

# **Box Lacrosse**

## **Shooters**

### **Level I**

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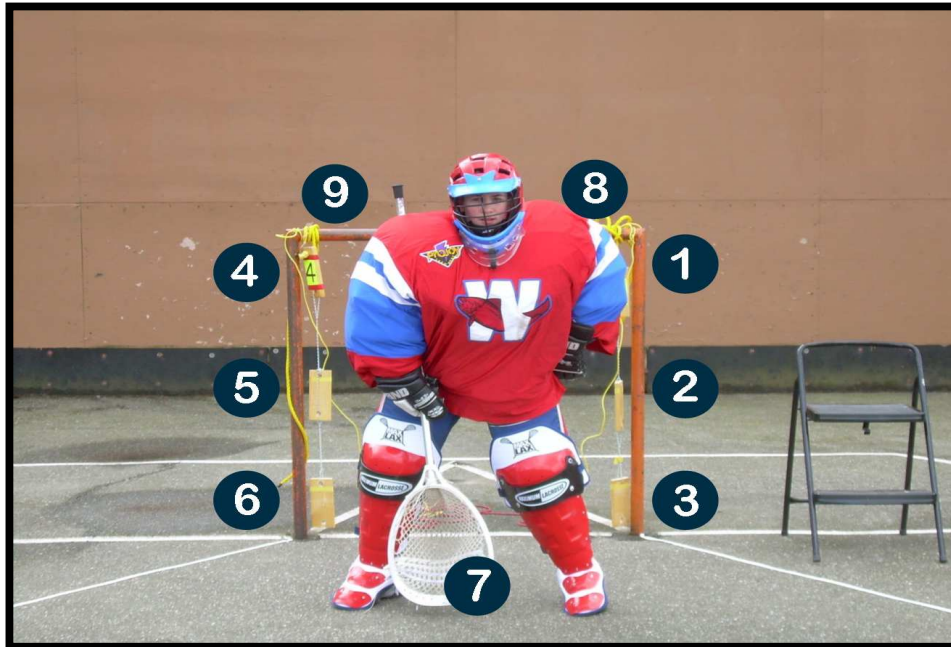
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**Level I**  
**How Shooters Should Analyze Goalies**

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## The Game of Elimination.



All shooters have their favorite places to shoot. A **right** handed shooter prefers to shoot down the right hand side of the net, shown above by the numbers **1-2-3**.

**1** being his best shot. The numbers **4-5-6** show how the shots become more difficult for a **right** handed shooter.

The **7** hole between the goalies legs disappears if the goalie plays his stick in the right position.

The Number **8** Shot is over the shoulder. If a goalie is bent over too much covering the bottom of the net this will give the shooter a good shoulder shot.

The Number **9** Shot for a right handed shooter is a behind the back shot. It is usually done when a shooter is on the wrong side of the floor.

**NOTE \*\*\*** Shooters should watch opposing Goalies in warm ups & during the game.

You should be looking for the weakness in how:

- 1- They stand in the net, good balance, feet shoulder width apart?
- 2- How they hold their stick?
- 3- Where they hold their hands?
- 4- Do they play back in the net?
- 5- Do they pass the ball well?



## The Best Scoring Zones

**Note: I have laid out the high scoring zones for right and left hand shooters**

Shooters should recognize where they are on the floor when they have the ball in a shooting position. If you are out of your shooting zone you should consider:

- 1- Changing hands
- 2- Passing the ball
- 3- Keep running through the zone and circle back behind the net
- 4- Back hand shot
- 5- **Do not** take a bad angle shot



### Proper Set Up

The first thing to remember is that all shooters make their decision on where to shoot based on how the goaltender sets up. If a goaltender has a sloppy set up then the shooter will have more places to shoot.

**Note:** The goalie **MUST** have a good set up in order to cut down on shooting angles and allow good lateral (side to side) movement.

In the picture above the Goalie has taken a step out to the right handed shooter and cut the **1 2 3** shooting side of the net.

The goalie pictured above has a good set up with **TOES** pointed at the shooter which squares the goalie to the shooter.

The stick is in the “**Quick Stick**” position ( off the floor and ready to catch )

The free hand is placed on the **THIGH** ready to throw left arm save or “**Chicken Wing**” to the top Left corner.

