

TASK ANALYSIS
Goal Tending

SKILL: Goal Tending

VISUAL DESCRIPTION: Allowing no shots closer than twenty feet, have the goaltender assume the ready position, keeping his body squared up between the shooters and the goal. As the ball comes in, try to catch the ball with the lacrosse stick, at a minimum block the shot with your body, and once the save has been made, pass the ball to a player positioned fifteen to twenty feet off to the side of the net.

MOVEMENT SEQUENCE

VERBAL CUES

1. Athletic stance
 - a. Feet shoulder width apart
 - b. Weight on balls of feet
 - c. Knees slightly bent
 - d. Back straight
2. Arms Flexed
3. Alternated Grip
4. Head of racket at head level
5. Squared to shooter
6. Eyes on ball

Ready

Flexed arms*
Grip*
High Head*
Position*
See it

- 1. Get in a low crouch**
- 2. *Position body between ball and goal**
- 3. *Shuffle feet towards angle**
- 4. *Catch ball with glove or with goalie stick**

Ready position

Square to the shooter

Make the save

Pass the ball.

*** 4 Most Critical Points.**

COMPLEXITY VARIABLES

LEARNER: Playing experience, Skill Level, Hand-eye coordination, Exposure to sport

SKILL: Discrete, Open Loop

ENVIRONMENT: Speed of the ball, flight of the ball, proximity of shooter to goaltender, size of goal.