

Drill Name: EGO BREAKER

Stage of Activity	Learning to Train, Train to Train, Train to Compete
Skills	Catching the Ball, Reactionary Movement
Equipment	Balls, Goaltender, Net, Wall
Time	10 Minutes
Number of People	2+
How It Works	<ul style="list-style-type: none">• Lacrosse goal is placed a few paces away from a wall, with the goal facing towards the wall.• Coach has a bucket of tennis balls, soft rubber balls or regulation lacrosse balls.• Coach throws balls at the wall and the balls rebound toward the Goaltender, who tries to make the save.• The Goaltender must read and react to the ball as it caroms off the wall to make saves; thus increasing reactionary movement.
Modifications	<ul style="list-style-type: none">• Start with using tennis balls and progress to lacrosse balls• Change distance of the goal from the wall• Change angle of shots (high or low)

