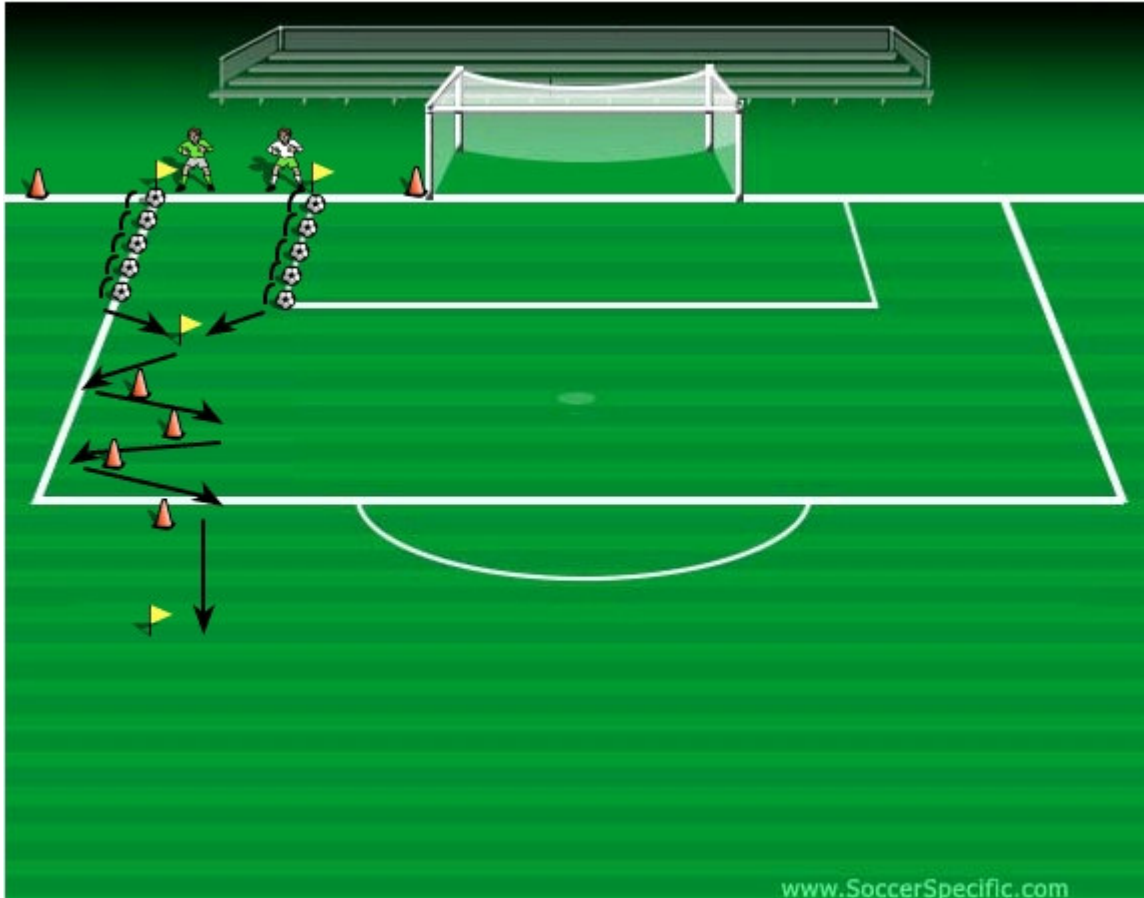


## Head To Head Obstacle Course

**Emphasis:** Psychological edge, explosive footwork, quickness



**Set-up:**  
10 balls,  
6 cones,  
4 flags.

### Objective:

The two Goalkeepers start at the same time and battle each other to see who can finish at the final flag first. The exercise proceeds as follows; start at the flag behind the balls, turn and sprint to the cone and back, quick knee jumps over the balls, battle for pole position to the flag placed in the middle, side shuffle through the cones, and sprint to the final flag. Goalkeepers go through the balls and cones using different combinations.

### Progressions:

1. Balls: circles around each ball, Cones: backwards side shuffle.
2. Balls: one leg hops, Cones: forwards and backwards.
3. Balls: high knees sideways, switch half way, Cones: forwards, backwards.
4. Start on stomach, back, and sitting (don't use your hands to assist getting up).

### Coaching Points:

- Gain psychological edge over opponent.
- React the "start" signal.
- Get to the first flag before your opponent.