 Field Goalies Drills and Reminders

1. Coloured Ball Drill For this drill we need [colored tennis balls](http://amzn.to/1j3SQZh) in 4 different colors and 4 [mini disc cones](http://amzn.to/1PgyCrG). Setup the 4 cones along the crease to simulate the [spots on a five-step arc](https://laxgoalierat.com/lacrosse-goalie-arcs/). Place a different colored tennis ball atop each cone. The coach stands about 5 feet in front of the goal with the colored tennis balls in a bucket. He pulls out a ball quickly and throws it to a different spot in the goal. The goalie must make the save, driving their top hand and lead foot to the ball. After making the save the goalie tosses the ball at the cone which matches the tennis ball’s color.
2. Hand Eye drill - The coach stands on a chair with a deck of playing cards. Standing on the chair simulates the same shot angle from which we’d see normal overhand lacrosse shots. The coach flicks cards one at a time at the goalie who makes the save by driving the top hand and lead foot to catch the card. We’re going to be throwing the cards quickly, one after another. This drill will work hand-eye coordination and concentration as the goalie must catch the fluttering card.
3. To setup this drill, we’ll place our goalie stick perpendicular to a line on the field as pictured above. This creates 4 quadrants. 

**One Foot** – Jump on one foot from quadrant 1 to 2 to 3 to 4. Repeat with the other foot.

**Two Feet** – Jump and land on two feet now. From quadrant 1 to 2 to 3 to 4. Keep your feet and ankles together.

**Diagonal and Back** – On two feet, we’ll jump diagonally from quadrant 1 to 3, then 3 to 4 jumping back, then 4 to 2 diagonally, and finally 2 to 1 jumping back.

**Jump Turn** – We’ll start with 1 foot in quadrant 1 and the other in quadrant 4, straddling the stick. We’ll jump forward to land with our feet in quadrants 2 and 3. Then we’ll jump and do a 180 so our feet are now reversed in quadrants 2 and 3. Jump forward to quadrants 1 and 4 and then do another 180.

1. Shuttles - For this drill, we’ll set up 3 [cones](http://amzn.to/1PgENMr) in a line with 3 feet in between each cone. Start in your goalie stance slightly behind the center cone. We’ll shuffle to left, bend down at the waist to touch the cone, then shuffle back to touch the far cone. Finally, we’ll shuffle back to the center and get into ready position. I like to have the goalie also touch the cones with their top hand because that simulates making a save.
2. We’ll position ourselves in the goal, on our knees with stick and gloves (other gear optional). The coach will throw or shoot balls to the off-stick side. Have the goalie focus on really getting that underhand movement while driving the top hand to the ball. Make sure they’re not sweeping that top hand to the ball. They should be “cutting the clock” moving the top hand in a straight line to the shot. The bottom hand punches out to aid in quick stick rotation. We’re not going to move our legs, feet, or body in this drill. We’re strictly working on hands movement.
3. For this drill, the coach will simply throw balls at the goalie who makes the save with only his top hand. If you have two goalies, have them throw each other the balls while the coach analyzes their form to ensure its right. Chest up, top hand straight to the ball, with a lead step. Eyes focused on the ball the entire time. We’ll work on tying together our lead hand and our lead step. Lead hand is top hand (right for righties, left for lefties) and lead foot is the foot on which side the ball is shot (ball shot to your left, left foot is the lead foot).

For this drill, I like to build to up:

1. Start with just top hand
2. Add lead step (top hand + lead step)
3. Add trail step (top hand + lead step + finish with trail step)
4. There are a variety of drills we can do using a reaction ball: 

**Solo –**You’re looking for a lacrosse goalie drill you can do by yourself, this is one. First drop the reaction ball in front of you. Then react by taking a step toward whatever direction the ball bounces and catch it in your hands. You can do this drill using only the top hand to catch the ball and then do it using both hands to catch the ball.

**Bounce Shots with Partner, bare hands –**Stand about 5 feet apart from your partner and throw bounce shots to one another using the reaction ball. Step with your lead foot and drive with your lead hand, making a reaction as you see where the ball is going. Get reset in your stance prior to each throw.

**Bounce Shots with Partner, with equipment –** Same drill as above but we’ll now wear our sticks, gloves, and helmet. Also same as above, we want to drive our top hand to the ball and step with our lead foot.

