



MEN'S EGO BREAKER DRILL

AUTHOR INFORMATION:

Author Name: Adam Norton

Author School: Jacksonville University

DRILL SPECS:

Drill Theme: Goalie

Drill Style: Skills, Warm-Up

Field Location: Wall

Field Position: Goalie

Time Needed: 5 Min

Skill Level: Advanced

OBJECTIVE:

Develop goalie reactions to shots from unknown locations.

DRILL DESCRIPTION:

The goal is set up 3-5 yards off of a solid wall, which will allow a rebound back towards the goal. A coach shoots at the wall from behind the goal and the goalie must react and make the save.

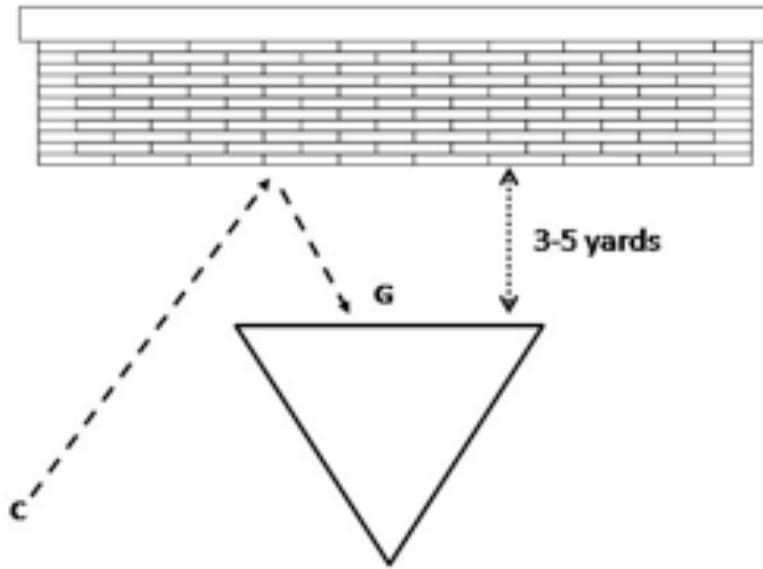
SKILLS PRACTICED:

- Stepping to the Ball
 - Hand/Eye Coordination
 - Consistent Positioning
 - Tracking the Ball
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VARIATIONS:

Shoot so that the ball will bounce at goalie. "Rapid Fire", meaning a quick succession of shots. Goalies may or may not be permitted to see the shooter behind the goal. Shoot from multiple locations.

DRILL DIAGRAM:





MEN'S GRIP IT AND RIP IT DRILL

AUTHOR INFORMATION:

Author Name: Adam Norton

Author School: Jacksonville University

DRILL SPECS:

Drill Theme: Goalie

Drill Style: Skills, Warm-Up

Field Location: Attack Zone

Field Position: Goalie

Time Needed: 5 Min

Skill Level: Advanced

OBJECTIVE:

Develop goalie reactions to shots from multiple locations.

DRILL DESCRIPTION:

The goalie is in ready position in the crease. A coach receives a pass from anywhere on the field inside the attack area and immediately shoots on goal. Both passer and shoot are continually moving about the attacking area from varying distances. The farther the shooter is from goal, the harder they should shoot. The closer they are to the goal, the more emphasis the shooter should put on "placing" the shots. All save areas should be worked on for the goalie.

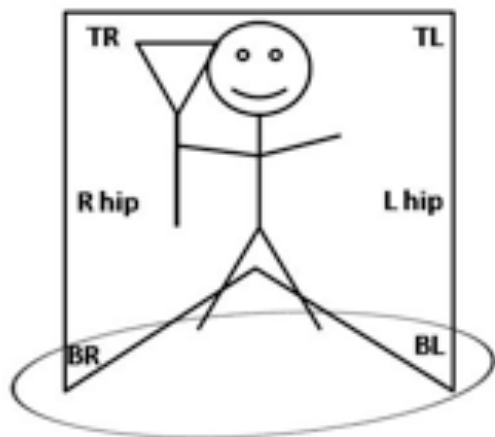
SKILLS PRACTICED:

- Stepping to the Ball
 - Hand/Eye Coordination
 - Consistent Positioning
 - Tracking the Ball
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VARIATIONS:

Bounce the ball. "Rapid Fire", meaning a quick succession of shots. Goalie makes outlet passes to a back-up goalie. Multiple passes between coaches. When the shooter is close utilize stick fakes and/or non-traditional shots.

