

Box Lacrosse

Goaltender Training

Level V

**Using a Modified Yearly Planning Instrument
To Achieve Goaltender Training Goals.**

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Re: R.J. Watson /Actual Person (Not Real Name)

Good Day Bob: I realize I have been asking you quite a few questions about yourself and your goaltending skills. I was also curious about how you viewed other goalies techniques. So let's start by talking about what you saw with your limited viewing of the Minto Cup.

Learning to Observe: The best way to learn about your own techniques and capabilities is to watch other goalies and determine if the way they play the game fits the skills which they possess. If you can analyse other goalies then you can analyse yourself and you can learn better techniques by watching goalies who play any sport.

Here is one POINT that you may want to remember; you can watch a hockey goalie, a soccer goalie, a field lacrosse goalie and learn something from how they play. For Example you can watch a hockey goalie steal a peek to see where shooters are or you can watch his routine when shooters cruise around the net and try and score .

You can watch soccer goalies focus on where all the players are before a corner shot comes in from the side. You can also watch and see how goalies refocus after a goal. Skating to the corner, re-tying a shoe. We will discuss how to re focus later.

The key here is watch observe and use what you learn to help your game.

So Go back and re think what you saw with the Minto goalies and tell me how you would Apply what you learned to your game.

ANSWER: I saw a total lack of focus by the home team Goalies, I also saw poor passing. I watched as one goalie almost dropped the ball into the net. As you pointed out they stayed way back in the net and didn't challenge the shooters even when they were committed to an underhand or sub shot. So have a re think and let me know.

Both goalies, were impatience and seem to be reacting to the first move...both seemed to be too deep in their crease allowing long shots to beat them. In close they were too deep also and allowed too much room to shot at. I felt they should have been a half step or so out when in close. They also seem to be moving slowly when reacting to the ball moving cross floor.

The Eastern Representative Goalie; passed the ball very well, came out more thus cutting angles down and giving the shooters less open net to shoot at. He seemed to follow the ball better, he appeared to be in position better than the western goalies thus having to move less to make the save

I was very surprised at how well the eastern goalie played as I thought he played poorly in the round robin , but his team did a good job on defence in the final and their offensive players spent all game on top of the western team crease.

NOW: Let's look at what BOB sent me regarding his self analysis.

Mental Positives

Committed
Hate to lose
Loves the game
Understands the game
Does not get intimidated

Mental Negatives

Gets Down On Self

Physical Positives

Big
Experienced
Good Vision

Physical Negatives

Not Flexible
Slow on feet
Slow

Overall Goaltending Rating

Good Angles
See the ball & floor well
Good reflexes
Size

Slow to Get Up
Poor Passing

Bob's Personnel Goals

- 1- Short Term: Become more agile and quicker
- 2- Medium Term: Make the Summer Games Team & Team BC
- 3- Long Term: Make an intermediate team the first year.

If we look at what you have written down about yourself you have OBSERVED all the positives and negatives in YOUR estimation about your capabilities. A good starting point is the Physical aspect of you analysis.

Observation: You are slow, stiff, and not very agile. These three things are directly related to your overall **strength, flexibility,** and **quickness**. These are the three areas that we will work on to meet your FIRST GOAL.

Setting Up A Plan:

Items Needed:

- a- 1 twelve month Calendar (download from Net)
- b- a few coloured pencils
- c- Tape

Step 1: Take your twelve month calendar and use your coloured pencils to mark the week that the summer games selection begins. Then mark when the BC Team will be selected. We now know how much time we have to prepare in order to accomplish your goals.

Now each week *you* must set up a training program that will help you accomplish your goals.

The best way to achieve your goals is to build upon what you do day by day.

As one scholar said **“The journey of 1000 miles begins with the first step”**

If you want it bad enough; then each day you will follow the schedule ***You*** designed.

Your own mental description describes your love of the Game, your commitment, and your ability not to be intimidated. Do not let the work intimidate you.

Use your DETERMINATION to get what you want.

BOB: This is the only time I will refer to my own experience.

