

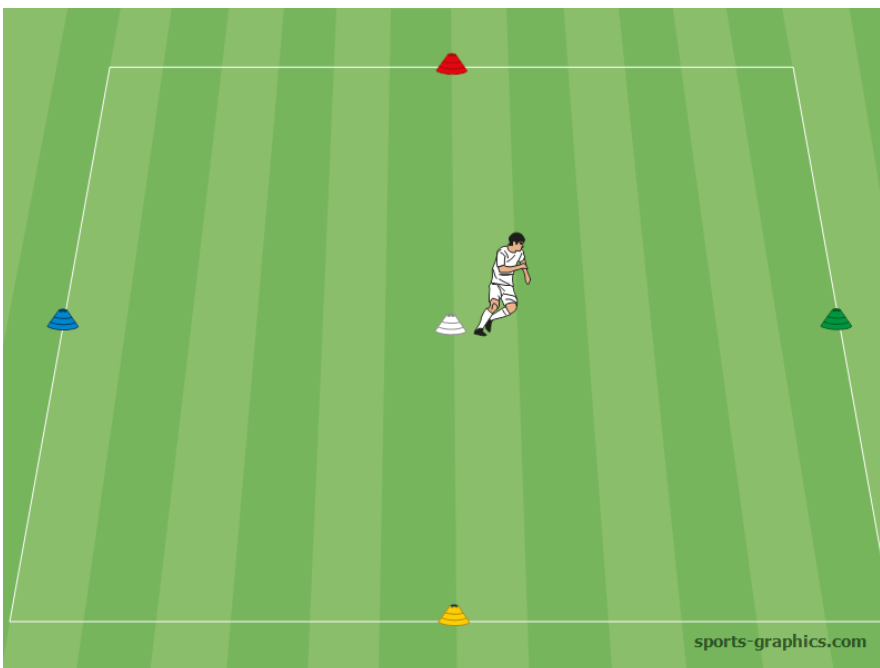
GK COMPASS DASH

To develop agility, balance, coordination and quickness

PHYSICAL

Conditioning

Agility, Balance,
Coordination and Speed



Arrange four different coloured cones 5yds from a central point.
Players start in the middle.
On coach instruction player either sprints, moves laterally or back pedals to the nominated coloured cone.
A ball can be introduced at any of the cones for the player to volley, pass or head.
Ensure players work at a high intensity and use correct technique.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.



LEARNING OUTCOMES

- Players develop and improve sharp movements and increased reaction speed.
- Players will improve speed, agility, balance and coordination while developing overall running technique.

KEY FACTORS

- Increase arm speed when coming out of turns
- Keep head and eyes up
- Maintain correct running form
- Short explosive steps into the turn
- Stay light on feet
- Use running action with arms

FOCUS AREAS

- Actions should be performed at high speed with maximum intensity while maintaining good technique and high quality.
- All drills designed to improve speed and agility must be executed at maximum effort.
- As with all movement drills, ensure players stay relaxed and focused throughout.
- Build anaerobic (speed) endurance.
- Encourage rapid change of direction and acceleration.
- Ensure training is specific to football when possible.
- Progress training by increasing the intensity or duration to overload.

GK COMPASS DASH

To develop agility, balance, coordination and quickness

