

## Drill Name: REACTIONARY DRILL

Stage of Activity	Learn to Train, Train to Train, Train to Compete
Skills	Catching the Ball, Reactionary Movement
Equipment	Balls, Goaltender, Net
Time	10 Minutes
Number of People	2+
How It Works	<ul style="list-style-type: none"> <li>• Coach has a bucket of soft rubber balls or regulation lacrosse balls.</li> <li>• Coach is positioned 15 yards from the goal with the balls.</li> <li>• Goaltender lines up facing the goal with back to the coach.</li> <li>• Coach says "Turn", the goalie then turns around as the coach is shooting on the goal.</li> <li>• Goaltender reacts to the shot and tries to save the ball.</li> </ul>
Modifications	<ul style="list-style-type: none"> <li>• Coach lines up different distances from the goal</li> <li>• Bounce shots</li> <li>• Increase velocity of shots</li> </ul>

