



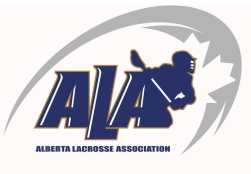
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# ALA GAP ANALYSIS

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Goalie Development Camp

[www.albertalacrosse.com](http://www.albertalacrosse.com)  
[www.albertalacrossetv.com](http://www.albertalacrossetv.com)



# **Alberta Lacrosse Association**

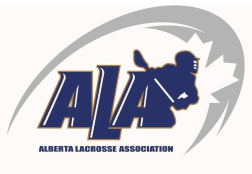
*Enhance character, community, and culture through lacrosse.*

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## Skill Development Camp

### Skills Outline

- Goaltending
  - Angles
    - Finding 5 spots on the floor to set angles
    - Finding your post
  - Footwork
    - Stepping to the ball
    - Set, Move, Attack
    - Bringing 3 points to stop a shot
    - Stepping backwards
  - Passing and Rebound Control
    - Finding the ball in the crease
    - Outlet passing



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## **Skill Development Camp**

### **Practice 1 – 90 Minutes**

#### **Skills to focus on:**

- Rebound Control.
- Passing.
- Angles and Positioning.
- Footwork – stepping to ball and back into net.
- Set, Move, Attack. 3 points of contact.

#### **Warmup**

##### **Introduction – 5 Minutes**

- Introduce ourselves and find out how much experience the goalies have. Tell shooters today is about goalies and us taking accurate shots.

##### **Stretch/Warmup – 5 Minutes**

- Get everyone ready for the session!

##### **Warmup Shots 5 Minutes**

- Coaches or players with a goalie, light warmup to get them ready.
- Make sure goalies are resetting after shots and stepping to the ball.

##### **Passing – 5-10 Minutes**

- Partner passing.
- Start close together and then slowly farther apart.
- Encourage goalies to follow through on their passes.

##### **Rebound Control to passing – 10 Minutes**

- Goalie get into stance, lightly throw ball to the goalie.
- Control the rebound, scoop the ball and get into throwing stance.
- Hit the easy outlet at side boards.

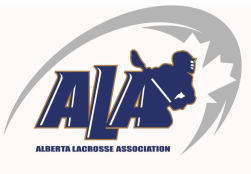
##### **Positioning talk – 5 Minutes**

- Talk about positioning and finding 5 spots on the floor.
- Use the posts to find your spot in the net.
- When to step out and when to hold your line.

##### **Positioning drill – 10 Minutes**

- Implement from talk with shooters.
- Make sure we are taking intentional steps and finding our center in net.

##### **Outside Shooting – 5-10 Minutes**



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- Really working on stepping to the ball when a player is shooting.
- Ensure we are keeping our body together as we step.

## Set, Move, Attack – 10 Minutes

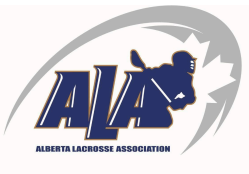
- Three movement sequence to stop the ball.
- Will have a quick chalk talk and straight into shooting. Goalie coach to take time 1 on 1 to assist goalies

## Shootout – 5-10 Minutes

- Work on following the ball and taking steps.

## Post Practice Coach Debrief – 15 Minutes

- Ask coaches for any questions or comments on practice. How it was run, how it was planned, how we interact with players.
- Ask coaches if they understand terminology and skills being taught, what they thought and how/if they can use.
- Note: GELC has small break before coach session, so shorten debrief as needed for coach break.



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## **Skill Development Camp**

### **Practice 2 – 75 Minutes**

#### **Skills to focus on:**

- Rebound Control.
- Passing.
- Angles and Positioning.
- Footwork – stepping to ball and back into net.
- Set, Move, Attack.

#### **Warmup**

##### **Introduction – 5 Minutes**

- Introduce ourselves and find out how much experience the goalies have. Tell shooters today is about goalies and us taking accurate shots.

##### **Stretch/Warmup – 5 Minutes**

- Get everyone ready for the session!

##### **Warmup Shots 5 Minutes**

- Coaches or players with a goalie, light warmup to get them ready.
- Make sure goalies are resetting after shots and stepping to the ball.

##### **Passing – 5-10 Minutes**

- Partner passing.
- Start close together and then slowly farther apart.
- Encourage goalies to follow through on their passes.

##### **Rebound Control to passing – 10 Minutes**

- Goalie get into stance, lightly throw ball to the goalie.
- Control the rebound, scoop the ball and get into throwing stance.
- Hit the easy outlet at side boards.

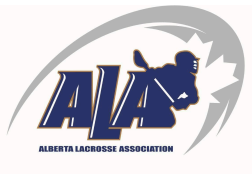
##### **Positioning talk – 5 Minutes**

- Talk about positioning and finding 5 spots on the floor.
- Using the posts to find your spot in net.
- When to step out and when to hold your line.

##### **Positioning drill – 10 Minutes**

- Implement from talk with shooters.
- Make sure we are taking intentional steps and finding our center in net.

##### **Outside Shooting – 5-10 Minutes**



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- Really working on stepping to the ball when player is shooting.
- Ensure we are keeping our body together as we step.

## Set, Move, Attack – 10 Minutes

- Three movement sequence to stop the ball.
- Will have a quick chalk talk and straight into shooting. Goalie coach to take time 1 on 1 to assist goalies.

## Stepping backwards – Outside shooter coming inside – 10 Minutes

- Work on finding our footing moving backwards when a player is attacking.
- Goalie will start like he is facing an outside shot, shooter will make a move and attack inside with goalie patiently stepping back.

## Cross Crease Work – 10 Minutes

- Moving our body across the net when a pass is made to a player on the opposite crease.
- React quickly but don't sell out.

## Shootout – 5-10 Minutes

- Work on following the ball and taking steps.

## Post Practice Coach Debrief – 15 Minutes

- Ask coaches for any questions or comments on practice. How it was run, how it was planned, how we interact with players.
- Ask coaches if they understand terminology and skills being taught, what they thought and how/if they can use.