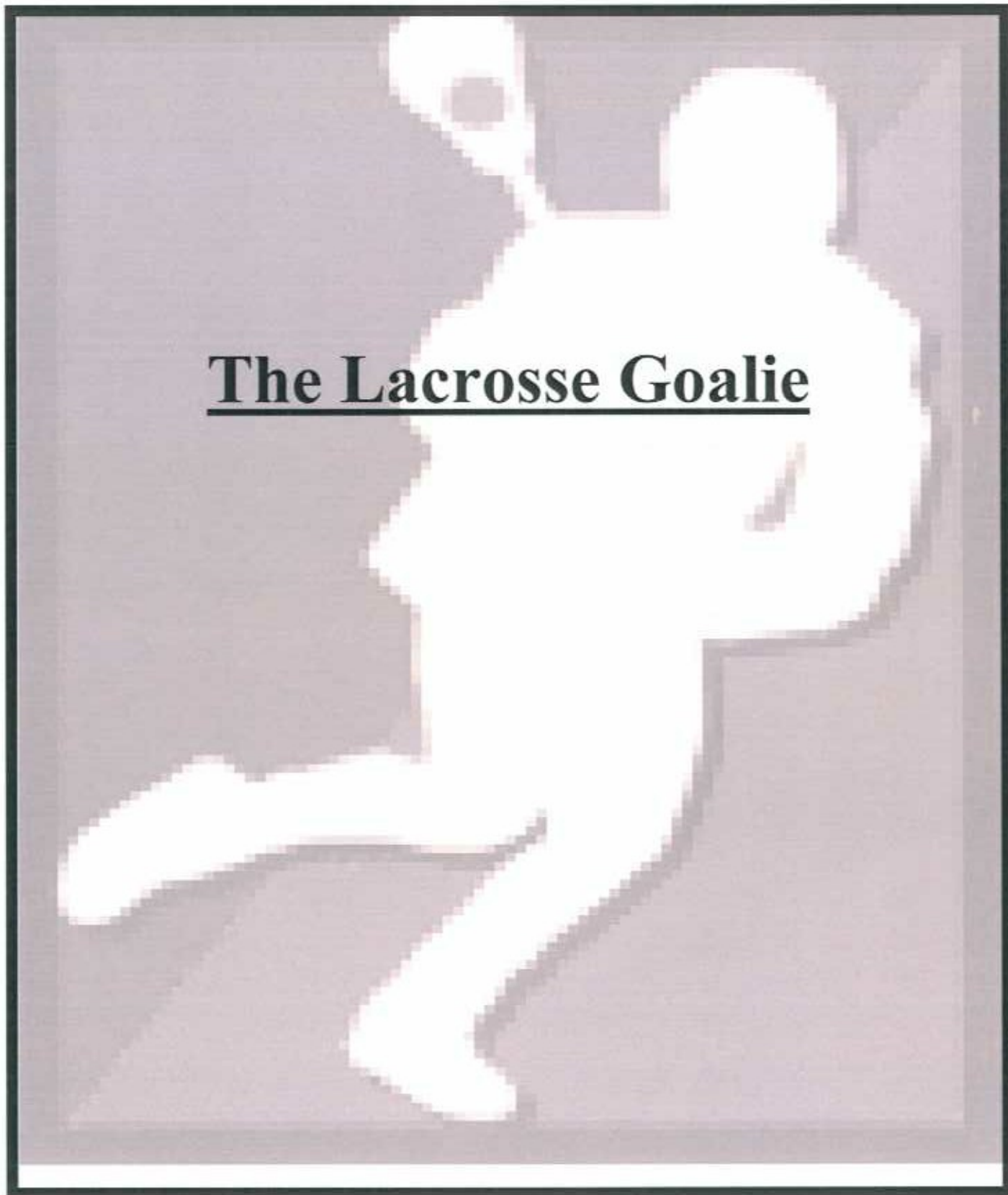


The Lacrosse Goalie



Lacrosse Goalie Book

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How to be a Goalie

All the information I pass out to goalies is **not** meant to change a goalies “**style**”. It is meant to make the goalie think and analyze how they play their position, while considering what “**style or technique**” works for them. Goalies need to decide which techniques need to be improved or changed. The key is to **think**. The goalie is the most important player on the floor and with this role comes the responsibility to be the smartest.

The Two Rules of Goaltending

Rule 1- Practice as hard as you play in a game while taking great pride in each improvement no matter how small.

Rule 2- Attack the ball and make the shooters work for every goal.

Goalie Pride.

Don “Hoss” Watson
Goalie



The Goalies' Lacrosse Stick.

**The Basket of a Goalie Stick
& Importance of Shooting Strings**

By Don Watson

2006

Note: The Goalies ability to pass the ball is the most important skill on the floor. The pass can initiate the transition game, create scoring chances and reduce the oppositions scoring chances. The goalie stick is the single most important piece of equipment for a goalie. The goalie must work with his stick to become a great stick handler and passer. Knowing every string, curve and mark on the stick will help the goalie to understand the dynamics or reasons why the stick does what it does during games or practices. Work on your stick and know your stick.

There are usually two types of goalie sticks currently being used.

- 1-The wooden stick with all leather basket or leather nylon string combination.
- 2-The plastic stick with the nylon mesh basket.

The Basket:

- 1- The basket of the leather stick is usually connected to the stick frame with either leather/ Cat Gut or nylon. This allows there to be some **"GIVE"** in the basket when the goalie is catching the ball or stopping a shot.
- 2- The basket in a plastic stick is connected at the top with leather and with strong non- stretch string down the sides. This causes the ball to **"Sling Shot"** out of the basket. Most goalies let the basket get too deep to prevent this problem and this causes the goalie to produce a "hook" when they pass the ball.

The **"Hook"** is easy to detect in a stick. Have the goalie stand in his throwing stance, left leg facing the target with the right leg back behind the left adding support and power. This position is for players who throw from their right side and should be reversed for those who throw from the left side. The stick should be held back at a 70 - 90 degree angle in a throwing position. Have the goalie throw the ball with a full **follow through**. The ball should exit the stick at the top of the arc during the throwing motion and float smoothly on an arc or elliptical path. If the ball moves on a downward path from the stick it has a **"Hook"**. Hooks can vary in severity and can be corrected doing the following work on the stick.

