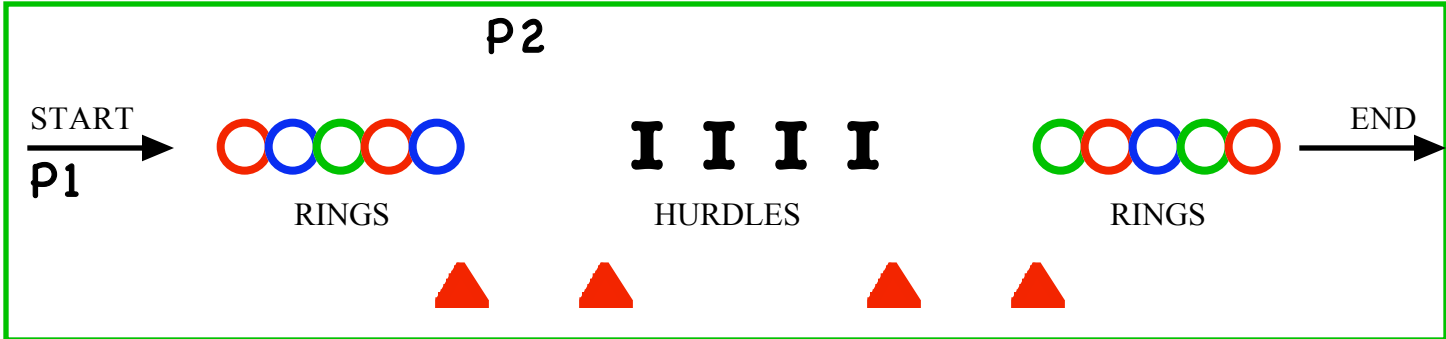


**SPEED, AGILITY & QUICKNESS:
 Player/Goalkeeper “Quickfeet”**



Warmup Runs

> Player #1 (P1) faces 1st set of rings

- Run 1: single-step thru 1st set of Rings, single-step thru Hurdles, single-step thru 2nd set of Rings, return to start
- Run 2: double-step thru Rings, Hurdles, Rings
- Run 3: single-step thru 1st set of Rings, quarter-turn to left (now facing Player 2), double-step laterally (right foot leads) thru Hurdles, turn back to right, single-step thru 2nd set of Rings, turn around, facing second set of Rings, single-step thru second set of Rings, quarter-turn to right (again facing P2), double-step laterally (left foot leads) thru hurdles, turn back to left, single-step thru 1st set of Rings

Technical Runs --With a Ball-- Part I

> All runs are same as in “Warmup”, only now the Player 2 has a ball at his or her feet. After running thru the Rings, P1 turns toward P2, who passes ball. P1 returns with 1-touch. P2 slides to left while P1 runs thru Hurdles.. After Hurdles, P1 and P2 exchange passes again.

Technical Runs --With a Ball-- Part II

> Use only Hurdles and Start between first set of Red Cones, facing P2

- Run: Quick step from between cones to in front of hurdles, receive pass from P2, 1-touch back, double-step laterally thru hurdles, receive pass from P2, 1-touch back, Drop-Step back to between second set of cones, stepping back with left foot first. Repeat sequence and when finished with run thru Hurdles and receive-and-pass with P2, Drop-Step back to between first set of cones, stepping back with right foot first.