MEN’S SPEED ACCLIMATION DRILL

AUTHOR INFORMATION:

Author Name: Adam Norton
Author School: Jacksonville University

DRILL SPECS:

Drill Theme: Goalie
Field Location: Attack Zone
Time Needed: 5 Min

Drill Style: Warm-Up, Skill Conditioning
Field Position: Goalie
Skill Level: Advanced

OBJECTIVE:

To develop goalie reaction to shots with speed.

DRILL DESCRIPTION:

The goalie is set up in the cage in ready position. The coach uses a tennis racquet and tennis balls to "shoot" at the goalie from 8-10 yards away. The coach should apply great velocity to the "shot". This will help the goalie with reactions to real shots. Shots start high and gradually progresses lower and lower until eventually bounce shots are being given.

SKILLS PRACTICED:

• Stepping to the Ball
• Hand/Eye Coordination
• Consistent Positioning
• Tracking the Ball

VARIATIONS:

Shoot so that the ball will bounce at the goalie. “Rapid Fire”, meaning a quick succession of shots. Shoot from multiple locations. Have goalies use a weighted attack stick instead of their goalie stick.
FOR MORE DRILLS, VISIT USLACROSSE.ORG/COACHES/DRILLS-ARCHIVE