Solutions to the Hook:

1- Basket Strings:

A goalie can replace the stings holding the basket with skate laces which have some “GIVE” to them. . **See Picture 1**

When removing the non-stretch strings you should be replacing or stringing the skate lace at the same time. This will allow you to easily follow the **path** of the strings you are replacing properly.

The Goal:

By replacing the strings that hold the basket with laces that have “GIVE” we create a basket that does not have to be too deep in order to prevent the ball from producing the “Sling Shot” effect or bouncing out of the basket.

Note: By loosening or tightening the basket support strings down the side of the basket you can move the pocket of the stick right or left if your throwing style is improved by doing this. Sometimes the goalie gear is cumbersome or bulky and this is a way to get the ball leaving your stick at the proper angle to produce the best pass. You will have to test your throwing over and over to detect your individual pattern.

2-The Shooting String:

The shooting strings are used to help lift the pocket of the basket to allow the ball to leave the stick without hitting the lip or plastic edging of the stick. The stick comes with two manufacturers shooting strings, you may have to retie them in order to make sure they are secured to the outer plastic shell which will support the basket.

Putting a shooting string in your stick.

To put a shooting string in your stick; first take a skate lace (it gives better support and “Give” when used in the basket). Then pick a spot $\frac{1}{2}$ - 1 cm down from the manufacturers shooting strings. Now weave the lace over and under the basket weave, in a straight line from one side of the stick to the other, pulling enough lace through to tie around the plastic shell later.

The next step is to take the remainder of the skate lace and go over the plastic shell and now weave the lace “around” the existing string. Weave the string around and through the holes until you reach the other side of the basket. Now secure the string with the other loose end. Do not cut the remainder of the skate lace since you will need time to adjust the pocket over the next few practices. Tie the loose ends so they do not fly around. Then take the stick and test the basket for a “HOOK”. If you have a deep pocket you may need additional shooting strings. Continually adjust your stick because the skate laces stretch and loosen.

Usually the goalies place one or two strings across the basket. The key here is to remember to have the shooting strings loop over the plastic shell. By doing this you will be able to adjust the shooting strings to either lower or tighten up the pocket. Another method to assist in creating a perfect throwing pocket is to use, what I call the passing guide runners. **See Picture 2.**

This can really give the pocket support from top to bottom which means the ball will be guided out of the stick without a hook.

Remember to take your stick and practice throwing the ball at a mark on a wall to figure out if your pocket is correct. Watch the angle the ball as it leaves the stick. This will tell you if you have or are developing a hook. Also raise your pocket at the bottom of the basket next to the handle by putting tight shooting strings in the bottom of the basket. This will move the pocket more to the top of the stick which will eliminate any hook and help the ball leave the stick cleaner. **PICTURE 2 B**

Now weave a support lace down the length of the passing guide. This will help support the pocket and eliminate any hooks. **See PICTURE 2C**

You have to constantly adjust your stick. That means every time you pick it up to goof around, practice or play a game.

By learning how to make adjustments you will be able to make these corrections during a game if your stick needs it.

Remember to try things with your stick, make it fit your style.

NOTE: I have put a shooting string in the bottom of my stick in order to help lift the pocket so it is not too deep for my passing. **See Picture 2**

Depth of Pocket: The depth of a pocket can be measure by using a lacrosse ball. In some cases half a ball deep is good while some goalies like to have it three balls deep. The key is to make sure your shooting strings and weave make the ball come out without hooking.

See Picture 3

3-The “KNOB” on the goalie stick.

Actually there should be two “**Knobs**” on the goalie stick.

The first “Knob” is found at the end of the goalie stick. It is usually a rubber end or tape wrapped around the end of the stick so the hand of the goalie does not slip off. This “Knob” can also be used to help create a **balance** in the stick. If the head or basket area is heavy, the stick will dip open when held. It can also cause an imbalance when throwing which prevents the goalie from throwing properly. By placing tape on the end we can move the balance point of the stick from the head or basket end of the stick down the shaft .This creates a better balance for throwing.

But before we start wrapping tape around the end of the stick lets have a look at the other place we find a Knob on a goalie stick.

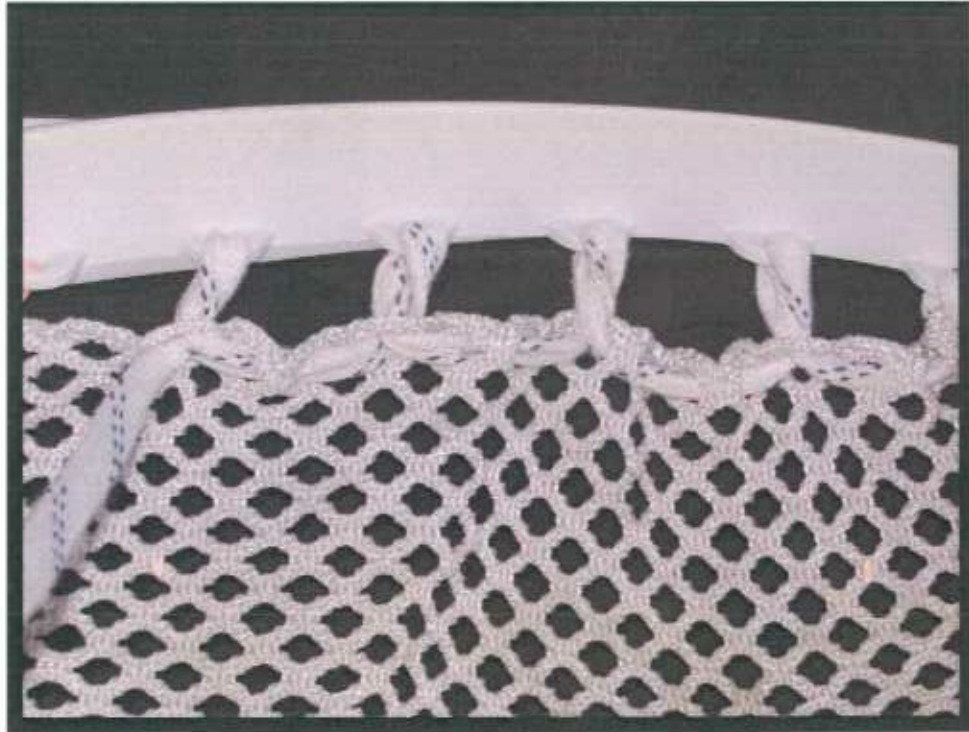
The second “Knob” on a goalie stick is used to help the goalie do **three** things.

