

Drill Name: GOALTENDER STOPPING SHOTS FROM COACH

Stage of Activity	Learn to Train, Train to Train
Skills	Blocking Shots, Movement
Equipment	Balls, Goaltender, Net
Time	10 Minutes
Number of People	2+
How It Works	<ul style="list-style-type: none">• Coach has a bucket of soft rubber balls or regulation lacrosse balls.• Coach is positioned a few steps from the crease and shoots the balls at the goaltender. <p><u>Purpose</u> – Getting the body or stick behind stopping the ball.</p>
Modifications	<ul style="list-style-type: none">• Different angles on left or right side of the floor• Bounce shots• Goaltender with or without a stick (Box Lacrosse).

