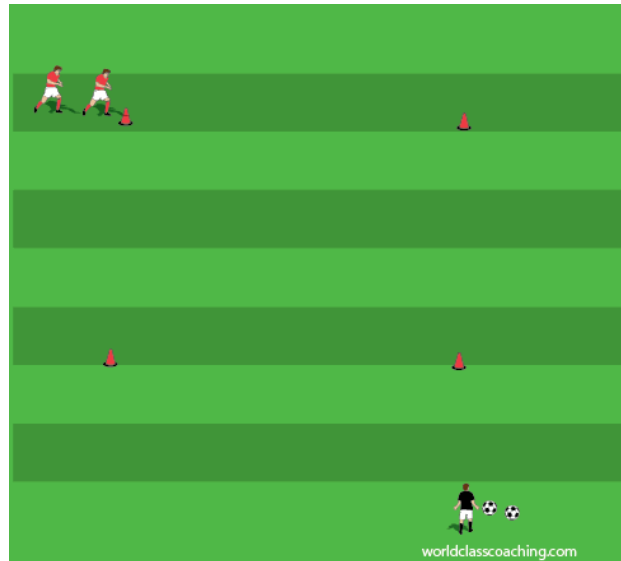
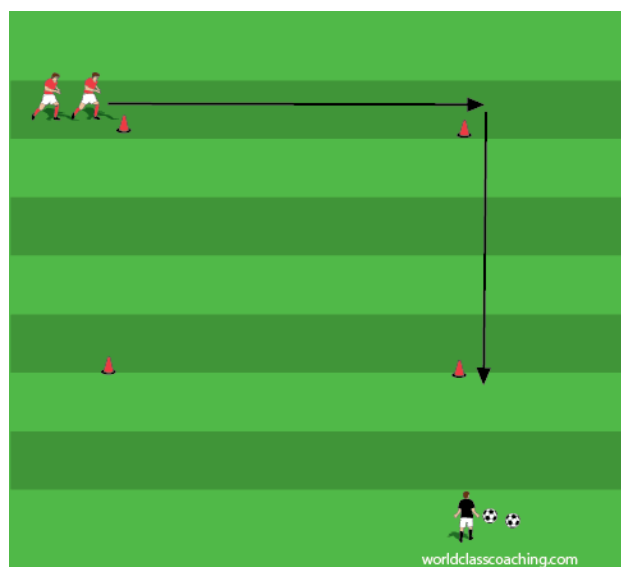


Footwork, Fitness and Catching.

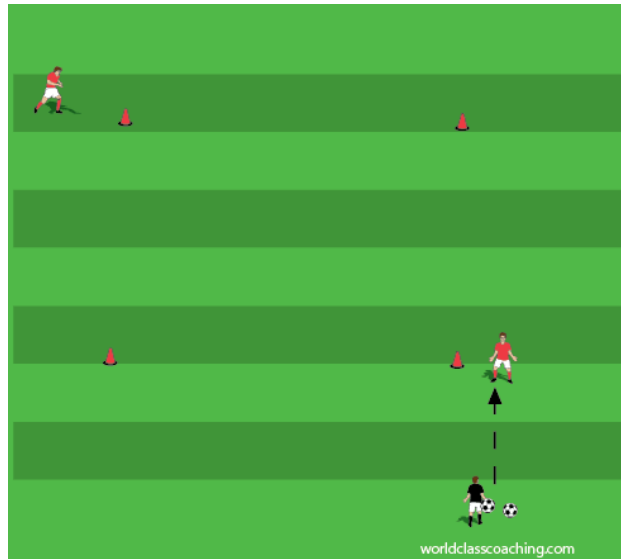
Start with 4 cones making an 8 x 8 square. Two keepers are involved in this activity along with a server with a few balls. The two keepers start at a back cone and the server starts in 10 yards in front of the opposite front cone.



The first keeper starts by sliding side to side across the back line till he gets to the next cone then sprints forward to the front cone



As soon as the keeper gets to the front cone, the server plays a ball for the keeper to save.



The keeper makes the save, returns the ball to the server and then sprints around the other front cone and back to the starting point.

As soon as the save is made, the next keeper starts.

The two keepers continue this at full speed for a one minute period. If you use 3 keepers, add 30 more seconds.

After this is done two times, change the direction so the server is in front of the opposite front cone and the keepers start at the opposite back cone.



The server can vary the balls (high, low, rolling etc).

This is an excellent way to use 8 minutes to get a lot of work done in an effective and efficient way.