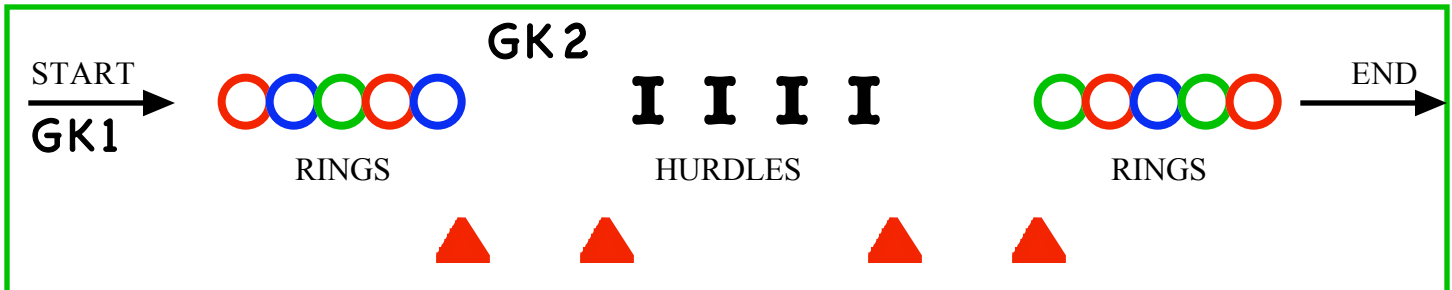


"GK Quickfeet" This drill works on a GK's linear and lateral movement



Warmup Runs

> Goalkeeper #1 (GK1) 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 Goalkeeper 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 GK2), 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 Goalkeeper holds ball. After running thru the Rings, the Goalkeeper turns and chest passes to Goalkeeper 2, who chest passes the ball back. GK2 slides to left while GK1 runs thru Hurdles.. After Hurdles, GK1 and GK2 exchange chest passes again.

Technical Runs --With a Ball-- Part II

> Use only Hurdles and Start between first set of Red Cones, facing GK2

- Run: Quick step from between cones to in front of hurdles, chest pass to GK2, receive ball back, double-step laterally thru hurdles, chest pass to GK2, receive ball 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 pass-and-receive with GK2, Drop-Step back to between first set of cones, stepping back with right foot first.