

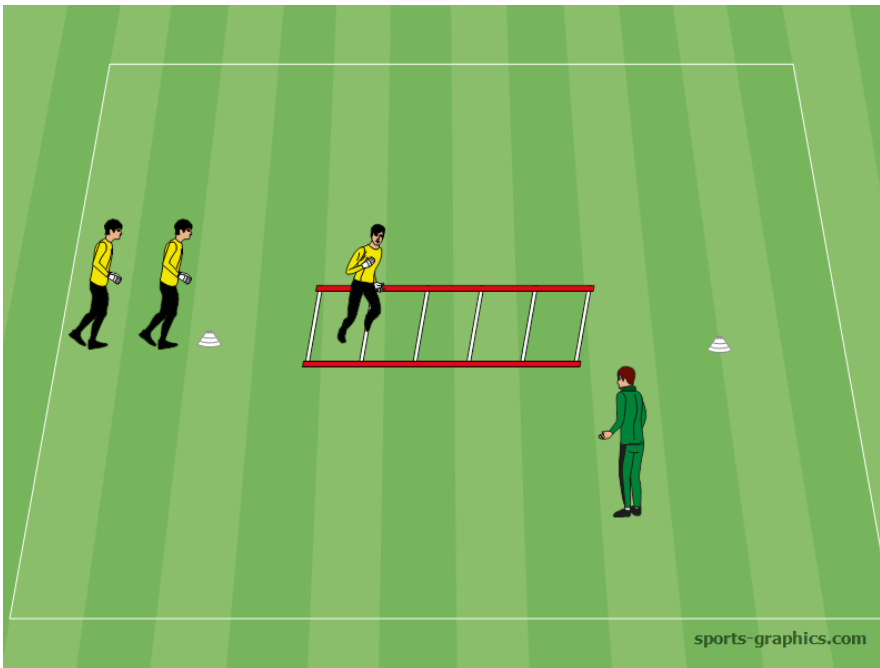
GK X-OVER LATERAL LADDER WORK

Improve footwork and speed

PHYSICAL

Goalkeeping

Goalkeeper Conditioning



Set up a speed ladder. Additional players wait at cone. First player starts side on outside the first rung with the outside foot slightly in front of the inside foot. Player crosses the outside foot in front of the standing foot into the first rung of the ladder. The standing foot follows into the first rung. Footwork pattern continues through the ladder. Repeat but start with opposite foot by starting side on facing the other way.

Emphasise fast foot placement with head up. Ensure to 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

- Develop balance, speed and co-ordination.
- Improve footwork.

KEY FACTORS

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

FOCUS AREAS

- Actions should be performed at high speed with maximum intensity while maintaining good technique and high quality.
- As with all movement drills, ensure players stay relaxed and focused throughout.
- 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.

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