

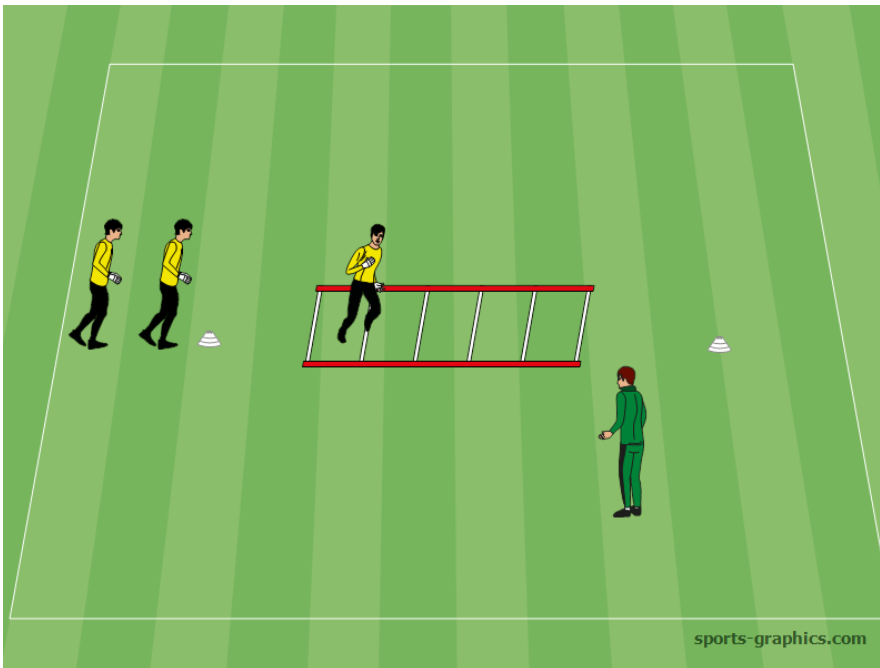
GK TWO IN LATERAL LADDER WORK

Improve footwork and speed

PHYSICAL

Goalkeeping

Goalkeeper Conditioning



Set up a speed ladder with a cone marking the players' starting position. One at a time players start standing side-on at the outside the first rung. Players step laterally into the first rung with the closest foot, followed quickly by the second foot. Players proceed through the ladder with this pattern. Emphasise fast foot placement with head up. Rest and repeat. Ensure players minimise the contact time on the ground, as well as maintaining correct form and then look to increase the speed. Once the technique is being executed correctly a ball can be added with a server, who passes or throws towards the GK as they come off the last rung of the ladder.

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

- Improve coordination, balance and foot speed.

KEY FACTORS

- Correct foot placement
- Ensure correct footwork patterns before speed
- Explosive movements
- Keep head and eyes up
- Knees slightly bent
- Light on feet
- Rhythm and coordination

FOCUS AREAS

- A fast completion with poor technique will reverse the desired effect.
- Demonstrate the correct technique.
- Ensure adequate rest between sets of repetitions.
- Ensure feet land in centre of the rung.
- Ensure players are using correct foot patterns.
- Rhythm is essential - players should not be hesitant or be stop-start.
- Speed and agility improvement practices, must be executed at maximum effort.

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