

Lacrosse Goalie Clinic

Coaches Goaltending Clinic

April 28 / 2006

Agenda

Introduction

Role of the Coach

- 1- **WATCH:** The coach must learn how to watch his goaltender in order to evaluate HIM or HER.
 - a- Ways of watching - Look for interaction with the players during and after practice.
 - b- Look for enthusiasm.
 - c- When watching the goalie focus on the goalie, not on the shooter. You will be able to see how the goalie moves in relation to the play. You will be able to determine the focus of the goalie. By watching the goalie you will better see strengths and weaknesses.

- 2: **Evaluate:** Use the forms to evaluate the goalies.

- 3: **Motivate:** Possibly the most talked about area is how to motivate your goalie. From my experience there is various ways to approach this necessity.
 - 1- Talk with the Goalie , do not lecture, make the goalie realize the importance of their role in offence and defence.
 - 2- Use the goalies peer group to encourage the goalies work habits.
 - 3- Make team practice a time to challenge the Goalie against his players make it fun and challenging.
 - 4- If you have the luxury of two goalies make them change position in the net after every goal. This will make each goalie try to outperform the other and stay in the longest.
 - 5- Remember Goalies have competitive, show off nature. Since they do not score goals, the performance in goal is what displays their talent.
 - 6- Encourage them to forget the last goal, give them a re- focus statement. "I will stop the next shot" "NO more Goals" ETC.

- 4: **Train – Read and apply the material from the CLA Goaltenders Manual and the information contained in Don Watson’s “The Lacrosse Goalie Book”**