

Burning River
LACROSSE

Burning River Lacrosse

“Goalie Fundamentals”

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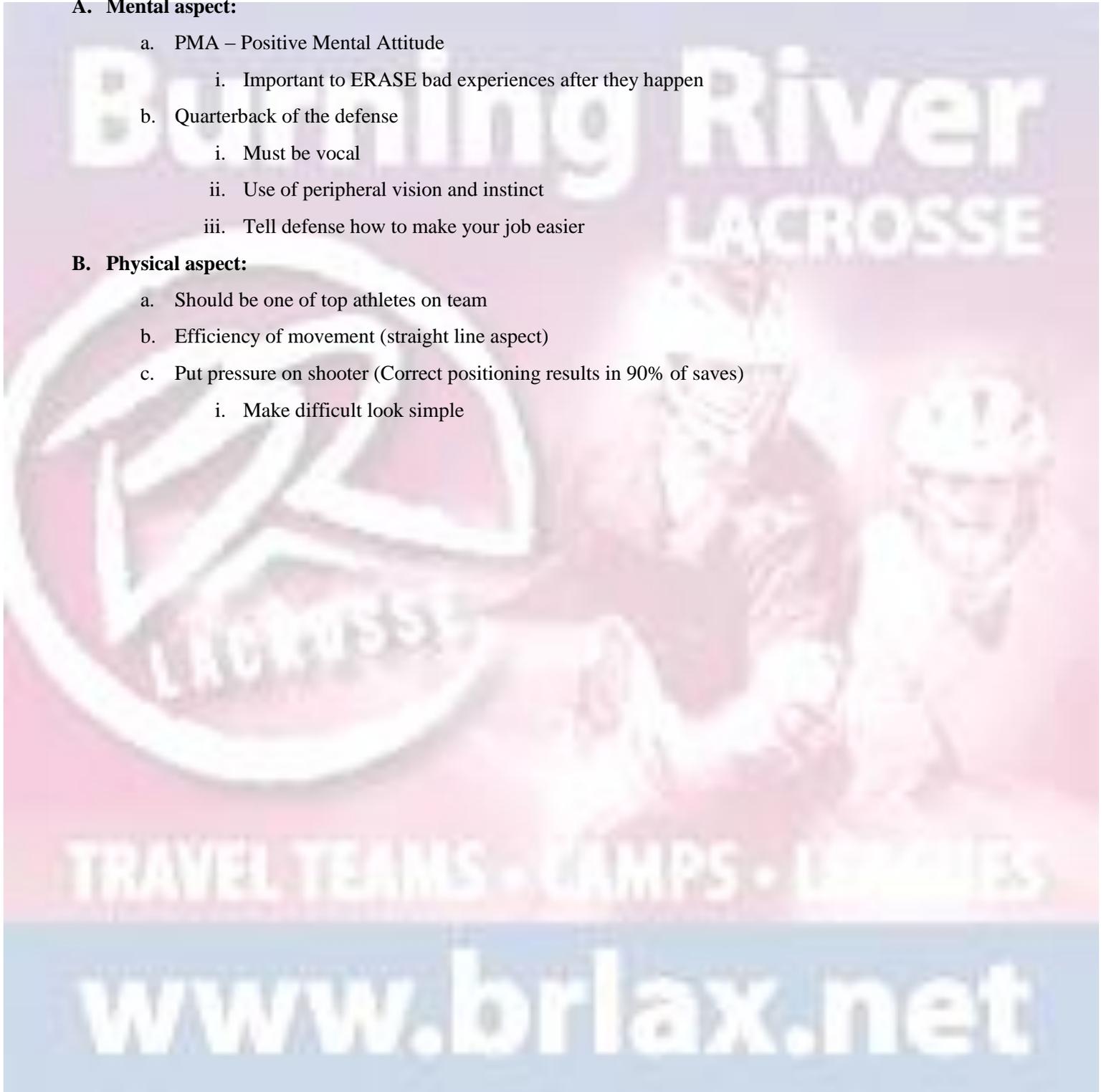
Goalie Play (Points of Emphasis)

