

Goaltending Manual



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Introduction

Helpful hints and drills, mental and physical preparation.

The CLA Coaches Association has produced many coaching manuals over the years. Continuous feedback from the coaches was that they needed more drills to run their practices, thus the production of the Coach's Drill Manual in 1997.

But what about the goaltenders. Probably the most neglected position in the game. The player to goaltender ratio is approximately 20:1. This means most of the time spent coaching was with the players. The last line of defence was left to figure out the game on their own until now.

Goaltending is a difficult position to teach and is best taught by a former goaltender. Coaches give good direction but their goaltending knowledge is limited. The goaltending position is the most important in the game as this person can be the game breaker and change the outcome of a game with a great pass, retrieving a loose ball or making a simple save. The art of goaltending takes years to master and endless hard work and determination.

This manual is a compilation of work by many goaltenders and coaches over decades of lacrosse games and goaltender saves. Two goaltenders, Mann Cup winners and Vancouver Burrards alumni Dave Evans and Brad Berrow wrote the basis of this manual as a booklet for clinics they conducted. The information and terminology has been updated to be pertinent for the present day goaltender.

The materials covered in this manual stem from the most basic to advanced. Topics like selection of the goaltender, equipment, stance, stopping the ball, communication and drills will be discussed in this manual.

We believe that there is really no one perfect method of goaltending, but a combination of skills will help mould a goaltender to be as good as possible.

Many thanks go out to the many coaches, clinicians and goaltenders that pressed for the production of a goaltender manual. Direction from Bill McBain, Dave Evans and Brad Berrow was the key to the start of this manual. Drill and expertise contributions from Matthew Popowitz, Dave Evans, Tyrone Willushaw and Jeff Gombar. Feedback and conceptual ideas from Don Watson. Photograph contributions from Jeff Gombar, Marty O'Neill and Sean Dukes.

SELECTING A GOALTENDER

There should be no pressure when choosing a person to play the goaltender position. At younger ages it is a common practice to rotate interested participants to try new positions including goaltender. The potential candidate may be a goaltender in other sports (i.e. hockey or soccer) and may be interested in trying the position. Any person can make a good goaltender. Once a goaltender has been chosen it is imperative to make the goaltending education a positive experience.

Usually coaches do not have to choose a goaltender because they either inherit one, or a player indicates their desire to play the position. Time should be taken in the selection process in case a coach must choose a person to be the goaltender.

Size should be considered because a tall goaltender may be less mobile, have difficulties stopping low shots and encounter difficulties moving about the crease and participating offensively. Short goaltenders encounter difficulties playing angles as they do not cover a large area of the goal. Also, the upper areas of the net will not be well protected, and will be exposed to high shots.

Do not make the mistake of placing the least fit player in goal. Physical stature is not as important as psychological make-up however size will influence style.

A goaltender must possess quick reactions. To determine who has the quickest reflexes observe team members performing various drills. Quick reflexes reduce a goaltender's reliance on playing angles and enable movement about the crease allowing the goaltender to participate in all aspects of the game.

A goaltender must concentrate throughout a game. An inability to focus on the task at hand may result in weak goals scored and lost opportunities. Confidence is critical as goaltenders must have complete confidence in their abilities without being egotistical. While being confident, goaltenders must have the ability to analyse their play and strive to improve. Goaltenders must be affable relaxed individuals, who are able to gain the acceptance of their teammates and gain their confidence. Your goaltenders must be dedicated, work hard during practice, be willing to stay after practice and practice on their own time. Practice does make perfect!

Chapter

1

Common traits of a successful candidate would be an outgoing, vocal participant who has adequate stick skills.

Three attributes should be considered when selecting a goaltender: size, quickness and psychological make-up.

A good goaltender must be quick, flexible, physically fit and possess strong powers of concentration.

The most important qualification for a goaltender is the desire to play the position. Without the desire, dedication, and concentration, confidence will not develop.



Chapter

2

GOALTENDING EQUIPMENT

Lacrosse goaltending equipment has revolutionized over time and is very lightweight and protective. Each piece of equipment will be addressed with suggestions of slight alterations or improvements geared towards the safety of the athlete.

Clothing

It is advantageous to wear light loose-fitting clothes, as goaltenders tend to perspire while competing. New technology allows clothes to pull sweat from the body but keep the athlete cool and not weighed down. A long or short sleeve shirt can be used, compression shorts or long compression tights can be used depending on how warm the arena is and long (knee-high) socks are advised, as leg guards, straps and tape will rub on the back of the leg.

Shoes

Court shoes are sufficient, but try to obtain a pair with hard toes. High top runners assist in preventing ankle injuries and offer additional padding and ankle stability.



HINT:

Tape the leg guards to the leg at the ankle and below the knee to prevent twisting.

Leg Guards

Manufactured leg guards provide enough protection and require little alteration. To provide additional protection, place compressed foam between the plastic exterior and the interior padding.

Ensure the leg pads are the proper length. The knee cup must fit snugly over the kneecap and the leg pad should end at the top of the ankle. If the pad does not fit correctly, it will not offer the needed protection for the knee, shin, ankle or toe areas.

The leg guards strap up on the exterior of each leg to prevent the straps interlocking. Connect and tighten each strap to the desired tightness so the leg guards cannot twist while attached to the legs.

Cup and Athletic Supporter

Male goaltenders must wear a protective cup and athletic supporters that allows the cup to fit snug to the body. All goaltenders should wear a goaltender cup. Female goaltenders of any age must wear a jill. Specialized cups or athletic supporters are manufactured for goaltenders.



Pants

Goaltender lacrosse pants can be purchased through manufacturers. Ordinary hockey goaltender pants can be adapted for lacrosse goaltending. The pants should extend to the top of the knees and be loose enough to allow freedom of movement. Suspenders and/or a belt should be used to keep the pants in position.



HINT:

To protect the area just above the knees, wear basketball or volleyball kneepads under the pants.

Arm and Chest Protector

Manufactured arm and chest protectors are designed for box lacrosse and provide good protection. These pads are made with the goalie in mind to allow for non-constricted movement and maximum protection. Never use more than one chest protector because mobility will decrease and protection will not be greatly enhanced. To fit properly, the chest pad should extend to the waist, or slightly below and be loose fitting around the neck. Do not over tighten the chest pad because it will not provide enough of a cushion between the chest and protector. If the chest pad fits too tight, it will restrict movement and can create large rebounds. If the chest pad fits too loosely, it will become bulky and impair vision.



Gloves

Use good quality hockey gloves, not lacrosse gloves that are manufactured for non-goaltender players. No extra exterior padding is allowed, however, light padding can be placed on the interior wrist area of the glove. Do not cut the palm out of the gloves. If the glove has laces, tighten or loosen them according to the goalenders ability to move their hands freely.

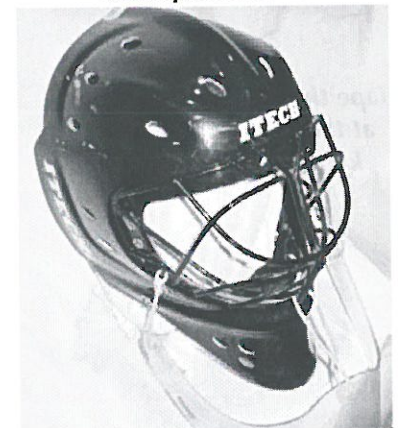
HINT:

In practices, use a hard plastic pad outside of your gloves for more protection.

Headwear

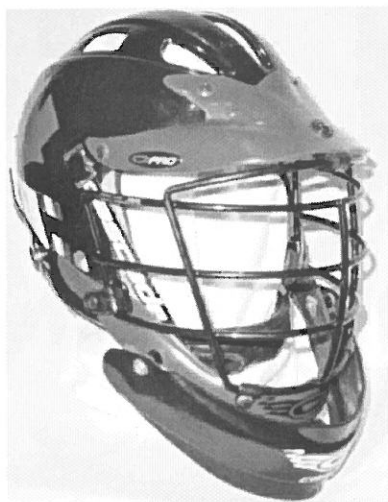
Ice Hockey goaltender masks or a helmet & cage (mask) combination must be worn accompanied with a throat protector connected to the mask. Manufactured masks and helmets do not require changes and only certain masks are to be worn on certain helmets (please see helmet/mask instructions when purchasing equipment). Try to use a lightweight protective helmet with a comfortable mask.

Any hockey goaltender mask, helmet/cage (mask) combination or field lacrosse type helmet must follow the CLA Safety Guidelines and be CSA approved for ice hockey and NOCSAE approved for lacrosse.

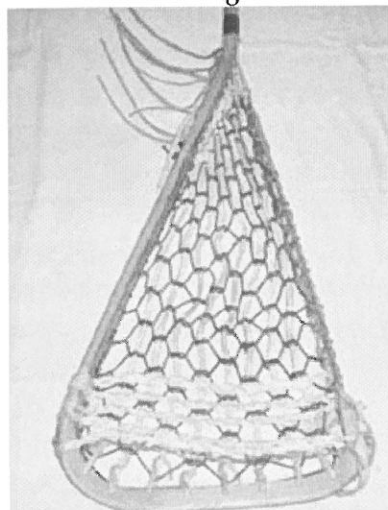


HINT:

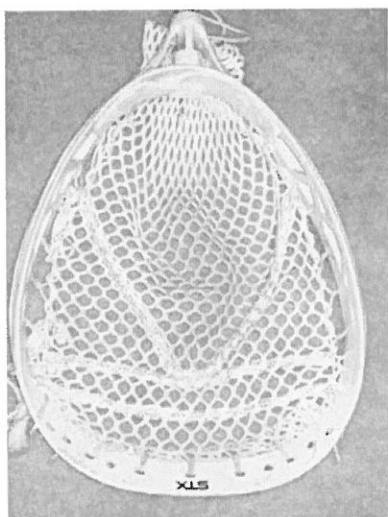
Use a sweatband on the forehead to prevent sweat from dripping into the eyes.



Field lacrosse helmet with throat guard.



Traditional box lacrosse stick.



Field lacrosse stick.

Throat Guard

The manufactured throat guard should be connected just below the chin of the mask and be suspended to protect the throat area. The throat guard should move freely with the movements of the goaltender.

Mouth Guards

Mouth guards are mandatory in box lacrosse. There are many styles to choose from including custom made styles from your orthodontist. A wide variety is available. Personal preference is one of comfort, fit or breathing.

Sticks

Traditional goalie sticks are made of a wood handle and a nylon leather mesh pocket. Manufacturing of these sticks has decreased and fewer goaltenders continue to use them. More goaltenders opt for the lighter field lacrosse stick made of a plastic head, nylon mesh and an aluminium or alloy shaft.

The goaltender's stick may be of any desired length, but shall not be over 37.5 cm (15") in width. Nothing may be added or attached to the outside of the stick. The measurement for width is to be inside frame measurement.

Selection of a stick is the preference of the goaltender. Most goalie sticks are sold with a long shaft. The shaft may be cut to size for a smaller younger goalie. Before cutting the shaft consider the goaltender's size, style and age. Be sure to leave enough of the shaft intact for passing the ball and saving the odd shot that goes over the stick side shoulder of the goaltender.

The pocket should not be overly deep or shallow so that the goalie cannot pass the ball. A pocket can be broken in the mesh by loosening the sidewall strings and punching a pocket in the mesh with a ball or continuously throwing a ball against the boards. Throwing strings can be added to the mesh pocket for added control of passing.

The stick should be as light as possible. Hockey tape can be applied to the throat, middle shaft and butt end for added control. A small knob of tape can be added at the end of the shaft to allow the goalie to pick up the stick.

Depending on the height of the goalie, an additional grip of tape can be added to the shaft a few inches up from the throat of the stick to offer a thicker area to hold the stick and to stop the stick from spinning around in your hand after a hard shot.

Jersey

The goaltender jersey should be a relatively larger cut than the average player jersey. The jersey should cover all pads of the arm and chest areas. The goalkeeper shall not be allowed the use of abdominal aprons or a sweater extending down the front of the thighs on the outside of the pants, below the crotch area.

