

British Columbia Lacrosse Association

GOALIE DRILLS

2006

Goalie Clinician

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Warm Up and Floor Drills

The following drills were prepared to supplement the drills for goalies that exist in the Goaltenders Manual and the Coaches Drill Manual. I found that these specific drills are the foundation for being successful in other drills.

- 1-Discuss Equipment / Size /Weight / Conformity**
- 2-Review the roles of Goalies**
- 3-Discuss Stretching drills prior to a game.**
- 4-Perform Stretching Drills**

All the following drills should concentrate on making the goalies legs shoulders and arms stronger. The aerobic aspect will be addressed during the continuous motion of these drills. Having the goalie run sprints or run around the rink reduces the quality teaching time on the floor. Running and full aerobic drills should be done away from the valuable floor time.

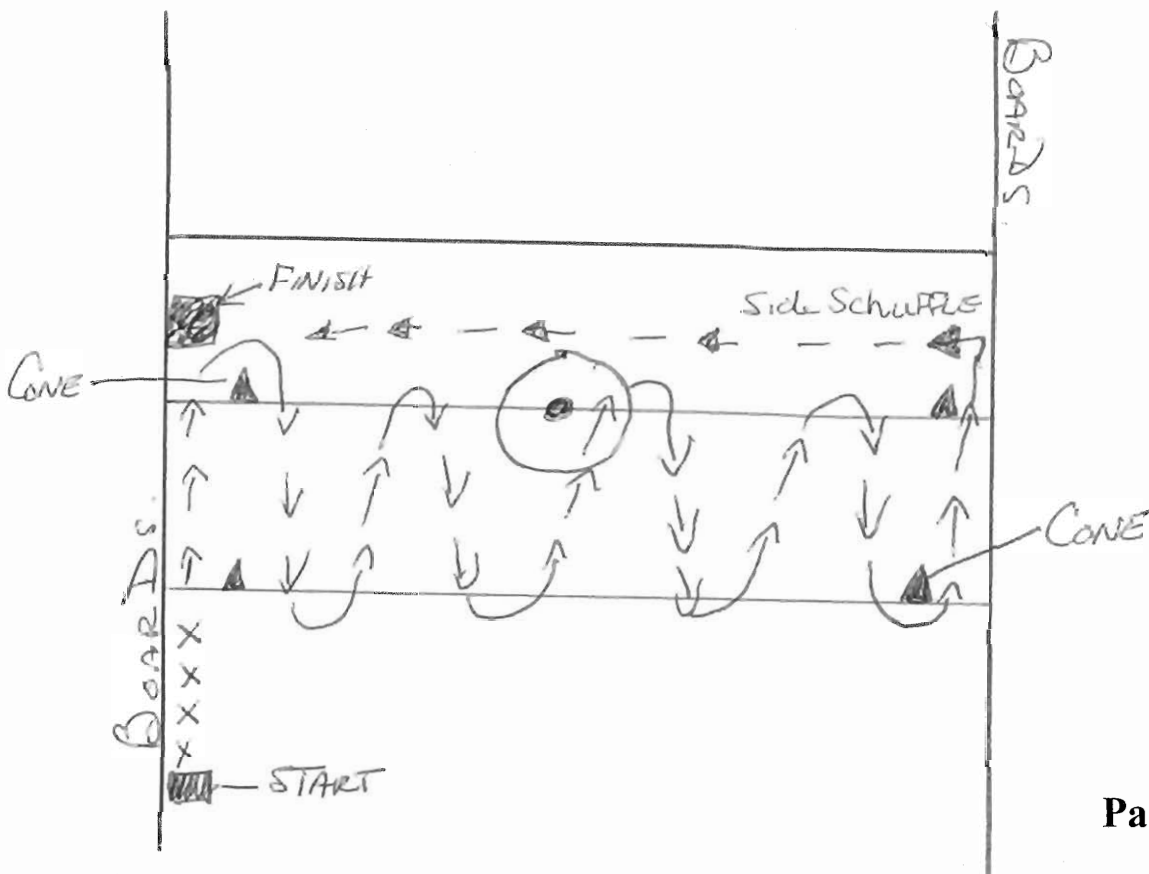
Begin with a drill to warm up the players prior to discussions on goaltending.

