

NHLCA FEATURE DRILL

JULY 1, 2024

SAUCE & CROSS

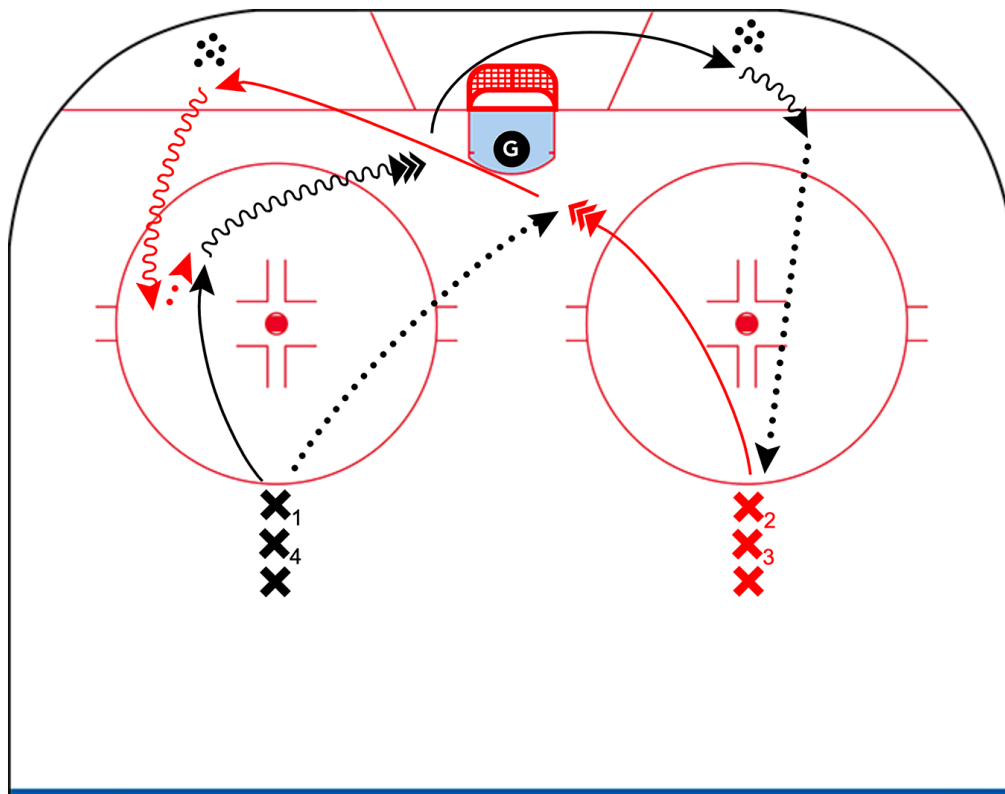
Category: Goaltending

Team: Pittsburgh Penguins

Description: This drill is designed for the goalie to recognize when and where they can handle a forward diagonal on their feet vs. on their knees. Then the goalie recovers and is facing a wide-angle drive to the net.

Three parts to drill:

1. **X1** saucer pass down low to **X2** driving net for tip shot/cut backside.
2. **X2** picks up puck, drops puck for **X1** for wide drive.
3. **X1** passes up to **X2** & repeat.



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