

2LACROSSE GOALIE DRILL BOOK



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INTRODUCTION





Never Stop Learning- A 2Lacrosse Principle.

When I first started playing in goal, I was hungry to learn more about the position. Unfortunately, even in Upstate New York, there were very few avenues for goalies to get better. There were a handful of goalie specific coaches, but most were self taught and never played the position. I spent countless hours watching the best goalies play, trying to emulate their moves just based off of what I deemed to be important. It wasn't until I started playing at Syracuse University that I had a full time goalie coach.

Since graduating in 2011, it has been my mission to share what I have learned throughout my playing career with other goalies. I've had great opportunities to play along and be taught by some of the best; it's something I wish I could have shared with my younger self. So whether you're a coach looking to learn more about the position or a player looking to take your game to the next level, I hope you find this book useful.

When reading this book, it is important to fully take in the "Essentials to Goalkeeping" chapter before attempting any of the drills. My experience reinforces the idea that the best thing about goalkeeping is that you can play it with so many styles. There are "athletic" goalies who play out of the cage more, "stay at home" goalies who rarely leave the crease, and everything in between. All are successful, but what makes a goalie isn't his or her style, but their set of fundamental skills. These fundamentals are constant from goalie to goalie, regardless of their style.

After the first chapter, the rest of the book is divided based on the area of concentration. Feel free to skip around and read the sections that you feel are most relevant to you. As you grow, you'll find there are certain areas that need more focus than others, but these drills are meant to last a lifetime. I still perform the most basic drills while training for the US National Team. Why? Because fundamentals never go out of style; they are the rock that your house sits on. It is important to always go back to basics no matter what your skill level and that's why we live by the principle: **Never Stop Learning**. Whether you're an elite athlete or just beginning, there's always room for improvement. Enjoy!

Liz Hogan
Founder 2Lacrosse