

The Last Line

The Deny Goalkeeping Bi-Weekly Newsletter. March 18, 2023.

Evolutions.

You may hear me mention these in an upcoming session.

Drills. Games. Activities. Engagements. I have heard many words to describe what happens during a 'practice'. Perhaps we read too much into what we name the sections of session. Drills may mean lines and waiting around to some, Games do not have enough 'instruction', Activities are not focused enough, and what the heck is an Engagement?

One of the philosophical beliefs of Deny Goalkeeping is the concept of 'Purposeful Practice'. This is where, based on the training session focus area, the goalkeeper decides on an area (and no more than three) to focus on. At the end of the session, the player evaluates themselves on how successful they were related to their focus area(s). This self-analysis, along with discussions with the coach will formulate a path forward in regards to their Individual Development Plan (IDP).

I recently was reading about how the military has this concept of an 'Evolution', a drill with a very purposeful intent of growth and quantitative results. So, as any good coach would do, I stole the concept and decided to build upon it and fit it into our 'Purposeful Practice' model.

This led me to wondering what an evolutionary success or, perhaps more importantly, an evolutionary failure would look like. Vincent DeSetto, an Associate Professor of Anthropology at El Camino College, states *"There are no fails because of the way natural selection works, if it does not work, it does not survive. That being said, one could say that after a time of being successful, the environment may change so that a once fit species is no longer fit. If it had become so specifically adapted to its previous environment that evolutionary change is not able to keep up environmental change, then the species goes extinct and that can be considered failure."*

"If it does not work, it does not survive." How are the five pillars of your game (technical, tactical, psychological, physiological, social) doing? Are you doing, reflecting, changing? Are you an active learner in your environment? If it isn't working, change it. If your environment is changing, make sure you are evaluating if you can still be successful doing the same things as before.

If we are not doing this, we risk having our skill set going extinct and us feeling as failures.

Own your goals. Deny theirs!

~Knowlesy

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Lacrosse

There is a lot going on in the Deny Lacrosse world. If you are interested in individual training sessions, we have a few Monday-Thursday spots open during the day through mid-August. Contact john@denygoalkeeping.com to get on the schedule.

There should be an announcement soon regarding a few group sessions that will be offered in the Rochester NY area.

The **Deny Goalkeeping "No Goals '23" clinic tour** kicks off in about a month. The current schedule is:

- June 19 - The Derryfield School, Manchester NH
- June 26 - East Rochester High School, Rochester NY
- July 10 - TBD, Syracuse NY
- July 18 - TBD, Albany NY
- August 10 - TBD, Buffalo NY

We are hoping to add a Michigan date to this tour. Stay tuned for that announcement!

We are also running a **'Coach the Coaches'** clinic in Syracuse on July 12. This is a BYOG (Bring Your Own Goalie) clinic where coaches will work with their goalies under the guidance of the Deny Goalkeeping coaches.

Registration for all of these can be done by contacting us at john@denygoalkeeping.com.

And..... **Shootout For Soldiers Canandaigua** July 29. Last year, Deny Goalkeeping sponsored the first ever All Goalie Game (AGG) in New York (and only the 2nd ever if the research is correct) and it was EPIC - it may be the best thing I have ever seen. This year we are sponsoring both a men's/boys and a women/girls game. THIS IS THE FIRST EVER ALL FEMALE ALL GOALIE GAME, ever! Head on over to the [Shootout for Soldiers Canandaigua](#) site to get registered for this!! We would LOVE to see a large representation of the Women's game at this first-ever event!

Training tip - Thinking at the Speed of Color.

The ability to recognize and react is a vital skill for a lacrosse goalie. One simple way to work on this at home is to toss a couple of different colored balls (how many can you fit in each hand?) in the air and grab the desired one with your top hand. If you do not have a partner to help call a color, there is a free app called 'SwitchedOn' that can help. Too easy? Amp it up by lowering the toss and giving yourself less time. Better yet, get creative and work on that eye-hand speed.

