



**USA**<sup>TM</sup>  
**LACROSSE**

# GOALTENDING CLINIC

.....  
**Drills and Plans for Running  
Box Lacrosse**



## **BOX LACROSSE PRACTICE GUIDE DRILLS AND PLANS GOALTENDING CLINIC**

### **Our Mission:**

As the governing body of lacrosse in the United States, USA Lacrosse provides national leadership, structure and resources to fuel the sport's growth and enrich the experience of participants.

### **Our Vision:**

We envision a future that offers everyone a lifelong opportunity to enjoy the sport of lacrosse.

### **About Box Lacrosse:**

Box Lacrosse is played inside the confines of a multi-sport rink. Each team has six total players on the floor to start a game with five runners and one goaltender. Players rotate on and off the floor in shifts to play offense by trying to put the ball in their opponents' goal and play defense by preventing their opponents from scoring on their goal.

### **Rules:**

USA Lacrosse publishes a Box Lacrosse Rulebook annually, found online at [usalacrosse.com/box-rules](https://usalacrosse.com/box-rules)

### **Insurance:**

The USA Lacrosse Member Insurance Program applies whether the lacrosse games or activities are held outdoors or indoors, as long as the established rules approved by USA Lacrosse are enforced. For box lacrosse, USA Lacrosse Box Rules must be followed without modification.

### **Proper Equipment for Players:**

These practice plans require players to be properly equipped with the right equipment. Within the USA Lacrosse Box Rules, Rule 28 Protective Equipment and Rule 29 Goaltender Equipment outline the mandatory equipment that players must wear.

For more information, review the USA Lacrosse Rules and review the latest Equipment Guide that can be found at [usalacrosse.com/equipment](https://usalacrosse.com/equipment)

**For more Box Lacrosse Coaching Resources, Please visit:**

**[Laxlife.ca](https://laxlife.ca)**

# BOX PRACTICE PLANS

## Goaltending Clinic

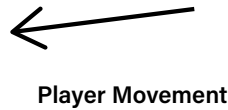
**Resources:** Lacrosse Box, Lacrosse Balls, Nets, Tape, Universal Screwdriver, Zip Ties, Full Equipment, Pylons, Whistle, Name Tags, Sharpie

**Pre-Practice:** (30 min – Optional) Intros & Ice-Breaker Activity – Appearance Change Elimination

**Reminders:** Static Stretching Link: <https://laxlife.ca/Resources/Physical-Mental-Performance/Physical-Performance/Static-Stretches.pdf>  
Goaltending Skills Analysis Link: <https://laxlife.ca/fundamental-skills-analysis/goaltending>  
Loose Ball Skills Analysis Link: <https://laxlife.ca/fundamental-skills-analysis/loose-balls-and-face-offs>  
Passing Skills Analysis Link: <https://laxlife.ca/fundamental-skills-analysis/stickwork-passing-catching-shooting>

**4 Phases of a movement:** Preparation (1), Force Production (2), Critical Instant (3), Follow Through (4)

### Diagram Key



# GOALTENDING DRILL #1: Goalie "Stance" & "Rebound Control"

**Drill Duration:** 10 mins

**Description:** Variation #1A (3 min): "Corner Specific"

\*left diagram\*

- Demo (2 min): "Stance," "Angles," "Tracking The Ball," "Steps"
- Shoot on the goalie from different angles around the perimeter. In this drill the coach tells the goalie which corner they will be shooting at (5-10 shots per corner) prior to starting the drill and when switching between chosen corners.