*NOTE\*\*\*\* Shooters must be able to analyze the goalie they are facing. In this case the goalie is set up perfectly. Your best method to score is to make him move by passing the ball or driving right or left. A straight shot might be a wasted shot here.*



### Goalie Set Up Analysis

**Situation:** The goalie is in the standard position to stop a shot from a right handed shooter. The Goalie Should be on his toes or balls of his feet so he can move easier.

**Note:** The goalie is too far back in the net allowing shooters to shot to the right side of the net. ( *Bounce Shot, Side Arm , or overhand , take the shot above goalies left Knee*)

The goalie is too far to **his** right, in order to stop a right handed shooter.

The goalies stick shoulder is rounded which will allow for a shot over the shoulder.

The Goalie has his free hand on his hip; notice how his shoulder turns his upper body ,opening a **top right** corner shot.

The goalies weight is on his right foot and his foot is out in front. This will make movement to his left difficult .

The poor foot position **turns the hips** to the goalies left which opens up his left side for shots at his left knee and left foot.



### **Analyzing A Goalie.**

This is an analysis of how this goalie plays a straight on right hand shooter.

1-Good Position in the net takes away the right handed shooters favorite **1-2-3** side.

2-The right hand shoulder is dipped low which would allow a # **4** shoulder shot.

3-The goalie has his right leg planted slightly behind the left which causes the right shoulder to dip. The goalie should have his feet pointed towards the shooter, side by side and shoulder width wide for good balance and good lateral movement.

4-The goalie should have his stick about 6-12 inches in front of hi feet. This will allow the goalie to square to the shooter.

**NOTE:** The goalie stick is too far to the right side of his stance.

*( Shooters can shoot between the goalies legs)*

*The goalies right hand is on his hip; this twists the goalies stance and opens up the 1-2-3 side for shots. When the goalie plants his feet, he has poor side to side movement and is open for fakes or a quick movement to either side of the net. The shooter can also shoot just above the Goalies left Knee.*



**NOTE :** Now look at the stance the feet are shoulder width apart (Almost)

- 1-The toes are pointed at the shooter which squares the hips for lateral movement.
- 2-The stick is out in front and covering all of the # 7 Hole.
- 3-The free hand is loosely on the thigh which squares the goalie to the shooter.
- 4-The goalie is using the Hand Hold KNOB on the stick to square his shoulders.
- 5-The goalies eyes are looking directly at the ball in the stick.

This is a great set up.

*The Shooter must decide how to make the goalie move when he is set up perfectly.*





NOW Analyze what is wrong and right with this set up on the shooter.



NOW How About This?

NOTE \*\*\*\* *The shooter has his stick in the Classic Shooter Ready position. His hands are set to shoot, his toes should be pointed more to the net which would lock his hips and makes the ball travel straight at the spot the shooter decides to shoot at.*

## When to Shoot On a Goalie

Most Goalies do not realize when they CAN move or reposition themselves in the goal net. I teach repositioning, which makes the goalies aware of when you as a shooter are not in a position to shoot.

If a shooter can eliminate *easy* change of position by the goalie, then he makes the goalie focus for long periods of time. This will mentally wear out the goalie down over a 60 minute game. Eventually the goalie will make mistakes and this will create opportunities for the shooter.

Below I will state when the Goalie can reposition and then I will tell you, "*The Shooter*" what you should consider doing.

**NOTE\*\*\***Repositioning, moving or resetting for the goalie position, which I call "**REPO**" is an important aspect of playing Goal. Some coaches may say that you should be ready at all times for a shot and this is true; but it is important to know that you can "**REPO**" when Shooters are close or in the scoring zone.

The following are examples of when a Goalie **should** or **can** move.