Putting on Equipment

A goaltender's equipment should be put on in the following order: Clothing (compression shorts, shorts, shirt and socks), cup or athletic supporter, knee pads, shoes, pants, leg guards, arm and chest protector, jersey, headgear and gloves.

Padding Concerns: All equipment should fit comfortably before beginning play. If it does not fit comfortably, adjust it, replace it or tape it into the necessary position.

Protection: Check equipment to make sure the padding is on the proper areas and offering maximum protection.

Wear & breakdown: Check equipment periodically for wear. Some of the most common areas of wear are: knee caps (stitching); straps (lose elasticity); snaps (break), Velcro (deteriorate) and pants (crotch can rip). The metal bars on the face masks can rust or welds can be broken. Screws from leg guards or headgear can become loose or lost.

Overpadding: Overpadding is a common equipment problem and care must be taken not to pad the goaltender to the extent that mobility is impaired. A balance must be struck between protection and mobility. Goaltender padding is manufactured in a manner that offers the goaltender natural movement with maximum protection. A goaltender's style will influence the amount and location of padding. Goaltenders will occasionally experience pain from shots, but proper technique and padding will minimise discomfort. Rules and guidelines are in place to protect the goaltenders and to allow for an even playing field pertaining to goaltender protective equipment.



CLA Rules Pertaining to Goaltenders

NOTE:
IN ALL SITUATIONS, THE
CURRENT RULE AS OUTLINED
IN THE CURRENT PLAYING
YEAR RULE BOOK SHALL APPLY.

The following rules are from the CLA Rulebook (2003) regarding goaltender equipment and crease play. The CLA Rulebook refers to the goaltender as the goalkeeper.

Goalkeeper's Equipment Rule 12:

- a) With the exception of the stick, all equipment worn by a goaltender must be solely constructed for the purpose of protection of the head or body, and not include anything which would give the goalkeeper undue assistance in keeping goal.
- b) The goalkeeper shall wear a suitable and approved face mask and a suitable throat guard.
- c) The goalkeeper shall wear suitable gloves for lacrosse, not altered in any manner from the manufactured form.
Note: Trappers and blockers are not allowed
- d) The goalkeeper shall be allowed the use of regulation lacrosse leg guards, but at no time shall be allowed the use of felt or other material beyond the edge of the shin protector.
- e) The goalkeeper shall be allowed the use of suitable chest, shoulder and arm pads. These pads must conform to the shape of the body.
- f) The goalkeeper shall not be allowed the use of abdominal aprons or a sweater extending down the front of the thighs on the outside of the pants, below the crotch area. This prohibits the use of any type of material added to the team sweater.
- g) The goalkeeper shall be allowed the use of safety-toed shoes.
- h) All protective equipment except gloves, headwear or leg guards, must be worn entirely under the goalkeeper's uniform.
- i) Examination of a goalkeeper's equipment shall be performed during the first stoppage of play after requested by the Captain/Alternate Captain. A minor penalty shall be assessed to a goalkeeper using illegal equipment and this equipment shall be removed or corrected without delay. A bench minor penalty shall be assessed to a team requesting the examination, provided that the equipment is legal.



Goalkeeper's Rule 16:

- a) Each team shall be allowed one designated goalkeeper on the playing floor at one time. The designated goalkeeper may be removed and an attacking player may be substituted. Such substitution shall not be permitted the privileges of a goalkeeper.
- b) Each team shall have on, or in the immediate vicinity of its bench, one substitute goalkeeper who is ready to play. At no time shall a team have more than two designated goalkeepers on the score sheet.
- c) Except for the purposes of defending against a penalty shot any substitute goal keeper entering the game for the first time shall be permitted a warm-up not exceeding two minutes and must remain in the crease until play resumes.
- d) Goalkeepers seeking to go to their bench for equipment repairs must not do so without permission of the Referee, after the Referee has inspected the equipment.

Goalkeepers and Crease Play**Rule 39 – Crease Play:**

- a) The offensive team on gaining or being awarded possession of the ball within their own goal crease, must pass or carry the ball out of the crease within five seconds or possession shall be awarded to the opposing team.
- b) If a player touches a loose ball, receives a pass or interferes with an opposing players'/goalkeepers' stick in his opposing team's crease, possession shall be awarded to the non-offending team.

NOTE: If a player intentionally checks a goalkeepers'/player, within the crease, a two-minute penalty shall be assessed to the offending player.
- c) If a player interferes with an opposing player/goalkeeper who is in his crease (other than stick on stick), he shall be assessed a minor or major penalty for checking in the crease. If the ball was in the crease at the time of the infraction, the penalty shall not be delayed and play shall restart with possession to the goalkeeper.

- d) When shooting on goal, a player may not step into the goal crease. The crease area is considered to be an imaginary vertical cylinder including the line on the floor. The stick or other parts of the body except the feet may enter the goal crease in the act of shooting or faking, but may not make contact with the floor or a defending player/goalkeeper. Any goals scored by a player, while in his opponent's crease, shall be disallowed and possession awarded to the opposing team.
- e) No goal shall be allowed if a player of the attacking team be within the crease. However, if a player entered the crease as a result of a check the goal shall be allowed, provided the player has made no attempt to interfere with the goalkeeper and has endeavoured to withdraw from the crease area.
- f) A minor penalty shall be assessed to a player who cuts through his opponent's crease to check the ball carrier. If a player cuts through his opponent's crease and gains a distinct advantage to recover a loose ball, possession shall be awarded to the non-offending team.
- g) The ball entering the goal crease from a teammate to a teammate intentionally, shall be awarded to the non-offending team in the nearest corner of that end zone.

NOTE: In minor lacrosse, a team cannot pass or intentionally direct the ball back to its goalkeeper in the crease.

- h) A goalkeeper may leave his crease to receive a pass, provided both feet are outside of the crease, and he may not carry the ball back into the crease. If any player/goalkeeper shall enter the crease with the ball, possession shall be awarded to the opposing team. Provided he has at least one foot in the crease, a goalkeeper may reach out with his stick to retrieve a loose ball or intercept an opponent's pass and return it to the crease.

GOALTENDING STYLES

Lacrosse goaltenders vary and unique styles can cause difficulty in categorizing a style of play. All goaltenders use both angles and reflexes at certain instances of a game. To determine which category a goaltender fits, one must determine the base style. Any style is acceptable, providing the shots are stopped and rebounds controlled.

Reaction Goaltender

A reaction goaltender relies on reactions or anticipation to block most shots. This goaltender stays well back in the crease and relies on reflexes to stop shots. Staying deep in the crease leaves large areas of the net unprotected. Therefore, reaction goaltenders must move and drop to their knees much more than angle goaltenders. Reaction goaltenders can leave one area of the goal open, and move to cover this area once the shot is taken. These goaltenders are very flamboyant and exciting to watch. This style of play uses a lot of physical energy and a reaction goaltender must be in top physical condition. Most goaltenders start playing the position as a reaction goaltender. As they mature, most will use a combination of reaction and angle skills. Reaction goaltenders do not lose their reaction capabilities over time, they simply learn better methods of eliminating high percentage scoring opportunities. This is achieved by years of practicing angles, proper stance and understanding the tendencies of shooters.

Angle Goaltender

Angle goaltenders rely on positioning to decrease the amount of the goal available to the shooter. Goaltenders do not begin playing the position in this manner, rather it is a learned skill. They must be shown what amount of the net is covered and eliminated when their position or angle to the shooter changes. A great deal of practice and dedication is required to become competent at playing angles. All goaltenders, whether reaction or angle goaltenders, must learn to play angles proficiently. Angle goaltenders tend to rely on a good defensive team that keeps the opposing shooters from penetrating close to the goal area and are forced to take low percentage outside shots from the perimeter.

Chapter

3

NOTE:

MOST goaltenders can be grouped into two styles – angle or reaction goaltenders.

NOTE:

A reaction goaltender should stay in top physical condition. Special attention must be paid to stretching and muscle tone.



Goaltending Style Problems: As a coach, you should not try to change a goaltender's style rather enhance it. Instead, determine the goaltender's style and work to improve the fundamentals of the style. Keep in mind there is no one correct method of goaltending. As all goaltenders must know how to play angles, a coach must begin to teach the goaltender how to play angles as early as possible. An excellent method of developing a goaltending style is to observe other goaltenders. A goaltender can learn from others errors and positive attributes no matter which sport they are watching. If possible, have the goaltender watch high calibre lacrosse, hockey or soccer game in order to study the goaltenders and adopt aspects of their play. Remember to help the goaltender incorporate moves that fit the goaltender's existing style. Above all, encourage practice with or without other players, by going through different angle positions. The goaltender will then become more aware of their positioning in relation to the net behind them and the shooter in front of them. Remember, nothing improves a goaltender more than practice.



STANCE

During a lacrosse game, the ball moves around the floor very quickly and goaltenders must follow the ball with their eyes and body while maintaining the basic stance called the ready position. The ready position can be mastered with practice and must become automatic. During a game, there is no time to think about your stance and it must be automatic. Without a proper stance, a goaltender will be ineffective. Most problems in goaltending result from poor stance technique.

Open Stance: The proper stance is an open, comfortable position allowing quick free movement.

Feet: The feet should be shoulder width apart and slightly turned out. You should not be back on your heels rather on the balls of your feet. Goaltenders that hold the stick in their right hand can put their left foot slightly ahead (2-5 cm) of the right foot to aid in weight distribution. A left-handed goaltender would do the opposite.

Legs: A goaltender's legs should be bent slightly at the knees. This allows for horizontal and vertical movement. The amount of bend at the knees must be determined in relation to the forward bend of the upper body. This will be achieved with practice and what feels comfortable for each goaltender.

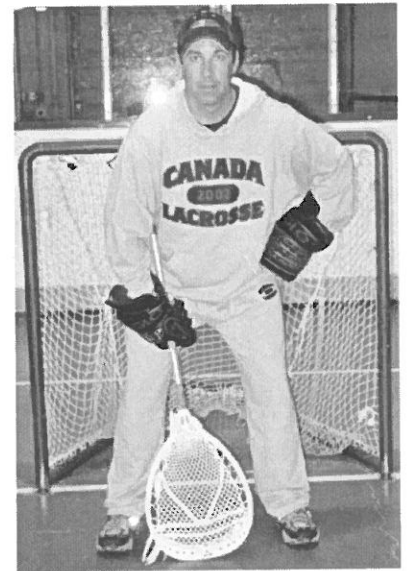
Upper Body: The upper body should be bent slightly forward from the waist so the shoulders extend slightly past the toes. Try to keep a straight back and keep your shoulders square to the shooter. Bending too far forward may shift your weight too far over your feet while standing too erect will shift the weight to the heels. Both of these positions will result in improper balance.

Head & Eyes: The head should be up and you should be looking at the play in front of the goal. Your eyes should be on the ball in the ball carrier's stick at all times. This will increase concentration throughout the game.

Holding The Stick: Grip the stick so the fingers and thumb wrap around the shaft. The palm of the hand should be on the top part of the shaft (not on the side) and pointing to the ground). Hold the stick shaft so that it extends freely between the body and the arm.

Chapter

4



Ready Position



NOTE:

The body should be relaxed and not tense. The goaltender in the stance should be ready like a coiled spring to react to the ball.

Do not hold the stick like a hockey goal stick as this places the hand in the wrong position for blocking shots and making the subsequent passes.

Holding the stick too high on the shaft will cause the goaltender to stand too tall and may decrease mobility. This will impede the goaltender's ability to move quickly. Do not place the thumb in the crotch of the stick pocket as there is danger of the thumb being jammed.

Holding the stick too low on the shaft will cause the stick to lift off the floor thus opening up the area between the legs or the 'five hole'. Taller goaltenders who hold the stick this way have to crouch too low in the ready position to get the stick to the floor, thus putting the player's weight too far forward and opening up the top area of the goal.

