

## Lacrosse Goalie – Basics

<https://www.youtube.com/watch?v=zKOIZn9few>

This is a great video featuring Syracuse lacrosse. The coach and goalie do an excellent job explain some basic points about how a lacrosse goalie wants to stand, and play.

Here are the main takeaways:

### Hands:

- Hold the stick out and away with a relaxed grip.
- Hands should be about 6-8 inches apart. You do not want them to far apart.

### Feet:

- Hands move first, feet must follow the ball.
- Step to where the ball will be, think lateral steps not outward steps.
- Make sure your back foot follows.