A. Mental aspect:

- a. PMA – Positive Mental Attitude
 - i. Important to ERASE bad experiences after they happen
- b. Quarterback of the defense
 - i. Must be vocal
 - ii. Use of peripheral vision and instinct
 - iii. Tell defense how to make your job easier

B. Physical aspect:

- a. Should be one of top athletes on team
- b. Efficiency of movement (straight line aspect)
- c. Put pressure on shooter (Correct positioning results in 90% of saves)
 - i. Make difficult look simple



Goalie Fundamentals

A. The ready position (How do I stand?)

- a. Feet are shoulder width apart.
- b. Slightly crouched, bent at knees.
- c. On toes NOT on heels of feet.

B. Stick position (How do I hold the stick?)

- a. Top hand at throat of stick, put thumb on side and grip with fingers.
- b. Bottom hand slightly less than shoulder width from top hand
- c. Hands and arms are clear of body (extend arms fully then bring in half way)
 - i. You should be able to see back of the stick without turning your head.
- d. Stick should be held so that it will clear your helmet on a strong side shot.
- e. Top hand should be at or above shoulder height.
- f. Stick should be 6 to 12 inches under the cross bar.
- g. Tilt the stick back slightly, this forces the bottom hand out and maintain better position
 - i. By slightly I mean no more than 15 degrees

C. The Arc (Where should I be in the cage?)

- a. Draw an arc starting even with one pipe, extending 2 to 3 feet in the middle, and finishing even with the other pipe.
- b. Keep your feet on this arc as you move from one side of the cage to the other.
- c. When you move it should be from Pipe / 45 / top / 45 / Pipe.
- d. When moving you should step and set, step and set.
- e. If the ball is at the top set up so that the stick side foot is in the middle of the cage.
 - i. If this is difficult, start with your body in the middle of the cage then take a half step to the off stick side.
- f. Stay square to the shooter.
- g. Line up with the ball not the shooter.
- h. If tapping pipe to find position use butt end not stick head.

Hint: If the ball goes across the cage drop step and then step to your arc.

D. The shot (How do I stop the ball?)

- a. STEP FORWARD ON EVERY SHOT, at the ball not the shooter.
 - i. Step with the ball side foot first.
 - ii. Bring trail foot up to shoulder width to regain balance, DO NOT bring feet together.
- b. Always attack the ball
- c. Watch the BALL not the shooter at all times.
- d. Lead with your hands not your body.
 - i. Do not swat at the ball
- e. Watch the ball into your stick.
- f. Absorb the shot with your wrists and arms to reduce rebounds.
- g. Always save the shot in the middle of your body.

E. Off stick shots

- a. Move the stick in front of the facemask in a flat plane.
 - i. Do not swing the stick in a circle at the ball
- b. Top hand propels the stick to that side.

Hint: The more you can move the bottom hand the less rebounds that will occur.

F. Bounce Shots

- a. Step at where the ball will touch the ground
- b. Get body and stick low quickly.
- c. Twist stick inwards so that head faces you (top hand)
- d. Push towards ball with bottom hand, use the most direct line
- e. Lift bottom hand to force stick perpendicular to ground.
- f. Try to catch the shot on the shot hop, before it rises.
- g. Move feet to sides of stick to maximize saving area.
- h. Continue the stick on its arc after contact with the ball to reduce rebounds
- i. Keep head over the stick, shooter should see top of your helmet when you make save.

G. Tight Shots (What top goalies save)

- a. Patience, Patience, Patience
- b. Stay in net, moving out opens angles for the shooter.
- c. Let defense try to recover.
- d. Don't fall for first fake.
- e. Bait shooter.
 - i. Lower your stick
 - ii. Step to the side

Hint: Shooters are taught to fake high then shoot low.

H. Sweeps on top

- a. Take short choppy steps to maintain balance.
- b. Use momentum to make save.
- c. Toward stick side.
 - i. Stay on shooters hip pocket as they cut across the cage.
- d. Toward off stick side.
 - i. Split shooter in half.

