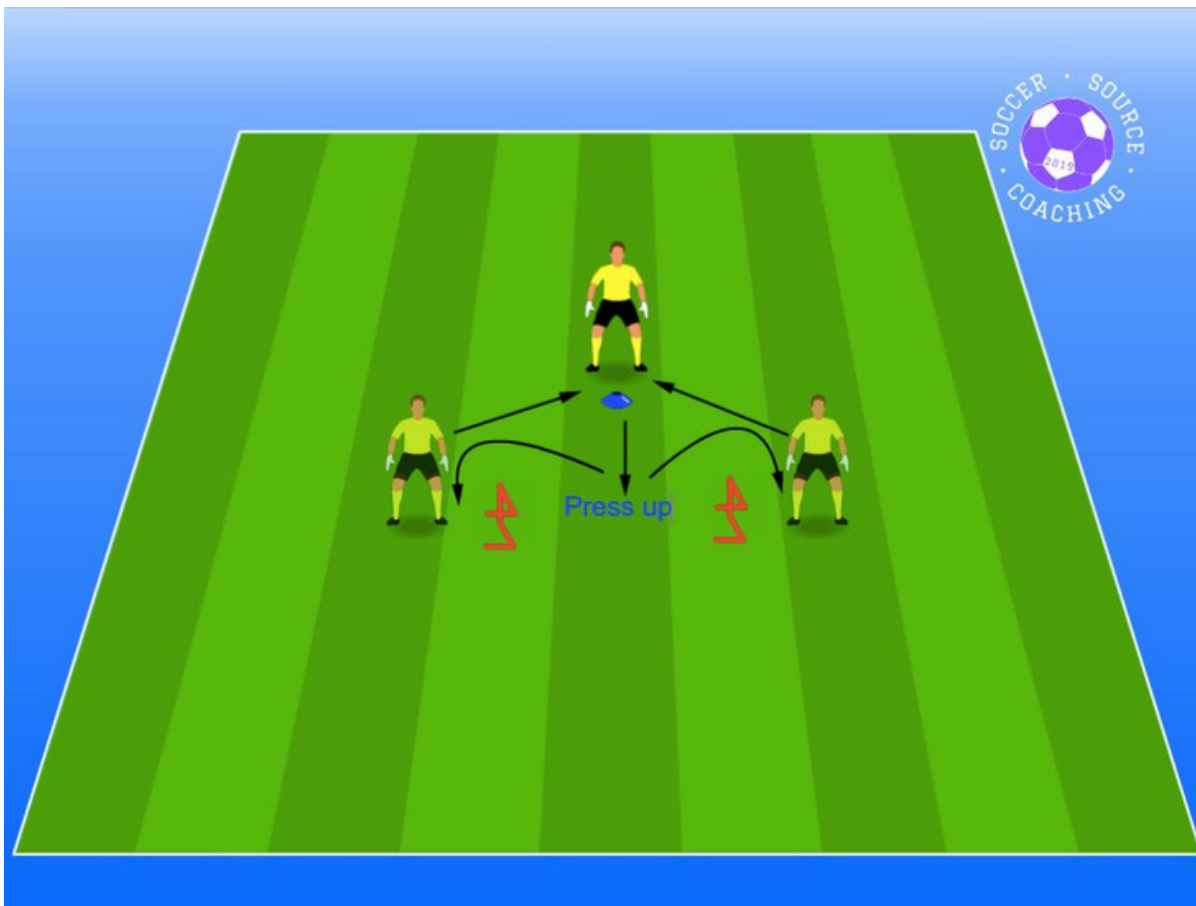


Press-up to hurdle jump



How it works

Place the hurdles 2 yards apart and the cone 2 yards back from the middle.

The goalkeeper will start in the press-up position between the 2 hurdles and perform a press-up over either the left or right hurdle (make sure to alternate).

After jumping quickly backward shuffle toward the cone and get back into a press-up position.

Repeat this until you have performed 10 hurdle jumps on each side.

Coaching points

- Keep the movements as explosive as possible
- Bend your knees when you land after jumping

Purpose

This is to help improve the time it takes for the goalkeeper to get up off the ground after making a save

Set up

- 2 mini hurdles
- 1 cone

Questions

- How should the movements be performed?
- How should you land after jumping?

Beginner