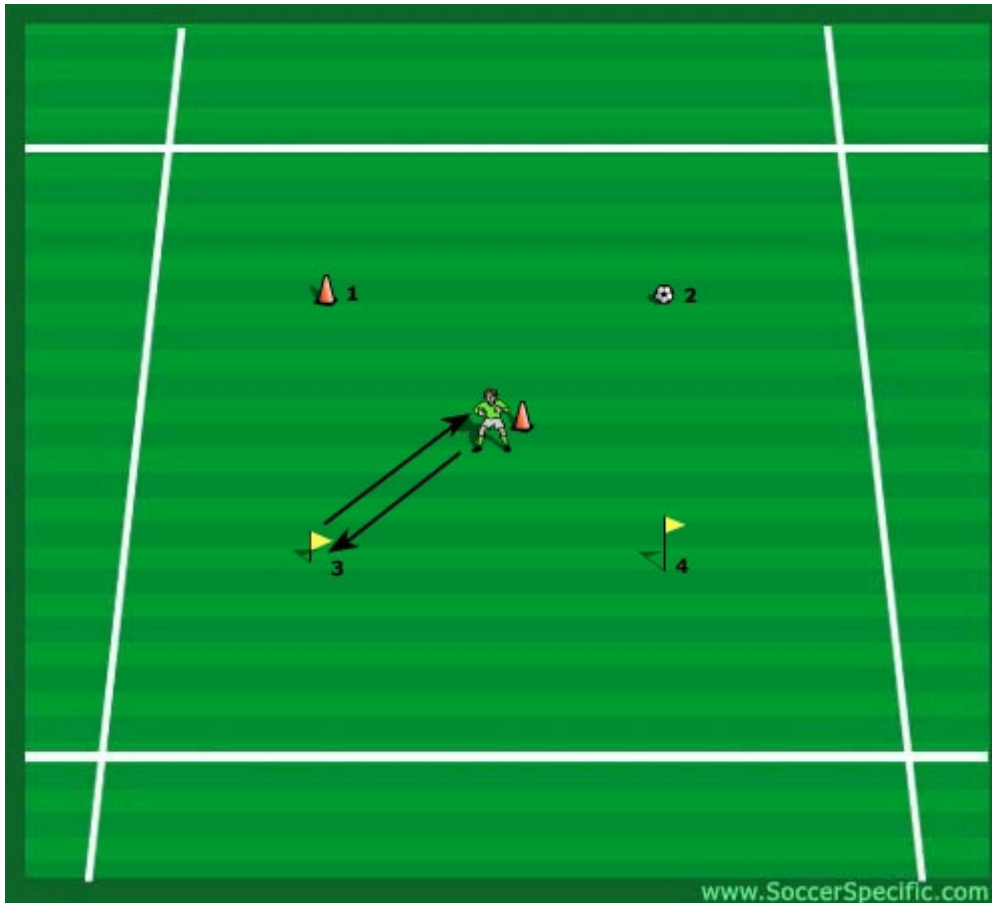


Shout And React

Emphasis: First step, concentration, motor skills



Set-up:

Using five different color cones or five different objects, set up a five yard grid.

Place a cone in the middle of the grid that is used as the starting point.

Objective:

Goalkeeper must always face forward. The coach shouts a color, symbol or number to the goalkeeper. The Goalkeeper must quickly move to the object and touch it with both hands while keeping his/her shoulders square to the playing field. The exercise is done in 1 minute intervals.

Progressions:

1. The goalkeeper must go to opposite corner of the command shouted.
2. Increase the size of the grid to 10 yard grid.
3. Coach holds up fingers for Goalkeeper to shout.

Coaching Points:

- First step always in the right direction.
- Take the most direct route possible.
- Minimize number of steps taken.
- Concentrate on the commands given.