**Variation #1B (2 min): "Different Angles"**

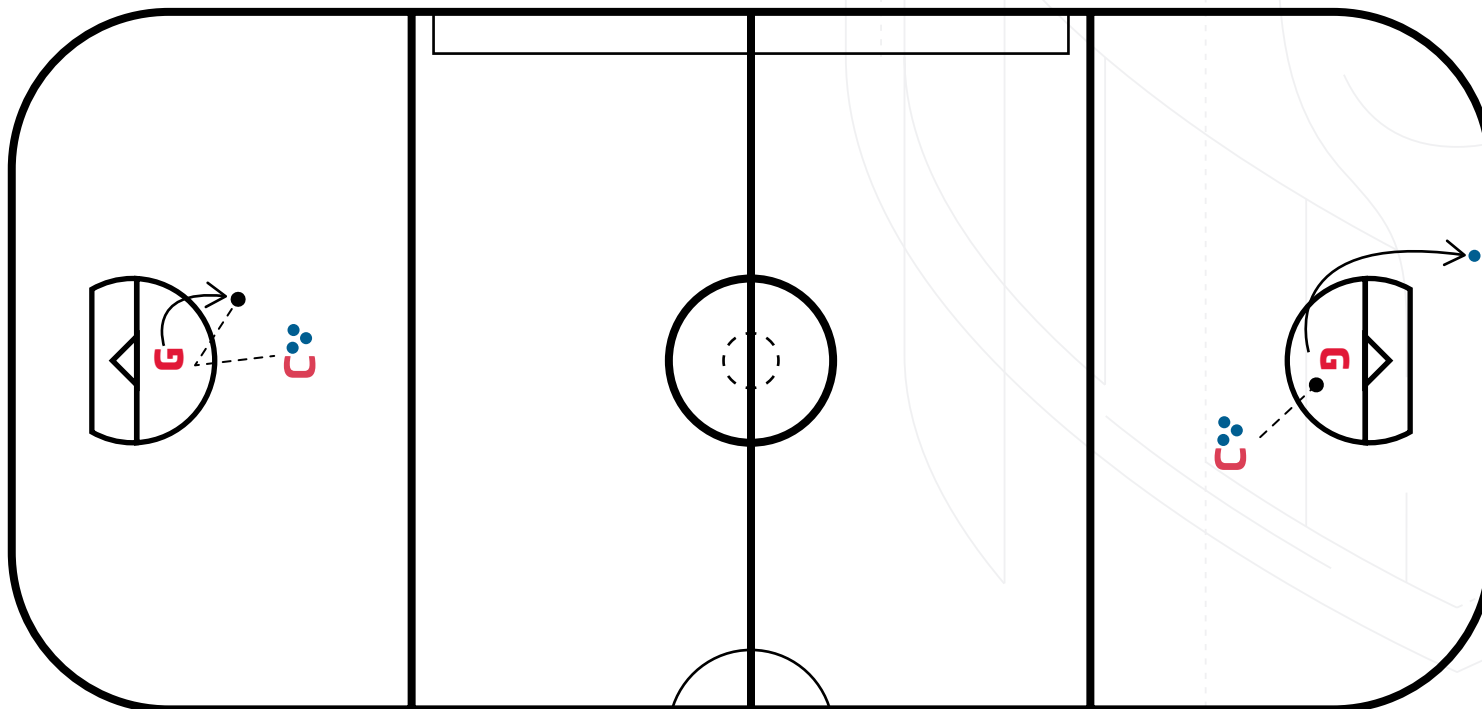
\*left diagram\*

- Shoot on the goalie from different angles (and release points) around the perimeter, switching to inside shots after shooting a few shots from each of the 5 different angles. Instruct goalies to trap and scoop any rebounds that land close by the front of the crease (two-handed). Goalies should then bring the ball up into the throwing position ready to transition the ball as quickly as possible, passing the ball back to the coach.

**Variation #1C (2 min): "Goalie Trap & Scoop"**

\*right diagram\*

- Miss the net on purpose the odd time, hitting the ball off the glass and off the back of the net, or otherwise roll the ball somewhere near the crease. Have goalies reach for loose balls outside of the crease (behind or in front of the net), being sure to keep at least one foot in the crease while trying to obtain the ball (in order to avoid a "back in" violation); also to use the length of the stick and reach with "two hands."



## STATIC STRETCHES

**Drill Duration:** 7 mins

**Description:** Static Stretches:

- Circle at center floor
- Land Acknowledgement
- Show goalies static stretches for every major body part (see link in plan notes)
- The post/crossbar of the net may also be used for assisted stretching techniques

