



## 15 Lacrosse Goalie Drills

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### Colored Balls



- Purchase: [colored tennis balls](#) in 4 different colors and 4 [mini disc cones](#).
- Setup the 4 cones along the crease to simulate the [spots on a five-step arc](#).
- Place a different colored tennis ball atop each cone.
- 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.

### Jump Rope



- Any standard [jump rope](#) will do, doesn't have to be fancy.

- Jump rope for 10-15 minutes

## Juggling

- Juggling improves your hand-eye coordination, an important element for us lacrosse goalies.
- Learn how to juggle 3 balls

## Catching Cards



- Have a coach stand on a bucket or chair with a [deck of cards](#).
- Coach tosses 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.

## Magic Square



- To setup this drill, we'll place our goalie stick perpendicular to a line on the field as pictured above. This creates 4 quadrants.
- With this magic square there are several variations that we will do -

- 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.

## Goalie Shuttle



- For this drill we'll setup 3 [cones](#) in 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 center and get into ready position.
- An optional step here is the coach can then throw a shot at the goalie, we needs to make the save by reacting quickly.

## Off-Stick Hands Drill



- 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 sweep movement while driving the top hand to the ball.
- We're not going to move our legs, feet, or body in this drill. We're strictly working on hands movement.

## Agility Ladder

- You'll need to purchase an [agility ladder](#) if you don't already have one.
- View post for series of agility drills for goalies.

## 3 Stations



- For this drill we setup three different stations.
  - Station 1: Zig Zag Drill - Setup 5 lacrosse balls at 45 degree angle, in a zig zag. Step and drive your top hand to simulate making a low save. Reset your body position and do it again with the next lacrosse ball at the station.
  - Station 2: Arc Drill - Immediately move to station 2 where we have 4 lacrosse balls setup to simulate the spots in between our 5-step arc. Simulate making a save on a low shot in between your legs.
  - Then move to the next spot on the arc and reset. Again, simulate making the low save, driving your top down. Move to the next spot and repeat.
  - Station 3: Lateral Step - Lateral step is a little more of advanced move, so skip this if your goalie is brand new. In this station we setup 4 balls in a row. Instead of taking our 45 degree step, we'll take a lateral step and simulate making a low save.
- We'll go quickly from one station to the next after finishing.

## Goalie Lead Hand Drill



- In 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, stepping
- 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).

## Reaction Balls



- We need a special ball called a [reaction ball](#). The reaction ball has lumps on the outside so that the bounce is unpredictable.
- There are a variety of drills we can do using the 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.
- 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 have 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.

## Heavy Bar

- For this set of drills we'll use a [heavy bar from the gym](#). A lacrosse shaft filled with pennies or sand can also substitute here.
- You can also buy a [power shaft](#) (no affiliation) which was invented specifically for these types of drills.
- 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](#). 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.

## Mini Hurdle Drills

- For this final set of drills, we're going to need a set of [mini hurdles](#).
- These drills are proven method for improving foot speed and quickness.

## Tennis Racket Reaction

- For this drill the goalie stands in the cage, without the stick. Another player will toss a ball to the coach who has a tennis racket.
- The coach will simply volley the ball at the goalie who makes the save. Similar to the Goalie Lead Hand drill the goalie will drive his top hand to the ball.

Works our reaction time and save technique especially for those close-in shots.

Here is an Instagram video of Scott Rodgers performing the drill:

## Hot Potato

- This goalie drill I learned from the MLL's Brian Phipps. It's called "Hot Potato" and is meant to develop soft hands in lacrosse goalies and thereby reduce rebounds.
- This is a drill I'll work into the beginning of practice to get the goalies going.

- You simply throw the ball back and forth - catching and releasing as soon as possible - and ensuring that you're 1.) watching the ball at all times and 2.) receiving the ball with soft hands.
- You should not be snatching or stabbing at the ball but rather receive it like an egg, the same way attackman/middies are taught to catch a pass.