

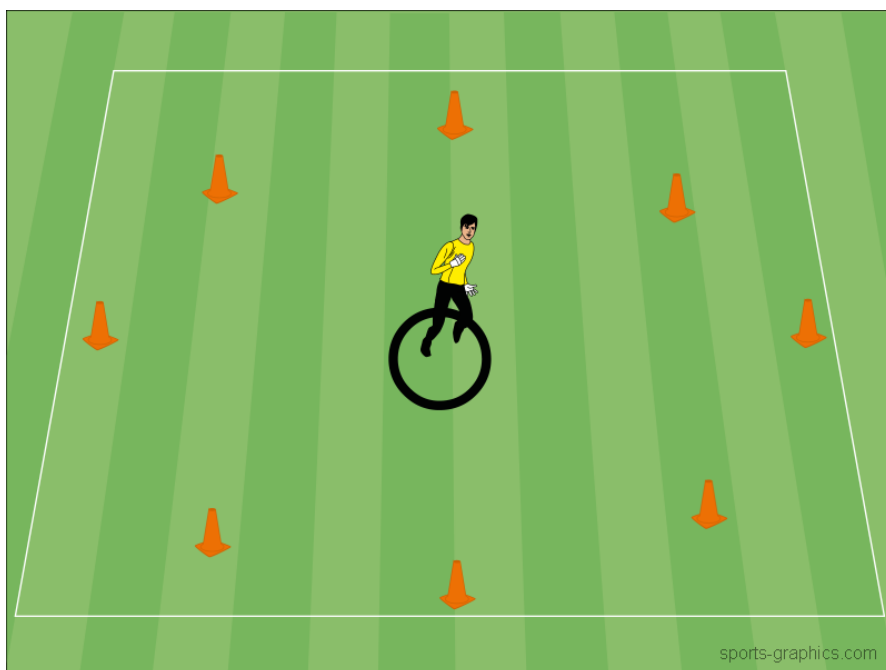
GK 8 POINT STAR

To develop agility, balance, coordination and quickness

PHYSICAL

Conditioning

Agility, Balance, Coordination and Speed



Arrange eight cones in an 8yd wide circle. Adjust if necessary.

Player begins in the middle in a ready athletic position.

On coach signal, player runs to each cone in the circle and touches with designated hand or foot.

Player returns to the centre after each touch and continues in designated clockwise or counter clockwise direction.

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.
- Players develop and improve sharp movements and increased reaction speed.
- Players will improve their maximum speed, agility and quickness.

KEY FACTORS

- Explosive movements
- 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.
- Progress training by increasing the intensity or duration to overload.

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