The work, pain, long days and nights as well as the things I thought I gave up to play this game was worth every moment. I have no regrets and I know that if you put the time and work into the sport; then you will get everything you want out of the sport or for that matter any endeavour you undertake.

Let's move on.

Strength Training: I want you to do these exercises for two weeks, keep a Chart on what you did each day, and record all information. We can make changes if we find you need more work.

Do not forget you can do extra work at any time.

Focus: Lower Body/ quads, hip flexor,
Upper Body/ shoulder Muscles / Lats / Forearm Muscles

Week 1 & Week 2

Key – LB - Lower Body Exercise

UB - Upper Body exercise

Set – a set is 8-10 repetitions of the exercise or one run up the stairs.

MON	Tuesday	Wednesday	Thursday	Friday	Sat	
Sun						
LB	UB	LB	UB	LB	UB	Aerobic/

Lower Body Exercises: Pick two for each LB Day.

- 1- Ride your bike for 30 minutes straight no stopping.
- 2- Run 3 sets of steps (30-40-steps) up and down with a 30 second break between runs.
- 3- Stand next to a chair, hold on and do 10 sets of 10 repetitions.
- 4- Stand next to a chair, hold on, stand on one leg bend it and move the other as far as you can to your right. Repeat with Left leg.
Do 10sets, 10 reps each leg.
- 5- Jog on the beach (in Sand) 100 yards, stop rest 20 seconds, repeat 10 times.
- 6- Design your own lower body exercises. Consult the internet and remember which muscle groups we are working.

Do not forget you can do extra work all the time.

Focus: Lower Body/ quads, hip flexor,
Upper Body/ shoulder Muscles / Lats / Forearm Muscles

Week 1 & Week 2

Key – LB - Lower Body Exercise

UB - Upper Body exercise

Set – a set is 8-10 repetitions of the exercise or one run up the stairs.

MON	Tuesday	Wednesday	Thursday	Friday	Sat	
Sun						
LB	UB	LB	UB	LB	UB	Aerobic/

Upper Body Exercises: Pick two for each UB Day.

- 1- Passing the Ball. Find a flat wall stand 20 feet away and then put a mark or square on the wall. Consult my CD on the proper positioning for passing the ball. Foot position, hand position and the finish after the pass. Now start throwing the ball at the mark or square on the wall. Do a set of 10 reps then check your stick to make sure every thing is tight. Move 2 feet closer and do another set of 10 Reps.
- 2- Continue moving closer each time throwing the ball as hard as you can. You should do 200 reps overall each upper body day.
- 3- Take some light weights and 5 sets of 10 reps of side arm Raises and 5 Sets of 10 reps front raises. You can consult the computer to find side raises and front raises.
If you have a hard time finding them let me know.
- 4- Design your own shoulder exercises.

Flexibility: To achieve total flexibility you need to attain full range of motion. That means you can bend and touch the floor; you can turn to the right or left and see behind you.

If you can try and begin a yoga program. This basic program will help you increase your flexibility. Try to go swimming and do stretching while you stand in the shallow end.

You should try and do this at least 4 times a week.

Agility: The best way begin to attain agility you need to learn how to skip. Just a boxes do skipping teaches you quickness, coordination, speed and stamina. It is one of the best agility exercises we do. So learn to jump rope. Keep at it till you can do 10 seconds then 20 then 1 minute.

- A- Consult my CD Rom and do the drills. Shuffle drill, in out drill, fake drill.
- B- Place a rope 6 feet long on the ground, put your feet together and jump from side to side down the rope. Do this for as long as you can then increase the number of
- C- Repetitions and sets you do.
- D- Shuffle drill, place feet shoulder width then shuffle right foot next to the left foot; then pick up the left foot and move it left to shoulder width.
- E- Learn to shuffle right and left. Do 4 sets of 10 shuffles. A shuffle should be four to the left then back 4 to the right. This drill will help you become lighter on your feet and pick up your speed and agility.

All of these drills will help you overall; the key is to commit to getting better.

We can make adjustments as we proceed.

Remember; to be the best you have to work at it.

Hoss