

# Goal Keeping Clinician: Gwen Hicks

- Towson University 91-96
- Captain & Team Voted MVP 1996
- Ranked 11th among D1 GKs 1996
- Assistant Varsity Lacrosse Coach WC East 2003-2010
  - Chesmont, District 1 Championship 2007
- Assistant Varsity Lacrosse Coach Unionville 2010-2012
- Assistant Varsity Lacrosse Coach Bishop Shanahan 2014-Present
  - Phantastix Lacrosse Club 2006-Present
  - Philly Women's Lacrosse League Co-Founder
- Pennsylvania Area Schoolgirls Lacrosse Association (PASLA) Volunteer
  - Towson University Women's Lacrosse Alumni Volunteer
  - Upper Atlantic National Team Coach 2014

## GOALKEEPING

1. Tips for Coaching Youth Goalies
  - a. Keep it fun and exciting
  - b. Find a good athlete – basketball/tennis/softball
  - c. Keep them involved in practice
  - d. Keep a balance of confidence building drills
  - e. Teach the mental part of the game
2. Equipment:
  - a. Helmet – NOCSAE approved
  - b. Throat protector
  - c. Mouthguard
  - d. Chest protector
  - e. Gloves
  - f. Thigh pads
  - g. Shin Guards
  - h. Goalie Stick – head and handle  
-Stringing
3. Goalies in Practice
  - a. Always give them a Warm Up
  - b. Keep them involved
    - i. Include them in stickwork
    - ii. Start the drill with a clear/End with a shot
    - iii. Extra coach shoot on them
    - iv. Practice clearing on the side
    - v. Work on angles/communication in the drill
    - vi. Try them in the drill as a player
  - c. Be clear with drills for the GK and NOT for the GK
  - d. Good balance of drills
4. Warm Up
  - a. High/Mid/Low
  - b. Personnel – coach vs. players (throwing with stick/hand)
  - c. GK Stick and Hand Warm Up
5. Throwing and Clearing
  - a. Make sure stick is strung well – makes a huge difference
  - b. Stationary Throwing Technique

- c. Throwing on the move
  - d. Hitting stationary target vs. moving target
  - e. Crease Flip/Crease drop (deputy)
  - f. Clearing Short, Mid, Long
  - g. Other stick work (Under Pressure, Non-Dominant, Stick Tricks etc...)
6. Technique – save
- a. Ready Position
    - i. Athletic Position, Stick Up and out parallel to their body
    - ii. A foot and a half off of the GLE
  - b. Angles
    - i. Follow the arc from pipe to pipe (use 8m to see where you are)
    - ii. Maximize taking up most of the angle with most time to make the save
  - c. Make the Save
    - i. Eyes, Hands, Shoulders, Feet and Toes
  - d. High/Mid/Low Saves
  - e. Fakes
    - i. Play the shooter honest without over committing
    - ii. In youth through high school fakes are not deceptive. If the ball in in the neck of the stick its not a shot, if the ball is in the sweet spot/top of the stick more likely will be a shot (or an advanced fake)
7. Drills
- a. Individual Drills
    - i. Rope Drill
      - 1. Tie a rope to both posts – point of the triangle is the shooter. This will show the angle the shooter sees.
    - ii. Running out Save Drill/Shuttle Saves (1v1 shooting)
    - iii. Shoot at the goalkeeper and have her run through the ball and back to the shooter. This keeps her athletic and the feeling of moving to/through the ball. It is also easier to be able (for coach and GK) to evaluate Eyes, Hands, Shoulders, Feet and Toes on the save.
    - iv. Hands save (from a hand toss or a light shot)
      - 1. Shoot at the goalkeeper with her making the save with her hands then eventually add a field stick
        - a. Predetermined shot placement vs. Anywhere
        - b. Balls with colors, shapes, numbers
        - c. Turn and save
  - b. GK Team Drills
    - i. Basic
      - 1. Rapid Fire/Slow Fire
      - 2. Pattern shooting/Hockey Drill
      - 3. Close Fake drill
      - 4. Shot Clear Drill
    - ii. Game Like
      - 1. 1v1s, 3v3 on half
      - 2. Clear to Goal