

Milford Youth Lacrosse- Goalie Drills

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Step Overs

The goalie will stand over his stick with the shaft of the stick between their two feet and the head of the stick behind them. They will practice stepping outward and to the right, then go back to their original stance and step outward and to the left. Each movement should be one fluid motion done in proper goalie stance. The purpose of the drill is to make sure the goalie has both feet moving towards a shot during a game. The stick is placed between their feet to prevent back foot dragging (if a goalie is dragging his feet it will come into contact with the shaft), and to ensure the goalies are getting a full explosive step with both feet.

No Mesh Body Drill

This is a drill is to ensure goalies are following each shot they face not only with their stick, but also their body. Every save a goalie makes should end with part of their body behind the stick. Use a goalie stick with no mesh in it for this drill, as well as tennis balls. Take shots at varying speeds and angles ensuring the goalie is following the head of his stick with a part of his body. If done properly the ball should pass through the empty head of the stick and hit a part of the goalies body on each shot.

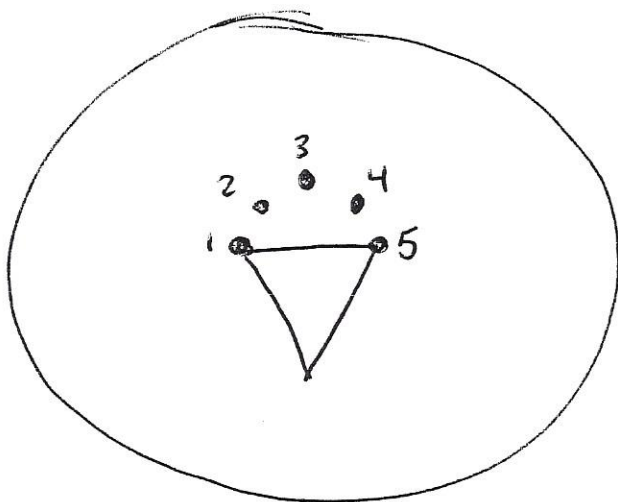
Note On low shots the goalies head should be ending between their legs with the head making contact with the ground and completely turned upside down, so do not use this drill to improve shots down low.

Shuffle and toss

This is a drill to improve foot speed and hand eye coordination. Have two goalies (or a goalie and a coach) face one another. There should be about 2-3 feet between the two goalies. The goalies will put their less dominant hand behind their back. They will then shuffle from one sideline to another (feet should not cross over while they are doing this), and toss the ball to one another using their dominant hand while they are shuffling. They should be in goalie position the entire duration of the drill. The goalies should go sideline to sideline twice, and then switch to tossing with their less dominant hand.

5-Spot Drill (Walk the Arc)

Goalies need to learn and master the 5 spots/angles they will use every time they step in cage. Practice having goalies stand centered in front of the goal at least one step off the goal line (We never want goalies playing deep in their cages). They will then take proper goalie steps (short powerful steps with both feet moving towards the shot) to each of the 5 spots. You can set up cones initially to help goalies learn these 5 spots. Take the cones away as the goalies become more accustomed to each spot. After each step to a spot, the goalie will return to their original stance in the center of the goal.



In spots 1 and 5 goalies should have their outside foot against the goal post. The post should be resting at the middle portion of their foot (not at the heel or tip of the toe).

Walk the line

Have your goalies stand in a ready goalie position. They will then take goalie steps and mimic a save to one of the 7 scoring spots (top right, top left, right side hip, left side hip, left side low, right side low, 5 hole). Have the goalie walk a straight line making all one type of save (for example all top right saves). You will then proceed to have the goalie walk the line again making a different type of save. The goalie will walk the line once for each of the 7 types of saves. Ensure goalies are ending all low saves with the head of their stick completely upside down, the top of the head touching the ground, and the head finishing between the goalies legs.

