

## Drill

<b>Drill Name:</b>	Goaltender Shooter Drill
<b>Upload Diagram:</b>	
<b>Purpose:</b>	To practice the techniques of angles, lateral movement and in/out positioning.
<b>Procedure:</b>	Position players as shown in diagram. Start at either far left or far right and work across. Each player has two balls and shoot as diagrammed.
<b>Progressions:</b>	
<b>Age Groups:</b>	<input checked="" type="checkbox"/> Bantam <input checked="" type="checkbox"/> Junior <input checked="" type="checkbox"/> Midget <input type="checkbox"/> Mini Tyke <input checked="" type="checkbox"/> Novice <input checked="" type="checkbox"/> PeeWee <input checked="" type="checkbox"/> Senior <input type="checkbox"/> Tyke
<b>Categories:</b>	<input checked="" type="checkbox"/> Advanced <input type="checkbox"/> Checking / Body Checking <input type="checkbox"/> Cradling <input type="checkbox"/> Decision Drills <input type="checkbox"/> Defensive Drills <input type="checkbox"/> Dodging <input type="checkbox"/> Face-off Drills <input checked="" type="checkbox"/> Goaltender Drills <input checked="" type="checkbox"/> Intermediate <input checked="" type="checkbox"/> Novice <input type="checkbox"/> Offensive Drills <input type="checkbox"/> Passing / Catching <input checked="" type="checkbox"/> Pre-Game (Warm-up) <input type="checkbox"/> Running <input type="checkbox"/> Scooping <input checked="" type="checkbox"/> Shooting <input checked="" type="checkbox"/> Shooting Drills <input type="checkbox"/> Special Situation Drills <input type="checkbox"/> Special Team Drills <input type="checkbox"/> Transition Drills
<b>Disciplines:</b>	<input checked="" type="checkbox"/> Box Lacrosse <input type="checkbox"/> Men's Field Lacrosse <input type="checkbox"/> Women's Field Lacrosse

