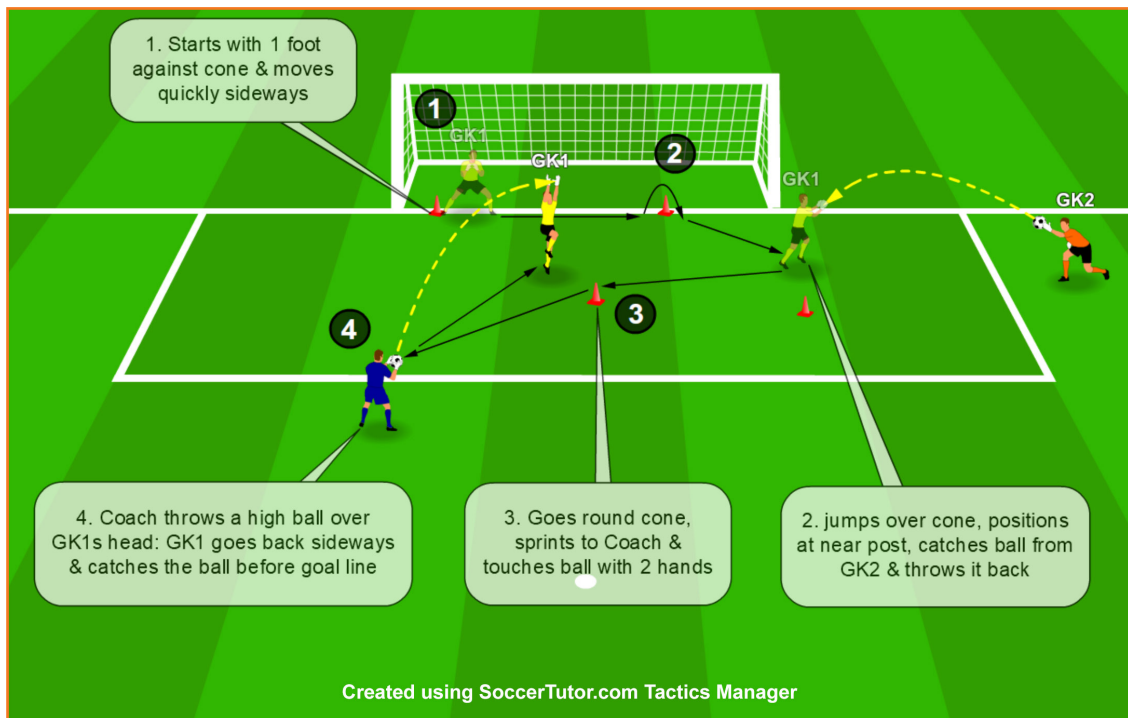


CHAPTER 9

FOOTWORK



10. Different Types of Footwork and Catching Techniques within a 6-Yard Box Circuit



Description

1. GK1 starts with 1 foot against the cone and moves quickly sideways (side-steps).
2. GK1 jumps over the cone, moves into a position at the near post, catches the ball thrown by GK2 and throws it back.
3. GK1 crosses 1 leg over the other to turn, runs around the cone, sprints to the Coach and touches the ball with 2 hands.
4. The Coach throws a high ball over GK1's head. GK1 moves back quickly using side-steps, jumps and catches the ball at its highest point and before it reaches the goal line.

Coaching Points

1. Many footwork elements from the other drills in this section are integrated here.
2. Use a maximum of 4 repetitions, depending on the age/level of the GK.
3. This is a high speed drill, so make sure to allow enough rest time between the sets.

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