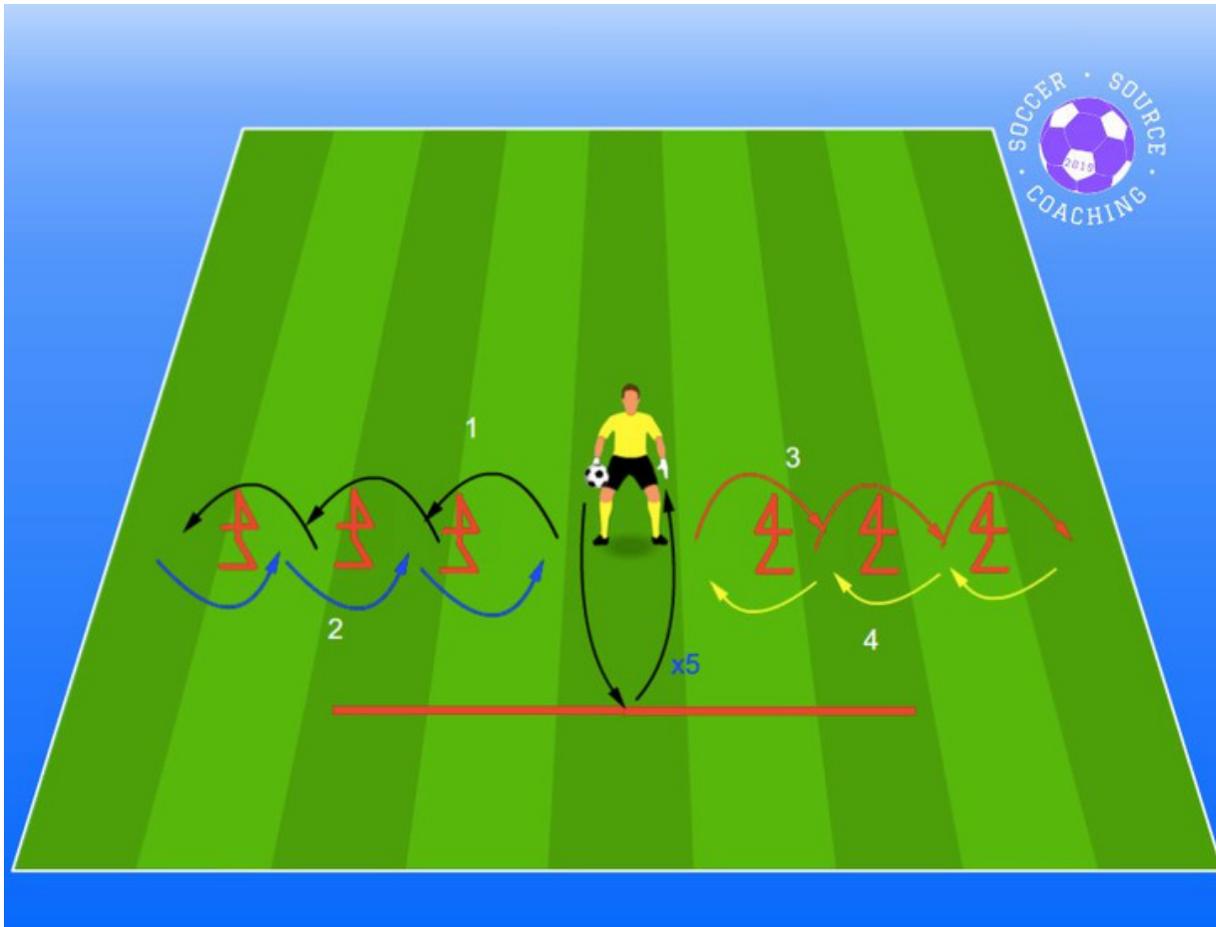


Lateral steps with a throw and catch



How it works

Start in the middle of the hurdles (In the 3-yard gap) with a soccer ball.

Throw and catch the soccer ball 5 times against the wall, then laterally step over the hurdle with both feet touching each section and back into the middle, where you will throw and catch the ball 5 times the wall.

Repeat this again but go to the other side, then back into the middle to throw and catch the ball 5 times against the wall. You must hold the soccer ball the entire time while facing the wall.

This will count as 1 repetition (15 throws and catches in total). Complete 3 repetitions with 30 seconds rest in between

Coaching points

- Lift your knees high enough to get your feet over the mini hurdles
- Focus on driving with your arms
- Catch the soccer ball by making a 'W' shape with your hands.

Questions

- How can you ensure you legs get over the hurdles?
- What can you do to help increase leg speed?
- How should you catch the soccer ball?

Purpose

The purpose of this goalkeeper agility drill is to improve foot coordination and endurance as well as hand-eye coordination.

Set up

- 6 Mini hurdles 1 yard apart (middle section should be 3 yards apart)
- A wall
- Soccer ball

Intermediate