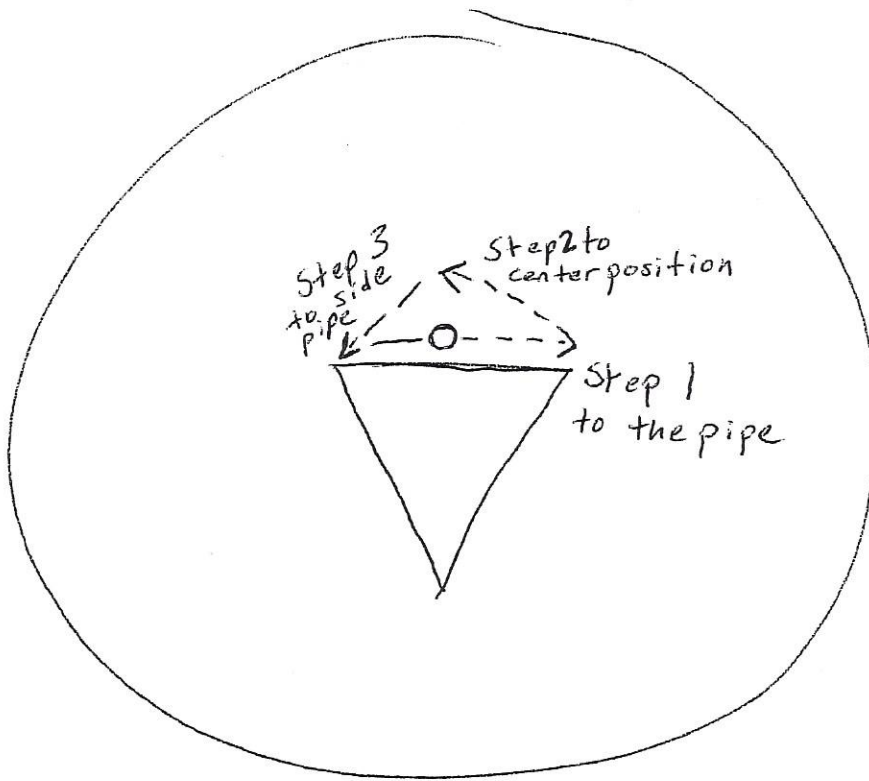
Clean up the trash (clamp and drag)

This drill is used to improve a goalie's play around the crease. This is especially important for rebounds, dropped passes, attacking team turnovers, and ground ball battles by the crease. The focus of the drill will be on the clamp and drag motion that must be used by goalies when the ball is within reach of the crease on the ground. Goalies should attack balls on the ground near their crease by aggressively clamping the ball using the mesh in their stick head (the stick head should be flat on the ground during the clamp to prevent turnovers), and then dragging the ball into their crease where they will scoop up it up and clear. Goalies need to keep at least one part of their body in the crease during any attempt.

In this drill you should walk around the crease rolling balls into any spots within reaching distance of the crease. The goalies will practice the clamp and drag technique. This should be done at a high tempo in order to get more reps. If desired you can have the goalie clear to a breaking mid-fielder after they scoop up the ground ball.

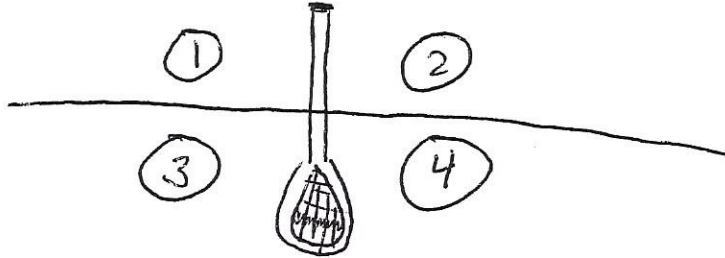
Triangle Push

This is a drill to improve a goalie's ability to get from the side pipe to the center of their goal (this is good for defending shots off a feed from the side of the goal). The goalie starts in the center of the goal. Have the goalie take a powerful step to a side pipe, then another step to the center position (slightly higher than where they started), and then to the opposite pipe. They will then return to the original starting spot in the middle of the net. This will form a triangle. Repeat this for 5-10 reps.