DRILL DIAGRAM:



TR= Top Right
TL= Top Left
R Hip = Right Hip
L Hip = Left Hip
BR = Bottom Right
BL = Bottom Left



MEN'S HIT SPOTS DRILL

AUTHOR INFORMATION:

Author Name: Brett Queener & Brian Hobart

Author School:

DRILL SPECS:

Drill Theme: Goalie

Drill Style: Skills, Warm-Up

Field Location: Attack Zone

Field Position: Goalie

Time Needed: 5 Min

Skill Level: Basic

OBJECTIVE:

To work on developing goalie hand/eye coordination.

DRILL DESCRIPTION:

The goalie gets into ready position, while a coach stands 2-3 yards away and lightly tosses balls while moving in an arc around the front of the goal. Goalie is to make a save and quickly return the ball to coach. Coach should work all "shot" positions 2 times. After all shot positions are hit, coach backs up 5-7 yards and repeats progression. Finally, the coach backs up to 10-12 yards and repeats the progression. The emphasis for the coach is not on scoring, but on helping the goalie see the ball and be in correct positions to make save. Shot speed should increase with distance. The coach should also vary their stick position so that the goalie sees shots from a variety of release points.

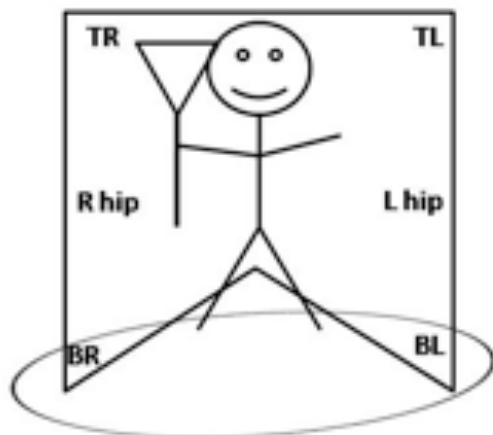
SKILLS PRACTICED:

- Stepping to the Ball
- Hand/Eye Coordination
- Consistent Positioning

VARIATIONS:

Bounce the ball. "Rapid Fire", meaning a quick succession of shots. Coach shoots off of an outlet pass from a back-up goalie. Goalie makes outlet passes to a back up goalie.

DRILL DIAGRAM:



TR= Top Right
TL= Top Left
R Hip = Right Hip
L Hip = Left Hip
BR = Bottom Right
BL = Bottom Left



MEN'S QUICK HANDS DRILL

AUTHOR INFORMATION:

Author Name: Brett Queener & Brian Hobart

Author School:

DRILL SPECS:

Drill Theme: Goalie

Drill Style: Skill

Field Location: Attack Zone

Field Position: Goalie

Time Needed: 5 Min

Skill Level: Basic

OBJECTIVE:

To develop goalie hand/eye coordination.

DRILL DESCRIPTION:

The goalie gets into ready position without a stick, while a coach stands 4-5 feet away and lightly tosses balls at the cage. Goalies job is to make a save mimicking all movements used as if the goalie had a stick. Instead the goalie will catch the ball with the top hand. Coach should work all "shot" positions.

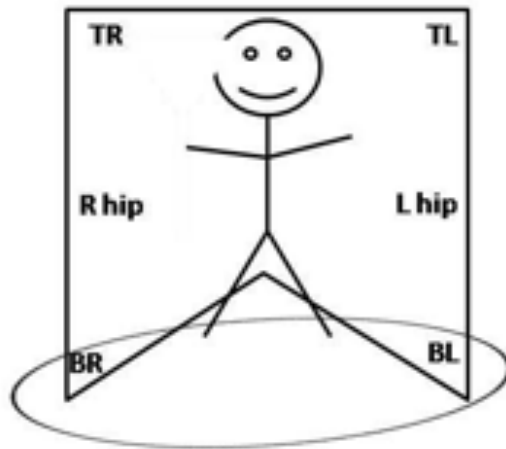
SKILLS PRACTICED:

- Stepping to the Ball
- Hand/Eye Coordination
- Consistent Positioning

VARIATIONS:

Bounce the ball and make the goalie save it using only the chest protector.