1. It’s called footie and it helps goalies learn to step to the ball and get the feet instinctively moving when you see a shot.

It’s a great drill to include in the warmup and also to perform at halftime to get the feet going. Goalie stands with his hand behind back while a teammate shoots low worm-burners at his feet. The goalie will step to the shot and block it with his foot. Drive your foot to the ball, finish the save balanced, and then reset.  After lots of reps of this drill the goalie will be trained to move his/her feet immediately when a shot is incoming.

1. Using a heavy bar – weighted down stick, full of sand or pennies

**Walk the Line** – Simulate making saves to all the different spots using the heavy bar. Stick-side high, stick-side hip, stick-side low, 5 hole, off-stick low, off-stick hip, off-stick high.

**Save Tennis Balls** – Now we’ll throw tennis balls at the goalie and have him make saves using the heavy bar. We should focus on driving our top hand to meet the tennis ball. Shoot to various areas of the

**Walk the Arc** – Holding the heavy, simple walk your arc, back and forth.

**Normal Warmup** – You can even attach the heavy shaft to your normal goalie head and go through a [normal warmup](https://laxgoalierat.com/lacrosse-goalie-warmup/). After doing this exercise when you go back to your normal lacrosse shaft the thing is going to feel as light as feather in your hands.

**Field Lacrosse Goalie Reminders:**

* Pre-Shot: Square up to the shooter
* Pre-Shot: Balanced athletic, ready position
* Top Hand Straight to the ball
* Lead foot steps into path of the shot
* Move bottom hand to finish in balanced position
* Trail step to finish in a balanced position

**Top Hand Straight To The Ball**

Lead Step The simplest way to the describe the lead step is whatever side the ball is shot on, that side becomes the lead foot.

Drawing a line perpendicular to the ground down the center of body. If the shot is the left of the line, we step with our left foot. If the shot is to the right of the line, we step with our right foot. This is our lead step.

**Lead Hand / Lead Step -** Putting those two movements together

**Trail Step and Bottom Hand** The trail step will be done with our foot which is did not make the lead step. This trail step simply puts us back into a balanced position.

After you execute the trail step your feet should look just like they did before the shot – toes at the shooter, feet shoulder width apart, balanced.

Similarly after our Lead Hand movement we’ll move our bottom hand to get into a balanced position. For low shots, this means the bottom hand fires up as we finish rotating the stick. For high shots, this means our bottom hand moves under the top hand so we finish in a balanced position.

After our Lead Hand / Lead Step movement we want to move our other foot and other hand so that we finish the save in a nice balanced position.

Goalie Lingo

* 1.**X** – Ball is behind the goal at “X”
* 2**. BACK LEFT** – Ball is behind the net, left side
* 3.**BACK RIGHT** – Ball is behind the net, right side
* 4.**SIDE LEFT** – Ball is on the left side of the field
* 5.**SIDE RIGHT** – Ball is on the right side of the field
* 6.**TOP RIGHT** – Ball is top right
* 7.**TOP LEFT** – Ball is top left
* 8.**TOP CENTER** – Ball is top center
* **Defender On The Ball**
* These terms will be used for defenders guarding the man with the ball. As a goalie, you must communicate to the on-ball defender to help him keep good position and remind him how to play solid defense.
* 9. **HOLD** – This call is used when you do not want the attackman to advance any closer to the goal. The defenseman on ball should engage and not allow his player to freely advanced closer to the goal. When a player becomes a shooting threat, we’ll yell HOLD to limit his advance.
* 10. **TURN** – This instructs the defensive player on the ball to turn his opponent in the opposite direction. Often used when an attackman drives from X and we want our long pole to turn the attacker back inside into the oncoming slide.
* 11. **POKE** – This lets the D-man know he should be poke checking the player with the ball to avoid an easy assist.
* 12. **PIPE** – When a player drives from X, Back Left, or Back Right we’ll yell PIPE to indicate that our defenseman has reached goal line extended (GLE). Yell this just a step before GLE so that by the time the defender processes the call he’s at the PIPE. This is a critical call since it informs the D man to turn his player.
* 13. **LIFT** – Defensive reminder to get your stick under the attacker’s hands or stick and LIFT to disrupt the shooting or passing motion.
* 14. **SHIFT LEFT** – The player guarding the ball is out of position a little and should SHIFT.
* 15. **SHIFT RIGHT** – Same as above, but in the other direction.
* 16. **ISLAND** – Let’s a defender know he has NO slide help. Hopefully this is a rarity. This term is also a message to off ball defenders to setup the slide.
* 17. **YOU’RE GOOD** – Let’s defender know his positioning is perfect and no adjustments are necessary. Just keep playing solid defense.
* **Defenders Off The Ball**
* 18. **CLEAR –**A save has just been made and its time to start the clear. Each member of the defense should break to an open spot on the field.
* 19. **SHOT** –  Many times defenders do not have an eye on the ball while playing defensive. The goalie yells “SHOT” when an attackmen shoots to indicate that a shot has been taken.
* 20. **CHECK –**An offensive pass just entered into the crease and defensive players should check the sticks of their opponent. This should the loudest call you make because it means a critical feed is coming into the crease and must be stopped.
* 21. **FIRE or SLIDE** – Indicates that the on ball defender is beat and the must team must slide. This call must also be delivered loud and with urgency.
* 22. **SAG IN** – The defensive unit is too expanded and should SAG IN a little closer to the goal so as not to get overextended.
* 23.**STICKS UP** – Reminder for D unit to keep their sticks in the passing lanes, especially on man down.
* 24. **CUTTER or CUTTER 34** – Alerts your team that the offensive side is sending a cutter and the player with the ball is looking to feed. Additionally you can add jersey number to this call for more information.