Stick Hand: The stick hand should be located just inside the right knee for right-handed goaltenders. For left-handed goaltenders, the stick hand should be situated just inside the left knee. The location of the stick hand will vary with the crouch and size of a goaltender.

Free Hand Placement: The free hand should rest lightly on the hip or thigh area until a shot is taken. Once the shot is taken, the hand will naturally move off the body and be used to cover as much net as possible.

NOTE:

A goaltender should concentrate on the ball carrier and the ball in the stick at all times.

Stance Problems: Several problems commonly occur with the stance and if not corrected, can cause difficulties. The head of the stick must rest lightly on the floor. Leaning on the stick causes loss of balance and reduces mobility. The stick handle should extend on the outside of the body between the body and arm. Proper weight distribution is critical from the back base foot to the front foot. To be comfortable and balanced, experiment with bending the upper body and knees. Do not stand totally erect. This will create improper weight distribution, reduce lateral and vertical motion and reduce rebound control.



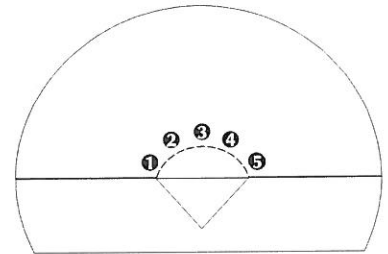
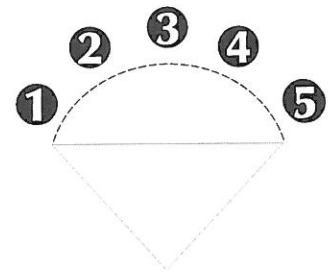
Crease Position and Following the Action

Crease Positioning: The goaltender should always be positioned between the two goal posts in order to stop the ball from going into the goal. An imaginary arc can be drawn from post to post as a guideline for the goaltender to use when following the opposition and the ball in the defensive zone. The arc should measure approximately one step out from the goal line.

Make five imaginary points on the arc as reference positions for the goaltender while moving from side to side. These points are designated from left to right as position #1 (left post position), position #2 (left shooter position), position #3 (centre or point position), position #4 (right shooter position) and position #5 (right post position).

Following the Action: While the goaltender's team has the ball in the offensive zone the play should be followed by the goaltender. Once the opposing team gains possession of the ball, the goaltender must immediately focus on the ball carrier and the play. Touch each goal post with the gloves and stand in the centre of the goal. Once centred, the goaltender should take one step 40 to 45 cm out front of the goal line to be in the proper stance in the ready position. Maintain the ready position on the side of the floor wherever the action is taking place.

When the ball enters the defensive zone, the starting position in the crease will be one of the five basic positions based on the location of the ball. From the starting position, there are five basic positions to follow the ball from one defensive corner to the other. To move from one position to the next, the goaltender must shift weight from one foot to the other (left to right or vice versa) and move the feet to different floor positions while maintaining the ready position.



Chapter

5

FIVE ARC POSITIONS

Position One

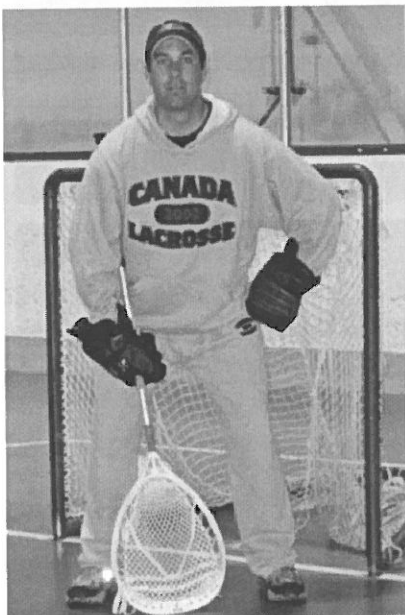
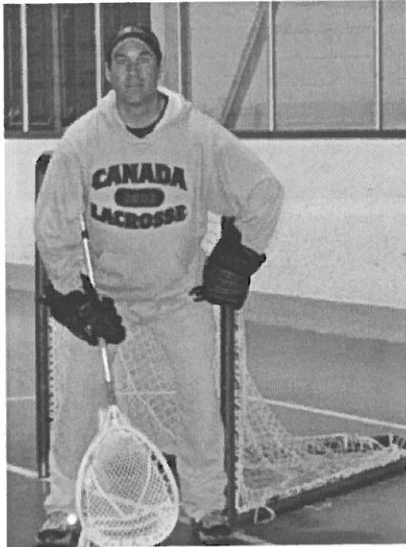
When the ball is in the left defensive corner, the goaltender's left foot is firmly placed against the base of the left post and points towards the left side of the floor. The lower left leg is tight against the post and the majority of the goaltender's weight is placed on the left foot. The right foot should point in the same direction and angle as the left foot and be approximately 15 cm in front of the goal line. The feet should be shoulder width apart. The goaltender's left arm and left side of the body should be comfortably as close to the left post as possible. The stick, while resting on the floor, should face the ball carrier.

As the ball or ball carrier begins to leave the corner and nears the left shooter position, the basic position is maintained except for the following adjustments:

- the right foot moves slightly further away from the goal line;
- the left arm, left side of the body and left leg move gradually away from the left post;
- the goaltender's weight gradually shifts and when the ball nears the left shooter position becoming evenly distributed; and
- the goaltender is now in a good ready position stance.

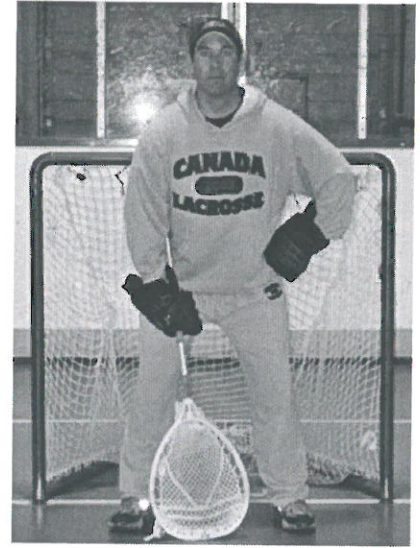
Position Two

Position two is used when the ball is near the left shooter position. Moving from position one to position two requires adjusting the foot position. The right foot moves to approximately 25 cm in front of the goal line and further from the left foot. The left foot moves from the post to where a proper stance is created. The feet are adjusted so that the body is square or facing the ball carrier.



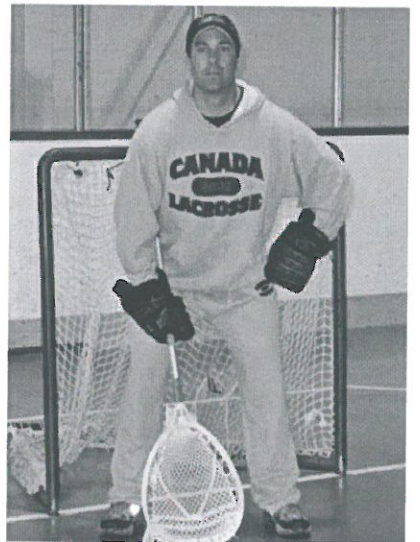
Position Three

Position three is utilised when the ball is located between the left and right shooter positions and the top centre being the point position. The goaltender must remember to become centred in the goal and remain 40 to 45 cm in front of the goal line. When the ball is beyond the top of the dotted line, the goaltender may move further away from the goal line in order to cut off more angle of the goal. Care must be taken not to move out too far from the goal and become out of position as shots can be easily placed over the goaltender's shoulders.



Position Four

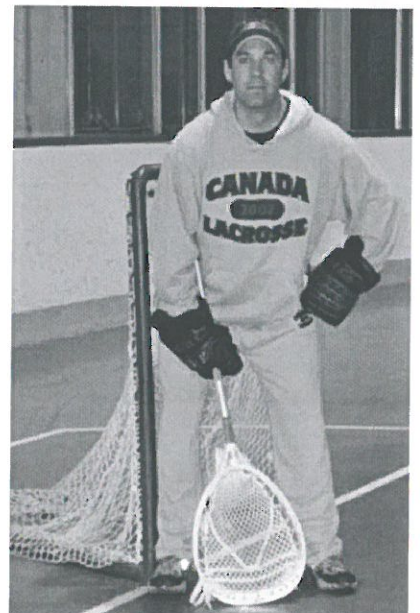
Position four is used when the ball is near the right shooter position. The movement from position three to positions four or two is the most difficult. The goaltender is situated away from the goal posts and is unable to touch them to confirm crease positioning. Position four is the same as position two but on the opposite side of the crease on the left and right sides.



Beginners can simplify this move by moving to position five and returning to position four. More experienced goaltenders may hold the stick parallel to the floor and place the shaft on the exterior of the post. The goaltender steps toward the right shooter position until the left foot is approximately 25 cm in front of the goal line. The feel of the stick on the goal post will allow the goaltender to become situated in the crease.

Position Five

Position five is used when the ball is in the right corner (right crease position) and is identical to position one but on the opposite side of the goal. However, the right foot is held firmly against the right goalpost. The right arm and side of the goaltender's body are as close to the right goal post. Both feet face the right side of the floor and the left foot is approximately 15 cm in front of the goal line. The movement from position four to position five is the same as the move from position two to position one but on opposite sides of the floor.



Crease Positioning Problems: Goaltenders can lose their balance and their position in the crease. To prevent this from occurring, use a hand, a foot or the stick to touch one or both posts for guidance. Another method is to designate landmarks (lines on the boards, scoreboard, bench gate, 30-second clock, signage, etc.) in the arena to help the goaltender recognize different crease positions. When in doubt of your position in the crease, drop back into the goal, touch both posts and regain the location of the ball.

NOTE:

Goaltenders should not touch the posts too much that they take themselves out of position. By touching the posts for a split second, the goaltender's stick is off the ground, thus opening up the 'five-hole' area.

Inexperienced goaltenders may move too far from the goal line. To ensure this does not happen, the five basic arc positions should be practiced until they can be achieved instinctively.

Goaltenders may lift their sticks off the floor. A conscious effort must be made to keep the head of the stick on the floor without leaning on it. To keep the stick on the floor while standing more erect, the goaltender should drop the shoulder of the hand the stick is held in or slide the hand slightly along the shaft.

New goaltenders may be distracted from watching the ball. Once the opposition gains control of the ball, the goaltender must focus on the ball. As goaltenders gain experience, they will learn how to refocus on the ball when site of the ball is lost. Although it is important to observe all players on the floor, only one player can score – the ball carrier.

Coaches must realise that due to a goaltender's size these positions and movements may vary. The variations should be minor, such as an extra step for smaller goaltenders. The positions remain the same for both angle and reaction goaltenders.

POSITIONING - BALL BEHIND THE GOAL

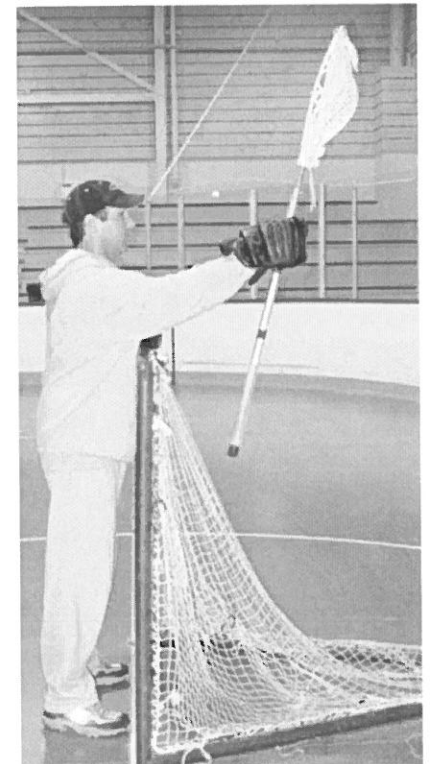
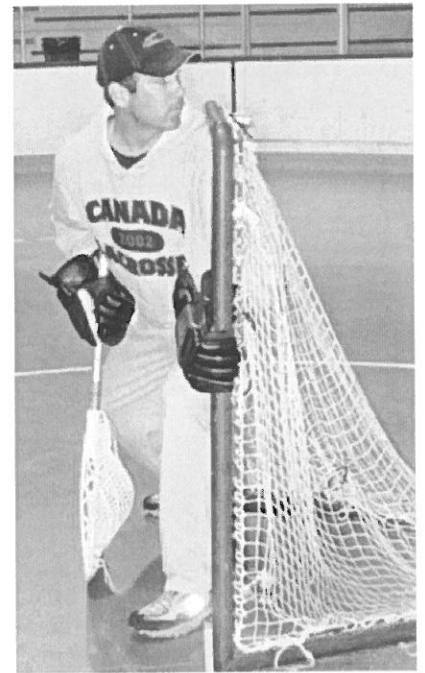
Chapter 6

There are two methods of positioning when the ball is behind the net. Both positions have advantages and disadvantages and are a matter of personal preference.