Drill 1- In and Out Drill- 2 Times Through

Objective: To have the goalies learn a drill that will build them aerobically, while strengthening their legs and learning power and balance.

Have the player line up against the boards at the blue line and have them follow the leader by using a shuffle step out to the Red Line then back peddle to the blue line at a 45 degree angle. Have them shuffle step out to the blue line and so on the entire width of the rink.

The Goalies when finished move to the blue line again and scuffle sideways along the blue line back to the original starting position. This drill should be run 2 times all the through.

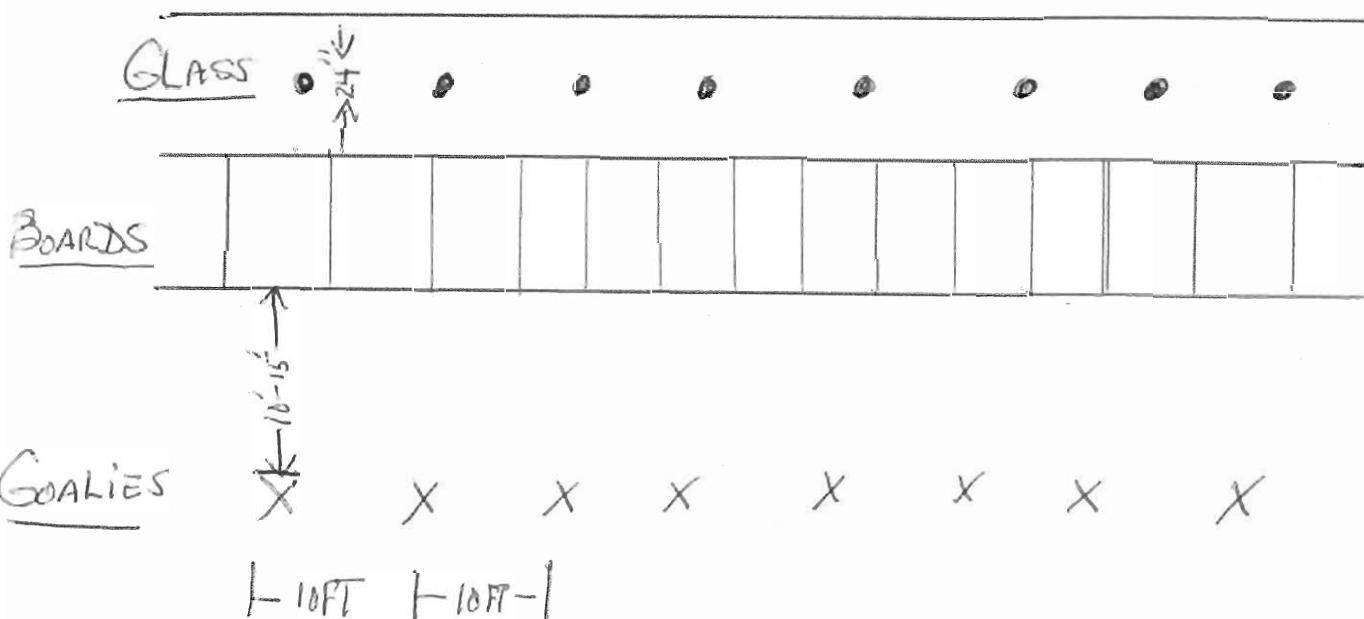


Drill 2- Progressive Passing Drill

Objective: To teach the goalies to focus on their passing game by leading them through a series of drills that will assist them in recovering the ball then beginning the Transition or Fast Break game.