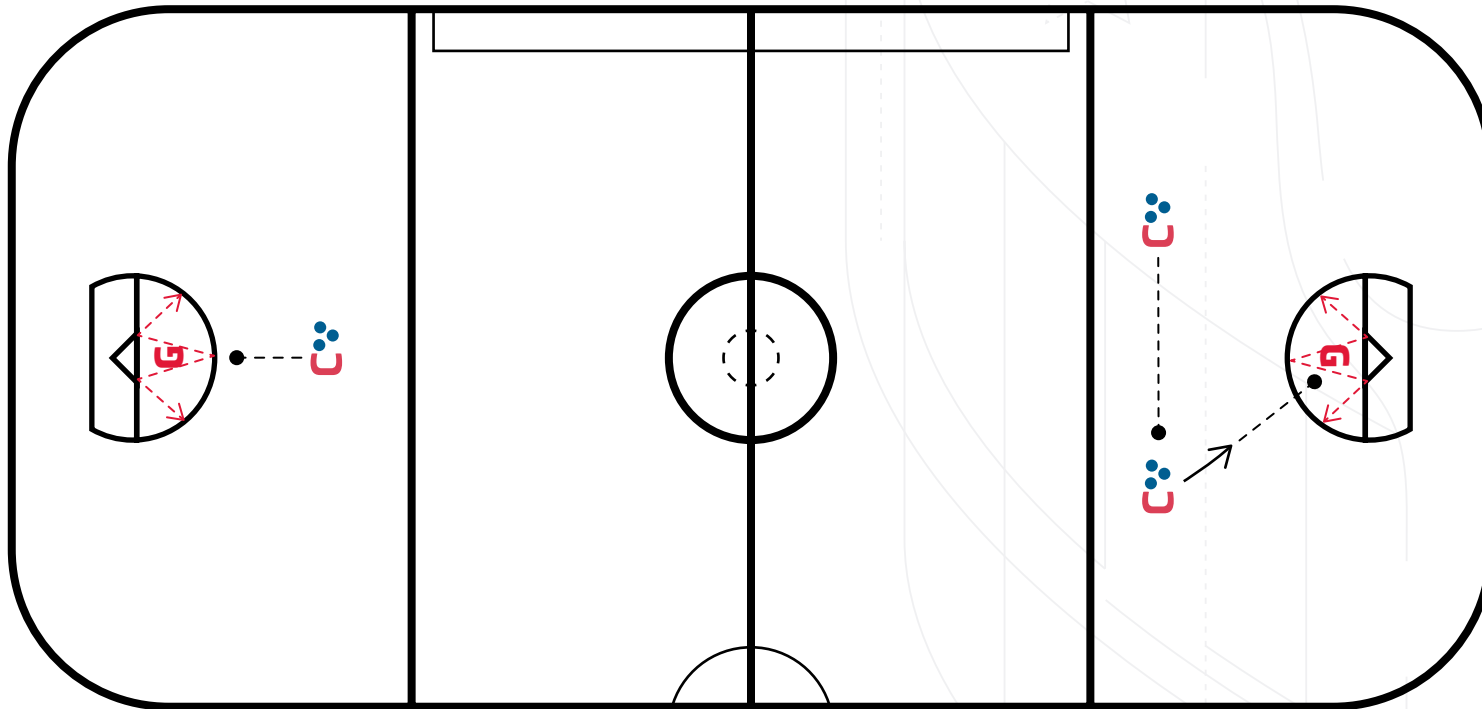


## GOALTENDING DRILL #2: Goalie "W" Footwork

**Drill Duration:** 8 mins

**Description:** Variation #3: "Footwork Only" (Mix In Shots - 1 Or 2 Coaches)

- Demo (1 min): "Feeling For Posts"
- The goalie is instructed to move through the 5 standard angles, re-positioning back to the goal-line and feeling for posts in between each angle. Coaches should shoot at random any time the goalie is "stepping out."
- Start slowly and advance to performing the drill as quickly as possible. The goalie can be told to go left to right/right to left (Variation #3A - 3 min) or alternating from side to side (Variation #3B - 3 min).
- Most common error = goalie not staying balanced and in an athletic position.
- Water Break = 1 min



## GOALTENDING DRILL #5: Goalie Numbers (“Shot Patterns”) Drill



**Drill Duration:** 15 mins

**Description:** Variation #1 (5 min): “1-2/2-1” & “4-5/5-4”

\*left diagram\*

- Have between 1 and 5 players/coaches (primarily 1-2 coaches) standing at one or more of the standard offensive positions.
- If less than 5 players/coaches are in the drill, a coach or player may call out the number (see diagram) of the position where the coach/player is missing, and the goalie must re-position (“square up”) to that number as if there was an imaginary player there. If only 1 or 2 coaches are leading the drill, multiple different numbers may be called, including that of the coach, who usually concludes with a shot after no more than 5 goalie movements.
- One coach in the drill starts with the ball at either the crease (Variation #1A) or shooter position (Variation #1B). This coach calls out a variety of numbers and the goalie re-positions to those numbers, or follows the ball if there are 5 shooters, ultimately finishing with an adjacent shot (1-2 + 5-4) or finishing at the crease (2-1 + 4-5).

