

# **Box Lacrosse**

# **Goaltending**

# **Level III**

# **Mental Preparation**

By Don “Hoss” Watson

[donwatson@donmarconsulting.ca](mailto:donwatson@donmarconsulting.ca)

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# Mental Preparation

There are seven topics involved in the Psychology of Performance. We will discuss some of these topics that goalies can utilize to improve their mental concentration during a game.

Psychological Skills the goalies should use.

- Focusing & Refocusing
- Taking care of Distraction
- Setting Effective Goals
- Visualization
- Finding the right level of intensity

- 1- Focusing & Refocusing after a goal
  - a- Release the fact that they have scored.
  - b- Relax, do not get frustrated
  - c- Review what happened when they scored
  - d- Regroup your thoughts
  - e- Refocus ,on the position you play and what the job is
  
- 2- Take care of Distractions
  - a- Learn to look through Screen Shots.
  - b- Ignore incidental contact by opposition players
  - c- Do not listen to opposing players talking to you
  - d- Do not watch the game, or fights, etc. Learn to focus on your Job
  
- 3- Set Effective goals
  - a- Keeping the score below a certain number
  - b- Not allowing another goal
  - c- I will not get lazy and lose my concentration
  - d- I will not give up easy goals
  - e- I will not get caught out of position.

#### 4- Visualization

- a- Close your eyes while in the dressing room and see your team win.
- b- Close your eyes while in the net and practice moving out to the shooter at your right then move to center then to a shooter at the left, Keep your eyes closed and see where you end up. Practice will help you in net positioning during a game.
- c- Visualize where a shot will come from when you are screened; again practice this as it will make your reactions quicker.
- d- Visualize where a shooter lets his shot come from.
- e- Visualize making great saves.
- f- Visualize winning.

#### 5- Find the right level of intensity.

- a- Stay Calm, if you are too intense you will tire yourself out during the game.
- b- Attack the ball when the time is correct.
- c- Don't get too excited by distractions, opponents talking, bad referee calls, fights.
- d- Pay attention to what is happening in the game and review your job.

### **Role of the Goaltender**

#### **1- Watch The Ball**

#### **2- Stop The ball**

#### **3- Communicate with your defence**

#### **4- Learn to Pass the ball with a short sharp pass.**

#### **5- Keep your stick, game ready.**

#### **6- Anticipate where the shot will come from.**

#### **7- Anticipate where the pass will go.**

#### **8- Practice passing and strengthening drills away from the rink.**

#### **9- Prepare mentally for practice and games.**

#### **10-Practice hard so you be prepared for pace of the Game**

### **More Tips for goalies.**

- 1-Remember Good Shooters Shoot. Bad shooters hesitate.
- 2-Create a book on where good shooters like to shoot
- 3-Visualize before a game, closing your eyes, how the shooter looks before he shoots.
- 4-When you are out of position protect or make a move to where the shooter is most likely to shoot.
- 5-Keep your eyes on the ball.
- 6-Refocus your thoughts by walking around the net, or having a drink, or adjusting your gear.
- 7-Remember the following:

Possession	(MEANS)	Less shots on you
Ball Control	(MEANS)	Fewer minutes for the Opposition having the ball
Ball Control	(MEANS)	Shot Opportunities for your team to score
Scoring Goals	(MEANS)	Overall Game Advantage
- 8-Try Things in Practice, the goals do not count.

### **How to Cool Down Between Periods.**

This will help you mentally to be ready for the next period and help in focusing.

A- Change T-Shirts.

B- Take off your belly pad and shoulder pad.

Put a large towel or plastic bag around your waste to cover your pants and leg pads.

Turn on cold water in the shower and spray your upper body.

Dry off your sneakers.

C- Do Not over drink cold liquids.