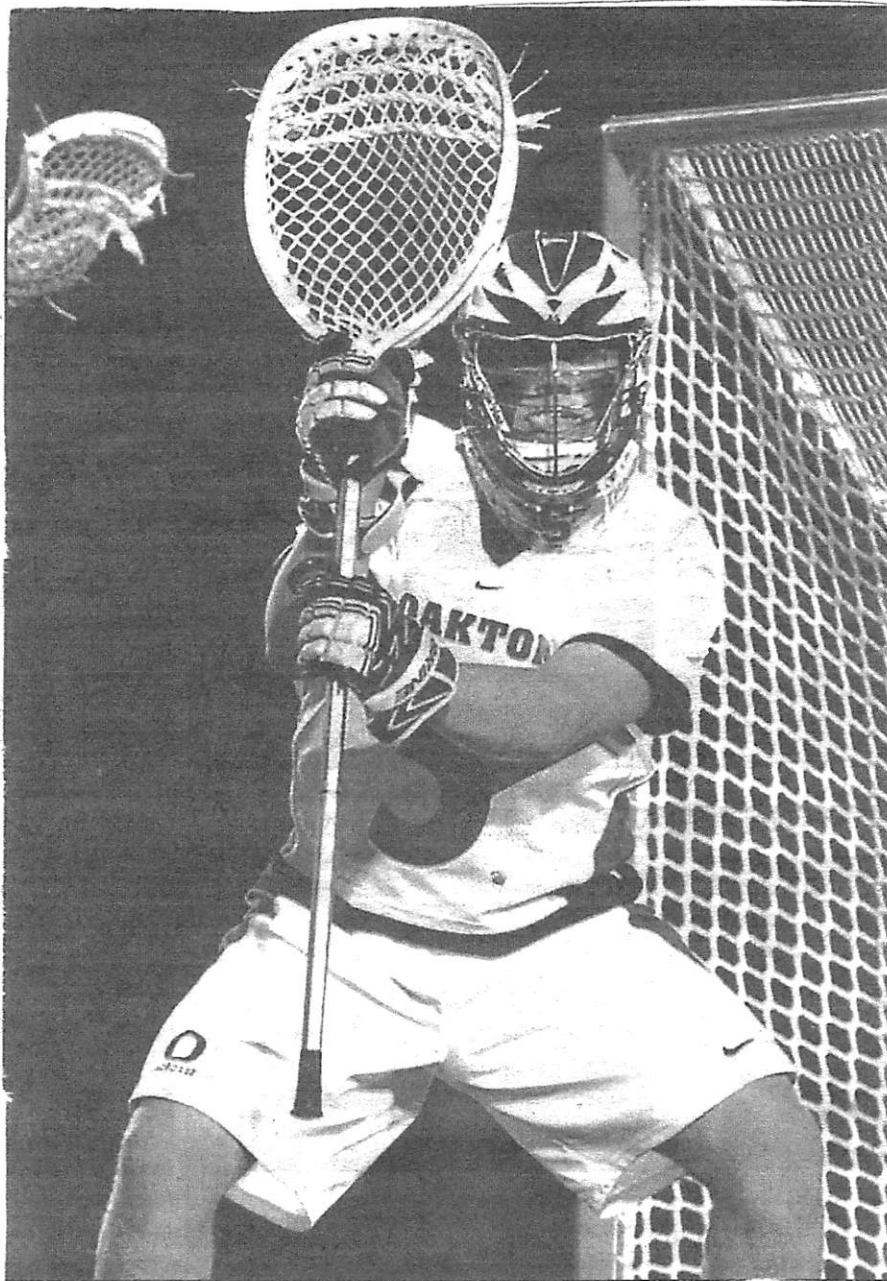


Goalie Drills

Source: "Coaching Youth Lacrosse"



CARL CASSANT

4/2/2012

Warm-up Drills

Box Drills

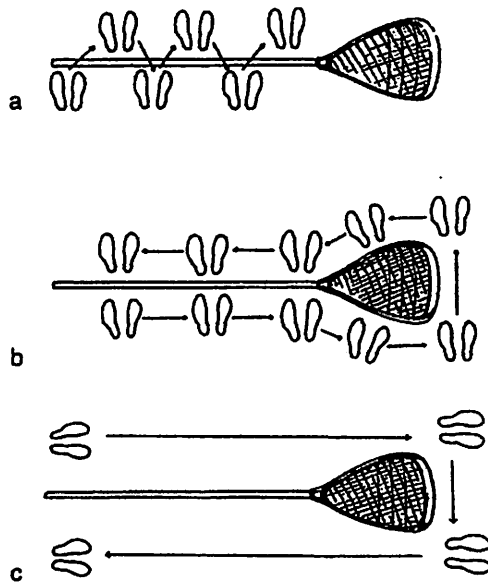


Figure 12.8 Goalie footwork activities: Over and Around the Stick.