**Variation #2 (5 min): “4-2/2-4”**

\*not shown in diagram\*

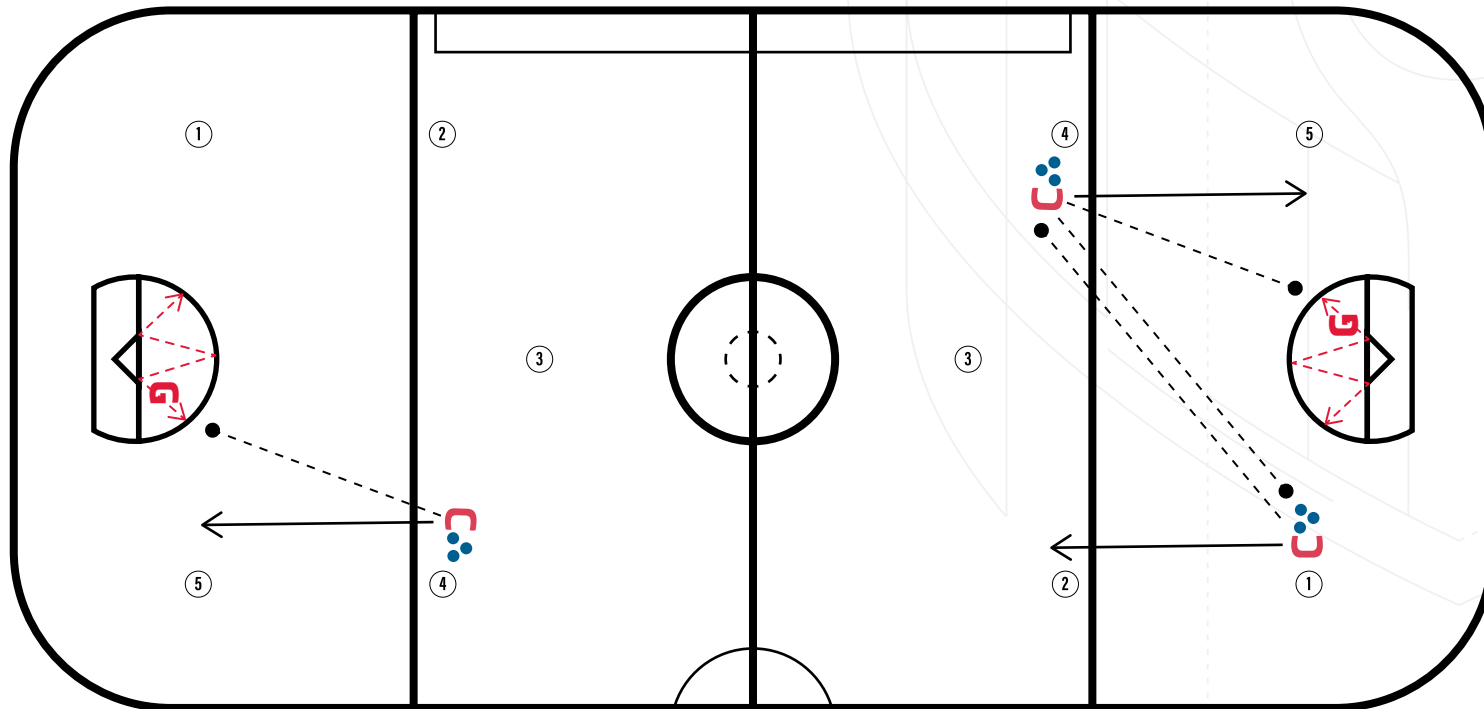
- One coach or player in the drill starts with the ball at one shooter position or the other. The coach calls out a variety of numbers and the goalie re-positions to those numbers, or follows the ball if there are 5 shooters, ultimately finishing with a “swing pass” into a set-shot (4-2 or 2-4).

**Variation #3 (5 min): “1-4/4-1” & “2-5/5-2”**

\*right diagram\*

- One coach or player in the drill starts with the ball at either the shooter (Variation #3A) or crease position (Variation #3B). The coach calls out a variety of numbers and the goalie re-positions to those numbers, or follows the ball if there are 5 shooters, ultimately finishing with a skip pass into a set-shot (1-4 + 5-2) or finish at the crease (4-1 + 2-5).