Crouch Position: In the crouch position, the goaltender crouches low in the ready position and remains deep in the goal not completely facing the ball carrier behind the goal. The goaltender's head must be above the cross bar and feet on the goal line. The goaltender should look over the shoulder closest to the centre of the goal to watch the ball carrier. In this position, it is important to remember to keep the stick resting on the floor. A disadvantage to this position is that it does not provide an opportunity to intercept passes from behind the goal. However, the goaltender is in a solid ready position to react to shots on goal from any pass from behind the goal.

Intercept Position: In the intercept position, the goaltender turns and faces the ball carrier while holding the stick high, facing the ball carrier. In this position, it is important to press the chest pad firmly against the crossbar to prevent shots being banked off the chest and into the goal.

To help force the chest against the crossbar, the free hand can be used to grasp the crossbar and pull the goaltender into the bar. The stick should be held with one hand and in the passing lane of the ball carrier's stick. This technique reduces passes to the front of the goal, but allows passes to the sides of the goal. A disadvantage to this position is that once a pass is made the goaltender must turn, locate the ball carrier and get in the ready position quickly. This results in the goaltender being partially out of position to stop the shot.

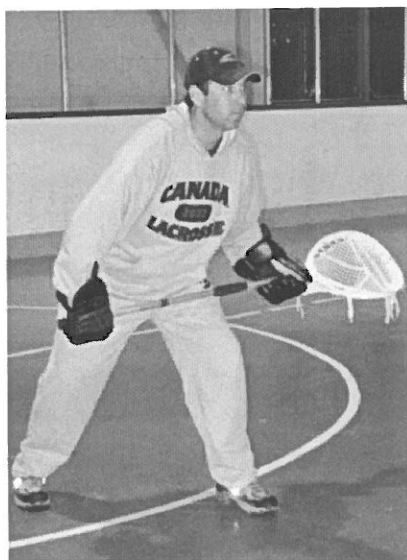


Chapter

7

FACE-OFF POSITIONING

When a face-off is at centre, the goaltender should take a position 3-4 steps outside the crease. The distance from the crease depends on the goaltender's mobility and comfort zone. Beginners should stand in a proper ready position closer to the crease, while more experienced goaltenders can stand more erect, holding the stick at knee level with two hands ready to receive a ball. The goaltender must focus on the play and react to loose balls entering the defensive zone. While out of the crease, goaltenders must remember their position in relation to the goal.



Positioning – Ball in Opposing Zone

When the ball is in the offensive zone, the goaltender should take a position out of the crease. This position allows the goaltender to retrieve loose balls, intercept long passes, check opposition forwards attempting breakaways and shortens the distance for the goaltender to the bench in the case of a delayed penalty call for an extra attacker.

Positioning – Transition from Defensive Zone

In all levels of lacrosse, depending on the passing and catching abilities of the goaltender, when the goaltender's team gains possession of the ball in the defensive zone, the goaltender can help with the transition as an outlet to receive a pass. One option is to move away from the goalmouth to one side of the crease and call for the ball or to exit the crease behind the goal and call for the ball. Therefore, this movement must be done quickly, with the stick held up as a target in a good passing ready position. Once the goaltender receives the ball, he must move up the floor or throw a pass to an open player. When scooping up a loose ball with an opposing player bearing down a goaltender must continue to move. A stationary target is easy to check and goaltenders passing angles are reduced.

STOPPING THE BALL - USE OF THE BODY

Chapter

8

Goaltenders use their stick and body to stop shots on goal, however, it is important to understand how and when to use the different parts of the body and stick to block shots. Stopping the ball originates from the ready position to block the ball from going in the goal. All movements in stopping the ball start from stepping either to the right or left from the ready position while trying to cover as much of the goal as possible.

The Stick

Hold the shaft of the stick firmly at or near the throat of the stick. Keep the head of the stick on the floor about 5-10 cm in front of the feet. When the ball strikes the pocket, twist the stick slightly in the opposite direction the stick is moving and allow the stick to cradle the ball. These movements will cushion the impact of the ball and prevent rebounds.

HOW

The goaltender should stop most shots below the waist with the stick. These shots could be from long or medium ranges, low to the stick side, between the legs and low to the glove side. Do not rely on stopping shots with the stick above the waist as the goaltender opens the lower area of the goal for easy scoring opportunities. Stopping the ball above the waist with the stick should only occur as a last desperation attempt.

WHEN

The Stick Side Arm & Shoulder

Bring the upper arm and shoulder up from the ready position to the side where the ball is being shot and step to the left or right whichever is the designated arm and hand the stick is being held. The movement is the same as if the goaltender is trying to elbow a person behind the stick side shoulder.

HOW

To stop shots half way up the goal posts and high to the stick side.

WHEN



What is your job?

- ▶ To stop the ball from completely crossing the goal line.

How do you do this?

- ▶ By getting your body and stick in front of the ball and making contact with it.
- ▶ Before a game remind yourself that you have a job to do. Think about this all throughout the day.
- ▶ Plan for extra time to get your gear together, make equipment repairs, and to arrive at the game early.
- ▶ Take time to relax and in your mind visualize yourself making saves. Imagine the opponents' best shooters hardest shot coming at you. See in your mind the ball leaving the stick, moving through the air, and then your body making contact with the ball; your eyes never losing sight of the ball, even after you gain control of the rebound.
- ▶ Tell yourself that you can do this. You can stop every shot. You are good enough, do not doubt yourself. If a goal is scored on you, keep your head up and focus on the pursuing face-off, locking your eyes onto the ball.
- ▶ Always keep in mind that you have a job to do. Every job has a business. Remember this is your "B.B.B.I.S.":
 - B** BEND your knees. The legs are your strongest limbs and give you the explosive power you need to make saves.
 - B** Stay on the BALLS of your feet, not on your heels.
 - B** Keep your eye on the BALL. Do not casually look at it but don't fear it and never take your eyes off of it.
 - I** Focus on the white thing coming at you with INTENSITY. You need to be like a spring ready to pounce on every ball.
 - S** Keep your STICK on the ground. You need to treat your stick as part of your body and only move it to stop a ball when necessary.



CONCLUSION

Goaltending – Becoming a Student of the Game

At a certain point in a goaltender's career there comes a point in time to take the next step in being the best possible goaltender he or she can be. The game tends to get very competitive at the junior, senior and professional levels and thus more time should be spent in perfecting the art of goaltending. There is always room for improvement and any goaltender can attest to learning even at the higher levels of play.

A great resource is to keep a book or chart on shooters that the goaltender faces. Certain shooters will shoot the ball in different manners at different instances during a game. They also have a 'bread and butter shot' of which they are comfortable with and will shoot approximately 80% of the time. If you can notice the trend on opposing shooters you can mentally prepare for the shot before it comes. Write down the hand of the player (left, right or both); where on the floor he/she likes to shoot (inside or outside); the type of shot (overhand, side arm or sub shot); and where on the net he/she places the shot (high, low, 'five hole', or half way up posts). You will become one step ahead of your opponents and the game will be just a bit easier. Try it!

Another great method of preparation is to view game action video of your lacrosse games. Videos do not lie and we can view all aspects of the goaltender's game from stopping the ball, loose balls, transition and communication. You can critique yourself and improve aspect of your game. The opposing team can be charted as to what they tend to do offensively, who they try to set up for shots and the methods in setting up shots (picks and screens). Again, you will notice trends and the goaltender can mentally prepare for the shots before they occur in a game situation.

Chapter

14

NOTE:

For the goaltender to become a student of the game, time should be spent studying the game and opposing players. Two methods in doing so are charting opposing teams and viewing video tapes of games.



CONCLUSION

Goaltenders are unique as they are the only player on a team that plays an individual position for the entire sixty minutes while participating in a team format. The goaltender must be strong, focussed, intense, and have incredible desire not to let the little ball get past them into the net. Goaltending is not about stopping shooters; it is about stopping balls.

The goaltender is the most important member of a lacrosse team. A goaltender can control the flow of a lacrosse game, demoralise the opposition and give their team confidence. By controlling rebounds, goaltenders can decrease their workloads and keep the ball in their team's possession. Goaltenders must be confident in their ability. The confidence comes through practice and constant improvement.

During a game, the goaltender must concentrate on the ball and follow it everywhere around the floor. Goaltenders must believe they can stop all shots, but when beat, treat the goal against as a learning experience and build to improve ones game.

Goaltenders must control their emotions and not become too involved in the ebb and flow of the game, reacting to fights, bad penalty calls or missed penalty calls. A goaltender is expected to stop shots, not to become involved in other activities. Goaltenders who remain positive and continue to challenge themselves will find playing lacrosse a rewarding and enjoyable experience.

Appendices

CLA GOALTENDER MEASUREMENTS**Appendix****A**

PLAYER NAME:	TEAM:
SUPERVISOR:	DIVISION:
HOME TEAM:	AWAY TEAM:
DATE:	

1. Shin Pad: shall not exceed nine (9") in extreme width from the base of the shin pad at the ankle to the base of the kneecap when on the leg of the goalkeeper. No attachments are permitted. Calf protector must follow the contour of the calf and ankle, and can have a thickness of no greater than one and a half inches (1.5"). Kneepads must conform to the body.
2. Arm Pad: the arm padding may not measure more than nine inches (9") at its greatest point.
3. Chest Protector: shoulder cap protectors must follow the contour of the shoulder cap in a rounded manner without any pointed or squared projections/extensions beyond the shoulder. The contoured padding must not be more than five inches (5") in width outside the said goalkeepers most outer bone point on each side. In addition the padding may not climb higher than three inches (3") above the plane of said goalkeepers shoulder.
4. Thigh Pad: the maximum width (straight line) of the thigh pad across the front of the leg is eleven inches (11"). If the groin and/or hip pads extend beyond the edge of the front thigh pad they are to be included in this measurement. This measurement is to taken while the goalkeeper is in an upright standing position. This measurement is to be made five inches (5") from the bottom of the pant.

Only during a stoppage in play may a request to measure the goalkeeper's equipment be administered. The captain or alternate must make the request for the measurement while on the floor. The measurement shall take place during this stoppage in play.

The request for measurement must also be for one specific piece of equipment. The captains must pinpoint and instruct the officials to the exact location where the measurement on the goalkeeper shall take place. The goalkeeper at no time shall be allowed to go to or enter his/her bench prior to the measurement.



The examination of the goalkeeper's equipment shall take place in the officials room. The captain or alternate from each must be present during the equipment examination. In minor lacrosse the official shall request a carded member from each team be present when examining goalkeeper's equipment as well. It is advised that when examining young minor players that a parent or guardian also be present along with the agreed upon team members.

If it is necessary for the goalkeeper's sweater to be removed allow the carded member or captain to assist in its removal. The official shall then administer the measurement. If the equipment is found to be legal or illegal the official shall explain his/her findings and explain what the measurement should be and administer the penalty at that time while in the room. It is the responsibility the team/goalkeeper and not the official to make adjustments to the equipment if necessary.

