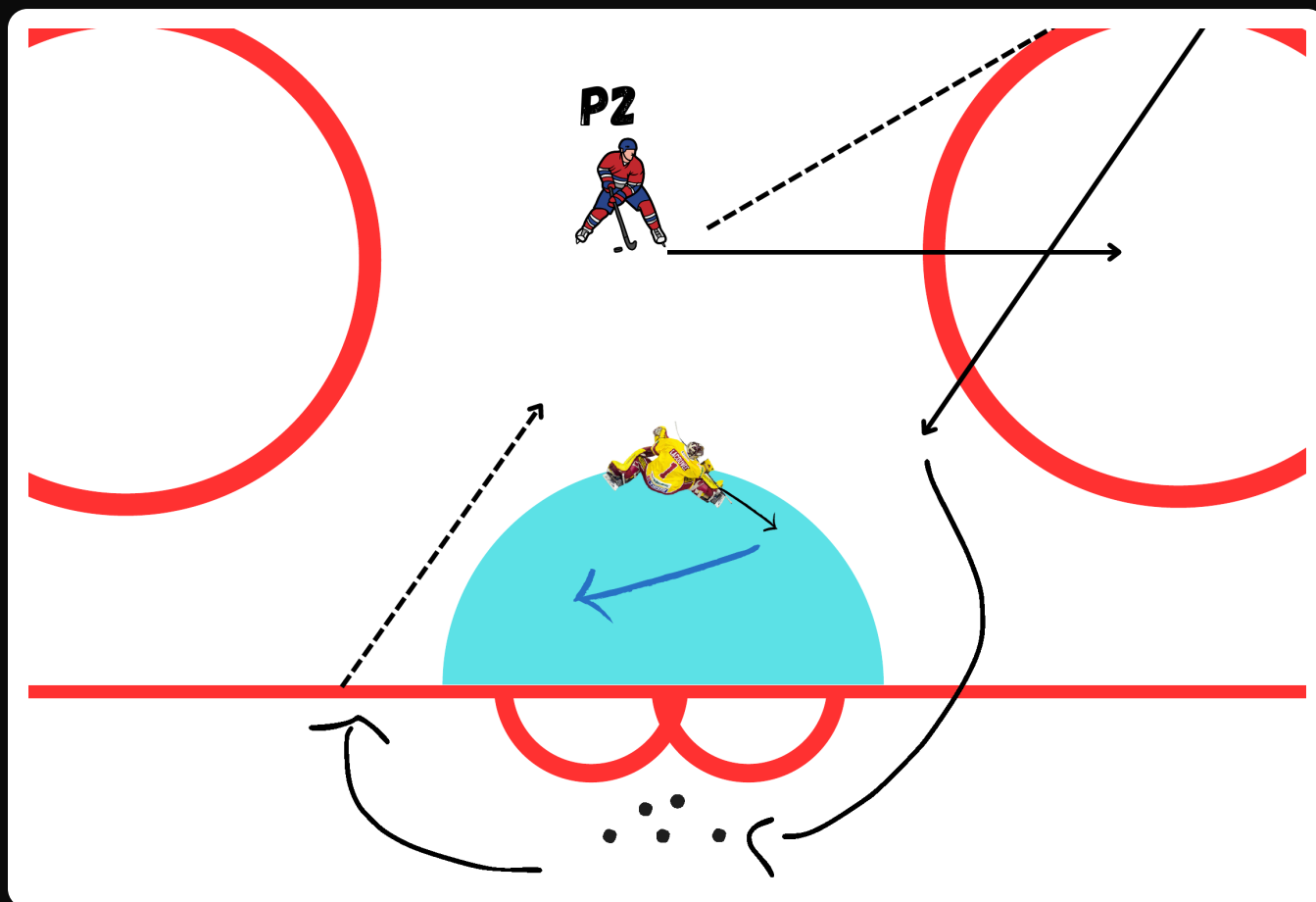
FOCUS

Explosive power pushes with the feet set on arrival. Don't drift – load, push, stop, save.

PROGRESSION

Tighten the gaps between pucks so the reloads come faster.

NET DRIVE TO BEHIND



► WATCH THIS DRILL

THE SEQUENCE

- 01** G starts middle. P1 passes up high to P2 (1).
- 02** P1 plays token defence while P2 attacks the net with speed (2) — a shot off the rush or a drive to the net.
- 03** P1 grabs the puck behind the net; P2 goes net-front for the pass.

