

# **Box Lacrosse**

# **Goaltending**

## **Level II**

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<h2>Level II</h2> <h1>Shot Recognition</h1>
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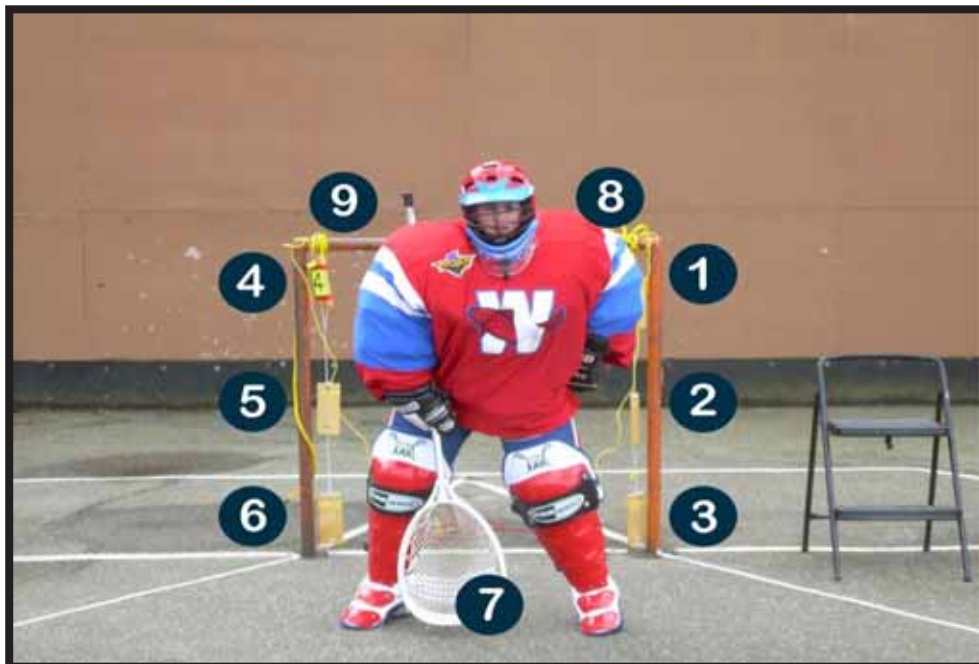
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**Goaltending Level II:** In this section we are going to discuss the positioning of the goaltender in relation to the shooter. We will also discuss what the goalie should focus on when looking at a shooter and finally the variety of shots the Goaltender may face and how to play that shot.

First and foremost let's talk about: **Goalie Vision**

**Goalie Vision** is what a goalie sees when they look at the players in front of them. How the goalies train themselves to see "situations" and read telltales will help the goaltender to anticipate where a shot will come from and where it is aimed.



### **The Game of Elimination.**

All shooters have their favorite places to shoot. A **right** handed shooter prefers to shoot down the right hand side of the net, show above by the numbers **1-2-3**.

**1** being his best shot. The numbers **4-5-6** show how the shots become more difficult for a **right** handed shooter.

The **7** hole between the goalies legs disappears if the goalie plays his stick in the right position.

The Number **8** Shot is over the shoulder. If a goalie is bent over too much covering the bottom of the net this will give the shooter a good shoulder shot.

The Number **9** Shot for a right handed shooter is a behind the back shot. It is usually done when a shooter is on the wrong side of the floor.



### Proper Set Up

The first thing to remember is that all shooters make their decision on where to shoot based on how the goaltender sets up. If you have a sloppy set up then the shooter will have more places to shoot.

**Note:** The goalie **MUST** have a good set up in order to cut down on shooting angles and allow good lateral (side to side) movement.

The Goalie has taken a step out to the right handed shooter and cut the **1 2 3** side of the net.

The goalie pictured above has a good set up with **TOES** pointed at the shooter.

The stick is in the **“Quick Stick”** position.

The free hand is placed on the **THIGH** ready to throw or **“Chicken Wing”** to the top Left corner.



### **Analyzing the Shooter**

The Goalie must watch the player or shooter with the ball at all times. Deciding when he is in a ready to shoot will help the goalie maintain his **“Position”** on the shooter.

The goalie must also recognize all the signs that tell him what the shooter is intending.

**NOTE:** The shooter is not in a shooting position.

The shooters hands are too far apart for a pass or shoot.

The shooter's feet are pointed at the corner which rotates the hips and eliminates a 4 5 6 shot.

**Generally:** *Overhand shots are taken from close in or in front of the Goal by moving Shooters*

*Sidearm Shots are taken from sharp angles by stationary shooters*

*Sub-Shots or underhand shots are taken from the outside or from screen situations.*



### Quick Eye

The First Thing we should discuss when looking at a shooter is what to watch. The **BALL** is our main focus. The Goalie **MUST** develop a technique discovered by researchers called “**QUICK EYE**”.