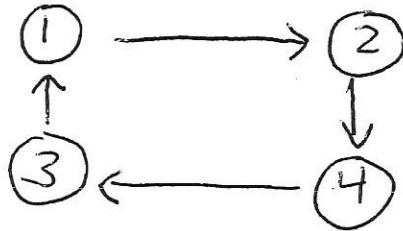


t-hops

This drill will improve foot speed and agility. Have your goalie lay their stick across any line on the field to form a t.



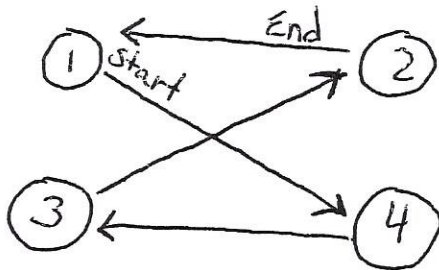
Part 1- Have the goalie start in area 1. They will jump with and land on two feet (their feet should be together, no separation at all). They should jump from area 1→2→4→3



They can go through this pattern for about 30-60 seconds.

Part 2- Repeat the same drill, but now have the goalies stand and hop on one leg. Alternate legs for each rep. This part should go for about 30 seconds.

Part 3- Back to two legs together. This final part is a diagonal and back hop follow this pattern. 1→4→3→2→1



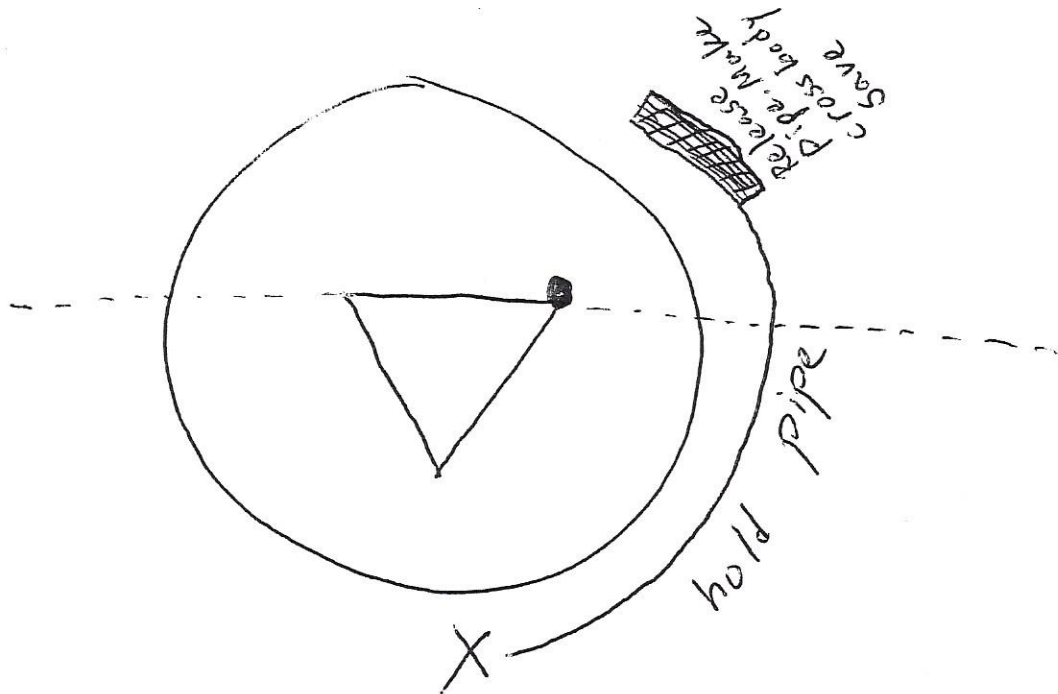
This can be run for 30-60 seconds.

