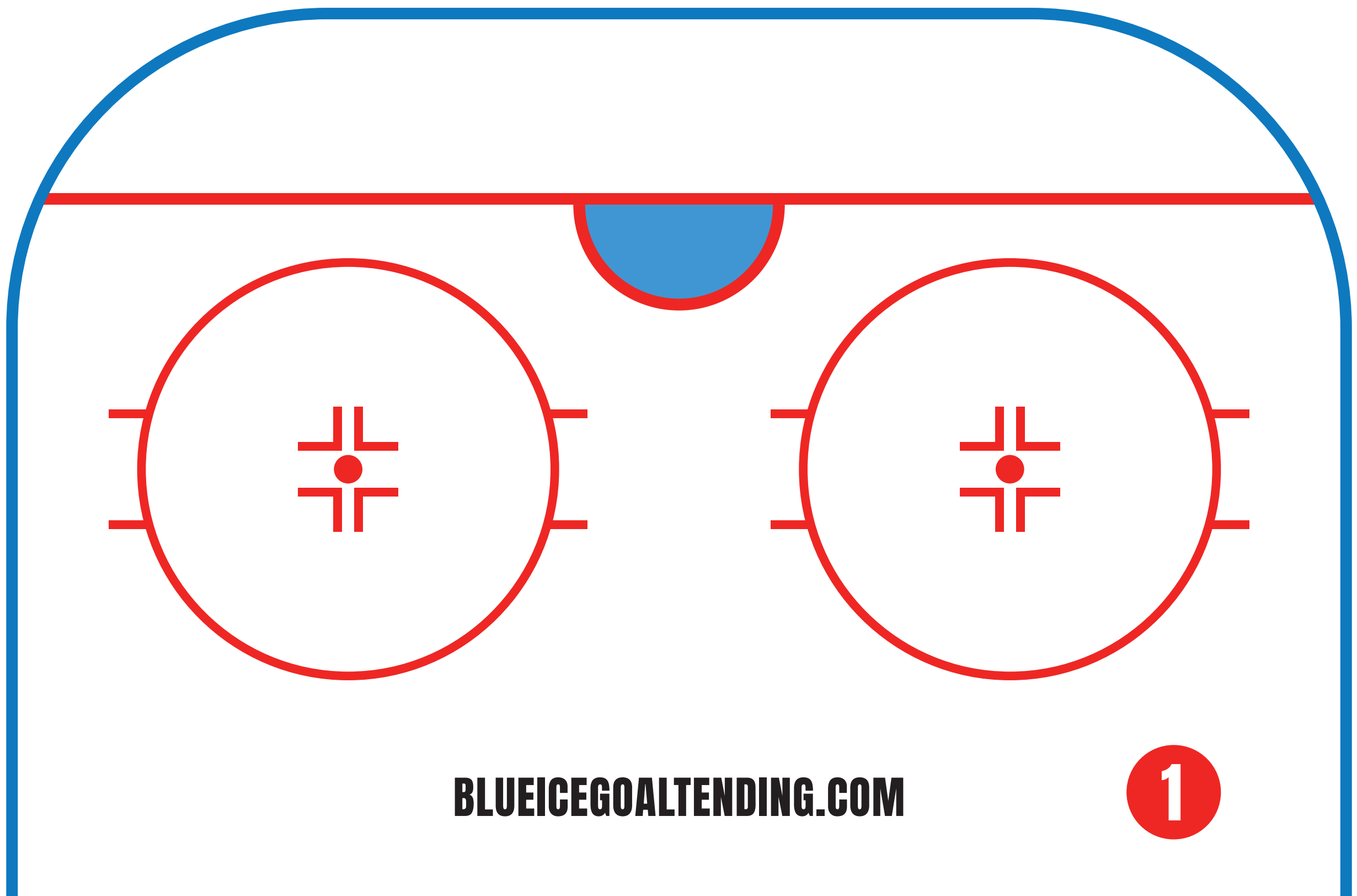


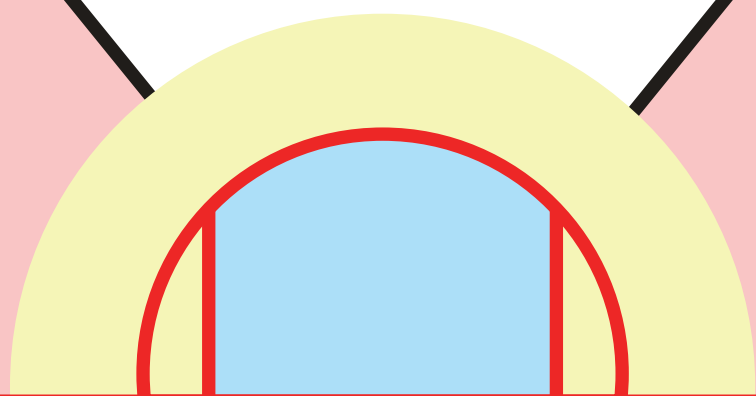
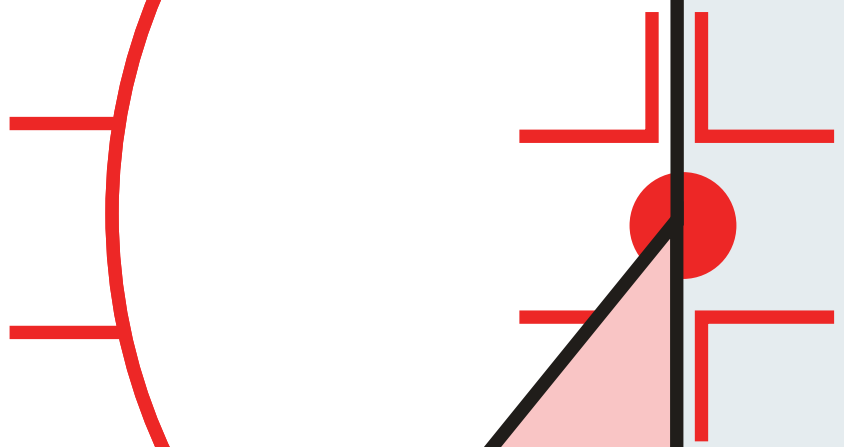
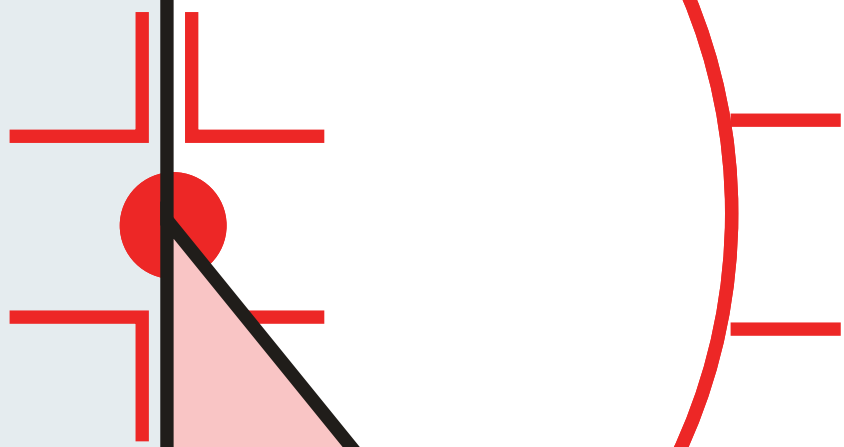
PROPER STANCE AND POSITION VS PUCK POSITION





POINT

SLOT





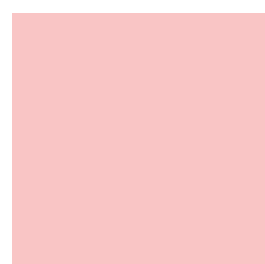
- **PUCK POSITION - POINT:**
- READY STANCE
- TOES OUTSIDE CREASE
- REACTIVE BUTTERFLY



- **PUCK POSITION - SLOT:**
- READY STANCE
- TOP OF CREASE TO 1-2FT OUT
- REACTIVE BUTTERFLY



- **PUCK POSITION - CREASE:**
- AS CLOSE AS POSSIBLE TO PUCK
- BLOCKING BUTTERFLY



- **PUCK POSITION - WIDE AND TIGHT OR WALK OUTS:**
- OL, VH, RVH, OR STANDUP
- WITH BACKDOOR THREAT USE VH
- HUG POST

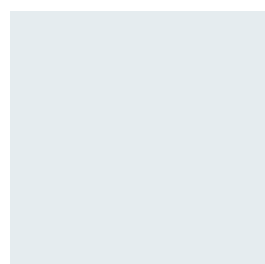
LEGEND:

- OL = FOOT OVERLAPPED OUTSIDE POST
- STANDUP = PADS TOGETHER