DRILL DIAGRAM:



TR= Top Right
TL= Top Left
R Hip = Right Hip
L Hip = Left Hip
BR = Bottom Right
BL = Bottom Left



MEN'S RAPID FIRE WARM UP DRILL

DRILL SPECS:

Drill Theme: Goalie
Field Location: Attack Zone
Time Needed: 10 Min

Drill Style: Skill
Field Position: Goalie, Offense
Skill Level: Basic

OBJECTIVE:

Warm up your goalie by using a bunch of players to shoot on goal in an organized manner. This helps if you are low on time and need to get your goalie a lot of shots from various angles.

DRILL DESCRIPTION:

Have your goalie get in goal and start on the right post.
Set up 5 cones in front of the goal at about 10-15 yards away from the goal, depending where you would like shots to be taken from on your keeper.
On the whistle the first player in each line will shoot – one at a time, moving from top right to top left.
Go through as many times as you need, and call out different locations for your shooters to place shots.

Be sure no players shoot until the whistle blows or the goalie is ready.

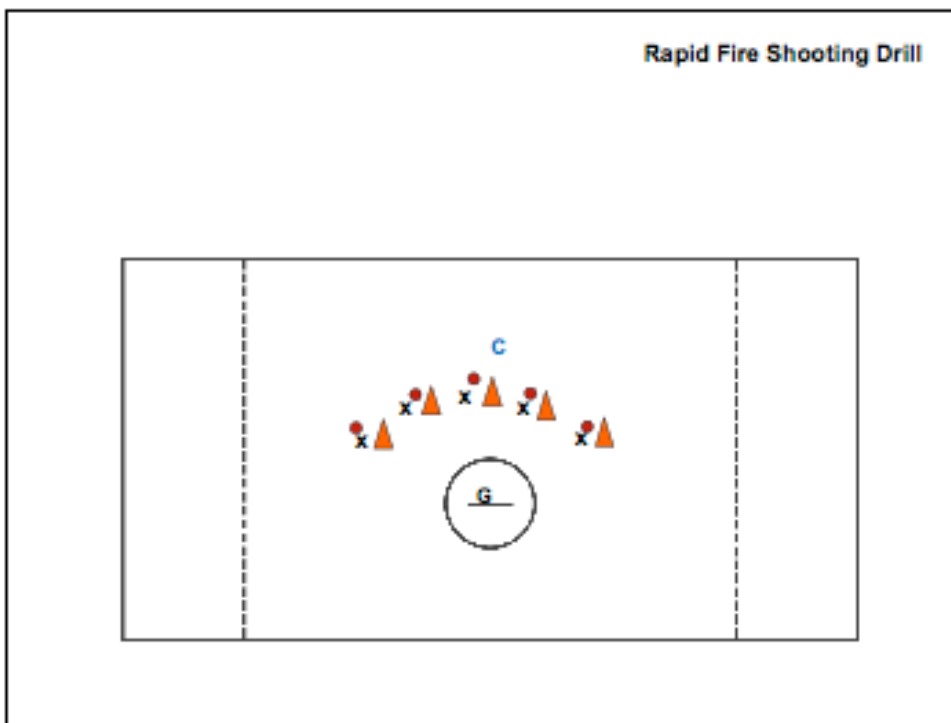
SKILLS PRACTICED:

- Goalie Play
- Shooting

VARIATIONS:

Vary where the cones are located and have players vary their shots on goal.

DRILL DIAGRAM:





MEN'S RAPID TOSS WARM UP DRILL

DRILL SPECS:

Drill Theme: Goalie
Field Location: Attack Zone
Time Needed: 5 Min

Drill Style: Skill
Field Position: Goalie
Skill Level: Basic

OBJECTIVE:

Warm up your goalie's clear game by giving them toss shots from about 5 yards away. This drill will force footwork to be quick and reactive.

DRILL DESCRIPTION:

Have your goalie get in goal and have a coach with a bucket of 25 balls about 5 yards away. On the whistle the coach will toss and throw balls at the goalie in a rapid fire motion. You must vary the location of each ball, and force the goalie to make saves and then drop the ball behind them in the cage. Continue tossing balls until they are all gone, or until you need to stop to clear balls away from the goalies feet.

Please take caution so your goalie does not step on lacrosse balls.