See Picture 4

The knob should be placed on the shaft; in front of the hand they hold the stick with, on the basket side. To figure exactly where to place the knob, have the goalie get in the ready position, with them standing on the balls of their feet. Now have them bend their knees slightly; just as they would in a game, as if they were ready to move from side to side. Next make sure the **shoulders** are perfectly **parallel** to the floor. This will make shoulder movement easier and quicker. This location will be different for each goalie due to body size. This makes the goalie stance square not slouched or leaning to one side. It also gives them a perfect “ready position” when the stick is in the down position.

- 1- The Knob allows the goalie to always know how far they must bend their knees or squat down to get there stick on the floor for a bounce shot or low shot.
- 2- The Knob helps to move the balance point of a stick from the basket down the back up the shaft of the lacrosse stick.
- 3- Now Balance the stick with one finger on the shaft the balance point should be up the shaft past the “Knob” if is not add tape to the “Knob” at the end of the shaft to move the balance point.

NOTE: Some goalies may like to wrap tape back up the shaft from the second Knob. This helps the goalie better grip the stick when it gets slippery. This also helps in moving the balance point back up the shaft of the stick.



PICTURE 1

Using skate laces to replace stiff basket laces used down the side of the basket. A goalie can replace the stings holding the basket with skate laces which have some “GIVE” to them. .

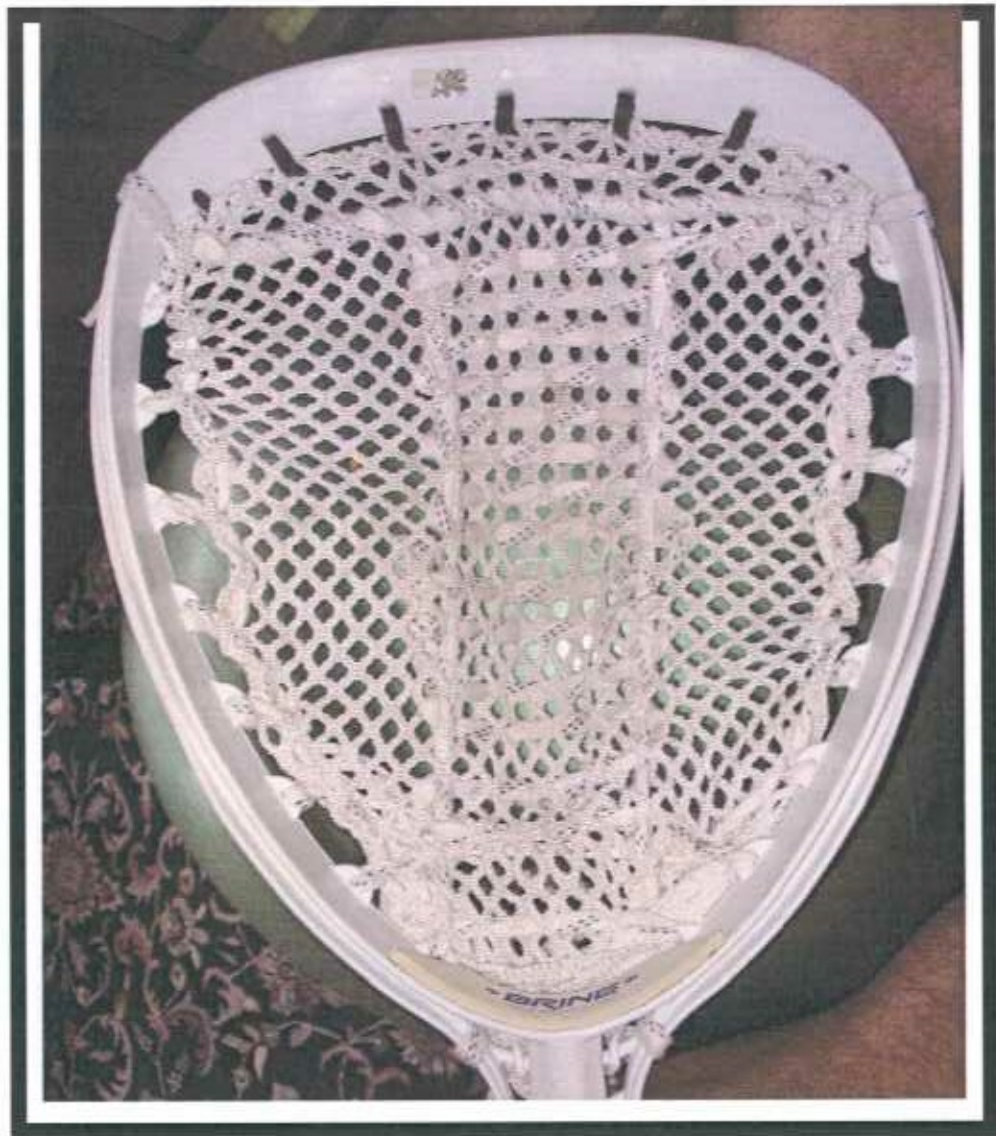
When removing the non-stretch strings you should be replacing or stringing the skate lace at the same time. This will allow you to easily follow the **path** of the strings you are replacing properly.



