

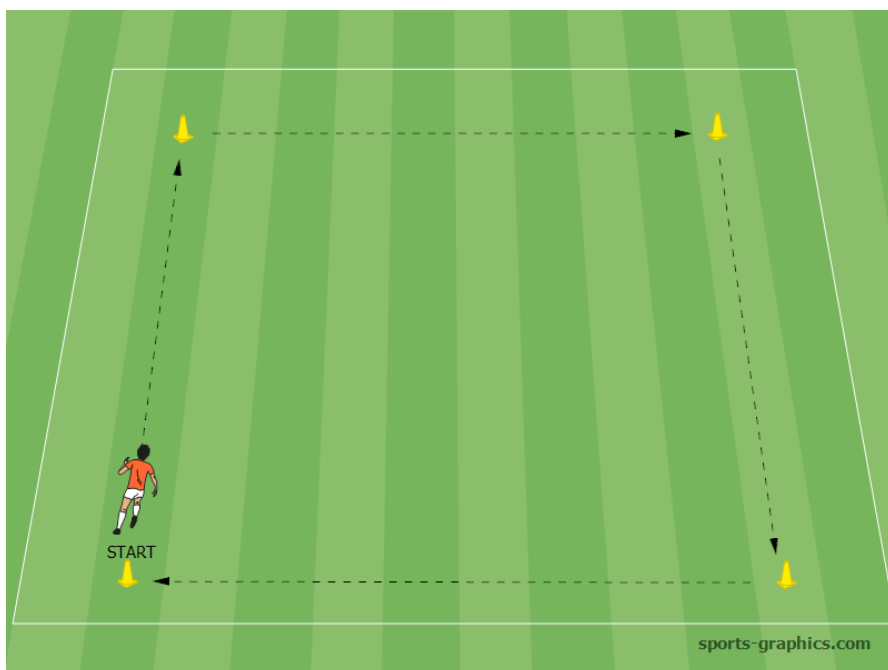
# GK 20 YARD SQUARE PRACTICE

To develop agility, balance, coordination and quickness

PHYSICAL

Conditioning

Agility, Balance,  
Coordination and Speed



Arrange four cones in a 5yd square. The practice begins with the player in a two-point stance. Player sprints forward 5yds to the second cone and makes a sharp right cut. Shuffles sideways facing outside to the next cone, makes a sharp cut back and backpedals 5yds to the next cone, before finally making a sharp left cut at the 3rd cone and shuffling facing inwards to the original start position.

## 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

- Ability to maintain short bursts of power or repeat high intensity movements in quick succession followed by periods of rest or low activity.
- Improve coordination, balance and foot speed.
- Players develop and improve sharp movements and increased reaction speed.

## 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.
- Ensure training is specific to football when possible.
- Progress training by increasing the intensity or duration to overload.
- Rhythm is essential - players should not be hesitant or be stop-start.

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