- BLOCKING BUTTERFLY = ARMS COLLAPSED
- VH = PAD AGAINST POST IS STRAIGHT UP WITH BACK PAD FLAT ON ICE
- RVH = PAD AGAINST POST IS FLAT ON ICE WITH BACK FOOT ANCHORED INTO ICE
- REACTIVE BUTTERFLY = HANDS AND ARMS UP AND OUT



PUCK POSITION - BEHIND THE NET

- 12 AND UNDER: STANDUP
- 12 AND OVER: VH, RVH OR STANDUP
- HUG POST



PUCK POSITION - OUTER EDGE

- TOES INSIDE CREASE
- READY STANCE OR STANDUP
- ANTICIPATE PASS
- HUG POST BENEATH GOALINE

LEGEND:

- **OL** = FOOT OVERLAPPED OUTSIDE POST
- **STANDUP** = PADS TOGETHER
- **BLOCKING BUTTERFLY** = ARMS COLLAPSED
- **VH** = PAD AGAINST POST IS STRAIGHT UP WITH BACK PAD FLAT ON ICE
- **RVH** = PAD AGAINST POST IS FLAT ON ICE WITH BACK FOOT ANCHORED INTO ICE
- **REACTIVE BUTTERFLY** = HANDS AND ARMS UP AND OUT