



AXEMEN LACROSSE CLUB

GOALTENDER EVALUATION POLICY – APPENDIX B

Goalies will be evaluated separately from players using the following criteria

Stance:

1. Knees Bent- slightly bent
2. Stick Hand Position- should be placed on the “knob” of the stick but allowing for the goalie to have control over the stick & “quick” stick
3. Square Shoulders- square to target and parallel to the ground; no dips
4. Feet position- square to shooter
5. Head Position- head up and facing direction on shooter
6. Free Hand Position- maintaining shoulder square hand slightly touching thigh not tucked

Movement/Positioning:

1. Crease Positioning & Angles- 5 cardinal angles/positions for goalies
2. Set Up for Right Hand Shooter- goaltender slightly to his LEFT shielding more of the right hand side of the net; counteract optimal right hand shooter zone (Areas 4, 5 & 6)
3. Set Up for Left Hand Shooter- goaltender slightly to his RIGHT shielding more of the left hand side of the net; counteract optimal left hand shooter zone (Areas 1, 2 & 3)
4. Movement In Crease- Moving left stepping with right foot first; moving right stepping with left foot first
5. Lateral Movement In Crease- quick movement side to side with stick low & shoulders high
6. Awareness of the Crease- min 1 foot in while playing the ball off the ground



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Stick Skill/Passing:

1. Outlet Pass to Right- 90 degree outlet to a left hand runner
2. Outlet Pass to Left- 90 degree outlet to a right hand runner
3. Pass to Attack Line (Blue Line)- runner can catch pass without dropping their stick to the ground; eye level
4. Pass to Player in stride to Right- outlet pass to a left hand runner prior to the blue line while running break out
5. Pass to Player in stride to Left- outlet pass to a right hand runner prior to the blue line while running break out
6. 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
7. 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

Challenging Shots:

1. 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
2. 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
3. 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
4. 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
5. 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
6. 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
7. 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