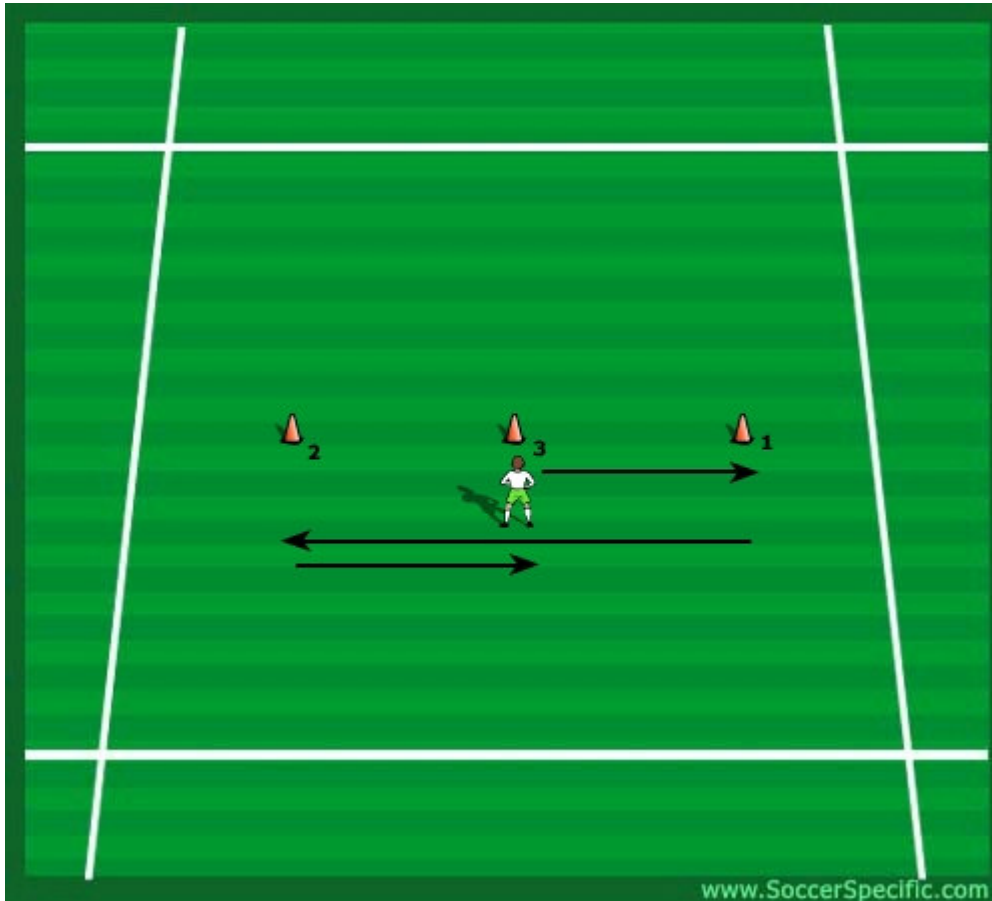


## Competitions

**Emphasis:** Lateral speed



**Set-up:**

Place three cones 4 yards apart, the outside cones are 8 yards apart from each other (the width of the goal).

**Objective:**

Goal keeper must face the middle cone, sprint laterally to cone 1, over to cone 2, and then back to cone 3. (Use the side-to-side movement, do not cross feet over)

**Progressions:**

1. Lateral shuffle short-short-long.
2. Linear sprint short-short-long.
3. Forwards/Backward sprint short-short-long.
4. Set up two grids and have goal keepers face each other and compete.

**Coaching Points:**

- Spring loaded and ready to react.
- Lower center of gravity when you reach the line.
- Explosion step.

“We must either find a way or make one” -Hannibal-