This is recognizing the moment the shooter will release the ball. By watching the ball but recognizing hand position, hip position and feet position the goalie can at a glance “**Quick EYE**” the moment when the ball is still in the stick but the goaltender must move to make the save as the shooter releases the ball.

**Note:** In this picture the shooter has placed the stick up high behind his left shoulder to hide the ball. The goalie must look at the hands, and hips to determine if he is shooting. In this instance the shooter is seconds away from shooting, he has not done a *weight shift* on his feet yet which is the critical moment before he shoots.

*Overhand shots are taken from close in or in front of the Goal by moving Shooters*



### **Right Handed Shooter Positioning**

In this picture the shooter is showing the goalie the ball. His toes are pointed at the far right corner which turns his hips in that direction. The left hand is at the bottom of the stick and the right is half way down the stick which signals that he is preparing to shoot. The shooter will have a hard time hitting the **4 5 6** shot since his hips are pointing at the corner.

#### **NOTE:**

The goalie is looking at the ball

The goalie is too far to his right and is giving the shooter his favorite side, the **1 2 3** side.

The goalie is a little deep in his crease.

The stick is not in good position.

The free hand is in good position.

*Overhand shots are taken from close in or in front of the Goal by moving Shooters*

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### Shooters Stance

Here we see the shooter ready to shoot.  
Left hand at the bottom of the stick.  
Right Hand half way down the stick.  
The stick at a 45 degree angle.

**NOTE:** The shooters feet are still pointing at the corner which will make the **4 5 6** shot very difficult. This shooter is looking at the **1 2 3** as his primary shot.





**Left Handed Shooter**

This shooter is in the act of shooting.

His hands are in the shooting position (bottom hand and top hand)

His toes are pointed less at the corner and more to the side of the net.

His hips and weight shift show he is shooting at the **4-5-6** side which is the favorite side of a left handed shooter.



### **Left Handed Shooter**

This shooter is in the act of shooting look at the hands (Bottom hand and top hand)  
**Notice** his back foot is aimed at the goal.  
**Notice** his eyes and where he is looking but **Never** take your eyes off the ball in the stick.



### **Right Handed Shooter**

The shooter's hips are controlled by the position of his feet. The feet are pointed to the corner not down the line towards the net. This will eliminate shots to the **4 5 6** side or make them difficult.

**NOTE:** The weight shift from the back foot to the front foot.

During practice stand back and watch the shooters, hands, hips and feet and see where the ball is shot or passed. With practice you can read a shooter by these telltale signs.



**Left Handed Shooter**

**NOTE:** Now you look at this shooter and decide where he can shoot.  
Notice the hands, shoulders, hips and finally the feet.



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### Screen Shots

Generally when a player is being checked and intends to shoot he will step into the checker then step back and shoot. The goalie will usually just see the top of the stick as it comes out around the shoulder of the defender. This will also limit the shooter to the 1 2 3 side of the net.



### Screen Shots

Generally when a player is being checked and intends to shoot he will step into the checker then step back and shoot. The goalie will usually just see the top of the stick as it comes out around the shoulder of the defender. This will also limit the shooter to the 1 2 3 side of the net.



### Underhand Shots

The shooter here is hiding the ball behind the defenseman. The goalie must use the position of the feet hands and stick to determine where the shooter is going.

**NOTE:** The Goalie should have his stick on the floor since the shooter cannot shot over the goalies shoulder.

The goalie should be stepping out to challenge this shot.

The goalie should close down his stance (feet shoulder width) so his stick covers the 7 Hole.

*Sub-Shots or underhand shots are taken from the outside or from screen situations.*





### **UNDERHAND SUB SHOTS DRILL**

**DRILL:** A good drill to practice is to get in the nets with no stick and have players practice coming out and around the defenseman and shoot underhand shots.

This drill will help the goaltender to properly cover the shooters stick. It will also help the goalie with “Quick Eye” in determining when the shooter will release the shot.

*Sub-Shots or underhand shots are taken from the outside or from screen situations.*



### **Side Arm**

The shooter is usually static or stand still on the floor.  
The goalie should be a little further to his left on a side arm.  
The goalie should have his stick on the floor.  
The goalie should look for a side arm bounce potential off this shot.

*Sidearm Shots are taken from sharp angles by stationary shooters*



### Goalie Position / Shooter Position

**Note:** This is a situational; analysis. Since you have no defense you are left to protect against the closest shooter. You cannot come out too far or the shooter will pass the ball down low.

By Taking Away the **1-2-3** side of the right hand shooter you may encourage him to pass down low.

The low post man if he gets the pass will likely fake a shoot to the top right corner then come back to his favorite **4-5-6** side.

**Remember** where a player receives a pass may determine where he will shoot.

*During practices always try and determine who will get the ball and where the play or shot will finish.*



### Floor Position Analysis

**Note:** The shooter is in the wrong shooting quadrant. (Wrong side of the floor). He is limiting what he can do with the ball.