2-a

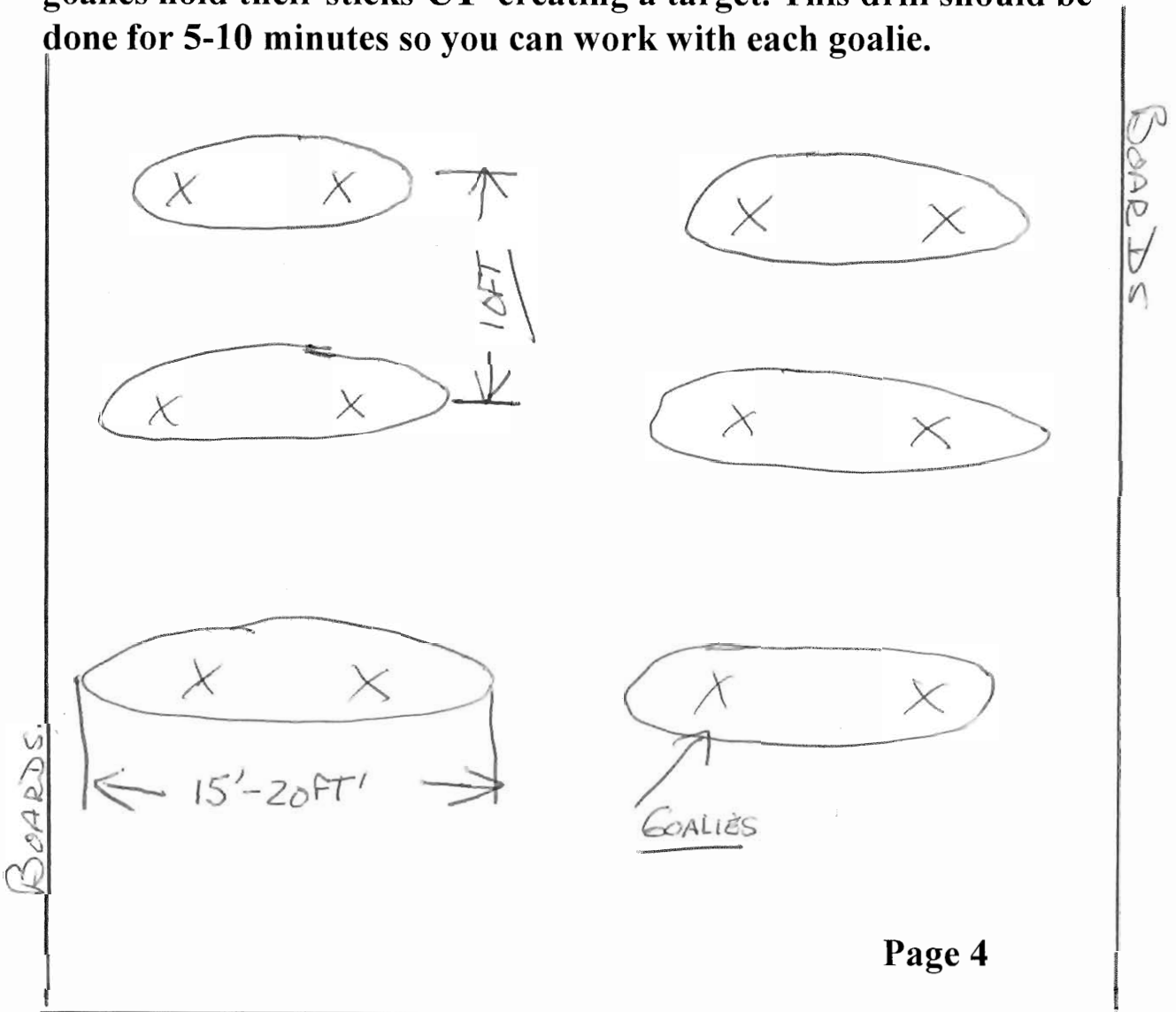
Mark with tape, for each goalie; a mark on the boards and have each of the goalies stand back 10-15 feet depending on age and size. Then have them shoot at the mark then recover the ball and shoot again. Have them do this ten times. During the drill the coach should work on throwing stance, focus, shooting strings, and show them how to create power with the pass or shot.