The officials room shall be vacated and all parties shall take their respective places on the floor or the players' bench. The captains shall inform the coaches if they were not present during the measurement as too the findings and floor strength. The official returning to the floor shall consult with the other official and explain his findings. The official shall then report the penalty to the official scorer.

Play shall resume without further delay. The safety guidelines set forth from CSA/NOCSE/CLA are to be used during the measurement process. The officials must review the required unaltered equipment set out in the rulebook that each goalkeeper must wear during the play of the game.



PLAYER NAME:	TEAM:
SUPERVISOR:	DIVISION: (MINOR, Jr., Sr.)
HOME TEAM:	AWAY TEAM:
DATE:	

<p>A1</p> <p>A2</p> <p>B1</p> <p>B2</p> <p>C1</p> <p>C2</p> <p>D1</p> <p>D2</p> <p>E1</p> <p>E2</p> <p>F1</p> <p>F2</p> <p>G1</p> <p>G2</p>	<p>Unpadded goaltender from shoulder to shoulder at the widest point</p> <p>Padded goaltender from shoulder to shoulder at the widest point</p> <p>Unpadded goaltender's circumference above the goalie pant line</p> <p>Padded goaltenders belly pad above the pant line</p> <p>Circumference of unpadded bicep/elbow (_ / _ / w _)</p> <p>Circumference of the padded upper arm bicep/elbow (_ / _ / w _)</p> <p>Circumference of the unpadded wrist. (_ / w _)</p> <p>Circumference of the top of the glove (_ / w _)</p> <p>Circumference of the unpadded thigh area</p> <p>Leg area of the hockey pants (_ / w _)</p> <p>Circumference of the unpadded shin area. _____</p> <p>Circumference of the padded shin just below the knee (_ / w _)</p> <p>Unpadded goalie from the floor to the shoulder</p> <p>Padded goalie from the floor to the highest point of the shoulder pad</p>	
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Appendix

B

DRILLS

Introductory Goaltender Drills

It is difficult to teach any person to play the position of goaltender. The initial reactions of the new goaltender candidate is the fear of getting ones body behind a shot and stop the ball with their body. It is definitely something feared but the slow transition in teaching the prospective goaltender should be a slow and constructive one.

The gradual experience of learning how to play goal is the best method, as you want to increase the interest of the player and encourage their successes and build on their shortcomings. If coaches make it a fun, the goaltender will show an interest and then you will have piqued the interest of a goaltender.

Part of the education process of the new goaltender is to reinforce that the equipment is there to protect them. Today's technology has produced some lightweight and very protective equipment of which the goaltender should trust. Here are some great drills to get your new goaltender started off on the right foot.

LEGEND

————→	Player movement	C	Coach
- - - - ->	Pass	L	Left-handed player
.....>	Shot	R	Right-handed player
————	Pick	G	Goaltender
⌋	Start position of ball	X	Passing player
◦	Pylon		

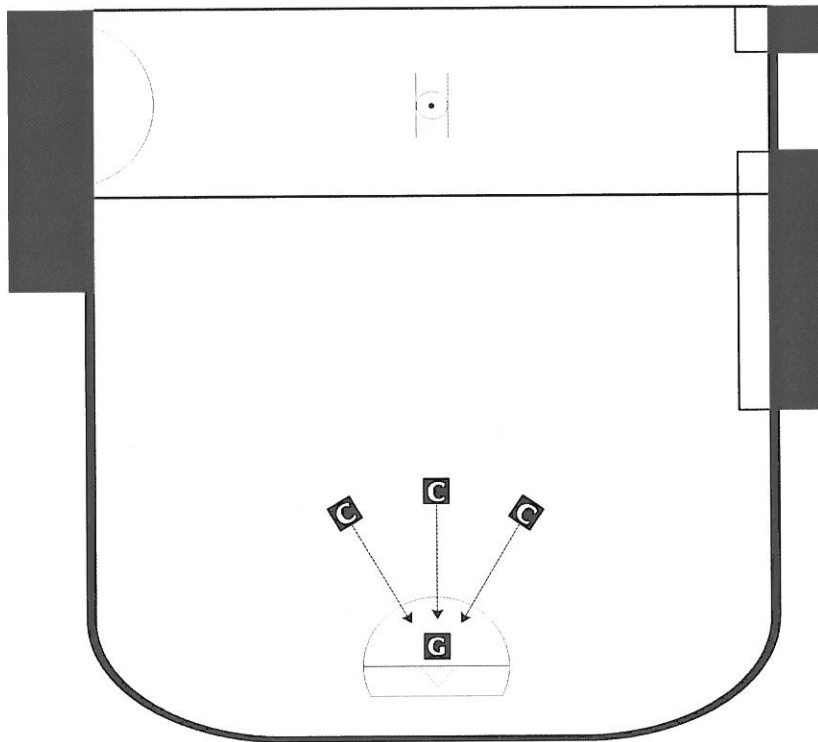


1. Goaltender Stopping the Ball with the Body

Stresses: Getting the body behind stopping the ball.

Execution: One coach has a bucket of tennis balls or soft rubber balls. The coach is positioned a few steps from the crease and physically throws the tennis balls with the hand at the goaltender.

- Variations:
- a) Different angles on left or right side of the floor;
 - b) Throw tennis ball with lacrosse stick;
 - c) Bounce shots with the tennis balls;
 - d) Throw regulation lacrosse ball with ones hand; and
 - e) Goaltender with or without a stick.

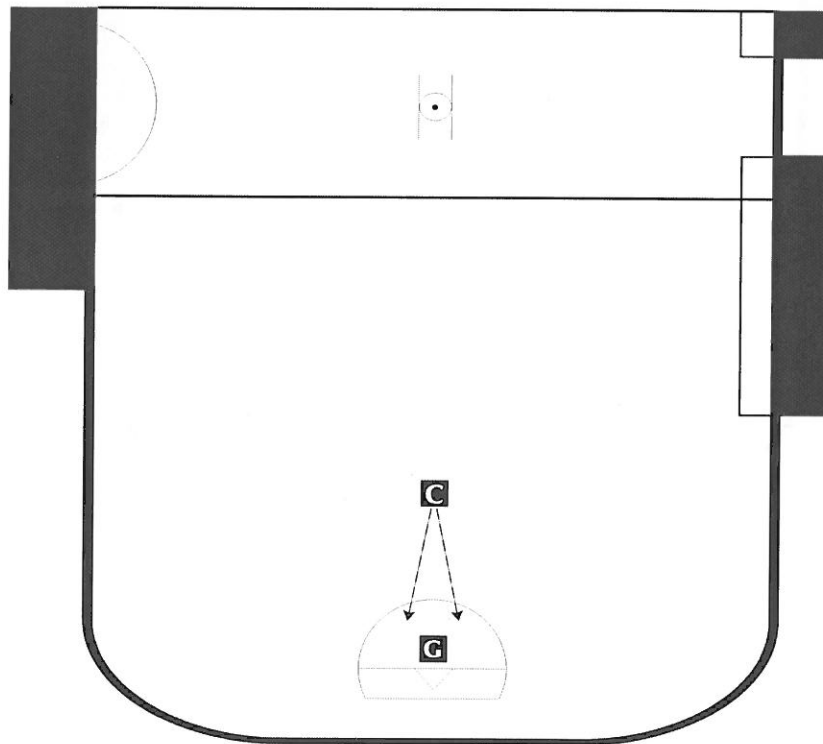


2. Ball Trapping and Scooping

Stresses: Trapping the loose ball in the crease and scooping the ball in the stick.

Execution: The coach has a number of balls and is positioned a few steps outside the crease. The coach rolls balls into the crease and the goaltender reacts to block the ball with the body then traps the ball in the crease.

Variations: a) Have goaltender block the ball and pick up the ball with free hand; and
b) Continue the drill from the left and the right side of the floor.

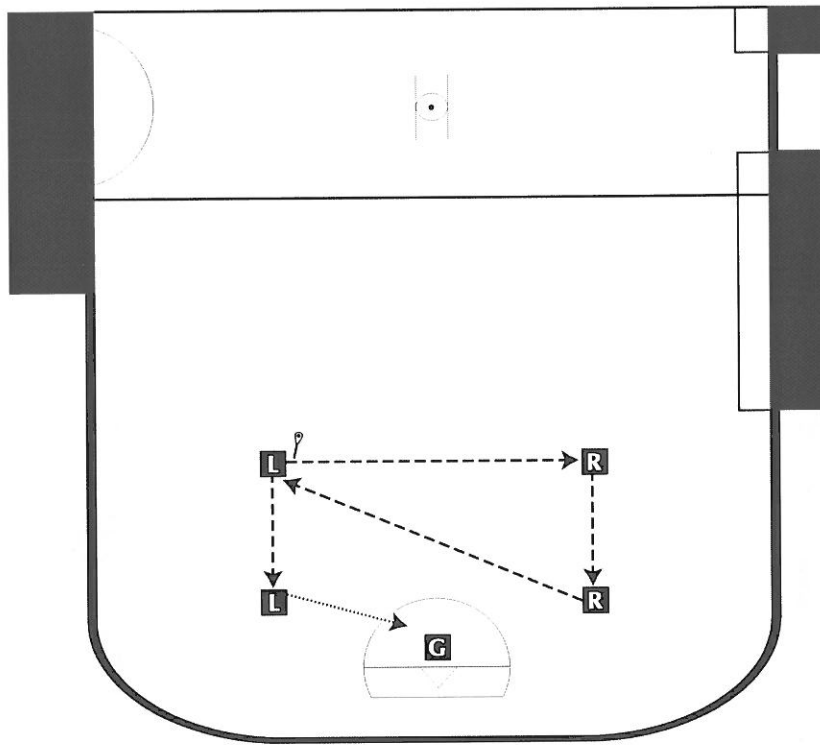


3. Ball Movement

Stresses: Crease positioning, ready position and concentration.

Execution: Set three to six players in a game position. Have the players remain stationary and complete two to four passes before shooting.

Variations: a) Increase speed of passes and velocity of shot;
b) Movement of all players.



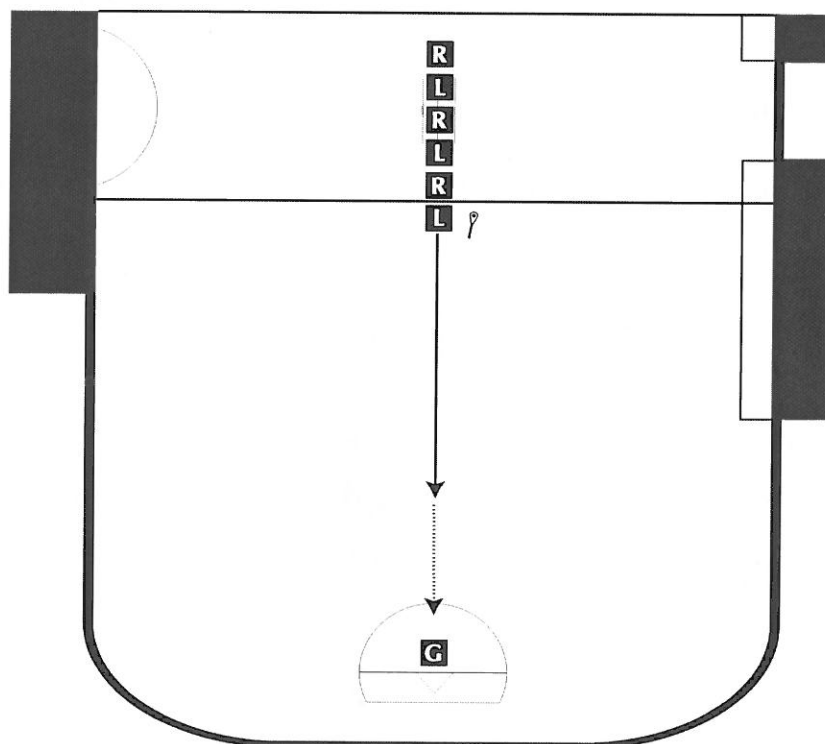
4. Showdown or Shootout

Stresses: A fun way for a goaltender to end practice and work on breakaway shots

Execution: All players line up behind one another at centre, each with a ball. One after another, the players break and shoot on goal. If a player does not score, that player must repeat the drill.

