



## **CATHOLIC HIGH LACROSSE GOALKEEPER WINTER WORKOUT PACKET 2022**

### **Everyday Goalie Warm-Up (Drill examples below)**

1. Footwork drill – helmet, gloves, mouthguard, stick
2. Hand-eye drill – helmet, gloves, mouthguard, stick
3. Mini-drill – full equipment
4. Shots around the 8 – full equipment

### **Footwork Drills**

1. Ladder Series
  - a. Any ladder routine works, as long as it works on agility and speed
  - b. Each routine should be done 2 times, meaning lead first with the right foot and then with the left foot (One foot in each square, two feet in each square, icky shuffle, scissors, in-in out-out, tail whip, etc.)
  - c. Set up a cone about 5 yards away from the end to sprint out of ladder
2. Quick Feet
  - a. Hop over the stick with both feet side to side – 30 seconds
  - b. Hop over the stick with both feet front to back – 30 seconds
  - c. Single leg hop side to side (2 times) – 30 seconds each foot
  - d. Single leg hop front to back (2 times) – 30 seconds each foot
  - e. Cris-cross (alternating crossing legs in front) – 30 seconds
  - f. Magic squares – imagine there are four quadrants (younger goalies you may have to put cones to show the quadrants), single leg hitting each quadrant going in a square (2 times) – 30 seconds each foot

### **Hand-eye Drills**

1. Toss tennis balls at wall, catch one handed, release
2. Have someone throw tennis balls at keeper, practice catching with one hand and stepping to the ball
3. Reaction ball – use reaction ball, catch with dominant hand

## Mini Drills

*\*these drills can be done with regular balls or tennis balls, unless noted otherwise*

1. Field Stick
  - a. Get a regular field stick and do a warm-up (anywhere high, anywhere mid, anywhere low, and then anywhere)
  - b. The goalie should be focused on form and stepping towards the ball and exploding with their top hand
  - c. They should try to catch it with the field stick (just think, if they can save it with a field stick, they can save it with their regular stick)
  - d. If you do not have access to an extra field stick, they can turn their stick around to use the bottom of it. They should not swat at the ball, like a baseball bat. They should make contact with the ball while keeping form.
2. Turn around
  - a. The goalie should face the back of the net, the coach should stand in the middle of the 8 meter
  - b. Yell "shot," and the goalie should pivot (left or right foot, they should alternate) to face center
  - c. Right before they are set, the shot should be released from your stick. This is a quick reaction drill, so as soon as they are set, they should be reacting stepping and exploding with their top hand in 1 movement.
  - d. It might take a couple of shots to find the sweet spot for shooting the ball at the right time
3. Side to side
  - a. The goalie should be in their stance on either side of the goal, basically resting on one of the pipes.
  - b. If they are on the left side, you should be shooting towards their right side. Shots should be high, mid and mid-low.
  - c. The focus: to quickly meet the ball where it is and come out on an angle. Do about 20 shots and then switch to the other side.
4. Tennis Balls
  - a. Half circle
    - i. Set up 6 cones in a half circle, like the top of the crease
    - ii. Put a tennis ball on top of each cone
    - iii. The goalie should be set up in the center
    - iv. They should step out to each cone (mimicking a low shot) to knock the tennis ball off the cone. It should be hard enough that the ball comes off the cone, but soft enough that it just barely falls off the cone. After they hit one ball, they should step back center. (To make it harder, you can time GK, or assign each cone a number and call out a number)
    - v. The focus: driving down your top hand to get to low shots quickly