- 1- When a shooter is making a pass.  
*(Shooters should **not** make slow passes they should be sharp)*
- 2- The shooter is changing his position on the floor.  
*(Shooters should try and keep his head and eyes and stick focused on the net so he can shoot or keep the goalie working hard to stay in position which will wear the goalie down over time.)*
- 3- When the shooters stick is not in a shooting position.  
*(Shooters should try and maintain the stick in the classic shooting position. The shooter should also hide the ball on the goalie, behind your shoulder, behind your head. This makes the goalie work hard to find the ball when you shoot or pass. This can also make the goalie lose position since he may not reposition when you use a side arm or reaching overhand shot)*

- 4- When the shooter makes a “**FAKE**” he has usually completes a shooting motion and has to draw the stick back to prepare for another shot or as we call it “he has to reload”.  
*(Shooters should use there head, shoulders, legs to fake a goalie this allows you to move around the goalie and shoot while he is in the ready position or static position)*
- 5- During a shot Goalies can move since not all shots are at the net.  
*(Shooters accuracy is imperative, see the spot, hit the spot)*
- 6- When the shooter shows indecision with the ball.  
*( Take Quick shots, do not think, this will catch the goalie out of position)*
- 7- When the Goalies defenseman engages or checks the shooter you can **REPO**.  
*(Shooters should learn to bounce of the check and take a shot, the better or quicker you get, the better the scoring opportunity)*
- 8- When a shot is taken and there is a loose rebound.  
*(Shooters should have a **plan** on what to do with the ball once he picks it up, while the other shooters should have a pre-arranged areas to receive passes and take shots)*
- 9- When the shooter switches hands.  
*(Shooters should not telegraph or move slow on this move; once again quickness will give you scoring opportunities)*
- 10-When the shooter drops the ball.  
*(Shooters quick recover and then a quick shot can catch the goalie watching and not moving)*
- 11-When the goalies defense moves the ball out of the crease area.  
*(A Hard fore-check can produce turnovers, usually goalies are not focused when their defense takes over, They normally stop after the turn over. Remember to recover the ball and shoot as quick as you can)*

## NOW Lets Look At the Shooters set up



### Shooters Stance

Here we see the shooter ready to shoot.  
Left hand at the bottom of the stick.  
Right Hand half way down the stick.  
The stick at a 45 degree angle.

**NOTE:** The shooters feet are pointing at the corner which will make the **4 5 6** shot very difficult because his hips are turned and a shot across his body will be difficult. This shooter is looking at the **1 2 3** as his primary shot.



**Left Handed Shooter**

This shooter is in the act of shooting.  
His hands are in the shooting position (bottom hand and top hand)  
His toes are pointed less at the corner and more to the side of the net.  
His hips and weight shift show he is shooting at the **4-5-6** side which is the favorite side of a left handed shooter.

*( When a shooter is shooting he should finish the shot with his front foot or toes pointing at the net. This helps lock his hips, shoulders and hands in a straight line to the spot he is shooting at.)*



#### **Right Handed Shooter**

The shooters' hips are controlled by the position of his feet. The feet are pointed to the corner not down the line towards the net. This will eliminate easy shots to the 4 5 6 side.

**NOTE:** The weight shift from the back foot to the front foot.

During practice stand back and watch the shooters, hands, hips and feet and see where the ball is shot or passed. With practice you can read a shooter by these tell tale signs.



### **Left Handed Shooter**

**NOTE:** Now look at this shooter and decide where he can shoot.  
Notice the hands, shoulders, hips and finally the feet.





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### Screen Shots

Generally when a player is being checked and intends to shoot he will step into the checker then step back and shoot. The goalie will usually just see the top of the stick as it comes out around the shoulder of the defender. The defense man should have his stick to the inside which will protect the **123** shot and stop the shooter from moving to the center of the scoring zone.

*(Shooters should hide the ball when they are being checked. This makes the goalie work hard to find the ball and increases your scoring capability with a quick shot. The shooter should move in and bounce off the defender the take a quick shot, or pass the ball or pivot and roll to a better shooting position.)*



### **Underhand Shots**

The shooter here is hiding the ball behind the defenseman. The goalie must use the position of the feet hands and stick to determine where the shooter is going.

**NOTE:** The Goalie should have his stick on the floor since the shooter cannot shot over the goalies shoulder.

The goalie should be stepping out to challenge this shot.

The goalie should close down his stance (feet shoulder width) so his stick covers the 7 Hole.