Picture 2

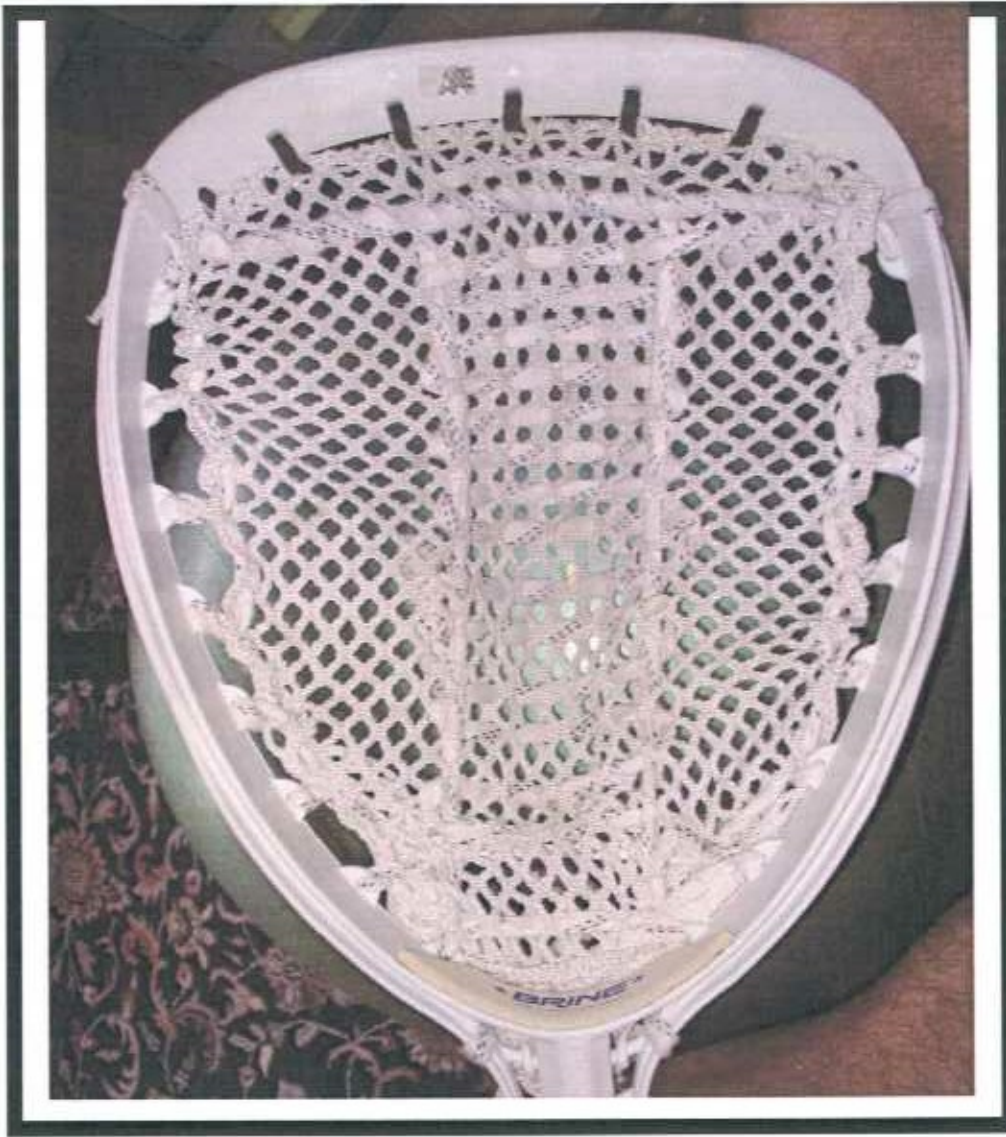
Note: I have removed the original Shooting Strings at the Top of the stick. I have redone the shooting string to go around the plastic frame on both sides of the frame. Now look and see how additional shooting strings are weaved from top to bottom to create a channel for the ball to run down. This will help the ball leave the stick straight.

The Goaltending Manual also shows, with various pictures, different styles you can use when putting a shooting string in your stick.



Picture 2B

NOTE: Now look at how I have weaved another skate lace at the bottom of the pocket next to the handle which helps raise the pocket of the stick. This will help the ball leave the pocket quicker and straighter.



Picture 2C

NOTE: Now look at how I have weaved another skate lace down the complete length of the passing pocket. This will help maintain the shape of the pocket as well as eliminate hooks, while creating a smooth surface so the ball exits from the front of the pocket easily.



Picture 3

The depth of the pocket is determined by the goalie and how straight they throw the ball without a hook. My pocket is probably 1 & 1/2 to 2 balls deep. But I have dropped the pocket very low to start knowing that when I put passing guides and a weave down the length of the passing pocket it will raise the pocket.



Picture 4

- 1- The Knob allows the goalie to always know how far they must bend their knees or squat down to get there stick on the floor for a bounce shot or low shot.
- 2- The Knob helps to move the balance point of a stick from the basket down the back up the shaft of the lacrosse stick.
- 3- Now Balance the stick with one finger on the shaft the balance point should be up the shaft past the “Knob” if is not add tape to the “Knob” at the end of the shaft to move the balance point.

NOTE: Some goalies may like to wrap tape back up the shaft from the second Knob. This helps the goalie better grip the stick when it gets slippery. This also helps in moving the balance point back up the shaft of the stick.

Lacrosse Goaltenders
Body & Stick Positioning

2006

Don "Hoss" Watson

Goalie Clinician

Overview:

How the position of goalie constantly evolves.

The position of *Goalie* in lacrosse has changed dramatically over the past 30 years. Goalies used to wear old hockey goalies shoulder pads, a pair of hockey gloves and played with their stick at the side not between their legs. In the late 1970's early 1980's goalie gear started to bulk up. The shoulder pads started to get taller and the arm pads wider. The sticks remained about the same until the economics of playing with a wood stick versus a plastic stick, became a concern for associations and players. With goalies wearing bigger pads up top, the game started to move away from the traditional shooting at the top corners.

Goalies over this period were taught; by keeping the stick stuck down on the floor between their legs the shooter would have a very poor opportunity to score.

