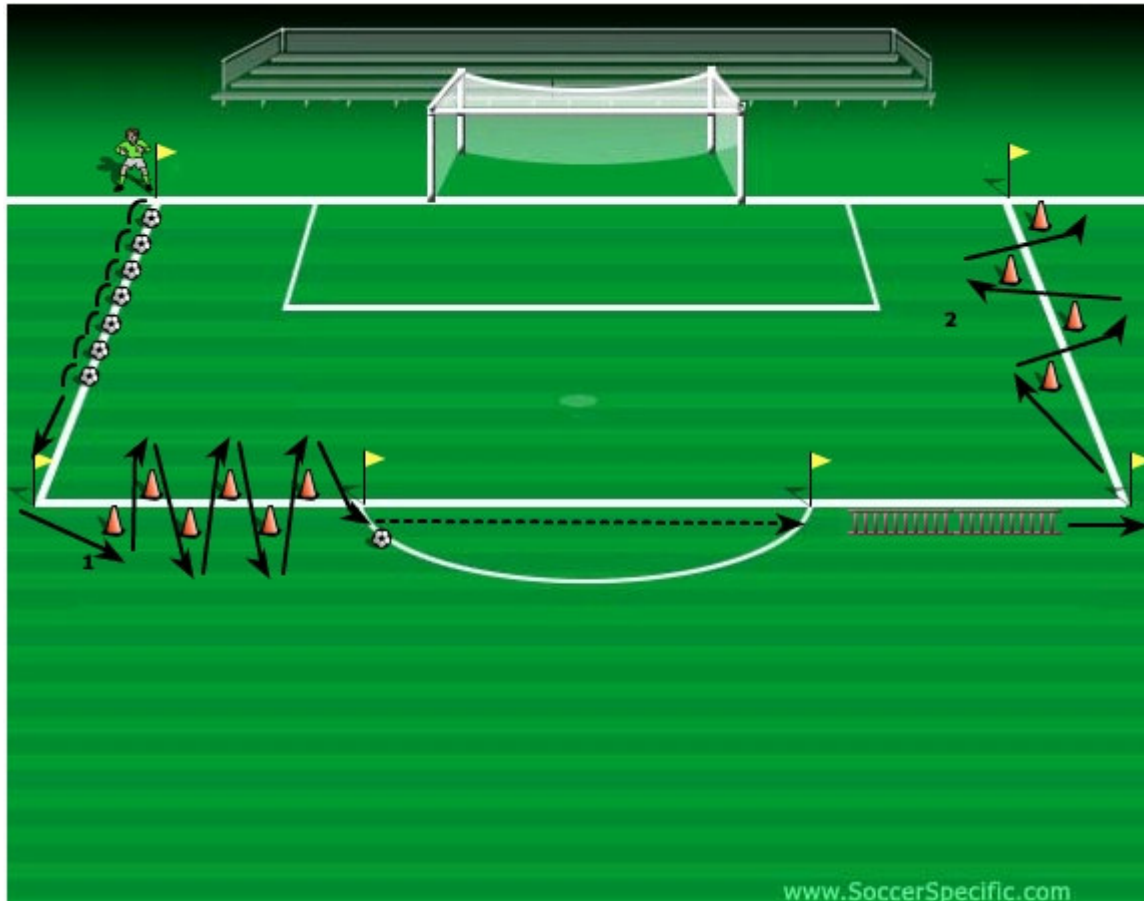


Obstacle Course

Emphasis: Cardiovascular, change of pace, footwork



Set-up:

8 balls, 10 cones, 6 flags, 2 ladders and use the dimension of the penalty area.

Objective:

Goalkeeper goes through the obstacle course as quick as he can without touching a ball, cone, flag or ladder. The exercise proceeds as follows; high knee jumps over the balls (burpees), sprint to flag, forward and backward sprints through the first set of cones, sprint to flag, dribble and leave ball at the next flag, footwork combination through the ladder, sprint to flag, side shuffle through the second set of cones, and end with a sprint to the final flag.

Progressions:

1. Increase the reps to 3.
2. Change the difficulty of the combinations through the cones and ladder.
3. Have a second goalkeeper chase the first (start the second as soon as the first goalkeeper gets to the fourth ball).

Coaching Points:

- Don't cheat the technique.
- Don't sacrifice accuracy for speed.
- Exaggerate change of pace.

“The best way to cheer yourself up is to cheer everybody else up.” -Mark Twain-