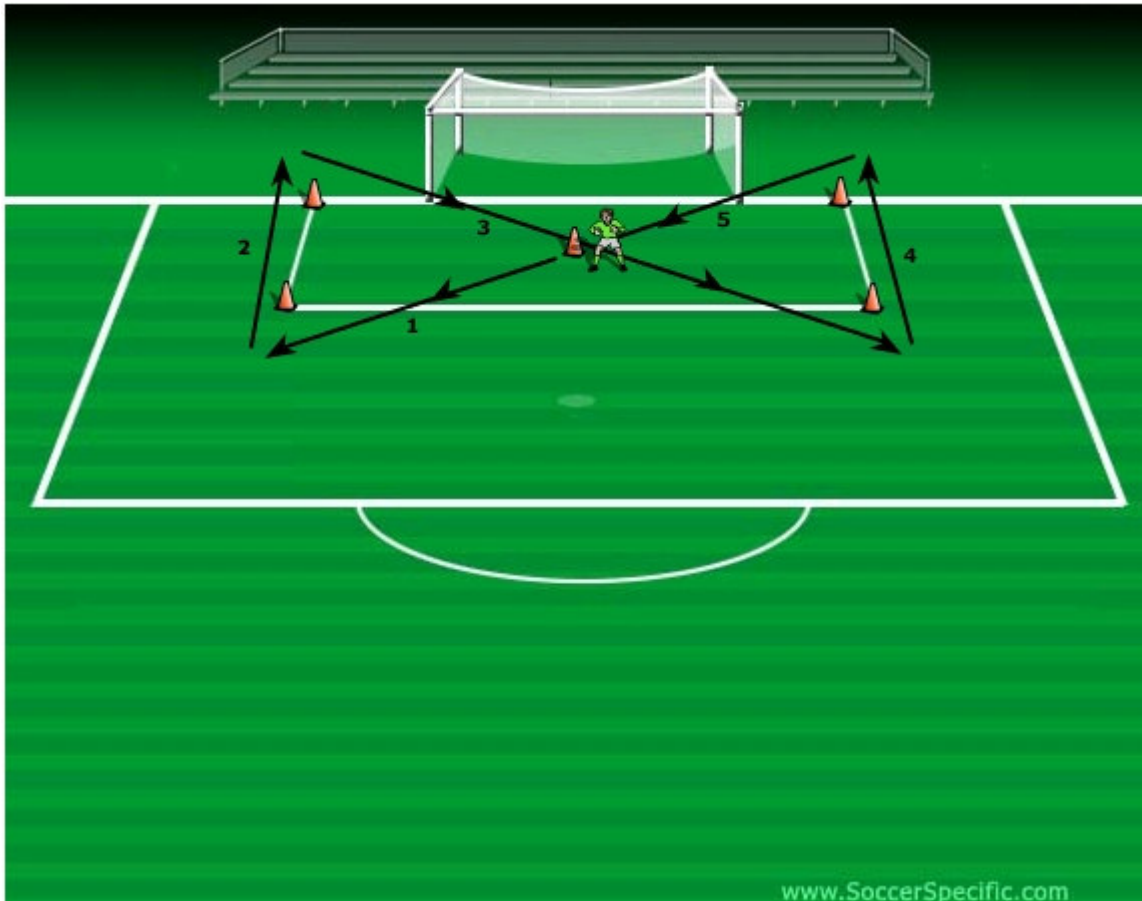


Standardized Test

Emphasis: Mobility, quickness, foot speed and balance



Set-up:

Use the dimensions of the 6 yard box. Place a cone (5 total) at each corner of the 6 yard box as well as in the middle.

Objective:

Goalkeeper must start at the middle cone and make his way around each of the four cones and end at the middle cone. Goalkeeper must keep his shoulders square to the playing field at all times. His/her head must be kept up to watch the field of play instead of the ground.

Coaching Points:

- Shoulders square and straight ahead.
- Stay on balls of your feet.
- The faster you move your arms, the faster your legs move.
- Lower center of gravity.

“Some men see things as they are and say, “Why”? I dream things that never were and say “Why not”? -
George Bernard Shaw-

