COACHING YOUTH GOALIE BASICS

"EVEN IF YOU NO NOTHING ABOUT THE POSITION"

BJ Jenkins

Current

- True Lacrosse – HC
- Gilmour Academy – HC

Former

- Hiram College – HC
- Shenandoah University – HC
- Lehigh University – Asst HC & DC
- Lafayette College – AC & OC





Who????

- **Any one willing to try**
  - Invite players, even your best field players
- **Size doesn't matter**
  - Smallest 5'4" 130lbs to Biggest 6'4" 290lbs (College Starting Goalies)
- **Not the best athlete**
  - Very average athletes can be very good goalies
- **Won't Hurt!!!!!!**
  - Reassure them
  - Use tennis balls
  - Use Your Stick to Stop the Ball, Not Your Body**
  - Attack the Ball**

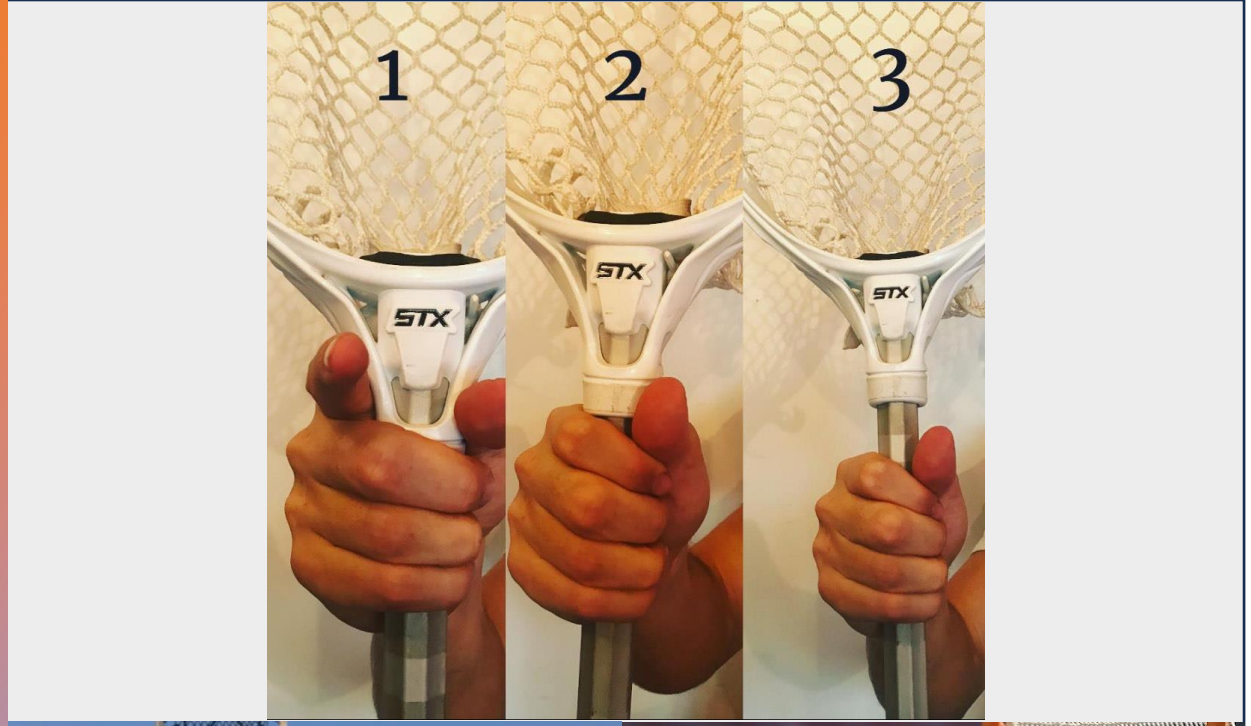


Equipment (Required)

- **Stick** (STX Eclipse 2)
- **Helmet & Throat Guard** (w/out Hardware)
- **Gloves** (Any Gloves & Instamorph)
- **Chest Protector** (STX Shield 400)
- **Cup** (Boys Only)
- **Mouth Guard**

(Recommended mostly for practice)

- **Thigh Protection**
  - Football Girdle with Knee Pads
- **Shin Guards**
  - Soccer or Hockey Style
- **Arm Pads**
  - Lacrosse pads







Getting Started

Hand Position

- **Top Hand**
  - Hand on Plastic: Baseball Mitt
  - Firm hand hold
  - Top Hand in-line with shoulder: 2/3 Bench Press
- **Bottom Hand**
  - below top hand elbow
- **Stick straight up & down**
  - Head Not forward or Back
  - Eye-Thumb-Ball







Getting Started

Stance

- **Linebacker Stance (football)**
  - Weight slightly over the balls of your feet (attack mode)
  - Butt down
  - Feet Shoulder width apart
- **Jump Drill**
  - Like Musical Chairs
  - Balance Mode

Stopping the Ball

Confidence Building
4 Drills

- **High Success Rate**
- **High Praise**
- **No Lacrosse Balls** (Tennis Ball Only)
- **Pain Free Zone**
- **Use Your Stick to Stop the Ball, Not Your Body**
- **Vital Part of the Team**
  (NOT Kicker or Punter)



Stopping the Ball

Attacking the Ball



1(3)	2	3(1)
4(8)		8(4)
5(7)	6	7(5)

- **Walk The Line Drill**
  - 8 Saves, Balance
    1. Stick Side high
    2. High Center**
    3. Off Side High
    4. Stick Side Hip
    5. Stick Side Low
    6. 5 Hole**
    7. Off Side Low
    8. Off Side Hip

Stopping the Ball
Move on the Arc





- **Walk The Arc**
  - **5 areas, 4 steps, Balance**
    1. **Right Pipe** (Foot on Pipe)
    2. **Right Side**
    3. **Center**
    4. **Left Side**
    5. **Left Pipe** (Foot on Pipe)

Stopping the Ball
Tennis Ball Drill





- **Tennis Ball Drill**
  - Flip Ball Underhand (Kneeling)
    1. Stick Side High
    2. High Center
    3. Off Side High
    4. Stick Side Hip
    5. Stick Side Low
    6. 5 Hole
    7. Off Side Low
    8. Off Side Hip

Stopping the Ball
Catching Cards





- **Card Drill**
  - Throw cards (3-5yrd away)
    1. Stick Side High
    2. High Center
    3. Off Side High
    4. Stick Side Hip
    5. Stick Side Low
    6. 5 Hole
    7. Off Side Low
    8. Off Side Hip



Getting Started
Coach's Terms

- **Attack**
  - Stepping to the ball on a save
- **Balance**
  - Following through on your save
- **Re-Set**
  - Getting back to Ready Position



Questions & Answers
Thank You !!!!


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LACROSSE AMERICA
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Thank You !!!!


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