Agility, speed, strength training

**Category:** Goalkeeping: Agility/Diving techniques
Skill: Mixed age

Pro-Club: SSP South America
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Description

1) Start: small cone;
2) 1st jump/2 legs (small obstacle);
3) Tap top cone, move using the sides (right and left);
4) Jump/2 legs (small obstacle);
5) 2nd jump/2 legs (high obstacle);
6) Volley: "pegada", "basket";
7) Cross out and in between small cone;
8) 1 jump with the opposite leg to the ring;
9) Move using the side to the opposite side - ball on the ground.

Screen 1 (10 mins)
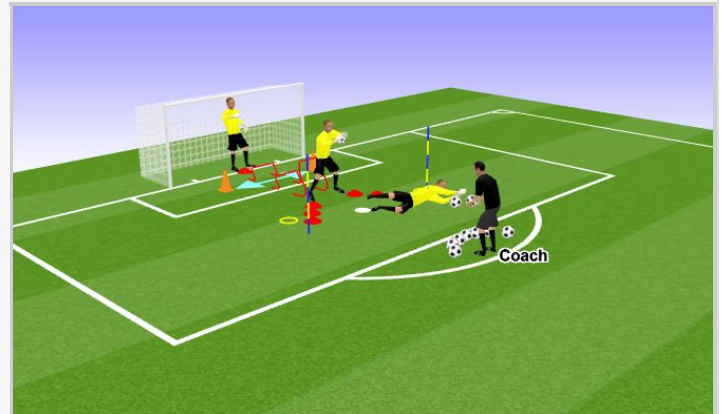
Coaching Practice Review and Reflection

6 balls to each side;