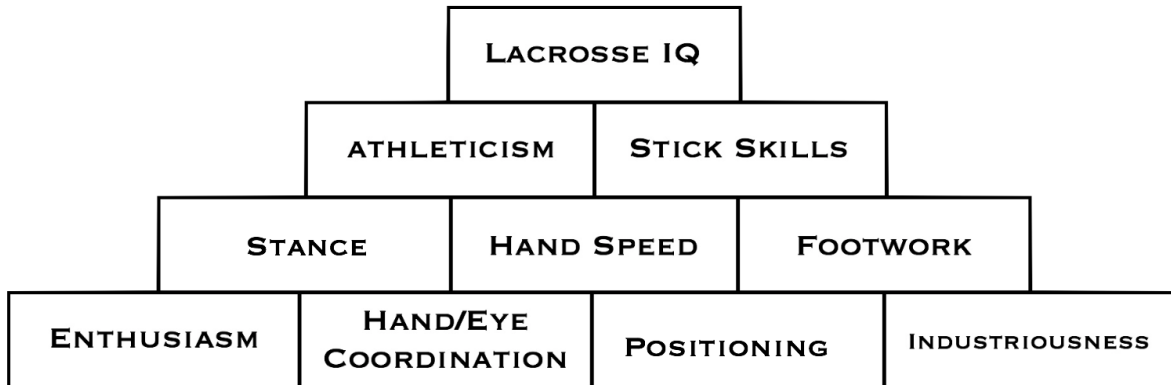


## SAINT JOSEPH'S LACROSSE



Developed by St Joes Coach Mike Horowitz



### CORNERSTONES

- **Enthusiasm:** If you don't love it, you can't do it.
- **Industriousness:** The more shots a goalie sees, the better he will become

### FOUNDATION

- **Positioning:** Center of the goal, square to the shooter
- **Hand/Eye Coordination:** Tunnel vision for the ball

### 2<sup>ND</sup> LEVEL

- **Stance:** Look like and athlete, play like an athlete
- **Hand Speed:** Hands move first, everything else follows
- **Footwork:** Outside foot outside the ball

### ASCENDING THE PEAK

- **Athleticism:** Our goalies are also our seventh defender. Making a play outside the crease to gain possession is as good as a save.
- **Stick Skills:** Our goalies are our first attacker. We are constantly looking to create offense. The ability to throw accurate outlet passes is critical.

### THE PEAK

- **Lacrosse IQ:** Our goalies must have the greatest command of our defense. Great goalies put their defenders in positions so that the goalie only sees the shots they want to see.

**“There are moments in each game when his teammates become background players, when ultimately the game rests on the lone shoulders of the man guarding the net.”**

**SAINT JOSEPH'S LACROSSE**



**SEE MORE SHOTS!**