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Mrs. Tatum

AP Language, 3rd period

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Working Towards the Goal: Formal Outline

Primary Claim: Taking a physical conditioning class and doing hand-eye coordination drills such as wall drills are the most effective way of training to enhance my skills as a goalie.

1. Introduction
   1. In a sport such as lacrosse, your performance is not below your potential, it is one hundred and ten percent, it is work until you think you are about to break, then work some more, because it is not just a game, it is a defining moment.
      1. The sport’s competitive nature and desire for the best pushes its athletes to get better and better; some coaches even attempt to play against teams far too skilled for their own in order to push their players to their limits.
      2. In order to increase my chances of playing lacrosse in college, as I intend to do, it is imperative that I continue to improve my performance as a goaltender.
   2. In fact, improvings importance is not only noted by myself, but by my coaches and the community’s adults as well.
      1. As an aspiring athlete, I am encouraged to seek help during and outside of practices.
      2. While I frequently sought for help in the past, I had never found myself improving as much as I wanted to.
      3. I can learn helpful things from the most unexpected sources; My goalie coach, someone who I greatly admire and look up to, said to me something to the effect of “even if you’re an expert, you can still learn something new from anyone. That’s why I keep my ears open and notebook ready.”
      4. Similarly, it is important that I find a technique that works best for me and can share with fellow goalies, despite feeling as though I’ve tried everything.
2. Literature Review
   1. The position of goaltender is neglected or misunderstood by many, and this neglect or ignorance can really hurt a goalie during preparation.
      1. At the professional level, “Only 14 goalies in D1 had a save percentage over 55%,” proving that “the position is under-taught at all levels” (Quint).
      2. I’ve worked with a team as a goalie, and no skill-enhancing training went on due to the lack of a goalie coach, focus on the goalie, and/or realization that the goalie needs to be trained.
      3. Moreover, it does not matter whether or not a goalie thinks they are already prepared, they must have some sort of warm up first if they expect to be prepared for the rest of practice.
   2. Goalies must be able to get into the mindset of being in goal before they can properly perform during practice and at games.
      1. It is essential to get the muscles adjusted and loose in order for the goalie to be properly prepared for game-like drills or the game itself.
      2. If the goalie is not given the opportunity to properly warm up, it is more probable than not that they will not be able to perform at their full potential at practice, and may then be further discouraged by their poor performance.
      3. Consequently, a key part of increasing saves-per-shots all starts with warming the goalie up both mentally and physically.
   3. Maintaining a proper stance in goal is an extremely important factor for improvement.
      1. The way a goalie stands determines their next move, block, save.
      2. While dismissed by most, the ground in the crease can really help -- or hurt -- a goalie by providing a kind of third hand.
      3. While low shots may be easier to control, the hardest shots to block tend to be the closest ones.
      4. As a result, it is critical for goalies to learn all of these positions and aspects of goal in order to increase their chances of blocking more shots and to understand what can happen during a game.
3. Methodology
   1. I plan to ask questions to my teammates through a group message to collect data on my subject.
      1. I plan to first ask the question what do my teammates believe are the most important things a goaltender needs to do in goal to get a general idea of their view on goalies.
      2. I will follow the first question by asking what do my teammates think I personally need to work on as a goalie in order to improve, to narrow the list of things to test.
      3. I will finish by asking what type of shots are the easiest for my teammates to get by a goalie, to learn which shots I need to focus on at practice.
   2. After I gather data from my questions, I plan to test everything out during practice.
      1. I will experiment every Monday and Wednesday, and collect the data during this time.
      2. As I test each out, I will narrow down my list accordingly.
      3. Finally, I will analyze which tactic is the most effective and determine why it helps me the most.
   3. The reasons I chose to ask questions and use these to determine my trials are simple.
      1. The questions will help me to outline my trials with logical data from reliable sources
      2. I am gathering my data from my community, allowing my community to get involved in my research and possibly help me further in my research (which some have).
      3. The results from doing these trials will give me a more accurate conclusion, seeing as I am doing it myself, and will provide concrete results for both myself and my community to later use.
      4. Consequently, my methods for this research provide a direct, solid way of determining the most effective strategies to solve my problem.
   4. The limitations within this research paper were easily notifiable.
      1. I first was faced with the struggles of actually finding sources pertaining to my subject, and even had to broaden my search to goaltenders in general, not just lacrosse goalies.
      2. Another problem I faced was being able to actually test out my tactics because I only was able to try them out on practice days or scheduled times.
      3. Nevertheless, I was happy with my research and feel like I was able to accurately play out my experiments.
4. Data Analysis
   1. I have gathered my data from my teammates and can determine what I need to focus on.
      1. For my first question of what a goalie needs to do in goal, the most mentioned thing was for a goalie to know where they are relative to the goal, as well as speed and stepping.
      2. My next question of what should I personally do I was told a variety of things, but mainly not chicken-legging (as I predicted) and to increase my speed.
      3. My final question of which shot is the easiest to get by I was told that the two easiest are low side shots, as well as high shots near the goalie’s head.
      4. Consequently, I now know which tactics from my prior research I need to direct my attention to.
   2. From my data collection, I was then able to conclude which strategy worked best for me.
      1. I first chose to do speed drills such as ladders and other agility drills, which I do both in my physical conditioning class as well as with my goalie coach.
      2. Next, I chose to use stride-enhancing equipment on my legs to increase my stepping radius and strength.
      3. Finally, I did a series of hand-eye-coordination drills using a wall and lacrosse balls, as well as a non-stick shooting drill, to improve my reaction time and decrease my natural reaction of flinching or ducking away from a high shot.
      4. As a result, I increased my speed, reaction time, and strength while decreasing my tendency to shy away from a ball shot near my face, improving my overall effectiveness in goal.