**Keys For The GOALIE Position**



* **Stance**
* Always ready to react to a shot
* **Positioning**
* Practice moving your goalie from L>R and R>L
* **Reacting / Moving To The Shot**
* Must step to the shot
* **Outlet Passing**
* Control and comfort in the clearing game
* **Stick Skills**
* Work on ground balls, dodging, and passes on the run
* **Practice and Pre-Game Warm-Up**
* Keep a consistent routine
* Shoot to prepare your goalie, not to score
* Work from high to low, then bounce shots
* **Drills**
* Short stick saves
* No stick saves
* Walk The Line (7 save positions rehearsed repeatedly)
* Shot-Turn
* 10 o’clock & 2 o’clock shooters
* **Confidence**
* Keep your goalie(s) confident with positive reinforcement
* Goalies will get dejected and you will not see it
* Keep your goalie(s) confident with positive reinforcement
* **It’s a team game, the defense (and offense) need to do their part to help**
* **Questions or help with your goalies ask Scott** **sgobell@hotmail.com**