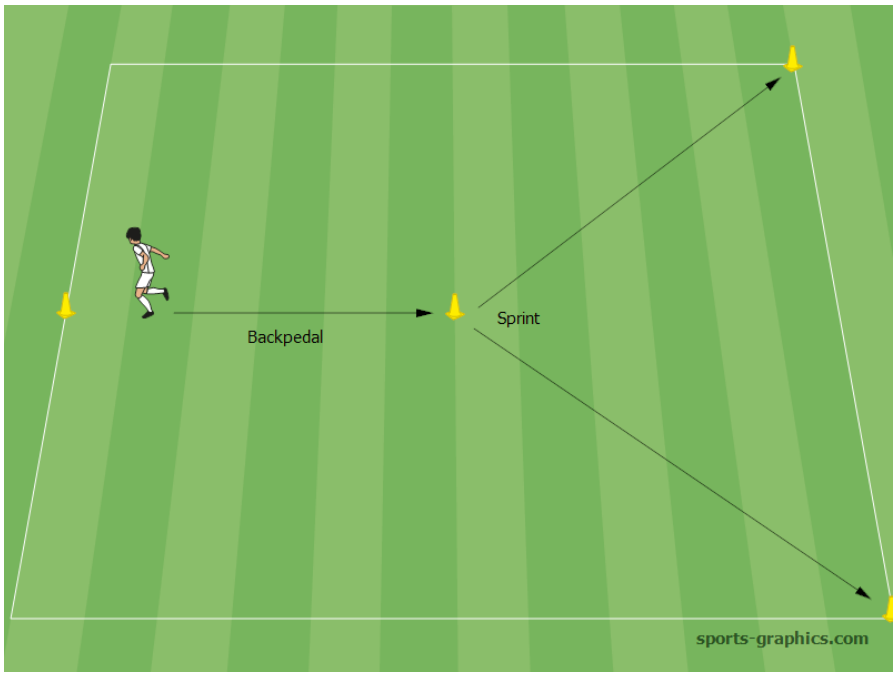
GK BACKPEDAL

To develop agility, balance, coordination and quickness

PHYSICAL

Conditioning

Agility, Balance, Coordination and Speed



Set up three cones 15yds apart arranged as shown. The practice begins with the player running backwards from the starting position to the first cone.
Once this cone is reached, the player turns and sprints to either of the corner cones.
Increase stride length with good form.

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

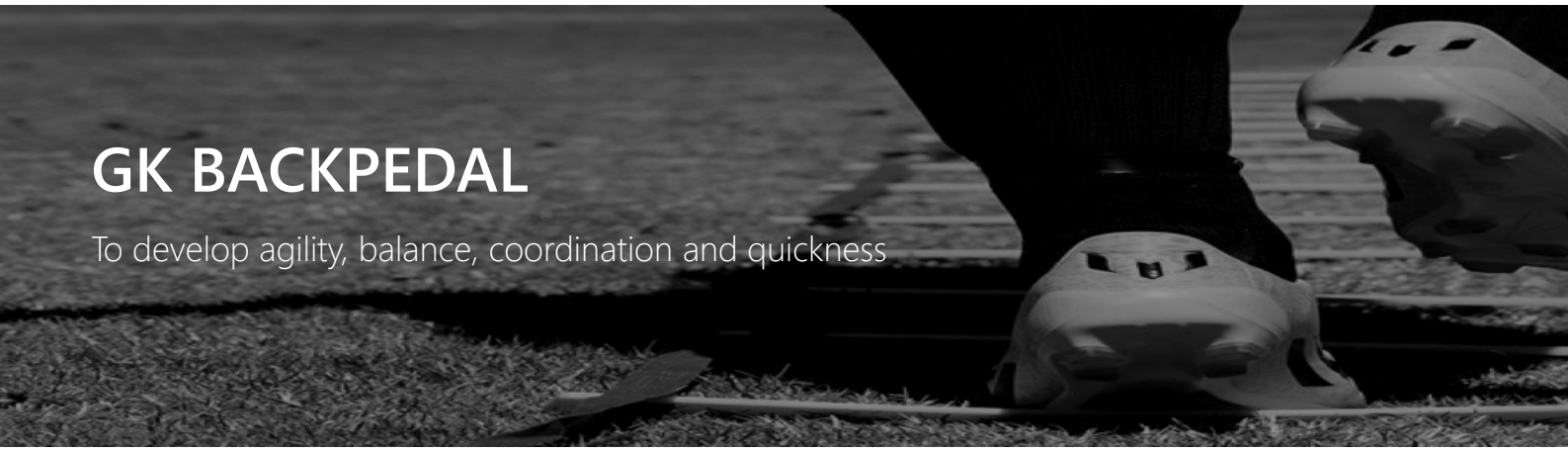
- Improve basic agility enabling players to accelerate, decelerate and change direction quickly while maintaining speed, body control and poise.
- Players develop and improve sharp movements and increased reaction speed.
- Players will improve speed, agility, balance and coordination while developing overall running technique.

KEY FACTORS

- 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

- 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 the drill is combined with an adequate work/rest ratio in order to suppress fatigue.
- Progress training by increasing the intensity or duration to overload.



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