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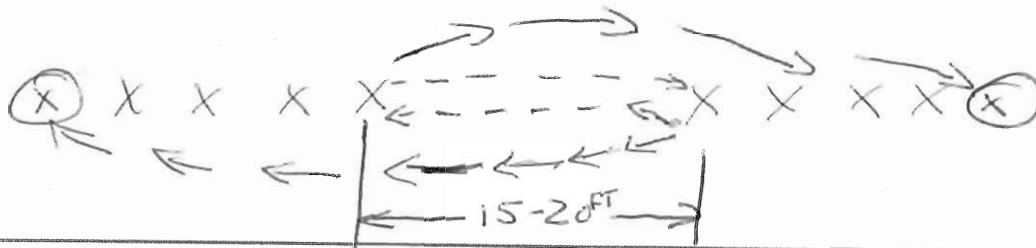
2- b

This next drill should be done with two goalies. Have the two goalies stand 15-20 ft apart and have the goalies pass the ball to each at 3/4 speed. Focus the goalies on stance and direction. Make sure they pass the ball to the side the goalie is holding his stick. Make sure the goalies hold their sticks **UP** creating a target. This drill should be done for 5-10 minutes so you can work with each goalie.



2-c

Next have the goalies form 2 lines facing each other, single file about 15-20 feet apart. Again have them pass the ball back and forth while focusing on passing techniques. Have the goalie once he passes sprint to the end of the far line. This drill should be done 2 times through the group. This drill increase passing ability, focus and quickness through the sprint.



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2-d

The last part of these drills is to teach the goalies the options they have in passing the ball after recovering a shot. These options must become automatic for the goalie. When they master these options the transition game will become a feared tool in the playbook.

Goalies have 5 Options after they stop a shot and recover the ball. The goalies should be to look at these options 1 thru 5 each time they recover a ball.

Option 1- The first consideration; FAST BREAK

The fast break- the goalie should first verbal communicate with their forwards by yelling “Break or Go”. The forwards do not break until the goalie yells or communicates. The forward breaks past the defender and should be looking for the pass all the way. He should angle slightly to the middle to make themselves a better target. If he does not receive the pass, then he/she should turn back to the boards and wait for the ball to move up the floor or go to the offensive net depending on the offensive setup.

If the Pass can not be completed GO to Option 2

Option 2 - The Outlet Pass.

The outlet pass has to be made quickly to the defenseman or winger on the boards away from the players bench ;at the face off circle in the defensive zone. The defenders should always go to the assigned positions as soon as the ball is recovered. The goalie should not pass the ball if there is a checker between him and the face off circle.

If this pass cannot be made go to Option 3

Option 3 - The Outlet Pass to the Bench Side boards.

Repeat the outlet pass as described in Option 2 but to the bench side. If a checker moves to block the goalies pass; the goalie should sprint around to the back of the net. The goalie should go around to the opposite side they pass the ball from. This will make it easier for him/her to be in the throwing position we they get behind the net.

Remember the clock is ticking now and you have only 5 seconds to move the ball then you may have to step out of the crease. Another reason to go behind the net is to gain position on the checker.

If the outlet pass is covered and you have no checker on you then you should go to the Option 4.

Option 4 - Running the ball up the floor.

If the players are covered and the goalie must leave the net due to potential time violations; the goalie must be ready to run up the floor and pass the ball. They should never let a checker get between you (the Goalie) and where you are passing the ball. Run to the opening.

If the goalie is about to get checked and has no pass then go to Option 5.

