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Video: Mitch Korn teaches Caps goalies to stop pucks without their hands

By Alex Prewitt September 16

Kind of. At least, that was the drill when colleague and video journalist McKenna Ewen came to Capitals rookie camp, tasked with filming goaltending coach Mitch Korn for the story that ran in Tuesday's print edition.

The next day, Korn brought out a low-shot screen board, where pucks go underneath an easel-type structure. Braden Holtby and Justin Peters have also met the mini-pucks and the white pucks that blend into the color of the ice. But on this day, they held medicine balls against their chests while teammates rifled pucks at their skates.

The medicine balls were a new addition to Korn's goalie camp routine this summer, but he first used them in Nashville to help Carter Hutton transition from Pekka Rinne's backup to injury replacement last season.

The video from Ewen is below. Between the story, the video, the leftovers and, coincidentally, a forthcoming blog post on prospect Pheonix Copley, you might as well consider this Mitch Korn Day, which is fitting enough, since it's both his and Holtby's birthday.

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