

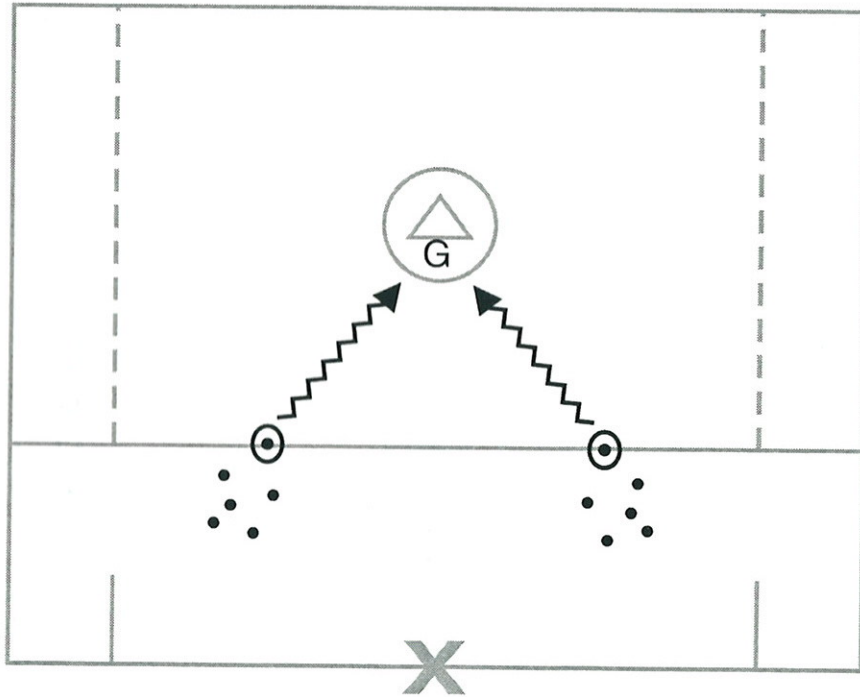
Goalie Drills

Rapid Fire

The position of the goalie is pivotal for a successful season. While there is no substitution for game condition play, there are a few drills that assist in the development of solid goalie play.

Concept: This drill involves 2 shooters and a goalie.

1. Shooters position themselves at the pipeline extended with a minimum of 5 (five) balls.
2. Shooters alternate taking $\frac{3}{4}$ speed shots at the nearside pipe area.
3. The shooting is in rapid fire action forcing the goalie to switch sides quickly, maintaining proper positioning.

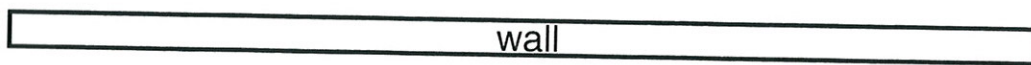


Goalie Drills

Goalie Wall Drill

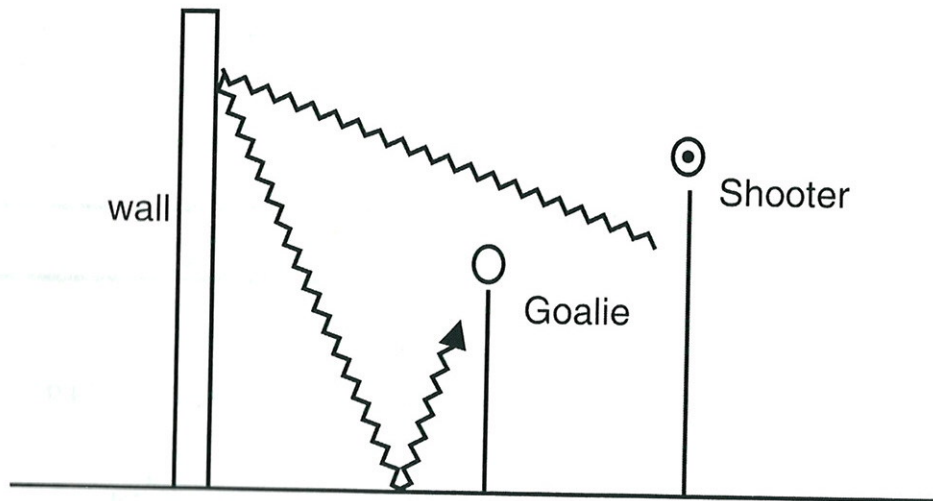
Concept: Like the other field players, there is no substitution for excellent stick skills, and a goalie should practice the wall drills both individually and with the team.

1. Shooter stands behind goalie as goalie faces the wall.
2. As ball rebounds, goalie must make the catch employing proper foot form and body positioning.
3. In the beginning of drill, goalie can be 10-15 yards from the wall; as goalie progresses, goalie should move to within 5-7 yards.



○ G

⊙ Shooter



Goalie Drills

Tennis Ball Drill

Concept: This drill is similar to the goalie wall drill. It is modified with the use of a tennis ball and a stick without a head.

1. Shooter stands behind goalie as goalie faces the wall.
2. As tennis ball rebounds, goalie must step and attempt to have tennis ball hit off the top of the shaft.

Shortstop

Concept: This drill attempts to teach the proper step technique of a goalie and having goalie lead with hands on a save. It is executed best on a flat gym floor.

1. Goalie positions himself in the cage without a goalie stick.
2. Coach bounces ball to the left side of goalie; goalie steps with left foot and leading with hands (thumbs together), goalie catches ball.
3. Coach alternates with a right side toss.

Stress:

- a. stepping with proper foot (don't over stride)
- b. goalie should move body so as to have chest area in front of ball on the catch.