Variations: a) Players line up on the left or right side of the floor.

Note: Be sure there is reward for the goaltender no matter if he stops more than are shot on goal. Keep it fun!



Advanced Goaltender Drills

The following drills are designed for more advanced goaltenders. Any drill can be used as a goal-tending drill if the emphasis is placed on the goaltender and the goaltender is utilized in the drill in one form or another.

Coaches must design drills with the goaltender in mind. Drills should start with low intensity shots where the goaltender gets a feel for the ball and makes many saves. As the drill progresses increase the intensity of the shots.

To be effective, the drills must be realistic and simulate game situations. During a lacrosse game, shots come from all angles and velocities. This must be reflected in practice drills. Prepare the more advanced drills in a manner to test the goaltender to make decisions while in the heat of the battle.

Coaches must note the amount of work a goaltender faces in practice. A good work to rest ratio must be instilled with plenty of rest and water breaks for the goaltender. Remember a goaltender faces 40 to 50 shots in an average game, whereas in practice goaltenders could face up to 350 to 400 shots. Give them a break when they need it!

For simplicity, we will name the offensive players closest to the crease as crease players (left or right side), shooters (left or right side) and the set-up man or point man.

LEGEND

————→	Player movement	C	Coach
-----→	Pass	L	Left-handed player
.....→	Shot	R	Right-handed player
————	Pick	G	Goaltender
⌋	Start position of ball	X	Passing player
◦	Pylon		



1. Semi-circle Stationary Shooters

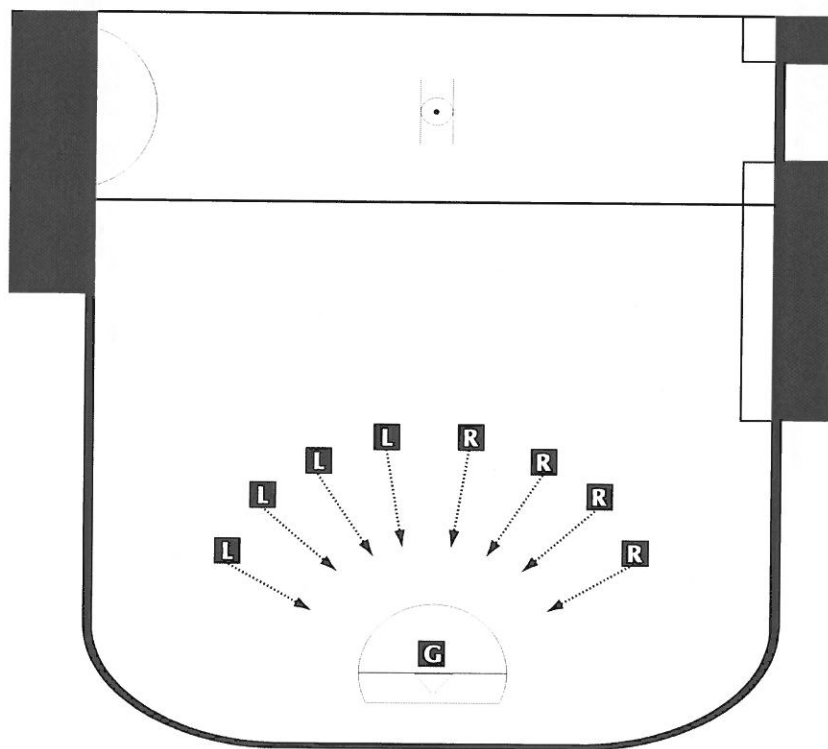
Stresses: Stance, crease positioning.

Execution: Players shoot on goal from stationary positions.

Variations: a) distance (inside shots and outside shots);
b) left side shooter then alternate right side shooter; and
c) type of shot (overhand, side arm, bounce, sub shot, low or high velocity).

Note: Once the goaltender's ready position stance and crease positioning are sound, this drill should be repeated three to four times for warm-up.

Do not shoot at the goal when the goaltender is not ready for your shot!

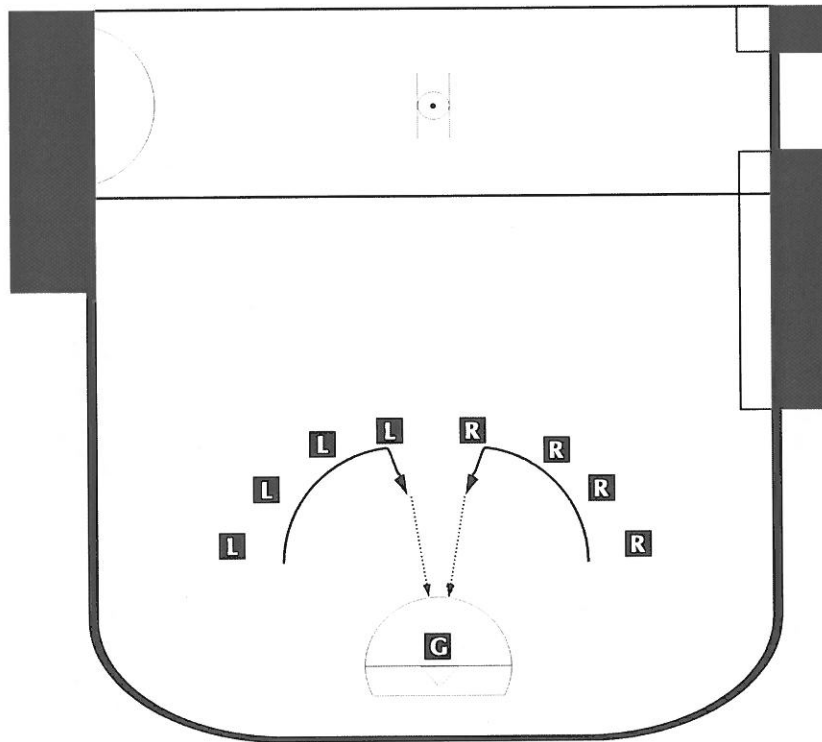


2. Semi-circle with Moving Shooters

Stresses: Moving through 5 points arc positions and preparing ready positions.

Execution: Players run behind dotted line shooting on the run while alternating sides.

Variations: Distance
Shot velocity
Type of shot (low, high, bounce shots)



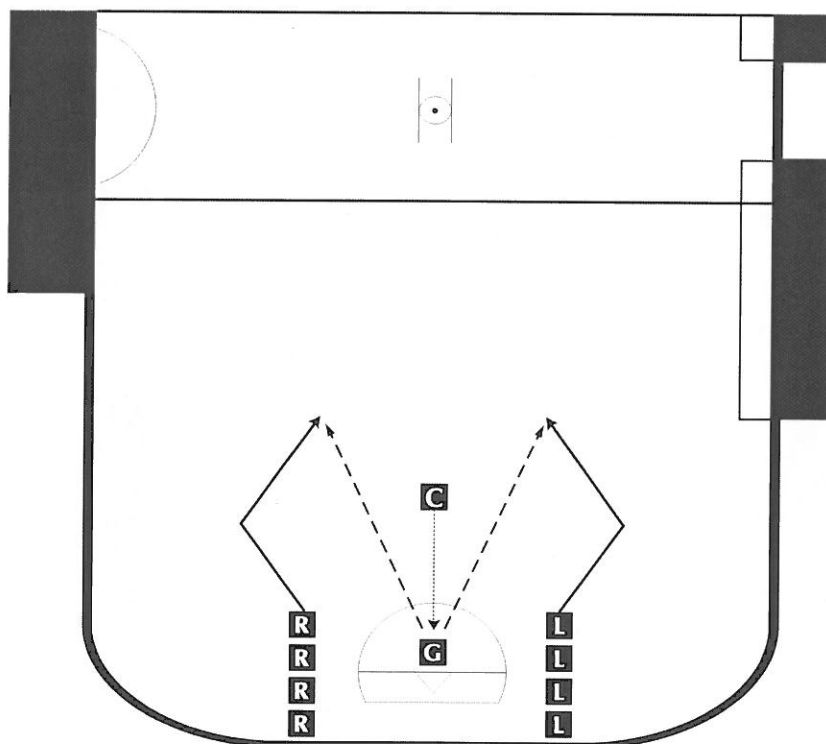
3. Rebound Control

Stresses: Controlling rebounds, gathering loose balls and passing.

Execution: A coach shoots a ball at the goaltender's body to produce a rebound. The goaltender controls the rebound, picks up the loose ball and passes the ball to a breaking left handed player. The coach continues to shoot another ball and goaltender repeats the same skills and the goaltender passes to a breaking right-handed player.

- Variations:
- a) Velocity of shot by the coach;
 - b) Side of the goal to retrieve the loose ball;
 - c) Length of pass from goaltender;
 - d) Shoot ball to miss goal off the backboards or safety netting.

Note: The goaltender must remain in the proper stance while the ball is shot on goal.

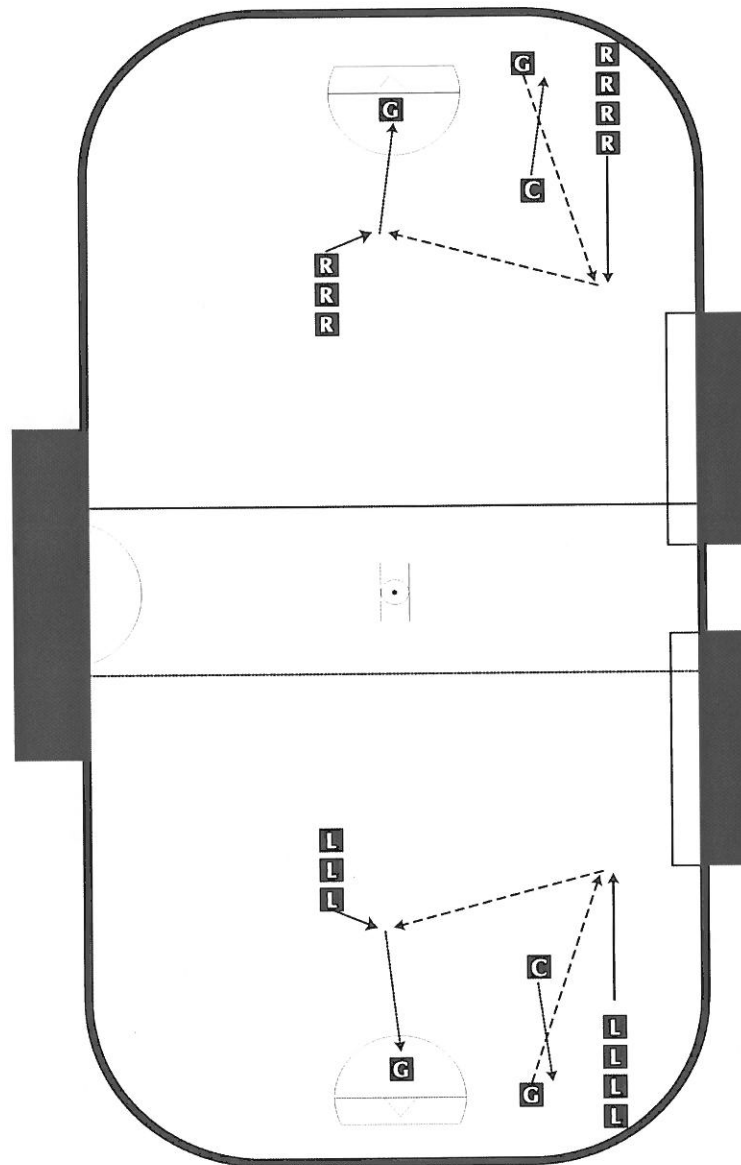


4. Rebound and Pass - Two Goaltenders (half floor)

Stresses: Rebound control, passing and breakaway shots.