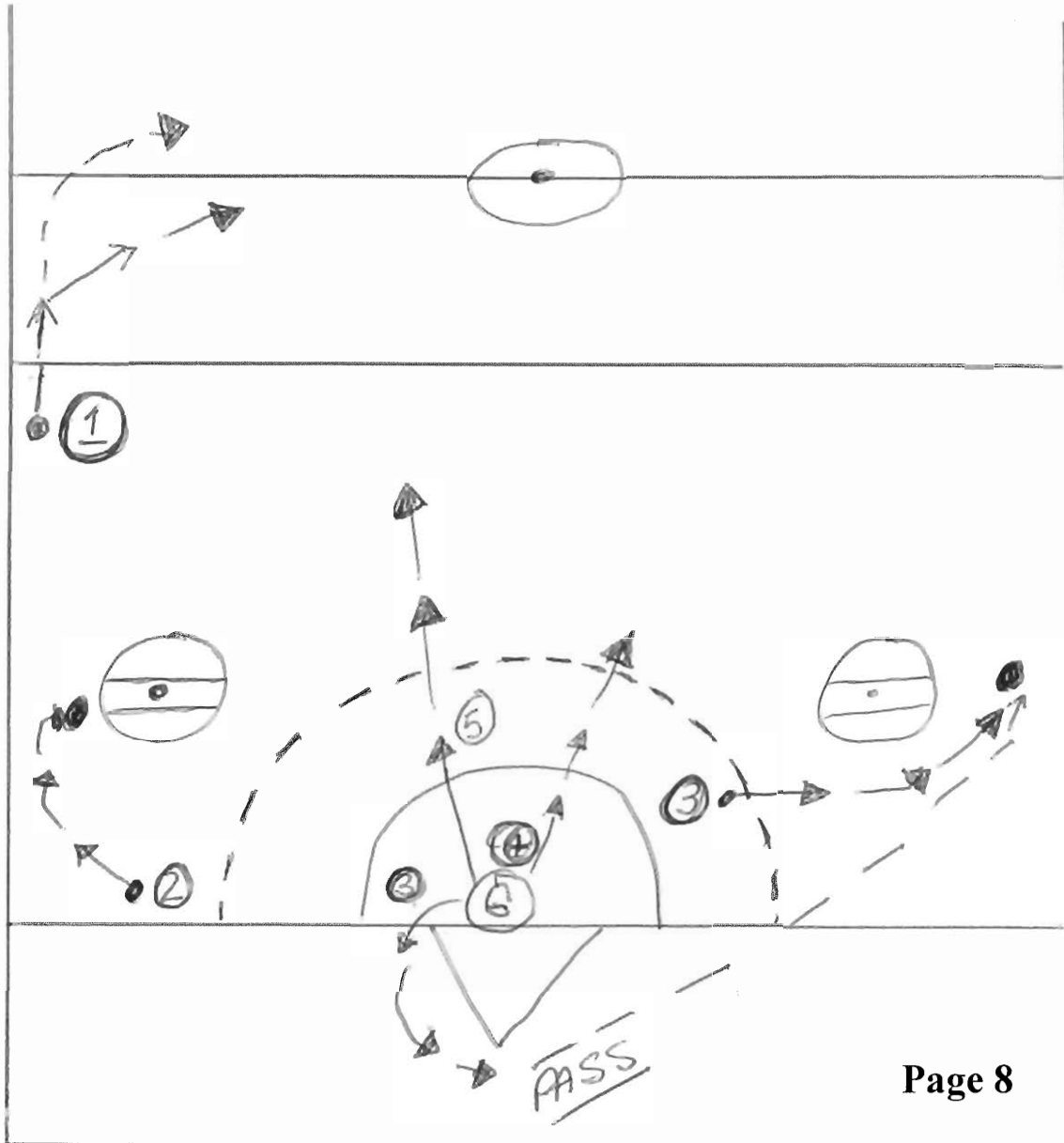
Option 5 – Rolling the ball down the floor.

By the time you get to Option 5 the 10 second over center rule will be in play. There is nothing wrong with rolling the ball down the floor. Remember that this action will give your team a better defensive position when the other team picks up the ball. As well one of your players may intercept the ball if the defensive team is not focused.