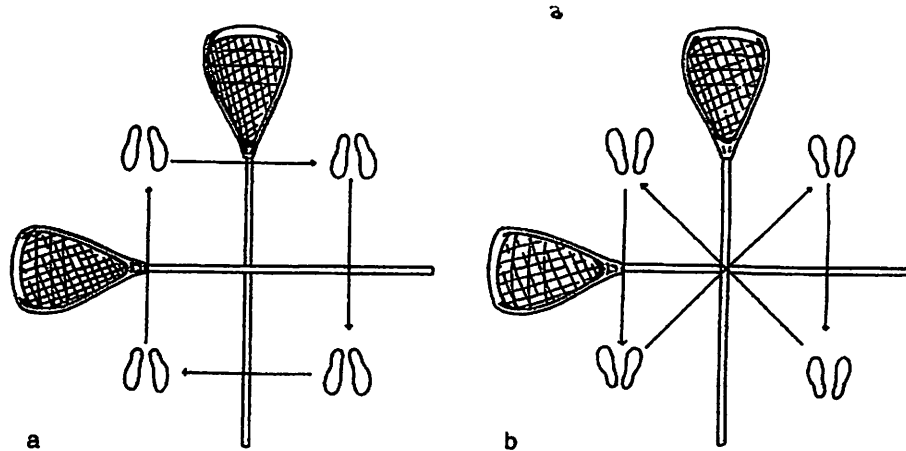
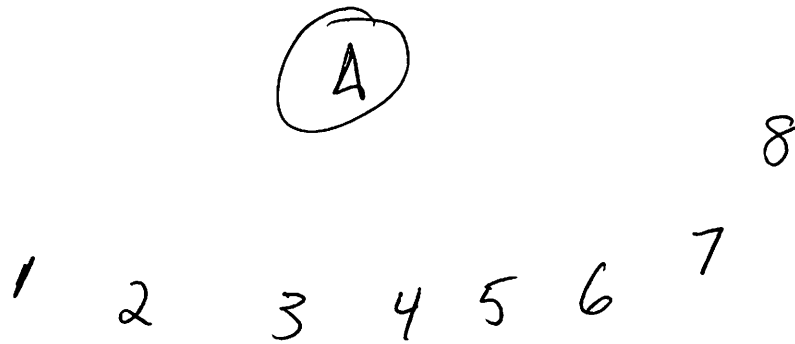


Figure 12.9 Goalie footwork activities: Box Drill.

Rapid Fire Drill



1. Arrange 6-12 players approx 10 yards ~~apart~~ from crease, each player should have several lax balls, assign numbers, have them shoot in a controlled manner.

2. Variations A) odd number players shoot low, even shoot high

B) change the order (1, 10, 2, 9, 3, 8, 4, 7, 5, 6)

C) players keep #'s but stand in any order, call out numbers.

D) Turn & shoot - goalie faces back of cage, call a #, goalie does a drop step to turn around

Six Shooter Drill



3 7 4

Purpose - to teach rapid movement & concentration

Drill - line players up as diagramed, Assign #'s

Sequence of passes is:

1 passes to 4, 4 shoots

2 passes to 3, 3 shoots

7 takes a shot-on-goal

5 does an inside roll & shoots

6 does an inside roll & shoots

Six Shooter - Revised



Six Shooter Drill - Revised w/ 5 players

A1 passes to M2 or M3

A1 does an Inside roll (crease roll = girls)

A3 passes to M1 or M2

A3 does an Inside roll (crease roll = girls)

M1, M2, M3 - take shots on goal

Call sign "Bingo" - M1 is an open cutter,
calls Bingo when he/she wants
a feed from A3,
Same for A1 feeding to M3