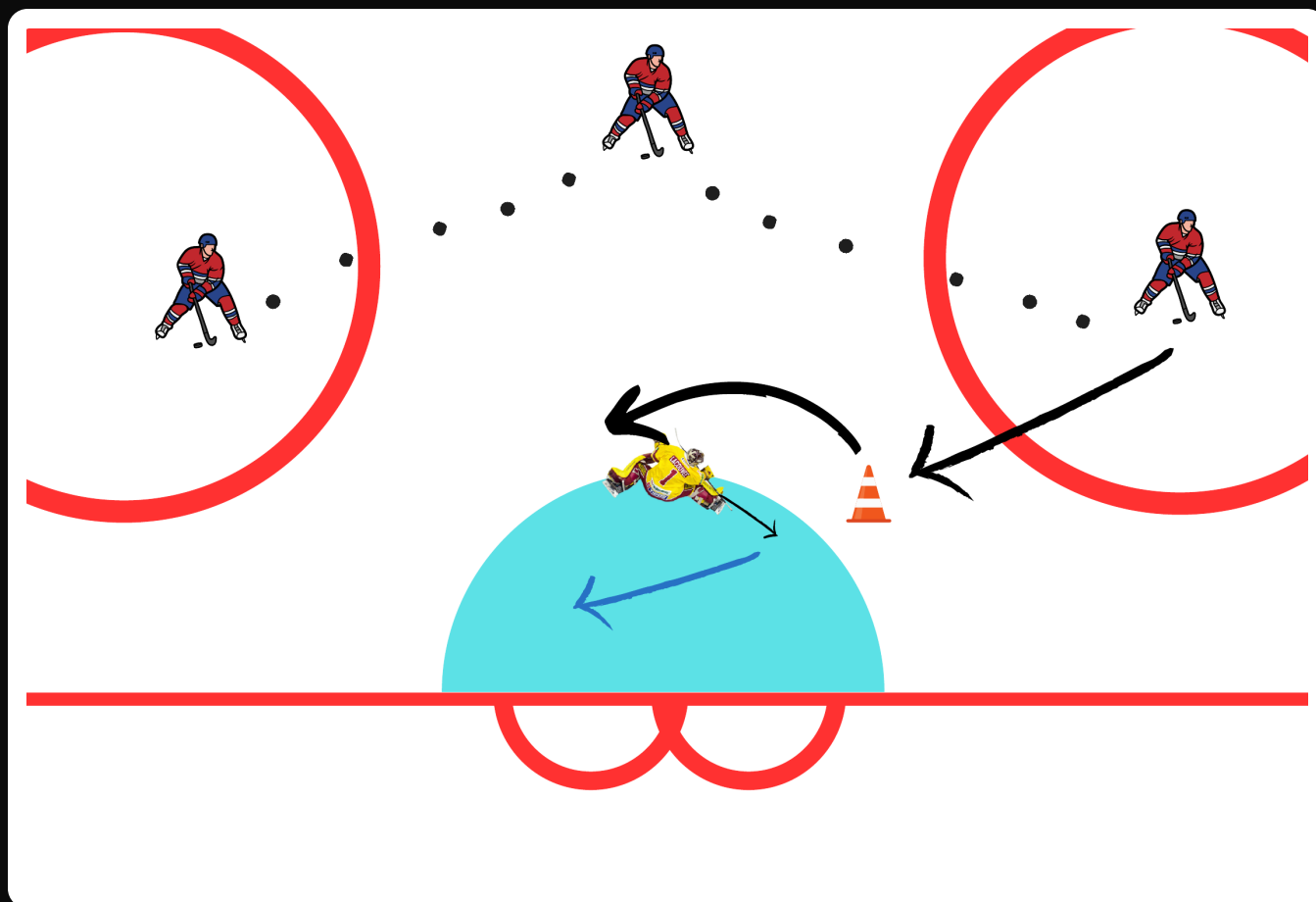
FOCUS

Hold your depth against the drive. Don't over-commit to the rush shot — stay big through the net-front play.

PROGRESSION

Add a real backchecker so the goalie has to manage screen and drive together.

BOB'S DRILL



► WATCH THIS DRILL

THE SEQUENCE

- 01 G starts middle and pushes to the angle as the player attacks the net.
- 02 The player either takes a quick shot (1/2), or tries to wait out the goalie around the net.
- 03 Progression: the first player delays and hits a second player (3).