*(Sub-Shots or underhand shots are taken from the outside or from screen situations. Remember to point your front foot toes at the net when shooting so you can increase your accuracy)*



### Goalie Position / Shooter Position

**Note:** This is a situational; analysis. Since the goalie has no defense he is left to protect against the closest shooter. You cannot come out too far or the shooter will pass the ball down low.

By Taking Away the **1-2-3** side of the right hand shooter you may encourage him to pass the ball to the man down low.

The low post man, if he gets the pass, will likely fake a shoot to the top right corner then come back to his favorite **4-5-6** side.

**Remember** where a player receives a pass may determine where he will shoot.

*(Shooters should always try and keep separation with their own players'. This will make the goalie try and cover all the various shots from both players. This is very difficult. The shooter in the above picture should first consider shooting since he is in a great position, or move slightly to his left for a pass to the low post or have the low post man throw a screen while he shoots. These are the things you practice so there is no thinking about what to do.)*



### Floor Position Analysis

**Note:** The shooter is in the wrong shooting quadrant. (Wrong side of the floor).

He is limiting what he can do with the ball.

The shooter can fake a top corner shot # 4 in order to try and get the goalie to commit.

The goalie should throw up a **“Chicken Wing”** to the top right corner and look for a pass to the low man on the crease or a shot down the **1-2-3** side.

**Notice** how the low man is not in position for a pass from the shooter, this will allow you to focus on the shooter.

## **Role of the Goaltender**

- 1- Watch The Ball**
- 2- Stop The ball**
- 3- Communicate with your defense**
- 4- Learn to Pass the ball with a short sharp pass.**
- 5- Keep your stick, game ready.**
- 6- Anticipate where the shot will come from.**
- 7- Anticipate where the pass will go.**
- 8- Practice passing and strengthening drills away from the rink.**
- 9- Prepare mentally for practice and games.**
- 10-Practice hard so you be prepared for pace of the Game.**

### **How to Refocus after a Goal.**

**Use the 5 R's**

- 1-Release the fact that they have scored**
- 2-Relax, do not get frustrated.**
- 3-Review what happened on the goal.**
- 4-Regroup your thoughts.**
- 5-Refocus, on the position you are playing and what your job is.**

*(Shooters should understand what the goalies job is .If you understand how he thinks then you can score on him by figuring out what his weakness are. Does he pass poorly? If so then challenge his passes. Does he move slowly? Then use quick passes to get open shots. And here is the big one; does he watch or track the ball well? If there is one weakness in all goalies that is to keep their eye on the ball at all times. If you hide the ball this makes it difficult to track the ball and most goalies get lost in their focus which leads to opening for your shot.*

*If you hide the ball behind your head most goalies look at your eyes and they will continue to look at your face even after you start to shoot. Usually this will give a large opening since the goalie is now moving to where your head is and not the ball in the stick.*

*This is just one of things that happen to people when they make eye contact. It sounds funny but give it a try it does work.)*

***Making the goalie loose eye contact with the ball is the single best thing you can do to improve your chances of scoring.***

**If you have a goalie that tracks well; then GOOD LUCK!  
You will have to keep him moving and wear down his focus  
and concentration.**

### **More Tips for goalies.**

- 1-Remember Good Shooters Shoot. Bad shooters hesitate.
- 2-Create a book on where good shooters like to shoot
- 3-Visualize before a game, closing your eyes, how the shooter looks before he shoots.
- 4-When you are out of position protect or make a move to where the shooter is most likely to shoot.
- 5-Keep your eyes on the ball.
- 6-Refocus your thoughts by walking around the net, or having a drink, or adjusting your gear.
- 7-Remember the following:

Possession	(MEANS)	Less shots on you
Ball Control	(MEANS)	Fewer minutes for the Opposition having the ball
Ball Control	(MEANS)	Shot Opportunities for your team to score
Scoring Goals	(MEANS)	Overall Game Advantage
- 8-Try Things in Practice, the goals do not count.

### **How to Cool Down Between Periods.**

This will help you mentally to be ready for the next period and help in focusing.

A- Change T-Shirts.

B- Take off your belly pad and shoulder pad.

Put a large towel or plastic bag around your waste to cover your pants and leg pads.

Turn on cold water in the shower and spray your upper body.

Dry off your sneakers.

C- Do Not over drink cold liquids.