

## LACROSSE GOALIE COACHING GUIDE - C3 YOUTH LACROSSE

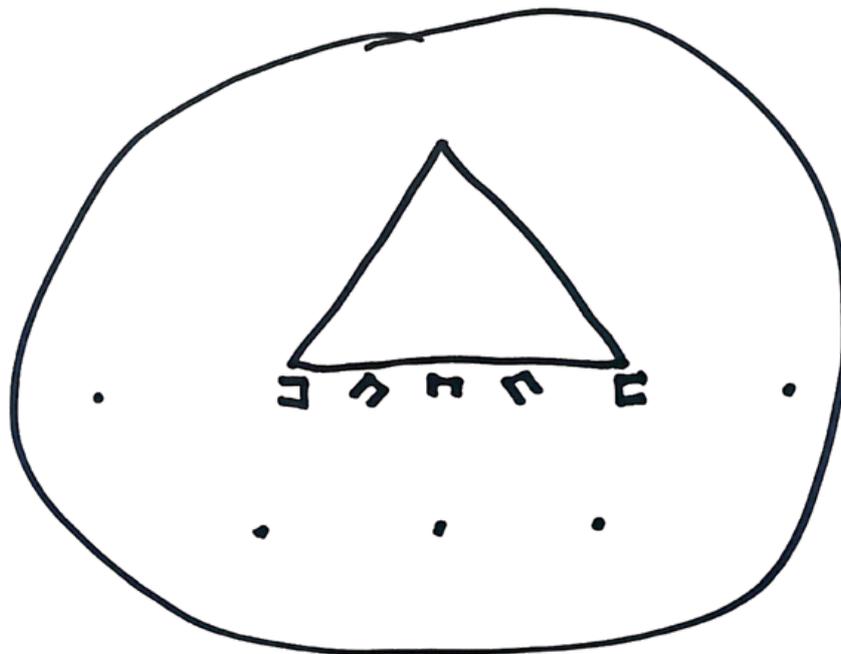
### The Standard – "What Success Looks Like"

*This section defines the metrics of a great goalie beyond just the save percentage.*

- **The Save Process:** ([visual reference for these points](#))
  - *Pre-Shot:* Is the goalie set, still, AND positioned correctly? (No "guessing" or pre-movement).
  - *The Move:* Is their lead step wider than the path of the shot? Are they pushing off of their back foot? Are their hips staying square to the shooter?
  - *The Finish:* Balanced landing. Are they ready for a rebound?
- **The "Un-Stats" (Coachable wins):**
  - **The Chase:** Does the goalie beat the ball to the end line on missed shots? (Winning possession).
  - **Communication:** Can you hear the goalie from the sideline? Are they calling ball location, slides, picks...
  - **Decision-Making:** Do they leave the crease safely (out the back) when under pressure? Are they coming out to pick off passes at the right time, or are they over-extending?
  - **The Outlet:** Are they throwing "bullets" or "lobs" at the right time? Are they throwing the smart pass instead of the hero pass?

### Positioning+Shot Location Graphics

Positioning:



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### Shot Location:



### Coaching Cues & "Goalie Lingo"

A quick-reference sheet for coaches to bark out during drills.

- "Drive Both Hands to the Ball": Correction for goalies only moving their top OR bottom hand to the ball. Both hands should move in a straight line directly towards the shot.
- "Chest to the ball!": Remind goalies to get their body in front of the ball when stepping. Lateral stepping is the default approach, but on some lower angle shots, it can be more effective to step with some angle. At the end of the day, the entire point of stepping to the ball is to get your body in front of the shot. If that's being accomplished, it's a good step.
- "Reset!": Reminds the goalie to move on the next shot quickly. No time for thinking!
- "See it into the Mesh!": Focus cue for tracking the ball all the way into the stick. A lot of goalies only track the ball out of the shooter's stick, and then continue to look at the release point as opposed to tracking the ball into their own stick.
- "Hips square!": Reminds goalies to keep their hips and shoulders square to the shooter as they step so that they move as efficiently as possible and take up the most cage.
- "Positioning!": Alerts the goalie that they are out of position.
- "Stay Big!": Reminds goalies not to lose their stance (IE ducking, flinching) on big wind up step down shots and in tight crease finishes
- "Wide Lead Step!" Especially on low shots, this reminds goalies that they must get their lead step to be as wide or wider than the path of the shot so that they can get their body in front of the ball and also make it easier to reach the shot with their hands.



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## The Drill Library (Individual & Team)

Categorized by the "Goal" of the drill. Each includes a link to a video demo.

### Fundamentals

- Solo Technique Build Up <https://youtu.be/xc4DRpWBnAA?si=exCFiBE5oMBJo1tV>
- Ping Pong Ball Toss [https://youtu.be/\\_sxJX0bxhIU?si=K0QE4aiW67qeGvjx](https://youtu.be/_sxJX0bxhIU?si=K0QE4aiW67qeGvjx)
- Reaction ball wall ball <https://youtu.be/jQ57-qig5tw?si=DPDAQs2Inl1VOkdh>
- Walk the line with ball [https://youtu.be/E0\\_gck2i4NI](https://youtu.be/E0_gck2i4NI)

### Footwork

- Ladder Drills <https://youtube.com/shorts/cYKfabhg9pY?si=k93Kk-w6Kmq-JLrO>
- Plyometrics <https://youtube.com/shorts/VNBGbUPMPCY?si=9RrRcnvffGVRtV3->
- Rapid Fire Foot Saves <https://youtube.com/shorts/eti41nDcPOA?si=fwFpVfKH4ZMmJuEn>
- Lacrosse Goalie Shuttle <https://youtu.be/p6EjXrcTnNA?si=5wO-hjNR5ScySNoj>