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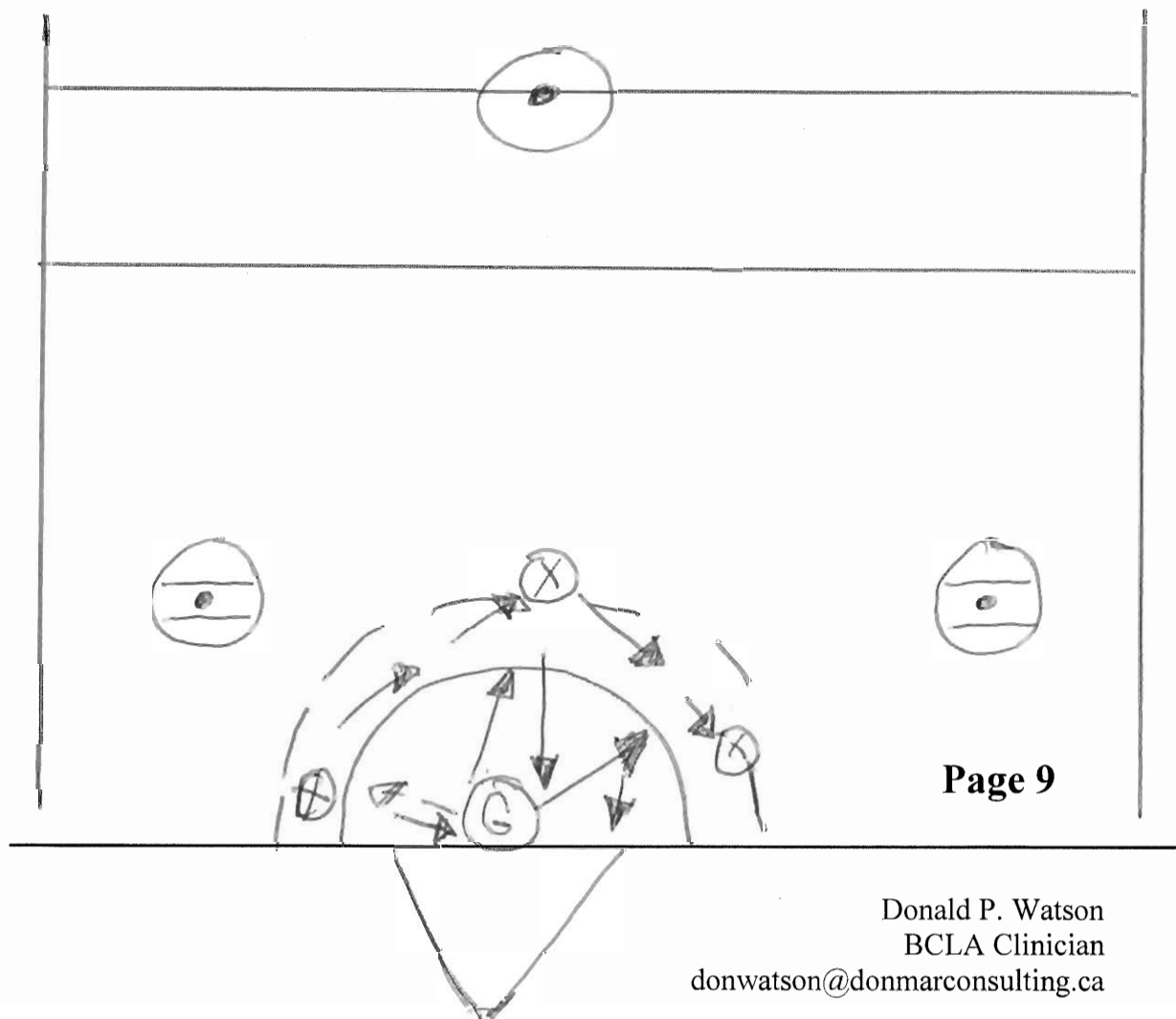
BREAKOUT PASSING OPTIONS



Drill 3 -In & Out Drill (In the net)