- Water Break = 1 min



# GOALTENDING DRILL #7A: Marty's Rebound Off The Boards

Drill Duration: 8 mins

Description: Variation #1: "Short-Side Rebound"

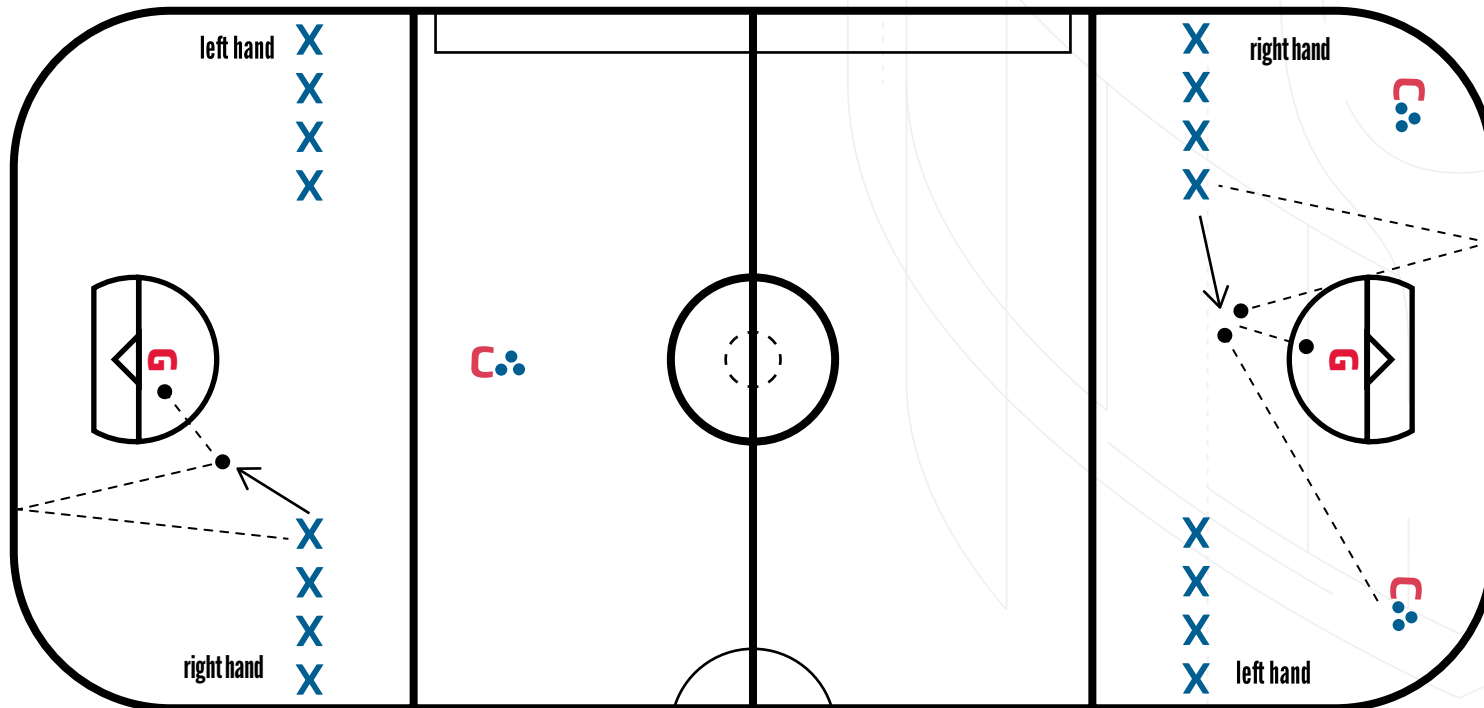
\*left diagram\*

- Begin with a line of left-handed and a line of right-handed coaches/players on their proper floor sides, at the shooter positions, in one or both ends of the floor.
- The goalie starts facing the player at the shooter position, who will be sending in a pass off of the end-boards (Variation #1A - 2 min) or side-boards (Variation #1B - 2 min), attempting to corral the rebound in front of the goalie (timing) for a quick finish in front.
- The drill alternates from side-to-side in orientation, with the next player not taking their turn until the player in front of them is out of the way.

