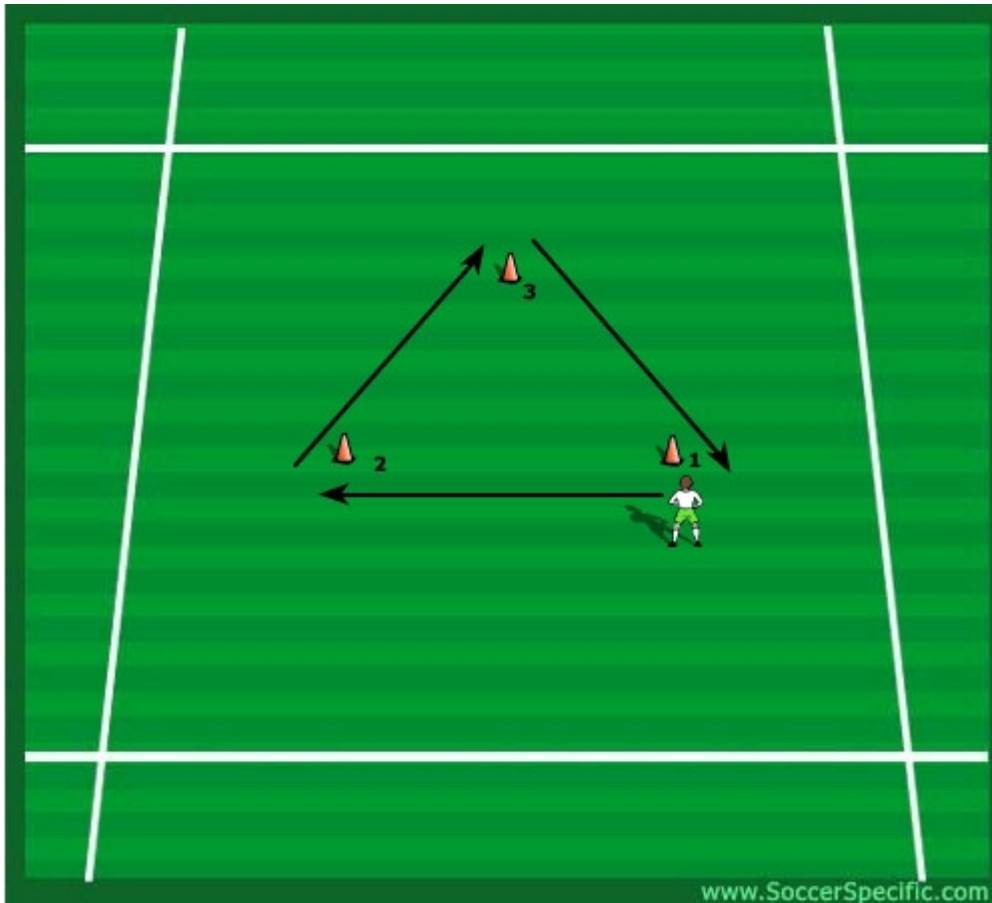


Competition Triangle

Emphasis: Foot speed, mobility, change of direction



Set-up:

Place three cones 8 yards apart in the shape of a triangle (the length of the goal)

Objective:

The goalkeeper must go around the entire triangle and finish at the cone they started at as quick as possible. Goalkeeper always faces the same direction to start.

Progressions:

1. Backwards, side shuffle, and carioca.
2. Crossover, sprint, side shuffle.
3. Change directions for a set of 2.
4. Set up two triangles and compete.

Coaching Points:

- Spring loaded and ready to react in stance.
- Lower center of gravity when you reach the cone.
- Always make a tight turn around the cone.