

Explosive Figure Eight

Emphasis: Improving explosiveness off the line



Set-up:

Place two cones 6 yards apart from each other in the 6 yard box. The goalkeeper starts in the middle and 1 yard behind the two cones. The server stands on the penalty spot with a ball at his/her feet.

Objective:

The goalkeeper does a figure eight through the cones and then explodes forward and slides at the feet of the server. The server stands behind the ball in a breakaway fashion. Perform 3 reps to each side.

Progressions:

1. The server must take a small preparation touch to either side.
2. Move the server back to the top of the 18 yard box.

Coaching Points:

- The goalkeeper must get off the line quickly.
- Always shoot the hands to the ball first.
- Slide through the ball, servers feet, and player.

“What lies behind us and what lies before us are tiny matters compared to what lies within us”
-Ralph Waldo Emerson-