



AXEMEN LACROSSE CLUB

GOALTENDER EVALUATION POLICY – APPENDIX A

1. Set Up/Stance Evaluation Drill

- a. Goalie is instructed to set up for an incoming shot from the left/right/centre & maintain their stance until areas are evaluated
- b. Right hand shooters should see the goaltender effectively minimize shooter advantage by blocking areas 4, 5 & 6 while goaltender is in position #2
- c. Left hand shooters should see the goaltender effectively minimize shooter advantage by blocking areas 1, 2 & 3 while goaltender is in position #4
- d. Goaltender should endeavour to block as much of areas 1 – 6 while shooter is in the top position and goaltender in position #3
- e. Stick should be in “quick stick” position for shooter position hands above waist level
- f. Stick should be down position for shooter position hands below waist level
- g. “Free” hand should be placed on his upper thigh, this will allow the goalie to VERY quickly move his arm to cover the shooters top corner
- 2 Drills Done to Evaluate:
 - Shooter Right Handed shooting from Left, then Center, then Right
 - Shooter Left Handed shooting from Right, then Center, then Left

2. Movement & Positioning (Flag Drill)

- a. 5 “shooters” line up in a semi-circle around the net at about 15’ out
- b. Each “shooter” will be given a flag to simulate when a shot will be taken from that position; director of the drill will be behind the net out of sight of the goaltender
- c. When the director points to a “shooter” the “shooter” will raise their flag and the goaltender must react to the “shot” coming from that position
- d. Speed at which the shots are assigned & location are varied by the director
- e. Goaltenders must react to the “shot” & move within the crease utilizing cardinal positions/angle elimination
- f. Each goaltender should run through this drill 4-5 times at about 20-30 sec intervals before switching to another goaltender



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3. Stick Skills/Passing

- a. Outlet Pass to Right- 90 degree outlet to a left hand runner
- b. Outlet Pass to Left- 90 degree outlet to a right hand runner
- c. Pass to Attack Line (Blue Line)- runner can catch pass without dropping their stick to the ground; eye level
- d. Pass to Player in stride to Right- outlet pass to a left hand runner prior to the blue line while running break out
- e. Pass to Player in stride to Left- outlet pass to a right hand runner prior to the blue line while running break out
- f. Ability to Play the Ball Near the Crease (Trap)- ability to aggressively trap the ball while maintaining at least 1 foot in the crease & bring into passing position
- h. Bounce the ball through the crease to the left side of the net & allow the goaltender to “trap” the ball & ready for a pass
 - ii. Bounce the ball through the crease to the right side of the net & allow the goaltender to “trap” the ball & ready for a pass
- g. Ability to Play the Ball off the Boards (Catch)- ability to aggressively play the ball off the boards by catching it & bring into the passing position
- h. Bounce the ball off the ground & hitting the back boards to the left side of the net & allow the goaltender to “catch” the ball & ready for a pass
 - ii. Bounce the ball off the ground & hitting the back boards to the right side of the net & allow the goaltender to “catch” the ball & ready for a pass



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4. Challenging Shots:

- a. Bounce Shots Left Side- ability to challenge the shot from the left side while maintaining a downward stick position; stepping into shot while maintaining awareness of the net; no flinching
- b. Bounce Shots Right Side- ability to challenge the shot from the right side while maintaining a downward stick position; stepping into shot while maintaining awareness of the net; no flinching
- c. High Shots/Shoulder Shots- ability to challenge the high shot while blocking as much net as possible & keep shoulders parallel to the ground + high; stepping into shot while maintaining awareness of the net; no flinching
- d. Shots from the top- ability to challenge the shot from the top while blocking as much net as possible; stepping into shot while maintaining awareness of the net; no flinching
- e. Shots from Left Side- ability to challenge the shot from the left side while blocking as much net as possible; stepping into shot while maintaining awareness of the net; no flinching
- f. Shots from Right Side- ability to challenge the shot from the right side while blocking as much net as possible; stepping into shot while maintaining awareness of the net; no flinching
- g. Quick Shots- ability to challenge a shot where the ball is passed from behind the net to a shooter in front of the net not challenged by the creaseman; no flinching

**** Note: Based on the number of goaltenders participating and shooters present, Axemen Lacrosse Club reserves the right to run all or some of the drills herein without notice to parents/goaltenders in order to ensure the evaluation is completed within the timeline and is fair for all goaltenders ****