**General Communication**

* 25. **NUMBER UP** – Each player should find the man they’re guarding.
* 26. **BALL DOWN** – Let’s team know the ball is loose.
* 27. **RELEASE** – Let’s team know we’ve picked up the loose ball and no more hits should occur
* 28. **MIDDIES GET BACK** – Reminder to defensive middies to sprint back to the defensive end to help out on D.
* 29. **MAN COMING IN** – Let’s team know there’s a new offensive player entering from the box.
* 30. **HERE’S YOUR HELP** – This call is used during the clear. When a defender picks up a loose ball and you want him to pass it back to the goalie, we’ll let him know HERE’S YOUR HELP.
* 31. **GILMAN** – Use this when you want your team to execute a GILMAN clear, i.e. short time on the clock, man down and in trouble during the clear. This is also used when the other team is executing a GILMAN clear. In this scenario the defenseman should be close to their attackman to deny them from getting the loose ball.
* 32. **ROTATE** – When you using a rotation defense, this call tells the team to execute the ROTATE slide.
* 33. **SHOOTER 24** – If your scouting report indicates that #24 is their shooter, you should yell SHOOTER #{jersey number} to remind the team. The SHOOTER call should let the #1 slide know he needs to go earlier.
* 34. **FEEDER 24** – Similarly, if your scouting report indicates that #24 is a feeder, you can yell FEEDER when he has the ball. This lets your team know to be ready for the feed and to also slide a little later usual.
* 35. **PICK LEFT / PICK RIGHT / PICK BEHIND** – If the offense is using screens or picks you need to call those out so defender know how to play them. Call PICK LEFT / PICK RIGHT, or PICK BEHIND anytime you see a pick setup.
* 36. **TALK** **D** – The goalie should not be the only one talking. For great defensive communication everyone should be communicating. If you notice your defense is quiet, yell TALK D to remind them to be vocal.
* 37. **SCREEN** – This means that the defenseman in the crease is screening you and needs to move out of the way.
* 38. **FAST BREAK** – This alerts the defense that the offense has a fast break developing and they should setup in a triangle to stop the 4 on 3.

**Slides**

* It is the goalie’s responsibility to ensure the slides are properly setup.
* 39.**WHO’S HOT?** – The “hot” man/women is the person who will slide. Ideally the goalie always knows who is hot based reading the defense.
* However if you don’t know who is the slide, we yell WHO’S HOT. If you know who’s hot and he isn’t calling out “I’m hot” then you can yell “Jason, you’re hot”. The defender with the #1 slide responsibility should yell I’M HOT to let the team know he’ll be the slide.
* 40. **WHO’s 2?** – Same idea as above but for the 2nd slide. The defender should yell I’m 2 to let the team know the 2nd slide is covered.

**Offensive Formation**

* 41. **They’re in 2-2-2! They’re in 1-3-2! They’re in 2-3-1! –**The goalie should recognize what offensive formation the offense is using and call it out to the team. When the offense changes formations during a possession you should also call out the new formation.