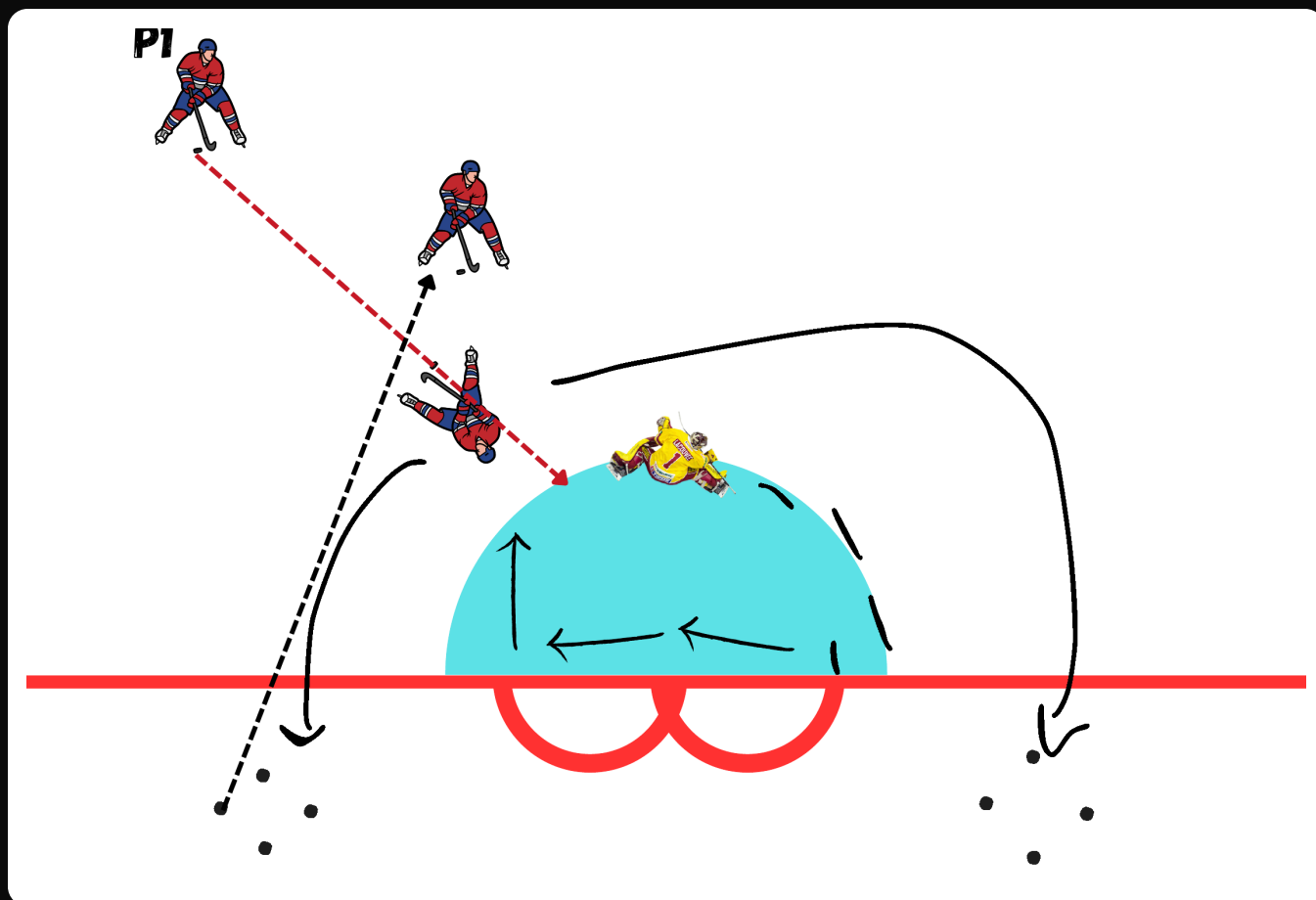
FOCUS

Patience on the drive. Don't bite on the first fake — stay set and force the shooter to make the decision.

PROGRESSION

Add the delay-and-feed option live so the goalie defends two threats.

OVERLAP PROGRESSION



► WATCH THIS DRILL

THE SEQUENCE

- 01 G starts middle, pushes to the angle and overlaps onto the post (1).
- 02 Skate the post into reverse-VH, then post-to-post (2), and back out to the angle (3).
- 03 P1 shoots through the screen (4). P2 retrieves and feeds for an in-close shot (5).

FOCUS

Connect every movement — overlap, RVH, post-to-post — without losing your sightline through the screen.

PROGRESSION

Run it continuous: as soon as the in-close shot is done, restart the overlap the other way.

THANK YOU

Awesome job making it this far. Tag me on social @lacouveegoaltending — and check out what else I've got going:

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