### Flinching/patience

- Command Anticipation Drill [https://youtube.com/shorts/BI\\_dyVm8X2g?si=xaCC7mYAYWarlRvE](https://youtube.com/shorts/BI_dyVm8X2g?si=xaCC7mYAYWarlRvE)
- Turns from X on a command. Save the lacrosse ball, sit on the tennis ball <https://youtube.com/shorts/XHON7VPy7hA?si=zfQSeSYpW28oSfY9>
- Surprise Shots with 2 Shooters <https://youtube.com/shorts/1KezOyTsxII?si=GB7f7DUFSh0MzJzJ>
- Partner Ball Drop <https://youtu.be/53KSpXBMqYw?si=Tg-w5w3cwGmMdDgH>

### Positioning

- Simulated Shots on the Run [https://youtube.com/shorts/lpHGW4GDLFA?si=DrfB9y8PYwAkW\\_pA](https://youtube.com/shorts/lpHGW4GDLFA?si=DrfB9y8PYwAkW_pA)
- Blind Turns <https://youtube.com/shorts/biX9NTay-3c?si=dhWloA8dk1dNPtIY>
- Cross Crease Turns from Behind GLE <https://youtu.be/safkf66f5io?si=S0P8owu48ZY3X285>
- Turns from X with Pass Off The Wall <https://youtube.com/shorts/gFcqtgV9Is4?si=0YJHwMrXa3cY80gG>

### Stepping

- Skater Saves [https://youtu.be/jVKSu3L2h9U?si=-bqu1pVNcWw\\_zhew](https://youtu.be/jVKSu3L2h9U?si=-bqu1pVNcWw_zhew)
- Tennis Ball Chest Saves <https://youtu.be/00iIn9m76Yo?si=5nfZpy3JDbOhXqTs>
- Circus Drill [https://youtu.be/z\\_UwEoQWMYU?si=fEc5PSSQcGRO7ZA3](https://youtu.be/z_UwEoQWMYU?si=fEc5PSSQcGRO7ZA3)
- Pick Back Foot Up with Save Drill [https://youtu.be/RNwsklITIJl?si=7jRmO6o1hQbV0\\_IX](https://youtu.be/RNwsklITIJl?si=7jRmO6o1hQbV0_IX)

### Low Shots

- Short Stick Low Saves <https://youtu.be/s2bfpM2SAQw?si=ocJ3eMjzbnVnQ6ua>
- Double Low Shot Save Drill <https://youtu.be/3ziiXprdUx0?si=7nLzw5DEf0iifrw6>
- Low Save Technique Build Up <https://youtu.be/ali0gTOamgk?si=KGZ9U2mdga0H2yN7>
- Low Shot Stepping Isolation <https://youtu.be/oZE-J44FPVA?si=NJ99NGvzinKryDNx>
- Low Shot Shuffles <https://youtu.be/r-Nwc7VPnSk?si=He-PhhZE0f6R5UET>



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Moving around and getting set

- Pipe to pipe to Middle Drill [https://youtu.be/0nh7AWmDYP0?si=JPytIF\\_VfSnoMgLU](https://youtu.be/0nh7AWmDYP0?si=JPytIF_VfSnoMgLU)

### Clearing:

- Shot, Fake, Pass Clearing Drill <https://youtu.be/x72RYwUNfTQ?si=2df2OVHuf6aKStVn>
- Groundball to clear <https://youtu.be/iE9TB4JTrTA?si=ZCIVGQGryYf3D3PL>
- Clearing Guide [https://youtu.be/uBaARCGo\\_yc?si=s2fOppahJYZctcBM](https://youtu.be/uBaARCGo_yc?si=s2fOppahJYZctcBM)
- Wall ball Tape Accuracy Drill [https://youtu.be/ofFcucmm8u0?si=oNhB1\\_Y5C1locHbR](https://youtu.be/ofFcucmm8u0?si=oNhB1_Y5C1locHbR)
- Clearing to Corners <https://youtube.com/shorts/EaCl4A33jN4?si=aOe6-n5XpW9gkwnQ>
- Clearing with pressure <https://youtu.be/kXJPI7DzITc>

### Off-Hip:

- Short Stick Off-Hip Isolation <https://youtu.be/olUNfYxBgAs?si=nO9ieMJGLaCvYDUK>
  - Can be done with a goalie stick as well, but starting with a short stick creates better habits.

### Hand-eye coordination

- Shaft Saves [https://youtu.be/w4-u2yFVVzo?si=bBuccLHmi1TL\\_SuN](https://youtu.be/w4-u2yFVVzo?si=bBuccLHmi1TL_SuN)
- Coin Catch [https://youtu.be/a3NOy4\\_NtH8?si=evu9sYfi3Q08vI5N](https://youtu.be/a3NOy4_NtH8?si=evu9sYfi3Q08vI5N)
- 3 Ball Juggle Tutorial [https://youtu.be/DkZmwfqHe2M?si=Hu1No\\_alf-MwSR8a](https://youtu.be/DkZmwfqHe2M?si=Hu1No_alf-MwSR8a)
- Scissors <https://youtube.com/shorts/fEK9iN4uJcc?si=MrQjWX6Jvd4SljFT>
- Reaction Ball Saves Off the Ground <https://youtu.be/6EqKfluMFnC?si=Onw0ZISRAbHHaTjp>