Variation #2 (4 min): "2 rebounds"

\*right diagram\*

- Same as the variations above except after attempting to play the rebound off of the boards, the player receives a second pass from the coach (or player) at the opposite crease position (or from behind the net).
- Players can also become passers after they shoot, before re-joining their original line (depending on the caliber of players).
- \*this drill should be done instead of Drill #6 if beginner goalies\*





## GOALTENDING DRILL #6: Point To Crease (Quick Stick)

Drill Duration: 10 mins

Description: Variation #1 (4 min): "2 Options"

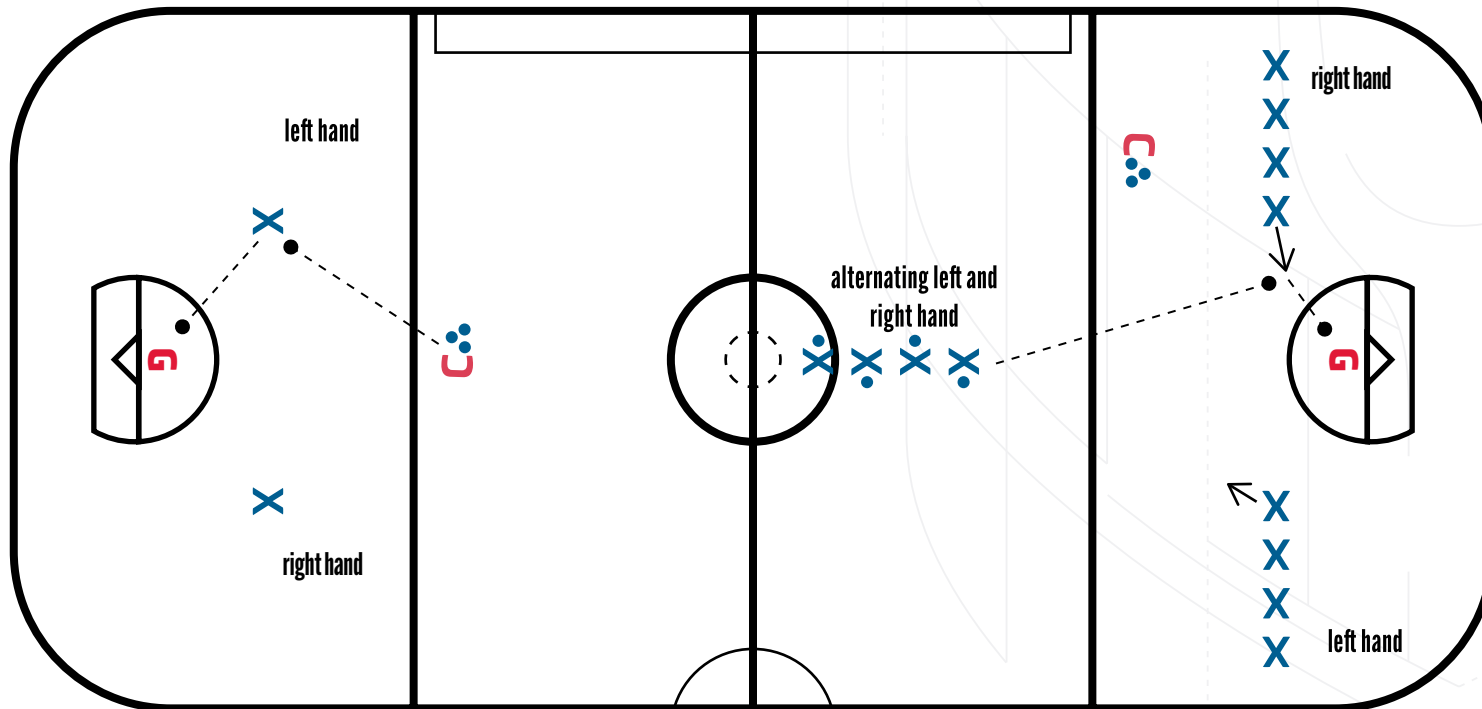
\*left diagram\*

- Have players and/or coaches line up in one or both ends of the floor, on their proper floor sides, at the point & crease positions; point players (mixed) beginning with balls.
- The drill starts with eye contact from the goalie who comes out off of the goal to challenge the point player (ready position). This player looks at the goalie like they're going to shoot, but instead passes to either crease player (far-side or near-side), who are positioned either somewhere near the crease at goal-line-extended, or at the mid-board soft spot, ready to take a quick stick shot on goal (depending on the quality of the pass), from "the island."
- The players should allow the goalie enough time to get "ready" for each rep, with players alternating lines after each rep; point to crease, and vice-versa.