Execution: Coach throws the ball to one goaltender off to one side of the goal. The goaltender controls the ball and passes to a breaking player along the side boards. Once the pass is successful the player who received the pass to another player breaking to the goal to shoot one the second goaltender in the goal.

Variations: a) Length of outlet pass; and
b) Angle direction of breaking player.

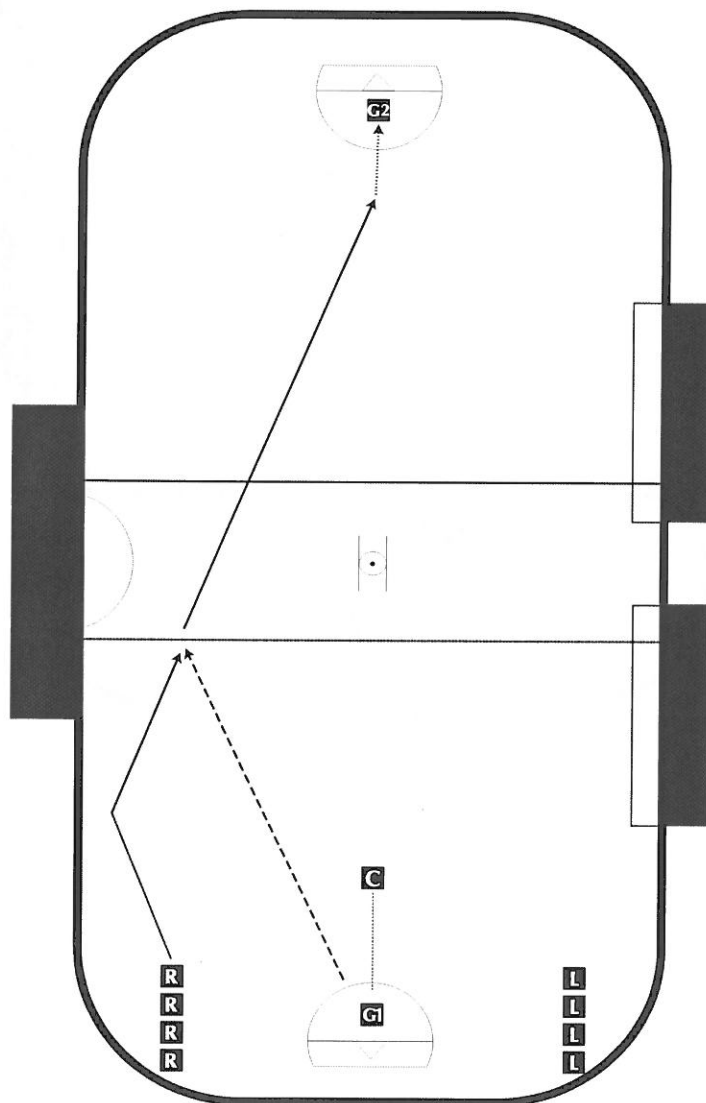


5. Rebound and Breakout Pass - Two Goaltenders (full floor)

Stresses: Rebound control, passing and breakaway shots.

Execution: The coach shoots the ball at one goaltender in the goal. That goaltender (G1) controls the rebound and passes to a breaking player along the left side boards. Once the pass is successful the player who received the pass breaks to the opposite goal to shoot a breakaway shot on the second goaltender (G2). Alternate the next goaltender pass to players breaking on the right side of the floor. Alternate until all players have taken a shot. Restart the drill at the opposite end. G2 will now be the passing goaltender while G1 will be the goaltender saving the breakaway shots.

Variations: a) Length of outlet pass.

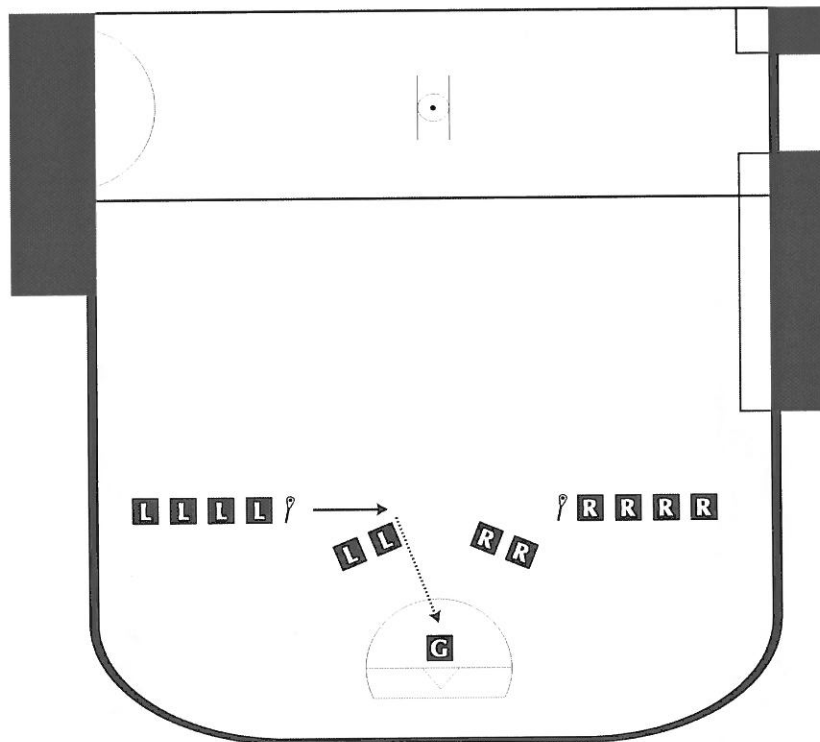


6. Screen Shots

Stresses: Low crouch position and lateral movement.

Execution: Place 2-3 players in the high slot as a screen. Players alternate running behind the screen and shooting over, under or around the screen. Alternate one left-handed shooter then one right-handed shooter until all players have shot a ball.

Variations: a) Type of shot (high, low or bounce); and
b) Position of screen on floor.



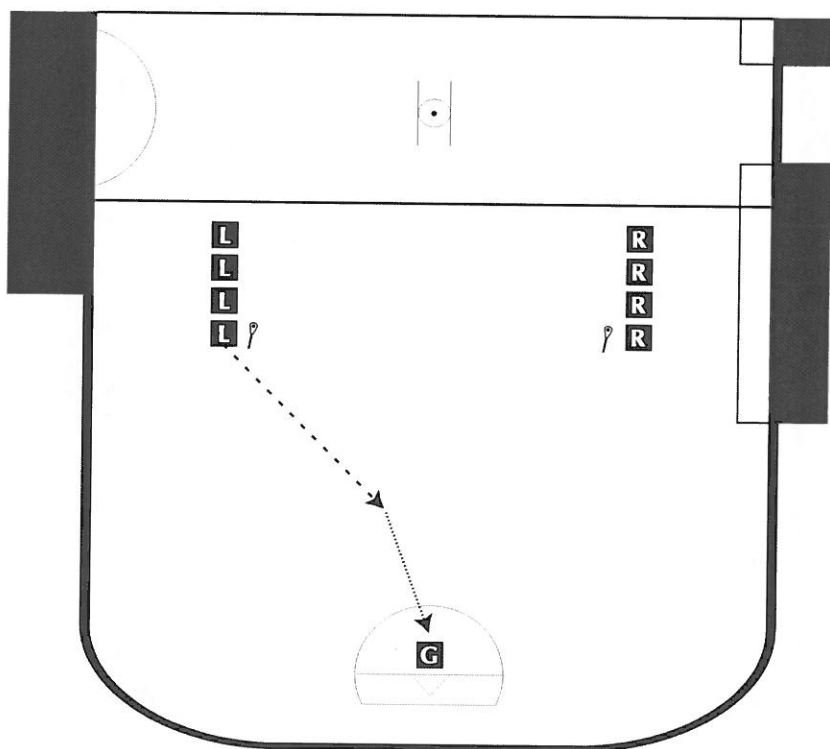
7. Line Drills

Stresses: Ready position, quick reactions and lateral movement.

Execution: Players break diagonally toward the goal and shoot on the run. Shooters alternate one player at a time from the left side then the right side.

Variations: a) Inside (close) shots; and
b) Outside (long) shots.

Note: These drills stress all aspects of goaltending. Allow the shooters one to two steps or seconds after receiving the ball before shooting.

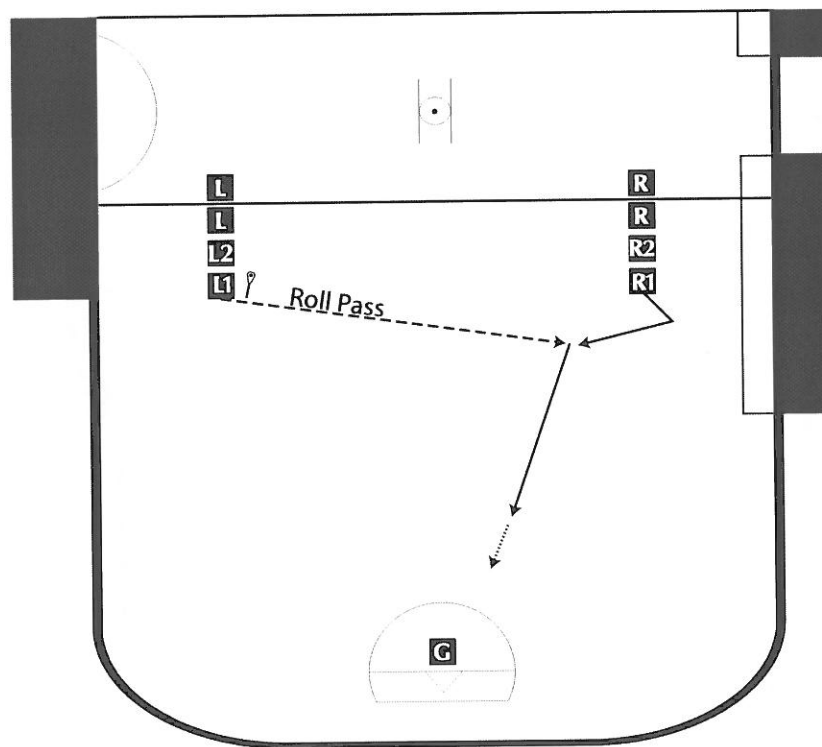


8. Pick-up and Shoot

Stresses: Ready position and lateral movement.

Execution: R1 breaks to the goal and L1 passes or rolls the ball to R1 who shoots on goal. L1 then breaks to the goal, while R2 passes or throws the ball to L1.

Variations: The drill continues in sequence.



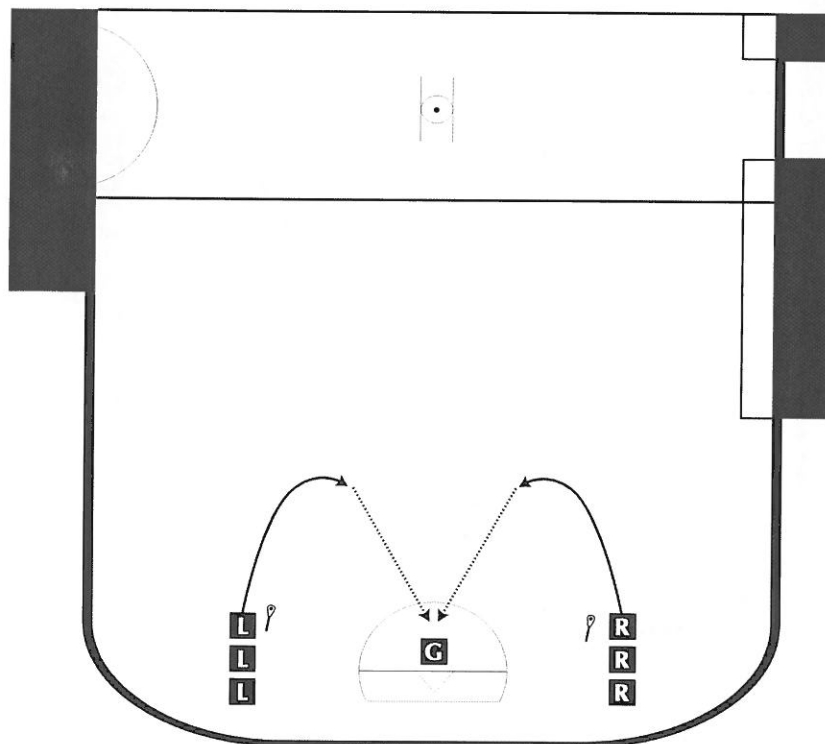
9. Shots off a Pick

Stresses: Goaltender angles and outside shots

Execution: Place a pylon on each side of the floor a few feet off the dotted line near the shooter positions. Each player in line starts with ball. A right-handed player runs from the corner and around the pylon. He/she shoots on goal once around the pylon and returns to his line. Alternate drill with the left-handed shooters until all players have been through the drill.

