

11 Lacrosse Goalie Drills

To Improve your goalie game!

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Introduction

So you're in charge of training the goalies. Now what?

After training hundreds of goalies and interviewing top goalies and coaches, I've tested a lot and figured out what I think are the best drills to build an elite lacrosse goalie.

Here are 11 drills that I work into my training sessions with lax goalies.

When executed properly, these drills will help build great habits and turn the goalie into an elite ball stopper.



Coach Damon

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Drill 1: Walk the Line



Setup in your stance straddling a line.

Visualize shots coming at you to all quadrants (stick side high/hip/low, off-stick high/hip/low, five hole) and make the save with perfect form.

Reset in your stance and repeat.

Walk the Line is the lacrosse goalie's equivalent of shadow boxing. We're building the muscle memory into our bodies so that the save motion becomes automatic.

[Walk the Line Drill on YouTube](#)

Drill 2: Doc Drill



Start about 10 yards from a wall with a shortie. Throw the ball against the wall. Get into your lacrosse goalie stance and make the save.

By stepping at a 45 degree to make the save, you'll be moving closer and closer to the wall so the saves get tougher with each rep.

Once you get too close or if you miss a save, reset the drill.

You can do this drill with a short stick or with a goalie stick. You can also add a resistance band on the legs to increase difficulty.

Be sure to have ridiculous focus on the ball and watch it the whole way into your stick.

When done right you'll be breathing hard at the end of this drill.

Drill 3: Jump Rope



Jumping rope is the ultimate drill for any goalie wanting quick feet and endurance.

It's a cardio workout and the perfect lacrosse goalie drill.

Before jumping into the cage to take shots grab your rope and jump for 2 minutes.

Drill 4: Egg Toss



Also called "Goalie Lead Hand" drill.

One of the tenets of perfect save technique – top hand straight to the ball.

In this drill we're working that reflex.

Setup in your stance. Coach tosses ball and keeper makes save with top hand.

Focus on concentrating on the ball throughout the save.
Focus on moving top hand in straight line to the ball.

Drill 5: Colored Balls



This is a variation of the Egg Toss drill. Use [colored tennis balls](#).

The goalie needs to yell the color of the ball as soon as they recognize it. Then toss it to the right area.

Also focus points of Egg Toss drill still apply but now we're introducing a little mental element with the colors.

Hide the colored balls in a bucket so the goalie doesn't see the color until its coming at him/her.

Drill 6: Goalie Shuttle



Setup 3 cones each about 3 feet apart.

Start in the middle in your stance.

Shuffle to the left and touch the cone. Shuffle back to the right and touch the cone.

Finish in the middle with a coach tossing a shot to save.

That's 1 rep. Do 10 reps.

Touch cones with your top hand to simulate a low save.

Drill 7: Wall Ball



Wall ball is just as beneficial to goalies as it is to field players.

Wall develops hand eye coordination and stick skills needed to dominate the goalie position.

Focus on one spot on the wall and hit your spot every time. Watch the ball all the way into your stick.

[Wall Ball Routine for Goalies](#)

Drill 8: Walk the Arc



Just like Walk the Line helps us perfect our save technique, Walk the Arc will help a goalie perfect the points on the arc and his/her angles.

You'll need some [disc cones](#).

Setup cones to represent the different spots on your arc and practice moving back and forth on the spots.

Both laterally and also skipping spots for those swing passes where you need to move on the arc to get in good position to make a save.

Drill 9: Card Toss

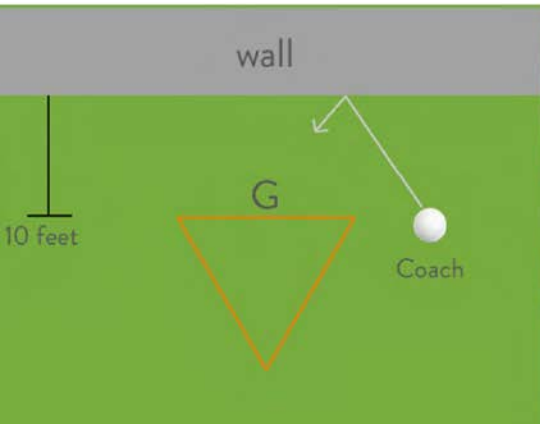


This is essentially the Egg Toss drill but with [playing cards](#).

The playing cards flicker and move in unpredictable directions so it's a great method to train goalies.

Make sure the goalie waits until the absolute last moment to see where the shot (card) is going before exploding at the ball (card) and making the save.

Drill 10: Mystery Shot



Mystery Shot is a drill used to improve reaction time.

Goalie faces a wall with the coach behind him/her. Coach tosses a shot off the wall and goalies makes the save.

Focus picking up the ball as soon as possible. Focus on making the right save movement.

Closer to the wall the goalie sets up the harder the drill becomes.

Drill 11: Agility Ladder



The agility ladder builds quickness in the feet and explosion in the body. Great drill for lacrosse goalies! Gear required: [Agility Ladder](#).

Here's some variations you can do:

- One Foot In
- Two Foot In
- Lateral High Knees
- Icky Shuffle (w/ Heisman, Reverse)
- Lateral In / Out
- Hopscotch
- Hopscotch Reverse
- Single Leg One Foot In
- Slalom Jumps
- Single Leg Lateral
- Lateral Jump Lunge

Conclusion

Having a variety of lacrosse goalie drills in your arsenal is great.

It trains the goalie in necessary areas and also keeps things from getting stale.

But far more important is execution.

A goalie must train hard and train with purpose because these drills are useless if he/she is just going through the motions.

I hope this list of lacrosse goalie drills gives you some ideas on how to properly train your goalie.

Checkout more on my site – [Lax Goalie Rat](http://LaxGoalieRat.com).



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