Variation #3 (4 min): "3 Options"

\*right diagram\*

- Same as the variation above except this time the point player also has the option to shoot and should be encouraged to practice "no look" passing, to "keep the goalie honest."
- \*this drill should be done instead of Drill #5 if intermediate/advanced goalies\*

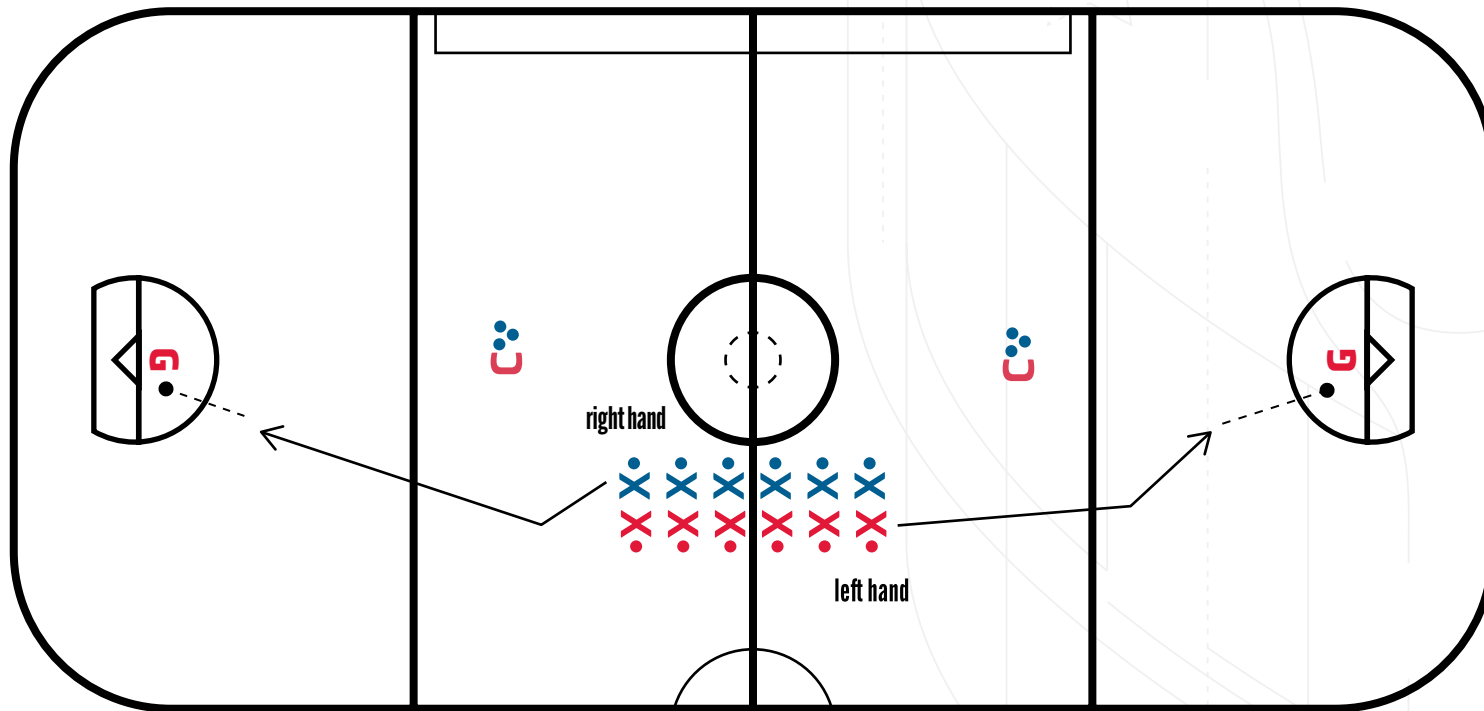


## GOALTENDING DRILL #4A: Breakaway Competition

Drill Duration: 7 mins

Description: Variation #1: "Individual Competition"

- Demo (1 min): "Breakaways"
- Have players lined up at center floor, facing both directions (if there is 2 goalies).
- "Every player/coach for themselves" continuing until one person scores 3 goals in a row (all shooters having a chance for a rebuttal).
- Most common error = Goalie standing too deep in the net and failing to challenge the shooter.



## CONCLUSION

**Drill Duration:** 5 mins

**Description:** Cool Down:

- Circle at center floor
- Debrief of lessons learned while performing static stretches
- Leave on a positive note