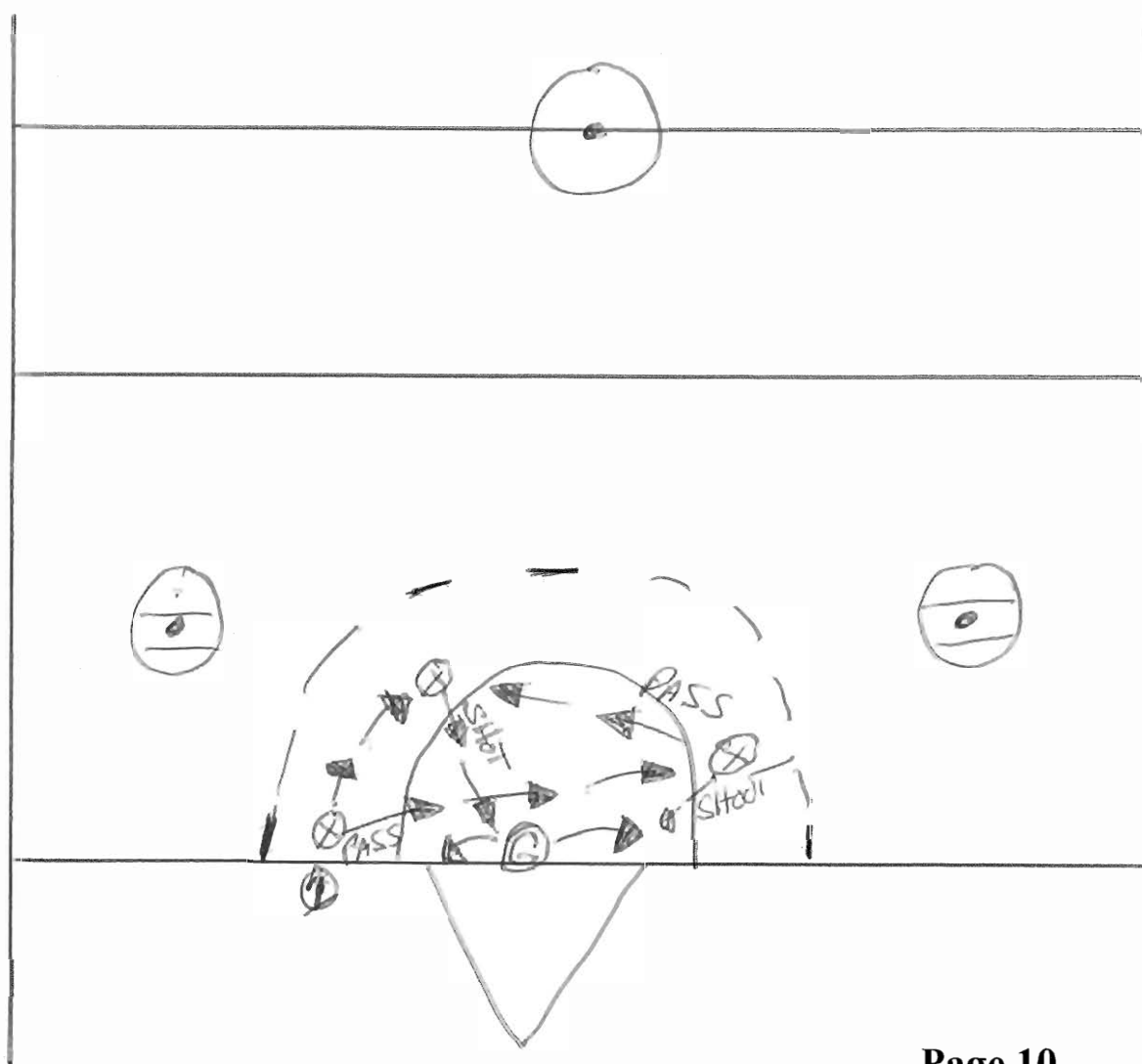
Take three shooters and place 2 on either side of the net on the goal line. Have the 3rd shooter stand at the top of the crease about 5 feet back from the top of the circle. Have the top man pass to either of the crease men then have him receive a return pass. The top man should move the ball to both sides of the crease. The goalie should be moving from the post to the top then back to the post on the side the ball is passed to. This will help the goalie learn to watch and anticipate passes as well as increase concentration and leg strength.

Remember this is a Goalie movement drill; but keep the goalie honest by taking a shot if he is cheating or moving slowly. This should be run for 5-10 shots.



Drill 4- Moving Side to Side (In the net)

The objective of the drill is to teach the goalies to perfect through rehearsal how to move in sequence across the net. Stick first then Right or left foot to the post then followed by the body to cover maximum part of the net. All along the goalie should be concentrating on the ball and study how the shooter and where the shooter puts their shot.



