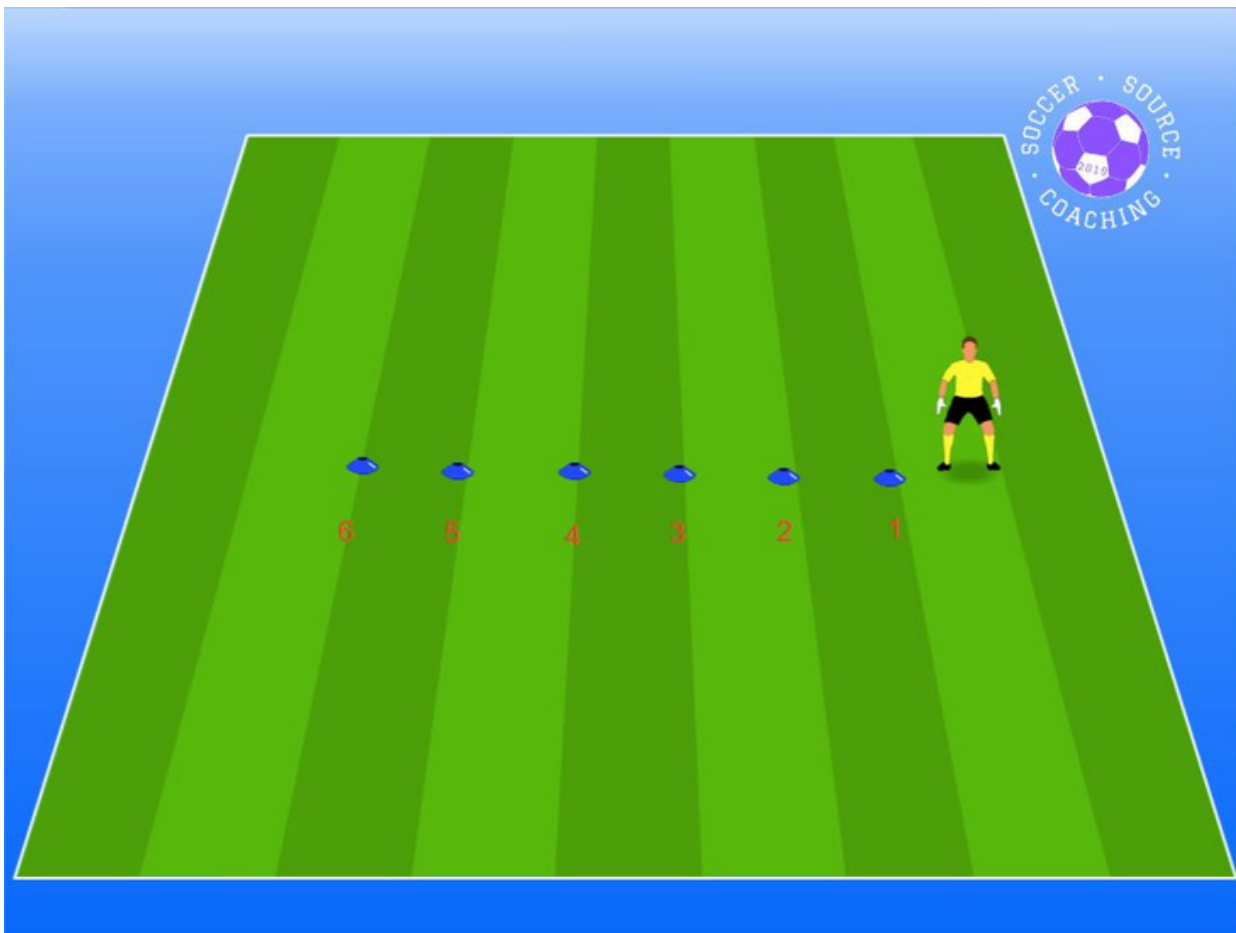


Double-hand cone touch



How it works

While facing the same direction this is the order you are going to touch the cones with your hands:

1. Right-hand cone 2
2. Left-hand cone 1
3. Right-hand cone 3
4. Left-hand cone 2
5. Right-hand cone 4
6. Left-hand cone 3
7. Right-hand cone 5
8. Left-hand cone 4
9. Right-hand cone 6
10. Left-hand cone 5

Now repeat the process with your left hand leading back to where you started, this is the new order:

1. Left-hand cone 5
2. Right-hand cone 6
3. Left-hand cone 4
4. Right-hand cone 5
5. Left-hand cone 3
6. Right-hand cone 4
7. Left-hand cone 2
8. Right-hand cone 3
9. Left-hand cone 1
10. Right-hand cone 2

This will count as 1 repetition

Coaching points

- Take quick shorts steps to help change direction more easier
- Stay on your toes
- Keep a low center of gravity to help with changing direction

Questions

- How can you change direction easier?
- Should you be on your heels or toes?
- What does keeping a lower center of gravity do?

Purpose

The purpose of the goalkeeper agility drill is to improve hand-eye coordination and footwork skills

Set up

- 6 cones

Beginner