



## **Goalie Curriculum**

- Foundations of Reaction
- Save Mechanics
- Screened Shots
- Shots on the run
- Bounce Shots
- 1 on 1 on Crease Play (Boys)
- Crease Rolls (Girls)
- Feeds
- Clearing Drills
- Mobility Drills
- Hand Eye Coordination Drills
- Rebounds
- 8-Meter Shots (Girls)
- Defending Ball Behind