Off-hip kneel

This drill is used to improve the goalie's ability to make the most difficult save (off-side hip). Have the goalie kneel in the center of the net. Have them practice making the proper stick movement to the offside hip. This movement should be an underhanded sweeping motion. Following the practice of the movement you may begin to throw or shoot the ball to the off side hip area. The goalies should not move their legs, or fall towards the ball during this drill. This drill is strictly used to improve hand speed, and muscle memory.

Irish Guard

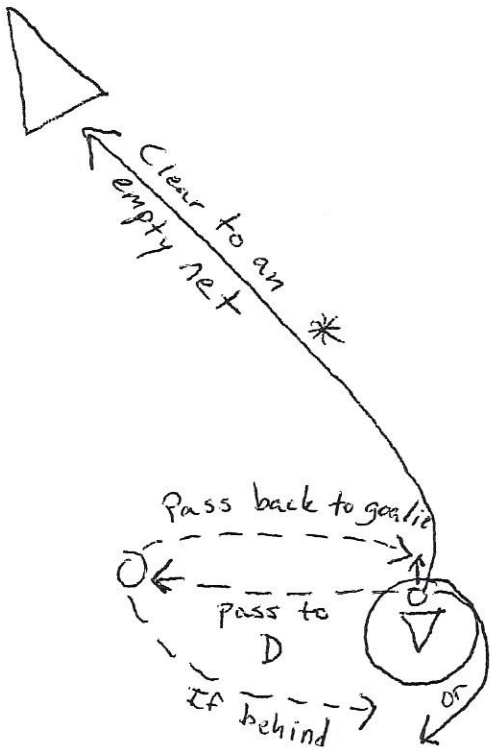
This drill is designed to teach a goalie how to defend against a shot coming from the x-attackman coming from behind and attacking the goal. This is a positioning drill and can be done with tennis balls in order to get more reps without injuring a goalie. Have an x-attackman attack the cage. Have them take 2-3 steps above the goal line. We will be teaching goalies to hold the pipe during these steps in order to prevent giving up goals on the close side, or over the close shoulder (We want to force attackman to take a tougher shot towards the opposite corner). During the attack goalies must keep their foot against the pipe, maintain contact with the pipe up to their upper hip. The stick should be guarding a high area in the net. The only time a goalie will give up their pipe is when the attacking player has an angle for an opposite corner shot.



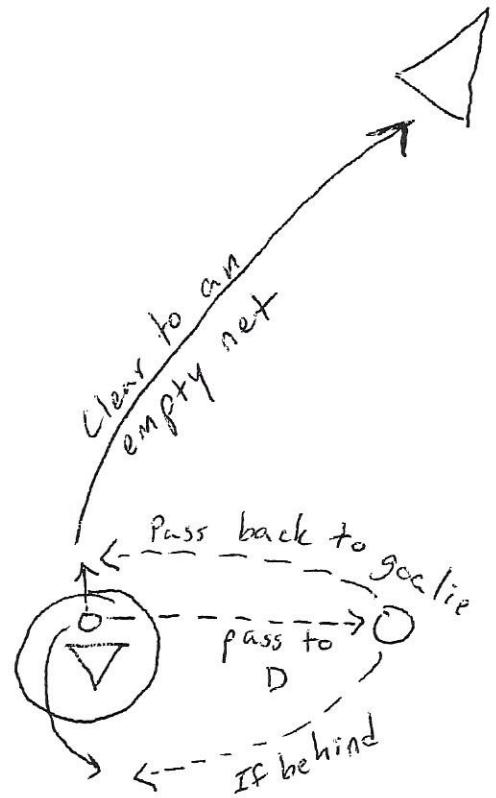
Crooked Arrow Clear

This is a clearing drill that will improve passing to your defenseman, as well as breaking mid-fielders. The goalie will start with the ball. They will then pass to the defenseman to one side of them. The defenseman will then pass back to the goalie outside of the crease (either behind, or above). The goalie will then clear diagonally to the side line (to mimic a breaking mid-fielder) into an empty goal. Repeat the drill alternating sides.

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* 20-30 yards away