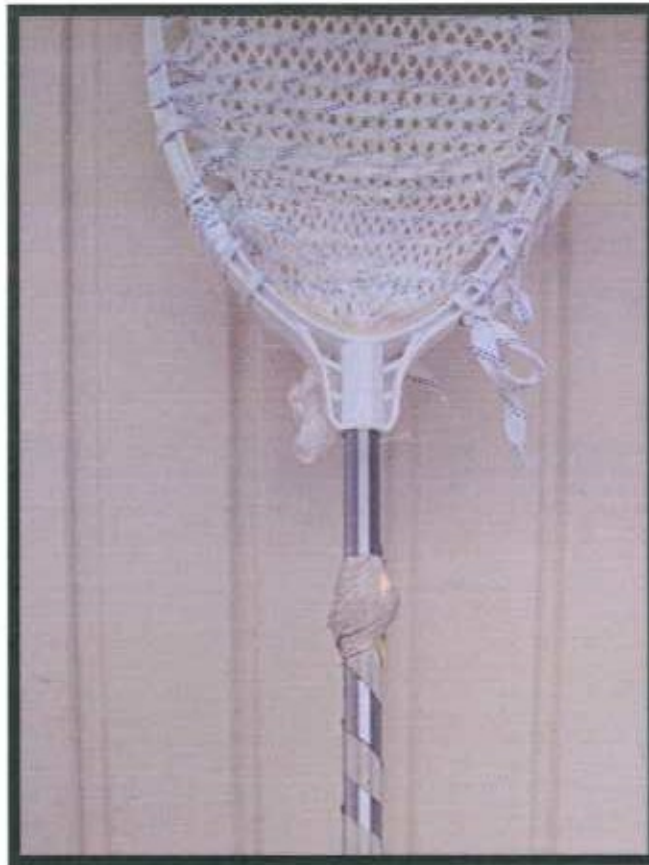
Goalies have to remember that whatever shot you take away; you always leave another area that the shooter can exploit. When you are all bent over with the stick between your legs you allow two areas to become vulnerable. First the shot over the goalies shoulder is easier, since the shooter can move up and over the goalie faster than the goalie can move to cover the shot. Second the goalie sacrifices their lateral movement (Side to Side) because the stick hampers proper foot movement. Shooters were diving across the crease for awhile, until the goalies and defense adjusted to prevent this type of shot.

The shooters today are beginning to move the shots to the mid-lower half of the net now in order to counteract the oversized Goalie Arm Pads. The legs are thin and narrow, compared to the bulky upper body. Goalies must adjust their style by getting what I call a ***Quick Stick***. The following pages will try and explain the basics of the ***Quick Stick*** and allow you to understand how to incorporate this into your style if you so desire.

The Knob on the Goalie Stick

The knob should be placed on the shaft; in front of the hand they hold the stick with, on the basket side. To figure exactly where to place the knob, have the goalie get in the ready position, with them standing on the balls of their feet. Now have them bend their knees slightly: just as they would in a game, as if they were ready to move from side to side. Next make sure the **shoulders** are perfectly **parallel** to the floor. This will make shoulder movement easier and quicker. This location will be different for each goalie due to body size. This makes the goalie stance square not slouched or leaning to one side. It also gives them a perfect “ready position” when the stick is in the down position.

NOTE: Some goalies may like to wrap tape back up the shaft from the second Knob. This helps the goalie better grip the stick when it gets slippery. This also helps in moving the balance point back up the shaft of the stick.



Picture 1

- 1- The Knob allows the goalie to always know how far they must flex their knees to get there stick on the floor for a bounce shot or low shot.
- 2- The Knob helps to move the balance point of a stick from the basket down the shaft of the lacrosse stick.
- 3- Now balance the stick with one finger on the shaft. The balance point should be up the shaft past the “Knob” if is not add tape to the “Knob” at the end of the shaft to move the balance point.

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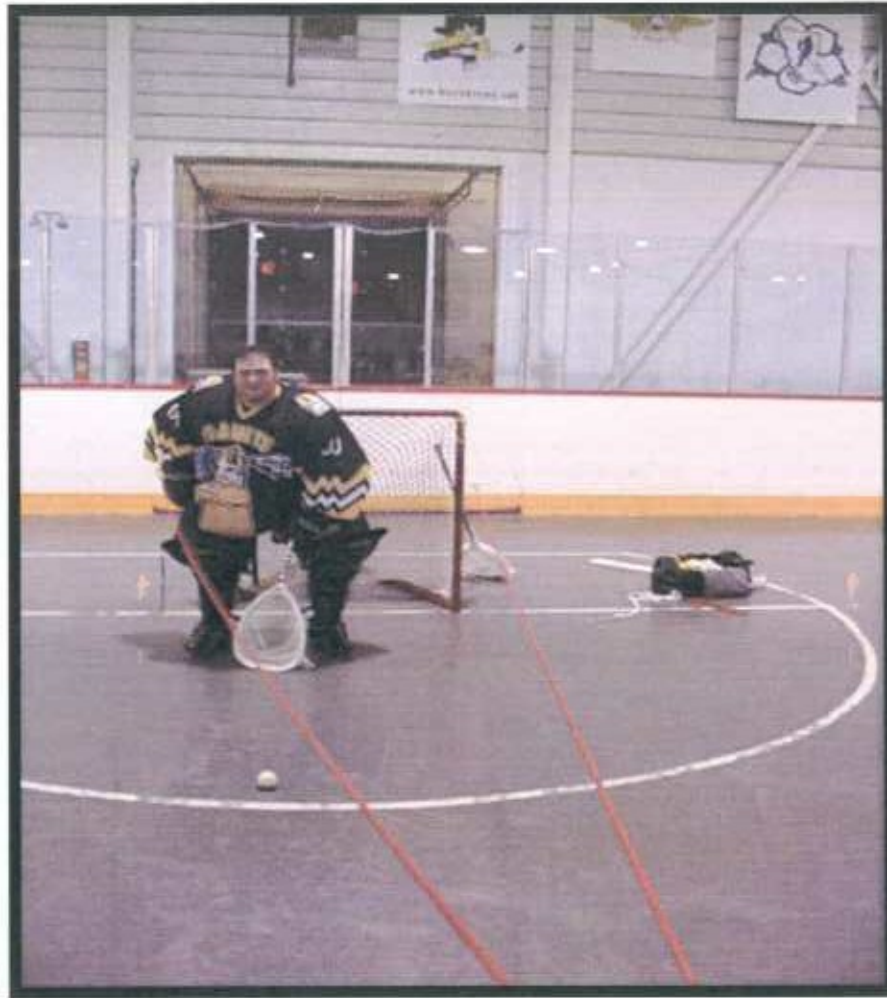
Situation: The goalie is in the standard position to stop a shot from a right handed shooter.

Note: The goalie is too far back in the net allowing shooters to shot to either side of the net. The goalie is too far to his right for in order to stop a right handed shooter. The goalies stick shoulder is rounded which will allow for a shot over the shoulder. The goalies weight is on his right foot and his foot is out in front. This will make movement to his left difficult.



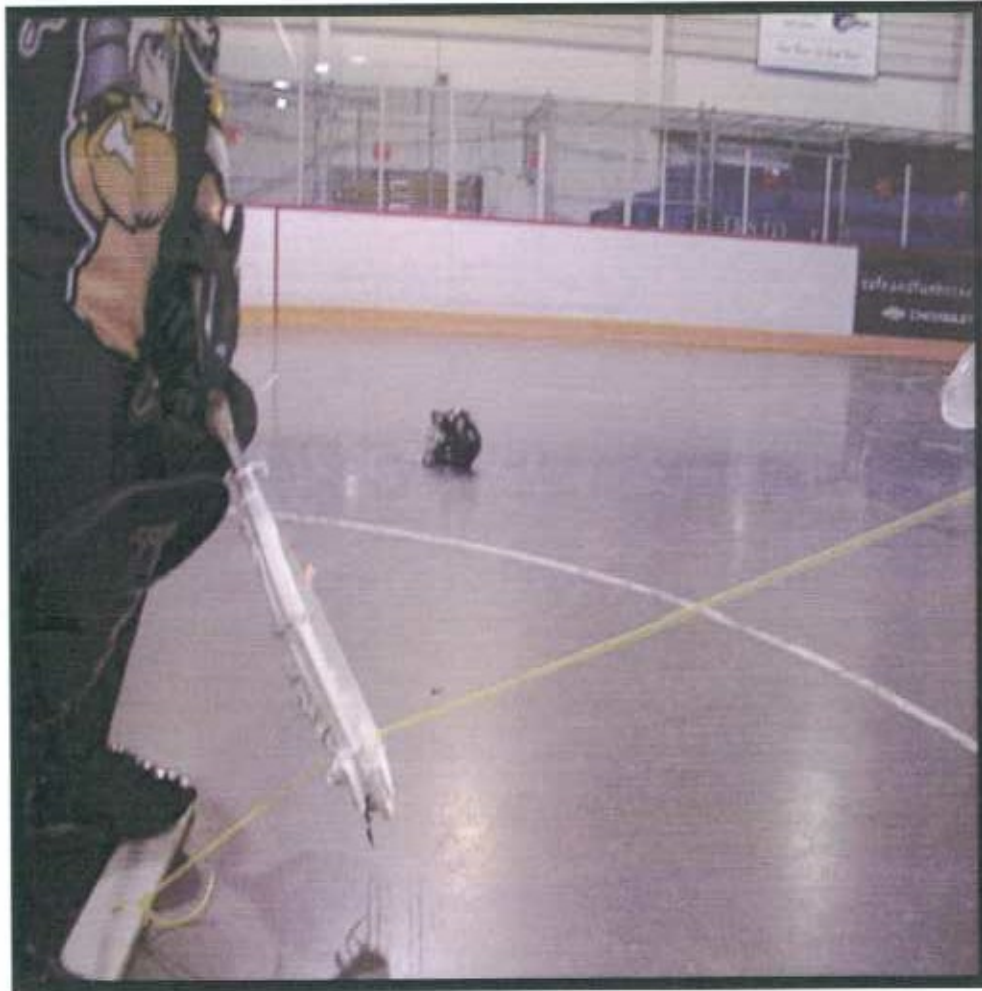
Situation: The goalie is in the standard position to stop a shot from a right handed shooter.

Note: The goalie has taken a step out towards the shooter to cut his shooting angle.
The goalie has moved to his left to better protect the left side of the net from the right handed shooter.
The goalie is better balanced on his feet and can move laterally very easy.
The goalies stick shoulder is still rounded and he should consider a hand placement KNOB for his stick.



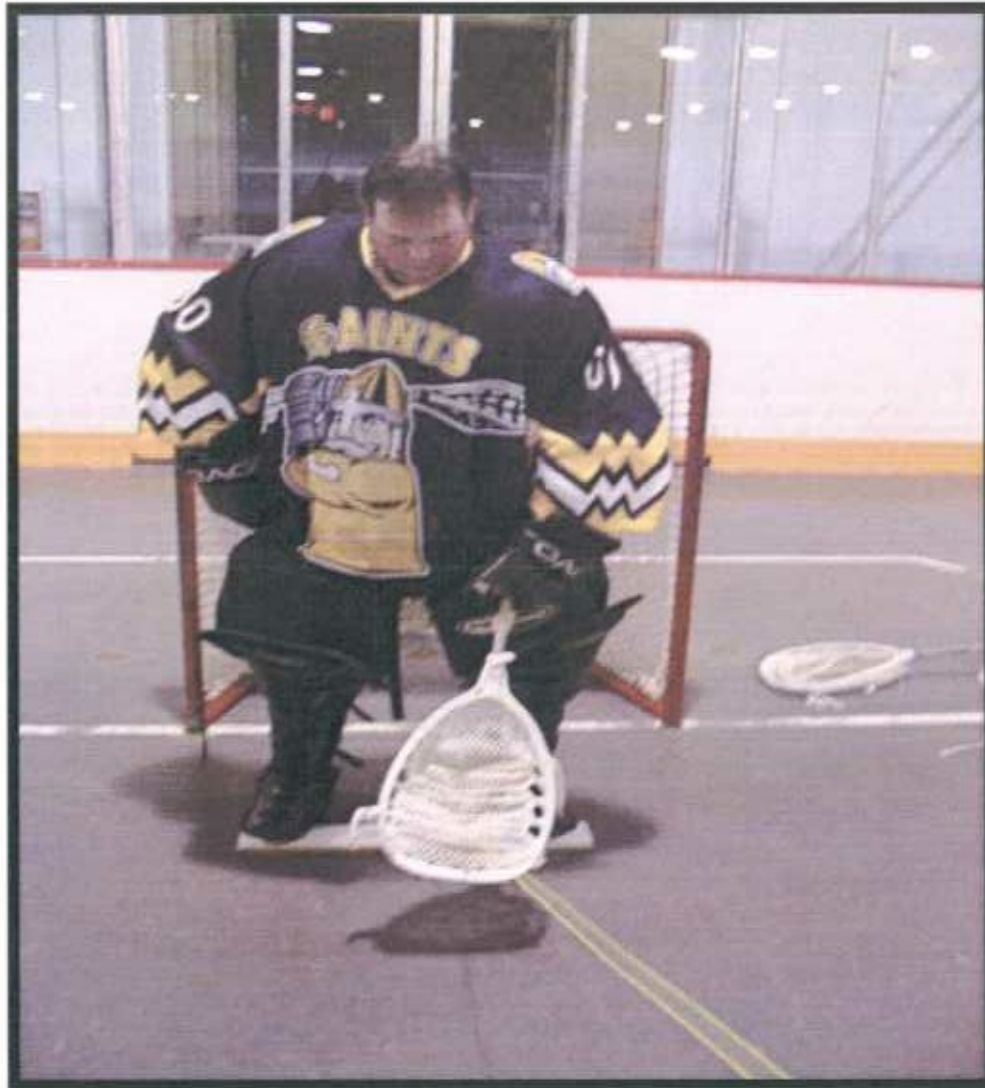
Situation: Goalie is in position to stop right handed shooter.

Note: The Goalie is too far to his Right for a Right handed shot
The Goalie has stepped out but his shoulder is still rounded because of the shoulder position.



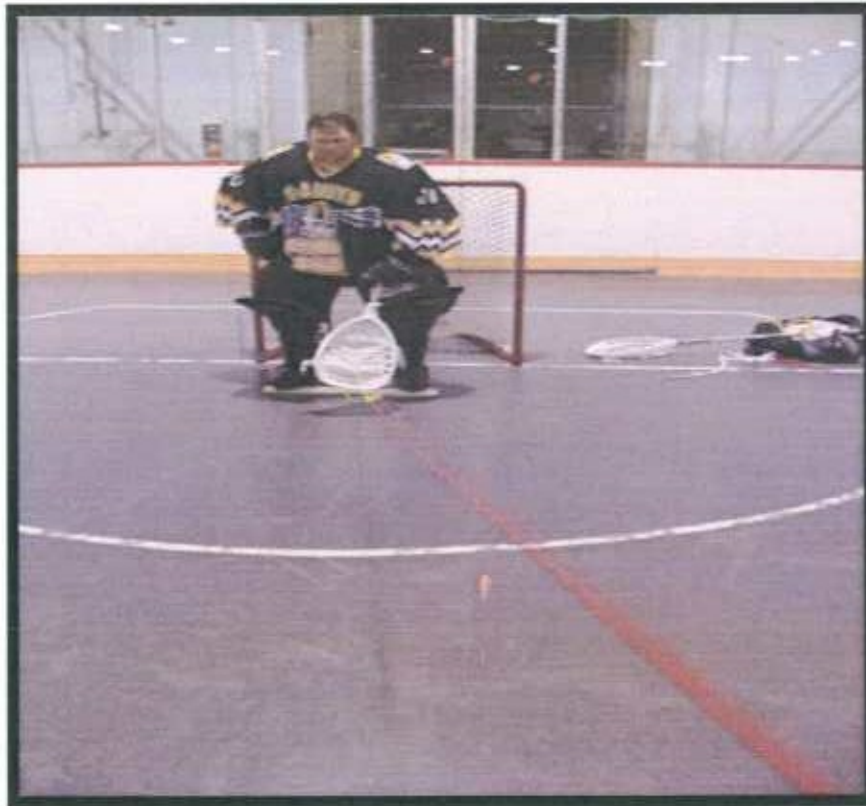
Situation: The goalie now takes the “Quick Stick” position.

Note : The goalie actually moves the stick off the floor at a 45 degree angle.
The goalies stick actually covers the same space (as if it were on the floor)



Situation: The goalie now takes the “Quick Stick” position.

Note : The goalie actually moves the stick off the floor at a 45 degree angle.
The goalies stick actually covers the same space (as if it were on the floor)
The Shooters eyes see the space but he cannot score unless their stick drops below their shoulder.



Situation: The goalie now takes the “Quick Stick” position.

Note : The goalie actually moves the stick off the floor at a 45 degree angle.
The goalies stick actually covers the same space (as if it were on the floor)
The shooter sees a space under the stick but his shooting angle WILL NOT ALLOW
the ball to go under the stick unless he drops the stick below his shoulder level.
The Goalie is now more upright no rounded shoulder and his feet are in position to move.



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The Goalie is now more upright no rounded shoulder and his feet are in position to move.

The goalie is still a little to far to his right but he is in great position for the shot.

The Rule: If the shooter’s stick is up(above their shoulders then the goalie is up [Quick Stick Position].

If the shooters stick is below their shoulders then the goalies stick is barely touching the floor 6-12 inches in front of their feet.



Situation: In “Quick Stick” position the goalie must practice moving across the net to cover the pass to the far shooter.

Note : The goalie actually moves the stick off the floor at a 45 degree angle.
The goalies stick actually covers the same space (as if it were on the floor)
The Goalie knows the pass can move to the other side of the net.
Goalie movements must be practiced.
Goalies must rehearse exactly what they will do.

Remember: Most shooters will shot to the top corner in this situation;
Smart shooters will bounce the ball into the net.
Your move across the net should be to first cover the top HALF of the net.

Remember: Most times the shooter will score because your defense has left him alone at the edge of the crease. DO not consider this a weak goal.
If you stop the shooter this is a BIG SAVE.
Yell to your defense tell them to cover the “BACK DOOR MAN”
this will help you cover shots like this.



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The shooter will not take the shot if you beat him to the top HALF.

The shooter will pull the shot back and now try and shoot down between your legs.

Now that you have moved your body over you can drop your stick down to protect from the low shot.



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The shooter will pull the shot back and now try and shoot down between your legs.
Now that you have moved your body over you can drop your stick down to protect from the low shot.
Finally you are in perfect position to stop this shot.

Remember: Most times the shooter will score because your defense has left him alone at the edge of the crease. DO not consider this a weak goal.
If you stop the shooter this is a BIG SAVE.
YELL to your defense tell them to cover the “BACK DOOR MAN”
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REPOSITIONING

“Repo”

**How A Goalie Can Reposition
move or re-set when the opposition
has the ball in the offensive zone.**

2006

Goalie Clinician

Donald Watson

Repositioning:

Repositioning, moving or resetting your position, which I call “**REPO**”; is an important aspect of playing Goal. Some coaches may say that you should be ready at all times for a shot and this is true; but it is important to know that you can “**REPO**” when players are close or in the scoring zone. Through discussions with goalies across British Columbia we have been able to analyze when the best times to “**REPO**” happens.

The following are examples of when you **should** or **can** move.

- 1- When a shooter is making a pass.
 - 2- The shooter is changing his position on the floor.
 - 3- When the shooters stick is not in a shooting position.
 - 4- When the shooter makes a “**FAKE**” he has usually completed a shooting motion and has to draw the stick back to prepare for another shot or as we call it “he has to reload”.
 - 5- During a shot you can move since not all shots are at the net.
 - 6- When the shooter shows indecision with the ball.
 - 7- When your defense man engages or checks the shooter you can **REPO**.
 - 8- When a shot is taken and there is a loose rebound.
 - 9- When the shooter switches hands.
 - 10-When the shooter drops the ball.
 - 11-When your defense moves the ball out of the crease area.
-

arena # _____

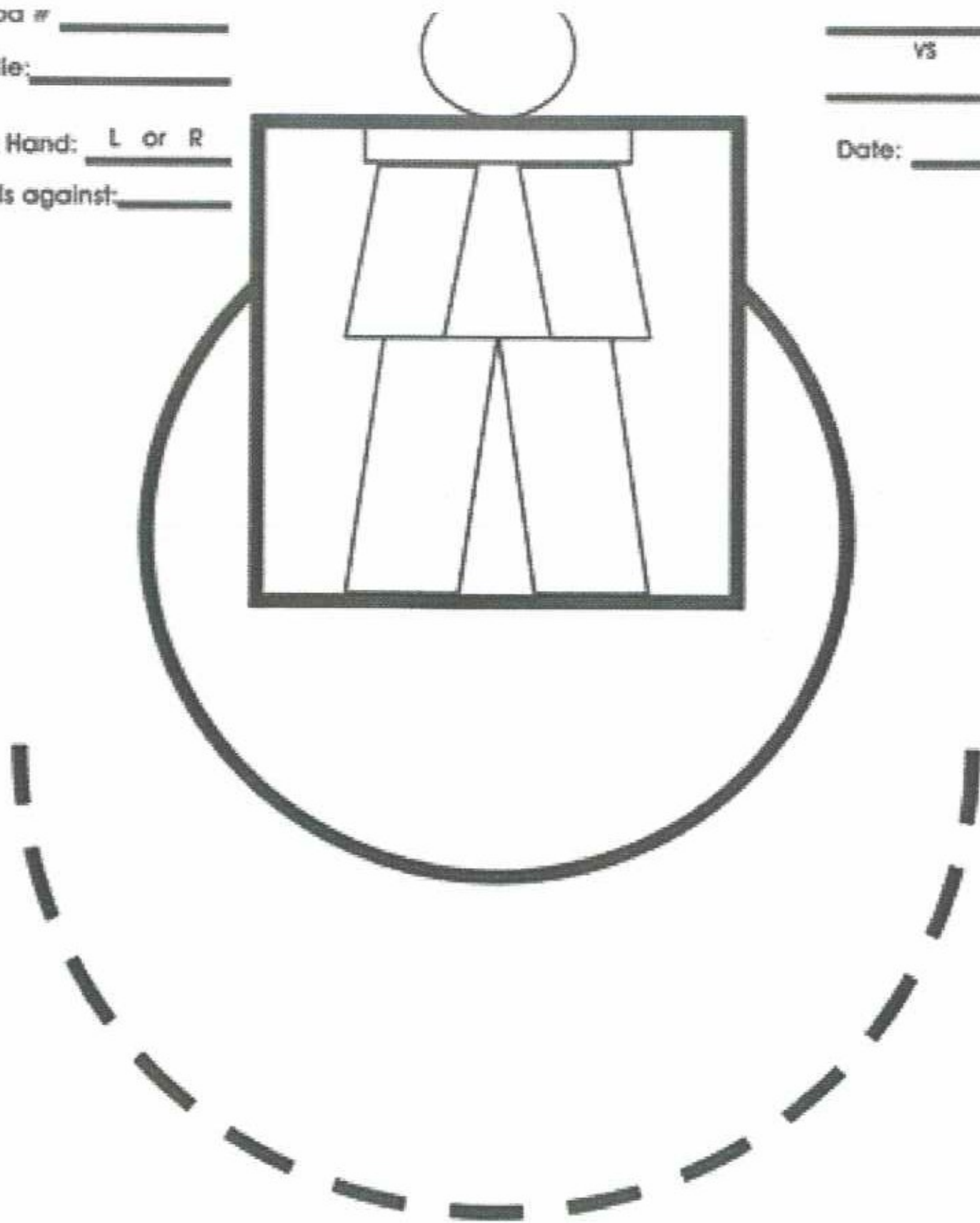
Goalie: _____

Stick Hand: L or R

Goals against: _____


_____ vs _____

Date: _____



 = shot & a goal

 = bounce shot & goal

 = shot on goal & save