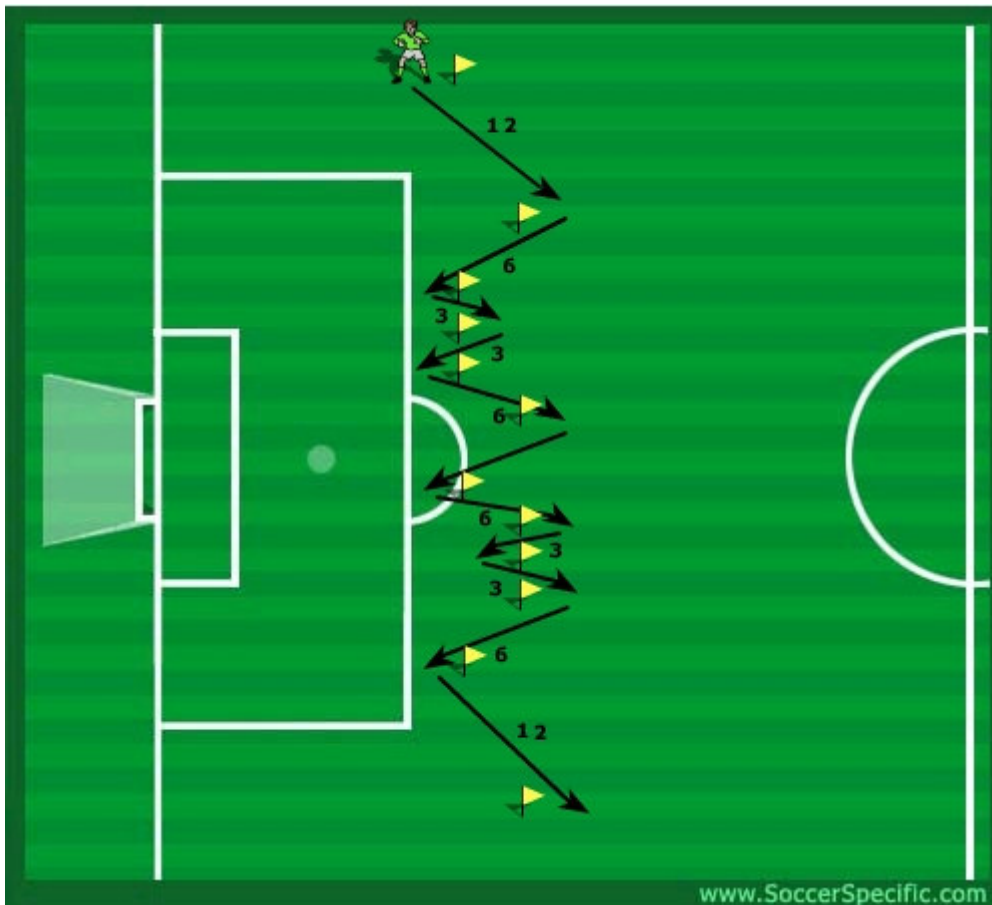


## Change Of Direction

**Emphasis:** Improve Cardiovascular, speed, quickness, and mobility



**Set-up:**

Place twelve cones or flags like the diagram above.

The numbers represent the distances in yards between the flags.

**Objective:**

Goal keeper must get through all the flags as quickly as possible.

**Progressions:**

1. Incorporate side shuffle, carioca, and the back pedal.
2. Incorporate high knee skip, backwards shuffle, and side-to-sides.
3. Set up two courses and compete, or compete for time.

**Coaching Points:**

- Maintain center of gravity and balance.
- Whip your head around to change direction faster.
- Your feet should never touch each other.

