

**YOUTH LACROSSE GOALIE WORK
USL CONVENTION 2008**

GOALIE ATTRIBUTES:

AGGRESSIVE - Quick and fearless
POSITIVE MOVES – 1-45 degree steps
EFFICIENT – No false steps
OPEN STEP – to where ball is GOING
NOT where it came from
Toes NEVER point to shooter

SKILLS AND DRILLS

1. 1 HAND CATCH – Focus
2. REACTION BALLS – Focus and keeping body behind ball
3. BASKETBALL TOSS – Both hands moving to ball
4. SOCCER BALL KICKS – Foot coordination, kick save
5. BLIND WALL CATCH – Focus, reaction time
6. WEIGHTED HANDLE – Quickness
7. FASTER AND HARDER REPETITION – Bring it on!

PARTICIPATE IN ALL TEAM DRILLS

Hands away, elbows up
Push-Pull
Circle Passing
Half field long and short passing

BALL BEHIND

75% to ball side, 25% to back side

BOCE

On the pipe
90% body position for cutters and shooters
10% body position towards feeder/ball carrier

LITTLE THINGS

Make sure goalie stick can throw (You try it)
Cut handle down
Get hands closer together - Hand to elbow distance
Getting stuck in net – cut handle or step out arc 1 full step
Look across when clearing (OPPOSITE SIDE)

HAND POSITION - 10 vs 12 o'clock

BOUNCE SHOTS

Chest over ball
Top of helmet (see)
Bottom hand over ball more

Schmolie Drill

Drop ball
On Bounce step laterally
Grab ball

FOCUS DRILLS

No Stick, hands in position
Get chest over ball