I. Sweeps around cage

- a. Have foot on near side pipe.
- b. Have stick even with near pipe on strong side, even with far pipe on off stick side.
- c. Stay on post until shooter is 3 steps past goal line extended.
- d. Make shooter score on far side of cage NEVER on near side.
- e. Remember help is coming from the top or middle.
- f. Use short choppy steps if moving on arc.

J. Ball Behind Cage

- a. On opposite arc
- b. Ball side foot is in center of cage on arc.
- c. Stay on arc until ball is goal line extended.
- d. Have defender pressure 3 steps before goal line extended.
- e. If the ball travels over left shoulder pivot on left foot, if right then right.
- f. Follow ball with head, while pivoting.
- g. Call check stick on all pass to front of cage.
- h. Keep head of stick even with the top of the cage.

K. Screens

- a. If you lose sight of the ball find it as quickly as possible
- b. Maintain body position.
- c. Move out towards screen
- d. Place stick on one side of screen, head on other side.
- e. Most shooters will shot at screener's feet so attack their feet on shot.

L. The throw

- a. Stick starts chest high.
- b. Top hand starts at ear.
- c. Move both hands back at 45 degrees so bottom is at ear and top hand is above head.
 - i. Do not move hand flat.
- d. Lead with the bottom elbow.
- e. Top hand stays above the head.
- f. Shift weight from back foot to front as you throw.
- g. Follow through snapping wrist.

M. Talk

- a. Do not talk to the other team.
- b. Give your teammates advice not criticism
- c. Make all calls loud and clear.
 - i. Give the location of the ball so that teammates not on ball know where it is.
 - ii. Give the slide call to ensure back and bump defensemen slide
- d. Practice calls during warm ups they should become automatic.

N. Clears

- a. Look to where the shot came from for fast break clears.
- b. Then look to 10 or 2 o'clock
- c. Clear the cage on clears so that a bad return pass will not score.

O. Attitude

- a. Reek of Confidence.
- b. You are the quarterback of the team, impress everyone with your class.
- c. Be positive when dealing with the defense they are your protectors.
- d. Sound confident on your calls.
- e. Practice at top speed if you are to improve.

REMEMBER: *Your real job is to make up for the mistakes of the people in front of you, because if they never made a mistake, you'd never see the ball.*

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Goalie Warm Up Procedures

Remember that the warm-up is for the goalie, not the shooter. Help the goalie gain confidence by shooting to certain spots on the cage, not to score. Every third shot in warm-ups should lead to a breakout pass. Every tenth shot should be wide and force the goalie to turn and chase to the endline.

- A. The sequence of shots is as follows: **Remind them to step!!**
- a. 5 shots stick side high
 - b. 5 shots off stick side high
 - c. 5 shots stick side hip
 - d. 5 shots off stick side hip
 - e. 5 shots stick side bounce
 - f. 5 shots off stick side bounce
 - g. 5 shots between the legs
 - h. 15 shots anywhere
- B. While shooting on the goalie. Remember to keep moving and walk around an arc 10 to 15 yards away from the cage. Shoot the ball $\frac{1}{2}$ to $\frac{3}{4}$ speed until you start to mix them up. You are there to warm the goalie up not score on him. Be aware of the skill of the goalie when choosing the speed of the shots.
- C. Please stick to the above warm up to insure that all goalies get 50 quality shots.
- D. Ideally, warm up should take no more than 10 minutes per goalie.
- a. Do not rush, allow goalie time to get into proper position.
- E. Constantly monitor the goaltender for proper positioning. If they are out of position correct their position immediately. Flaws should be corrected quickly so that they do not become bad habits.
- F. Shooting contest between coaches and goalies are fine as long as they do not take place during the warm ups. Save these contests and extra work for before or after sessions.
- G. Any goalie not being warmed up should be behind the goal backing up the net.
- H. Keep track of the balls you are using to warm up your goalies.

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