The shooter can fake a top corner shot # 4 in order to try and get the goalie to commit.

The goalie should throw up a “**Chicken Wing**” to the top right corner and look for a pass to the low man on the crease or a shot down the **1-2-3** side.

**Notice** how the low man is not in position for a pass from the shooter, this will allow you to focus on the shooter.



### **Shooter In Close**

When a shooter is in close and the stick above his shoulder you can actually play with your stick flat out in front of you. His shooting angle is such; that he cannot bounce the ball between your legs.

Try It Out!!!



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## ***PASSING OPTIONS***

**Goalies have 5 Options after they stop a shot and recover the ball.  
The goalies should be to look at these options 1 thru 5 each time they recover a ball.**

### **Option 1-** The first consideration; **FAST BREAK**

The fast break- the goalie should first verbally communicate with their forwards by yelling “Break or Go”. The forwards do not break until the goalie yells or communicates. The forward breaks past the defender and should be looking for the pass all the way. He should angle slightly to the middle to make their stick a better target. If he does not receive the pass, then he/she should turn back to the boards and wait for the ball to move up the floor or go to the offensive goal crease depending on the offensive setup.

**If the Pass can not be completed GO to Option 2**



### **Option 2 - The Outlet Pass.**

The outlet pass has to be made quickly to the defenseman or winger on the boards away from the players bench ;at the face off circle in the defensive zone. The defenders should always go to the assigned positions as soon as the ball is recovered. The goalie should not pass the ball if there is a checker between him and the face off circle.

**If this pass cannot be made go to Option 3**





**Option 3** - The Outlet Pass to the Bench Side boards.

Repeat the outlet pass as described in Option 2 but to the bench side. If a checker moves to block the goalie's pass; the goalie should sprint around to the back of the net. The goalie should go around to the opposite side they pass the ball from.

Right hand Passers go to the left, left hand passers go to the right

This will make it easier for him/her to be in the throwing position when they get behind the net.

**Note:** The goalie is a right hand passer so he should move to the left side of the net leading with his **left foot**.



**Note:** The goalie is a right hand passer so he should move to the left side of the net leading with his **left foot**.

By leading with his **left foot** the goalie will be able to be in a passing position once he is behind the net.



**Note:** Notice how the goalie still turning as he goes behind the net.



**Note:** See how the goalie is prepared to pass the ball once he is behind the net.

**Option 4** - Running the ball up the floor.

If the players are covered and the goalie must leave the net due to potential time violations; the goalie must be ready to run up the floor and pass the ball. They should never let a checker get between you (the Goalie) and where you are passing the ball. Run to the opening.

If the goalie is about to get checked and has no pass then go to **Option 5**.

**Option 5** – Rolling the ball down the floor.

By the time you get to Option 5 the 10 second over center rule will be in play. There is nothing wrong with rolling the ball down the floor. Remember that this action will give your team a better defensive position when the other team picks up the ball. As well one of your players may intercept the ball if the defensive team is not focused.

# **Role of the Goaltender**

- 1- Watch The Ball**
- 2- Stop The ball**
- 3- Communicate with your defense**
- 4- Learn to Pass the ball with a short sharp pass.**
- 5- Keep your stick, game ready.**
- 6- Anticipate where the shot will come from.**
- 7- Anticipate where the pass will go.**
- 8- Practice passing and strengthening drills away from the rink.**
- 9- Prepare mentally for practice and games.**
- 10-Practice hard so you be prepared for pace of the Game.**

## **How to Refocus after a Goal.**

**Use the 5 R's**

- 1-Release the fact that they have scored**
- 2-Relax, do not get frustrated.**
- 3-Review what happened on the goal.**
- 4-Regroup your thoughts.**
- 5-Refocus, on the position you are playing and what your job is.**

## **More Tips for goalies.**

- 1-Remember Good Shooters Shoot. Bad shooters hesitate.
- 2-Create a book on where good shooters like to shoot
- 3-Visualize before a game, closing your eyes, how the shooter looks before he shoots.
- 4-When you are out of position protect or make a move to where the shooter is most likely to shoot.
- 5-Keep your eyes on the ball.
- 6-Refocus your thoughts by walking around the net, or having a drink, or adjusting your gear.
- 7-Remember the following:
  - Possession = Less shots
  - Control = Fewer minutes for the Opposition having the ball
  - Shots = Opportunity for your team to score
  - Goals = Overall Game Advantage
- 8-Try Things in Practice, the goals do not count.

### **How to Cool Down Between Periods.**

- A- Change T-Shirts.
- B- Take off your belly pad and shoulder pad.
  - Put a large towel or plastic bag around your waste to cover your pants and leg pads.
  - Turn on cold water in the shower and spray your upper body.
  - Dry off your sneakers.
- C- Do Not Over drink cold liquids.