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Soccer

We have a few Monday-Thursday spots open during the day through mid-August. Contact john@denygoalkeeping.com to get on the schedule.

There should be an announcement soon regarding a few group sessions that will be offered in the Rochester NY area. Stay tuned!

Training thought - Hold the Ball.

Too frequently I see keepers not hold on to shots into the hands. There are cases when it is just not possible to gain clean possession of the ball, but I generally think that if it hits both of your hands, you should keep it in your hands. If you are struggling with this, take a look at your hand shape as well as your body shape. We are built to see best when looking straight at something (especially a rapidly moving object flying directly at us), that is why our eyes are in front. Make sure you are as square as possible to the flight path of the ball. Are your arms in a good 'set' to absorb the impact and provide 'soft hands'? What about the hand shape - 'W', 'Diamond'? It doesn't matter to me, find one that works and doesn't allow the ball through. I think about the only given here is make sure there is a slight 'cup' shape to each hand so you are not 'palming' the ball as it hits your hands - then is like catching with a piece of wood glued to your hand. Square up to the shot, have soft hands, watch the ball into them, have possession and look to restart the offense!

Field Hockey

Deny Goalkeeping is venturing into the Field Hockey World. Contact john@denygoalkeeping.com if you are interested in being an early adopter of the Deny methodology applied to FH shot stoppers. We can help each other out!

Technique of the week - Pushing Aerials with the LHP.

A few important tips here: 1) Help keep your hips square to the shooter by making contact in front of your body, 2) do what feels 'natural' to you in terms of fingers-up or fingers-down. Your waist is approximately the determining factor here, but think about playing catch with your hands and how you would 'naturally' catch in certain locations - for some reason when we put equipment on we forget our natural movements. We are then looking to push the ball down and away from the shooter, think quickly and far. The best way to accomplish this is to keep your hands in front of your body and make contact with your palm. As Marybeth Freeman from Temple University says, "Fingers equal Flimsy, Palm equals Power."

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Mindset Gaia Cerebration

"There is no right time. There is only right now." - Mel Robbins

Take a look at a calendar. Someday isn't on there is it. We are often so worried about making sure we are 100% ready for something, that "someday" we will get started. How often does that day actually come around for you? We are so focused on being ready for the future that we are skipping the Present. If all you currently have is your 'B' or 'C' or 'D' game, don't wait, bring it!

The same thing applies to the victim mentality of "I can't" do it. Then we wait, and when we wait fear starts to creep in and tells us all the reasons why we can't, or shouldn't. Fear likes to bring up the past and try to frame those learning opportunities we experience as failures. Fear is fearful we will find success. The problem is, can't becomes won't very quickly and now we have a bigger issue.

Discredit "I can't" by starting to do it. Replace Someday with a real day and start doing it.
"There is no right time. There is only right now."

If you need help with your Performance Mindset, we can help! Contact john@denygoalkeeping.com to start your journey.

Mindset Gaia is the Performance Mind functioning as one with the Performance Body.
A Cerebration is a mental activity, or a thought.

Six in the 6' Podcast

Episode 14 will be released soon and features **Madelyn Robinson**. Maddie is a rising senior defender for the Roberts Wesleyan Woman's Lacrosse team. In the just completed 2023 season, Maddie earned Intercollegiate Women's Lacrosse Coaches Association (IWLCA) Division II All-East Region Second Team honors as well as earning First Team All-East Coast Conference (ECC) honors. She led the Roberts defensive unit causing 42 turnovers, gathering 36 ground balls, and scoring one goal.

I am looking forward to chatting with her about her season and diving into how her mindset has helped her strengthen her physical skill set.

You can check out past episodes of 'Six in the 6' on our [YouTube Channel](#).

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The Spotlight

Are you a Deny Goalie and want to be in the Spotlight? Contact john@denygoalkeeping.com to get on the list!

Get Social With Deny!



www.denygoalkeeping.com



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