WOMEN’S RAPID TOSS WARM UP DRILL

DRILL SPECS:

Drill Theme: Goalie  Drill Style: Skill
Field Location: Attack Zone  Field Position: Goalie
Time Needed: 5 Min  Skill Level: Basic

OBJECTIVE:

Warm up your goalie’s clear game by giving them toss shots from about 5 yards away. This drill will force footwork to be quick and reactive.

DRILL DESCRIPTION:

Have your goalie get in goal and have a coach with a bucket of 25 balls about 5 yards away. On the whistle the coach will toss and throw balls at the goalie in a rapid fire motion. You must vary the location of each ball, and force the goalie to make saves and then drop the ball behind them in the cage. Continue tossing balls until they are all gone, or until you need to stop to clear balls away from the goalies feet.

Please take caution so your goalie does not step on lacrosse balls.

SKILLS PRACTICED:

• Goalie Play

VARIATIONS:

Vary where the toss shots come from on the field.