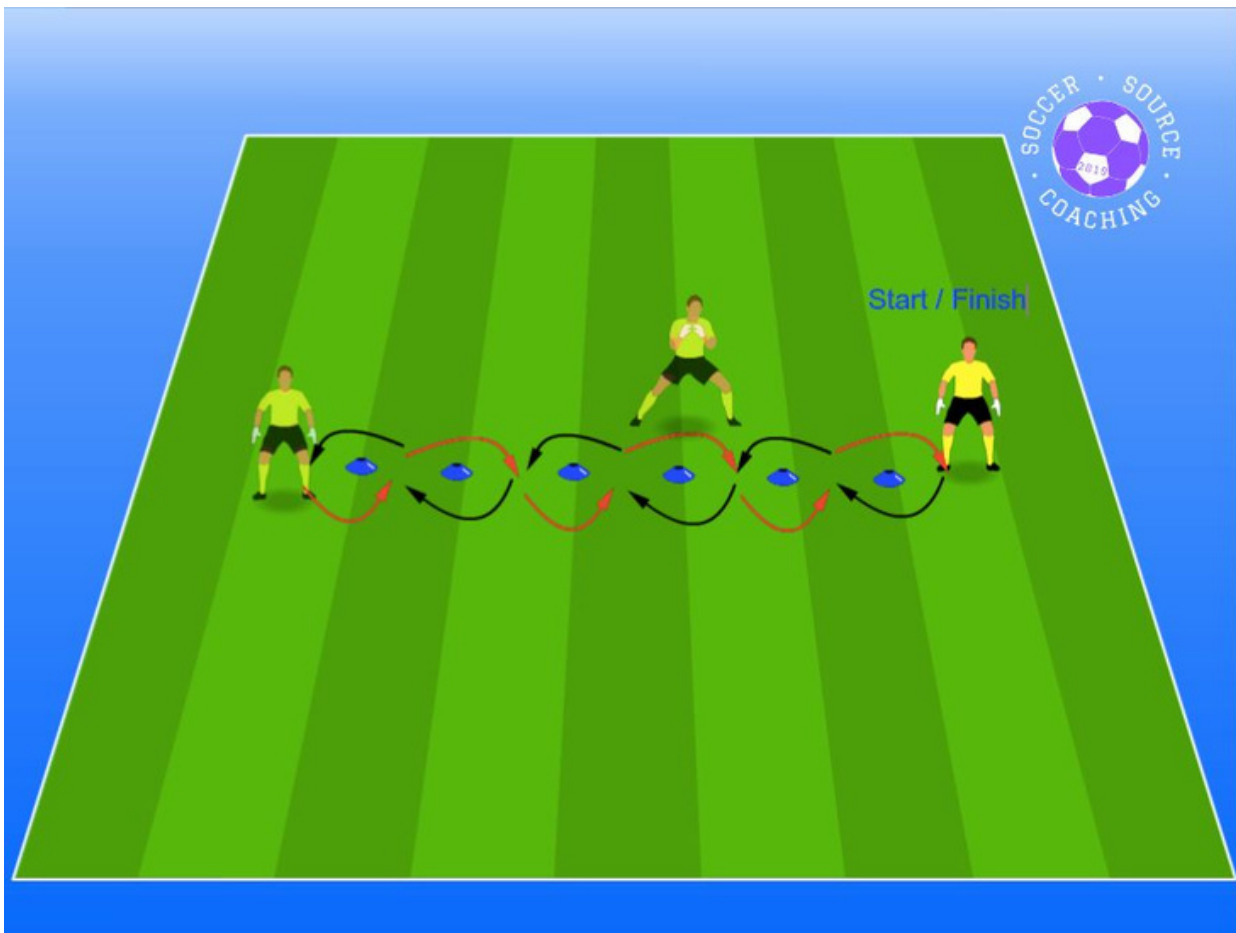


# Lateral cone slalom



## How it works

Set up your cones in a straight line and turn so you are side-on to the cones.

While holding the soccer ball with your arms out in front of you slalom back and forth through the cones while facing the same direction.

Once you reach the end of the cone line, slalom back through until you get back to your starting position.

Have 30 seconds of rest and repeat this until you have completed 5 repetitions.

## Coaching points

- Take quick sharp steps to help change direction
- Stay on your toes for quick movements
- Drive your arms to increase leg speed

## Questions

- How can you quickly change direction?
- What should your feet position be like to help with quick movements?
- What should you do with your arm?

## Purpose

The purpose of this goalkeeper agility drill is to improve a goalkeeper's footwork

## Set up

- 6 cones
- 1 soccer ball

Intermediate