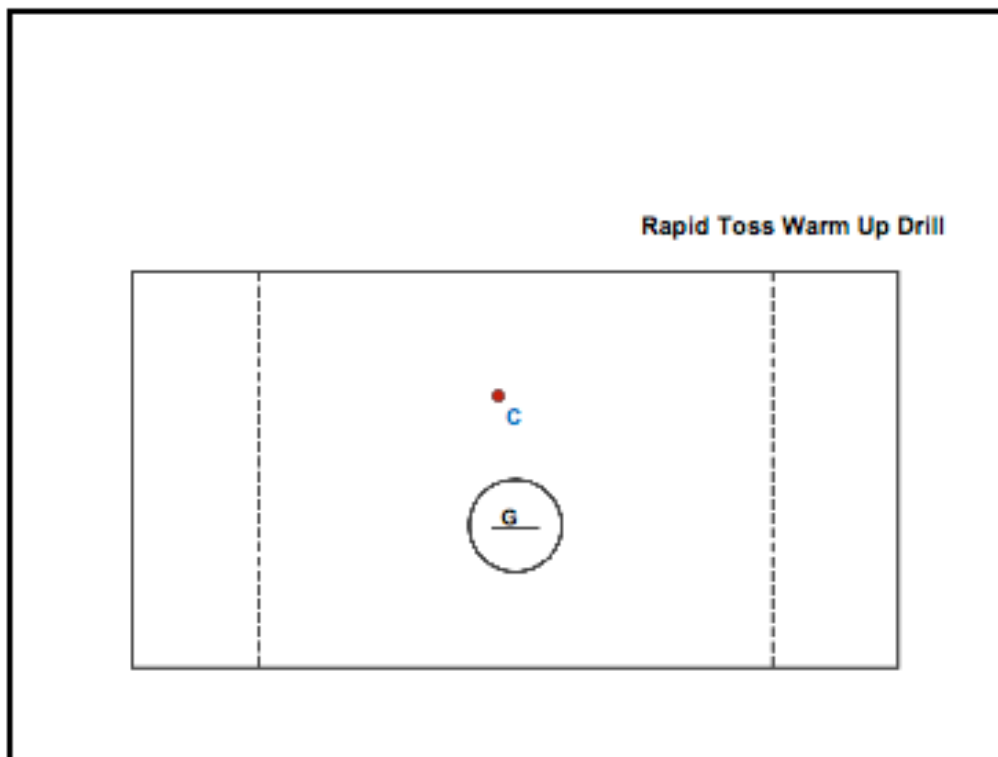
SKILLS PRACTICED:

- Goalie Play
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VARIATIONS:

Vary where the toss shots come from on the field.

DRILL DIAGRAM:





MEN'S SAVE TO CLEAR WARM UP DRILL

DRILL SPECS:

Drill Theme: Goalie
Field Location: Half Field
Time Needed: 10 Min

Drill Style: Skills
Field Position: Goalie
Skill Level: Basic

OBJECTIVE:

Warm up your goalie's clear game by giving them shots from about 10 yards away and then requiring them to clear to certain areas of the field, right away.

DRILL DESCRIPTION:

Have your goalie get in goal and take shots from the coach from about 10 yards away. Have 2 players or coaches roam around in the area between midfield and the attack zone. You will shoot on the goalie, which will make a save and then clear the long pass out to one of the players/coaches in the midfield area. The next shot will require the goalie to clear to the other player/coach in the midfield area. Have the players/coaches in the midfield area move around and change the distance of the clears for the keeper.

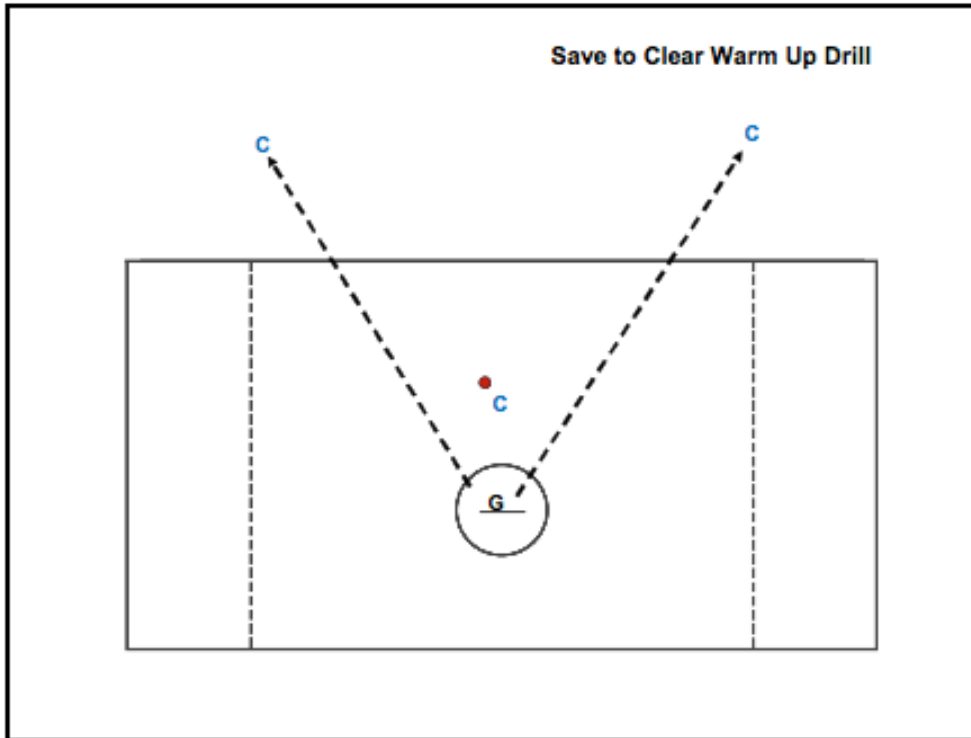
SKILLS PRACTICED:

- Goalie Play
 - Clearing
-

VARIATIONS:

Vary where the shots come from on the field. You may also add targets in the midfield, like trash cans or boxes for the goalie to try and hit with clearing passes.

DRILL DIAGRAM:





MEN'S SHAFT SAVES DRILL

AUTHOR INFORMATION:

Author Name: Brett Queener & Brian Hobart

Author School:

DRILL SPECS:

Drill Theme: Goalie

Field Location: Attack Zone

Time Needed: 5 Min

Drill Style: Warm-Up, Skill

Field Position: Goalie

Skill Level: Intermediate

OBJECTIVE:

To develop goalie hand/eye coordination.

DRILL DESCRIPTION:

The goalie gets into ready position with both hands on the attack shaft, while a coach stands 4-5 feet away and lightly tosses balls at the cage. Goalie is to make a save mimicking all movements used as if there were a complete stick, but will deflect the ball with top 2" of shaft. Coach should work all "shot" positions.

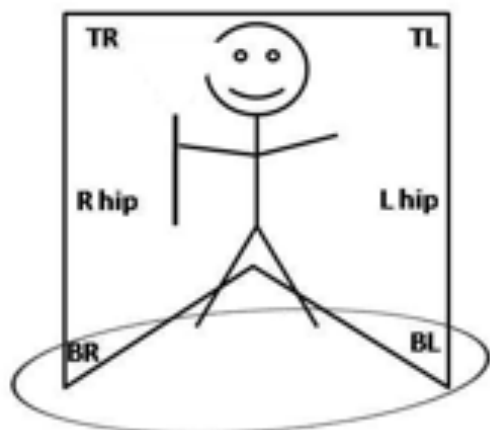
SKILLS PRACTICED:

- Stepping to the Ball
- Hand/Eye Coordination
- Consistent Positioning

VARIATIONS:

Bounce the ball. "Rapid Fire", meaning a quick succession of shots. This is a good final warm-up drill before the goalie sees actual shots.

DRILL DIAGRAM:



TR= Top Right
TL= Top Left
R Hip = Right Hip
L Hip = Left Hip
BR = Bottom Right
BL = Bottom Left



MEN'S SPEED ACCLIMATION DRILL

AUTHOR INFORMATION:

Author Name: Adam Norton

Author School: Jacksonville University

DRILL SPECS:

Drill Theme: Goalie

Drill Style: Warm-Up, Skill Conditioning

Field Location: Attack Zone

Field Position: Goalie

Time Needed: 5 Min

Skill Level: Advanced

OBJECTIVE:

To develop goalie reaction to shots with speed.

DRILL DESCRIPTION:

The goalie is set up in the cage in ready position. The coach uses a tennis racquet and tennis balls to "shoot" at the goalie from 8-10 yards away. The coach should apply great velocity to the "shot". This will help the goalie with reactions to real shots. Shots start high and gradually progress lower and lower until eventually bounce shots are being given.

SKILLS PRACTICED:

- Stepping to the Ball
 - Hand/Eye Coordination
 - Consistent Positioning
 - Tracking the Ball
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VARIATIONS:

Shoot so that the ball will bounce at the goalie. "Rapid Fire", meaning a quick succession of shots. Shoot from multiple locations. Have goalies use a weighted attack stick instead of their goalie stick.

DRILL DIAGRAM:

