

# **CALGARY SABRECATS LACROSSE**



GOALIE INSTRUCTION MANUAL

## ALL AGE DIVISIONS – GOALIE TIPS FOR POSITION AND PLAY

### Stance:

It is relatively easy to achieve the proper goalie stance in box lacrosse.

Keep your knees slightly bent, hips above your feet, shoulders square and head up.

Stick should be slightly in front of your toes in between your feet. Try to stay on the balls of your feet to be able to move easier. Your shoulders should be up to cover as much of the net as possible.

Off-hand should be loose on hip area and used to find the post. (Never try to catch the ball with your off-hand)



### Positioning:

It is important to remember that in box lacrosse positioning is everything. The idea is to “STOP” the ball not “SAVE” the ball. Being in the proper position will stop the majority of all shots.

5 Basic Box Lacrosse Goalie Positions

Positions 1 and 5

Hip should be just off the post and shoulders just to the inside to cut down angle and still be ready in the event of a cross floor pass. Outside foot should be just off the post. Outside arm should be touching the post.



Position 1



Position 5

Positions 2 and 4

Take a 1/2 step toward the center of the floor. You should be able to reach the net with your off hand or stick. When moving through the positions it is important to use your off hand or stick to touch the post to know where you are in the crease (also known as reset).



Position 2



Position 4

### Position 3

This is center of the net. Shoulders should be square to the net. Feet should be no more than 1 ½ steps off the goal line. That should be more than enough to cut down the angles and still be able to move to the other positions.



Players should practice moving through the positions. Coaches can call out the position numbers having the player move from position to position, while maintaining awareness of the net behind them.

In Box Lacrosse there are 4 Golden rules to keep in mind.

1. Stay on your feet. The only way to move from position to position and stay “big” in the net is to stay on your feet. The shin pads and stick offer more than enough coverage down low to stop low shots.
2. 90% of saves come from being in good position.
3. 1 ½ steps from the cross bar IS enough to cut down angles.
4. Never try to catch a shot with your free hand. Your gloves only protect the back of your hand.

## 2 Acronyms to Remind the Goalie how to Play

### **M.A.S.S.**

- M. Move your entire body to stay square to the shooter.
- A. Attack the ball. A goalie moving forward toward a shot reduces the effectiveness of bounce and spin.
- S. Shift between angles as ball moves from player to player keeping shoulders square to ball carrier in anticipation of a shot.
- S. Stay on your feet.

### **A.C.E.**

- A. Align your shoulders to the shooter to cover your angles.
- C. Concentrate on the players positions around crease to see potential shooters.
- E. Explode on the shot. Again moving forward reduces a shots effectiveness.

### Goalie Oriented Drills

It is important to have the goalie involved in as many team drills as possible from breakout drills to just taking shots.

### **Warm Up**

It is just as important that your goalie warms up like the rest of the team. When the team is doing its warm up run and ballistic stretching the goalie should be doing lunges and leg swings to get ready.

### **Horse shoe Drill into Swing Drill**

The swing drill is becoming a Sabrecat staple drill. This is a way to warm-up the Goalie and go right into the swing drill. Have the players line up on the 24' line with left-handed players on the right side and right-handed players on the left. Starting at one side or the other have the players shoot at the goalie. It is important that the goalie feels the shot so advise the shooters to try and hit the goalie in the chest or leg pads. Scoring is not the goal in this drill. Once the last player has shot do the drill in reverse and head straight into the swing drill. As the team is doing the swing drill the goalie should be following the path of the ball moving through his/her angles.

### **Star Drill**

Have your team line up at the 24' line in the 5 offensive zones. The players will pass a ball around the 24' line in a star pattern until the coach gives a signal to shoot. To be an effective goalie drill the goalie has to move when the ball does and should not know when the ball is going to be shot. The coach can either verbally tell the player to shoot or have a hand signal.

### **Breakaway Drill/Shootout Drill**

This is fun for both the player and the goalie. Have the players line up at the faceoff ring. One at a time each player can run in on the goalie and shoot to score. For added difficulty have a chaser follow

the shooter. The shooter should do his/her best to move along the front of the crease to get the goalie to move side to side.

### **Wall Drill**

When the team is doing drills that don't require a goalie have a coach take the goalie to the other side of the floor. Turn the net around so it is facing the back wall. Standing behind the net have the coach shoot at the wall rebounding in on the goalie. The goalie will not know when or from where the shot is coming so it really works on his/her reflexes.