

## Lacrosse Goalie – Kip Turner’s Warmup

<https://www.youtube.com/watch?v=f1V8fJdMMGY>

Brown University assistant coach Kip Turner, takes us through his warmup. These drills are excellent, to help young goalies practice their footwork and positioning when making saves.

**Egg Toss-** This drill can be done either off a wall, with a teammate, or with a coach at practice. Points of emphasis:

- Your top hand should be out in front of you.
- Getting your head behind the ball, helps make sure you are in the correct spot.
- As you step to the ball, make sure your feet follow. Just like our previous video (link to Syracuse).
- Kip seems to drag his back foot a little, make sure you bring it with you and drive off of it.

**Butt End saves:** Using the butt end is an advanced skill. When you are attempting this drill make sure you have a helmet on. Again having your head and body behind the ball is essential to your success.

**Short Stick saves:** Using a short stick challenges players because of the smaller head on the stick. Again to be successful, players will have to use proper technique and position.

**Regular warm up:** Using the skills practiced, take a handful of shots at full speed.