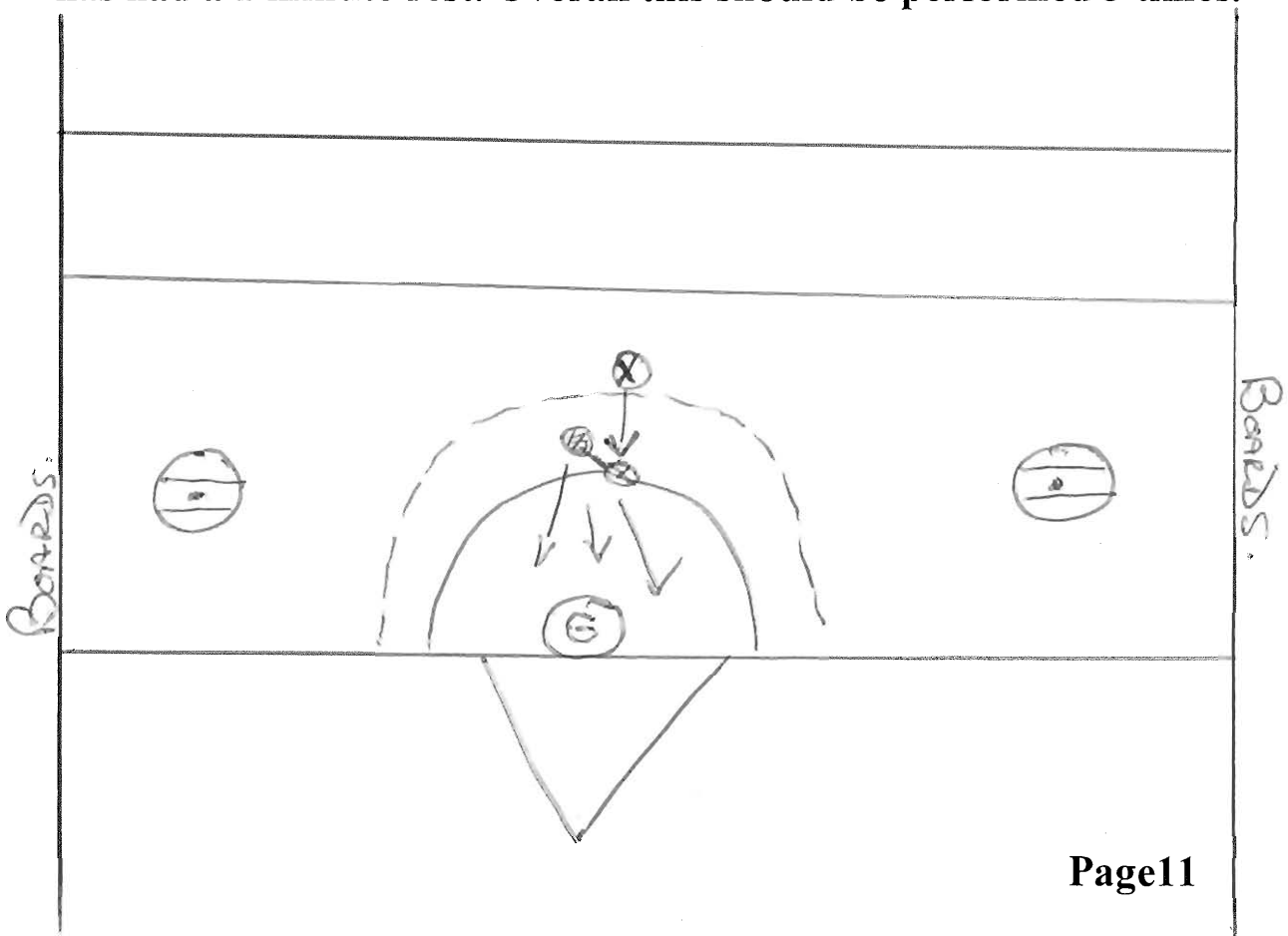
Drill 5- Fake drill- Core stability

The objective here is to have the goalie maintain the core of their body in a relatively stable placement while moving the arms and legs to cover various corners of the net.

The Shooter should stand about 2 feet in front of the net outside the top of the arc. The shooter should fake at random to various corners trying to make the goalie over commit during their fake.

This is not a shooting drill and no shots should be taken.

The drill should last 1-2minutes. Then be repeated after the goalie has had a 1 minute rest. Overall this should be performed 3 times.



Drill 5- Focus on the ball / shooter

Start the goalie off with a tennis ball and have him work on this drill at home. Some goalie will close their eyes if they perceive a hard shot. To prevent this and induce an “ Attack the Ball” attitude have the goalie practice bouncing the ball off his forehead while seated ; practicing not closing his/her eyes when the ball hits the forehead. After a time the goalie will only flinch while maintaining concentration when a shot is about to happen. When a goalie closes his eyes the shooter actually changes position and obtains a split second opening on the goal. After a few months this drill may be discontinued or accelerated as needed.

Remember:

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