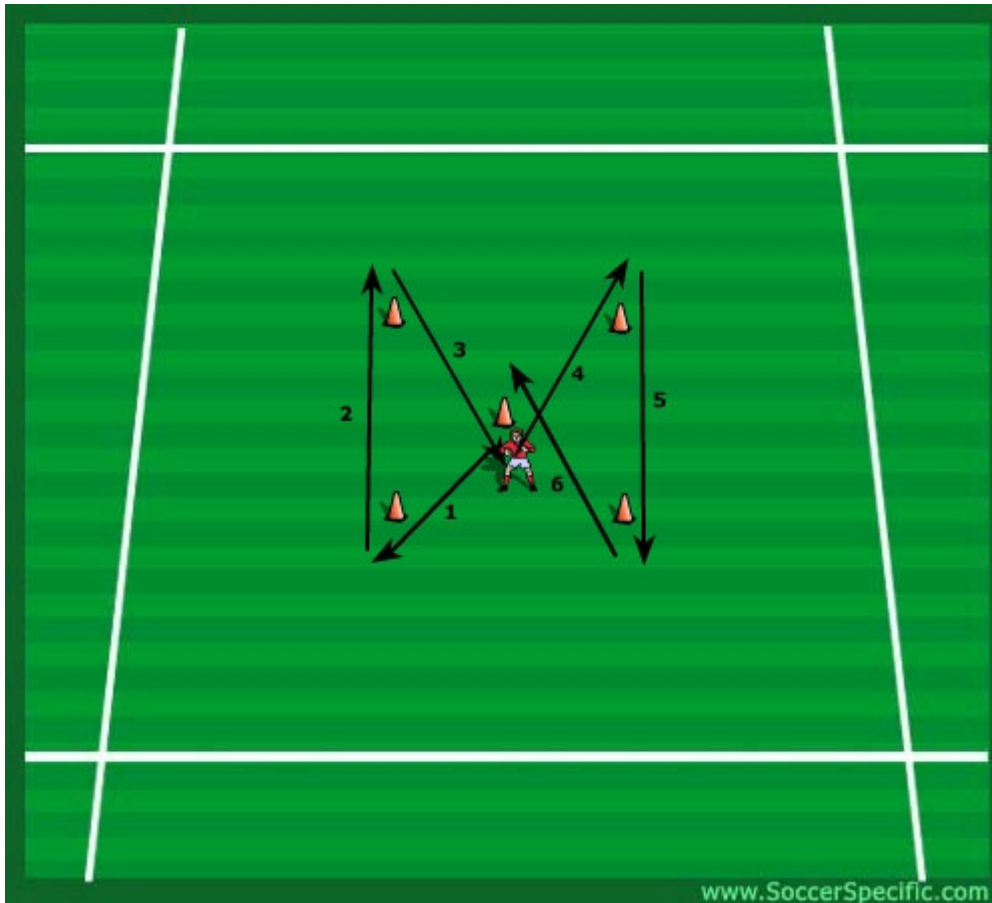


2 X 2 = Mobility

Emphasis: Quick feet in tight spaces



Set-up:

Using 5 cones, set up a 2x2 yard box with one cone in the middle.

Objective:

Goal keeper must always face forward and make his way around all four outside cones and back to the middle. Perform clockwise as well as counter clockwise.

Progressions:

1. Coach stands in front of the grid and holds up his hand. Frequently changing the number of fingers. Goalkeeper must shout the number immediately.
2. Serve a volley each time the goal keeper reaches the middle cone.
3. Goalkeeper completes exercise with eyes closed.

Coaching Points:

- Maintain center of gravity and balance.
- Knees slightly bent.
- Your feet should never touch each other.