Variations: a) The distance of the pylons from the goal can be varied; and
b) Conduct the drill where a player runs around the pylon without a ball, then receives a pass from the opposite line. Alternate lines with shooters and passers.

Note: Coaches be sure that players are not shooting more than one ball at a time at the goaltender. Stagger left and right shooters to alleviate this hazard.

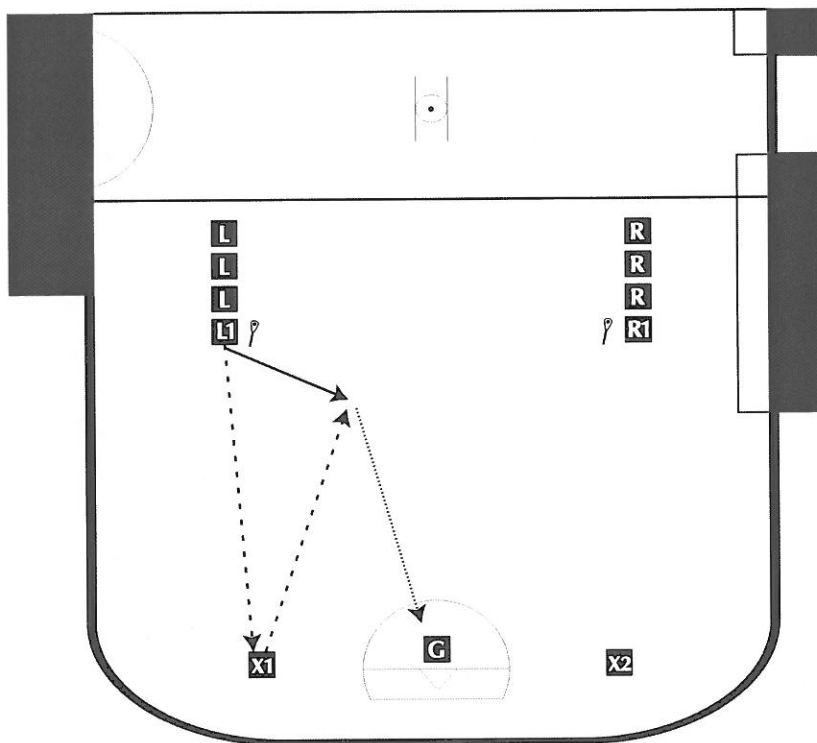


10. Two Line Drills (same side feeders)

Stresses: Angles and inside shots.

Execution: L1 passes the ball to X1 breaks to the goal. X1 passes the ball back to L1 who shoots on goal. R1 passes the ball to X2 and breaks to the goal. X2 passes the ball back to R1, who shoots on goal.

Variations: a) Repeat the drill, alternating sides; and
b) Place a pylon at various distances from the goal to practice outside and inside shots.

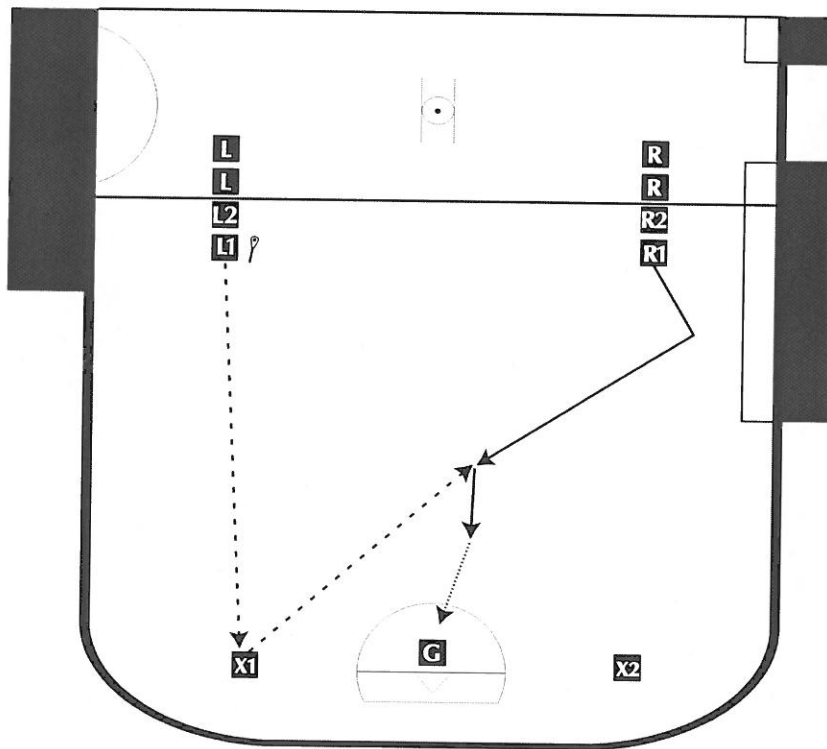


11. Two Line Drills (opposite side feeders)

Stresses: Angles and inside shots.

Execution: L1 passes the ball to X1. X1 passes the ball diagonally to R1 breaking from the right side of the floor. R1 shoots on goal and returns to original line. R2 passes the ball to X2. X2 passes the ball diagonally to L2 breaking from the left side of the floor. R2 shoots on goal and returns to original line.

- Variations:
- a) Repeat the drill, alternating sides; and
 - b) Place a pylon at various distances from the goal to practice outside and inside shots.



16. Four Corners Shooting (Diagonal Pass to Shooter Position)

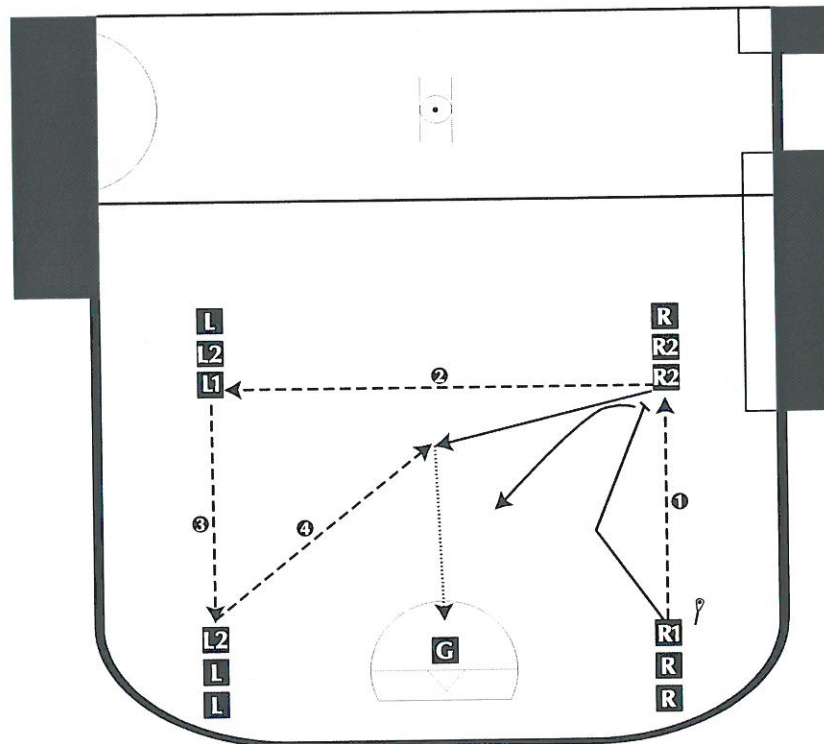
Stresses: Reaction to a diagonal pass to the shooter position and lateral movement.

Execution: The balls start in one line with the right-handed crease players. R1 passes to R2, R2 passes to L2, L2 passes to L1. When the pass leaves L2 stick, R1 sets a pick for R2 and both role to the goal looking to receive the pass. L1 steps up and passes to R2 for a shot on goal.

Variations:

- Either crease player can choose to pass the ball to the opposite crease player who sets the pick for the shooter position player; and
- The crease player can receive a pass back from the breaking shooter for a shot on the crease.

Note: Do not allow the goaltender to cheat. The goaltender must follow the ball and move through the different positions.

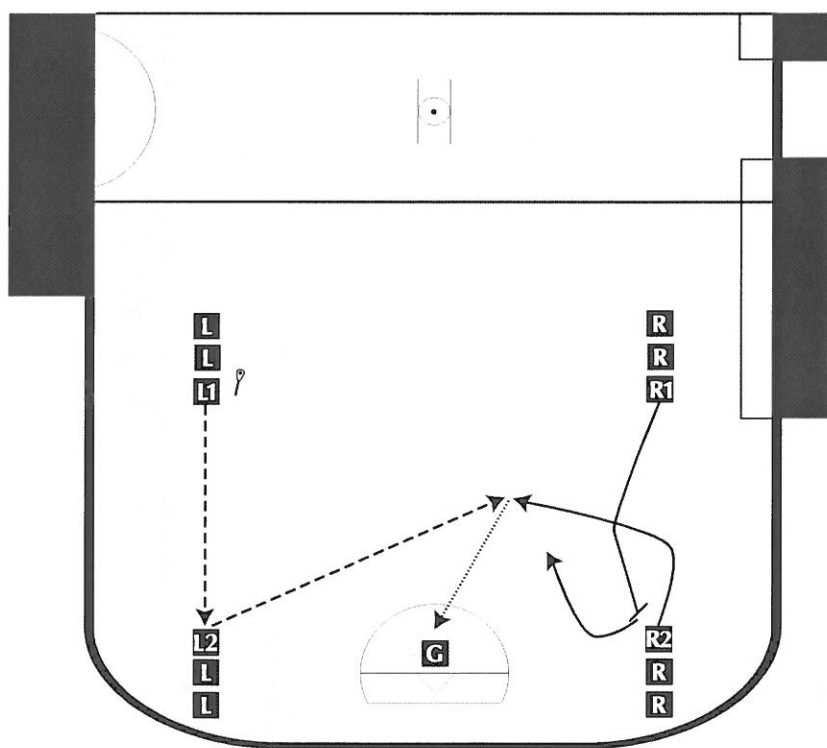


17. Four Corners Shooting (Double Pick to Crease Position)

Stresses: Cross-crease lateral movement.

Execution: L1 passes the ball to L2 while R1 breaks to the side of the crease, (sets a pick on R2 then both players role to the goal crease. L2 passes ball to R2 and immediately shoots on goal. Alternate drill on both left and right side of the floor.

- Variations:
- a) Pass ball to the first person off pick (R2);
 - b) Pass ball to the second person off pick (R1); and
 - c) Passer (L2) could keep the ball and shoot the ball.



18. Four Corners Shooting (Pick and Roll)

Stresses: Inside close shots with fakes.

Execution: L1 passes the ball to L2. Once the ball is passed to L2, L1 sets an imaginary pick for L2. L2 rolls around the pick and flips the ball back to L1 and L1 takes a shot on the goaltender. Alternate the drill on both the left and right side of the floor.

Variations: a) Inside or outside shots;
b) L1 could pass back to L2 after the pick and L2 can shoot on the goaltender.

