



"Pegada" + recovery moments

Category: Goalkeeping: Warm-ups

Skill: Mixed age

Pro-Club: SSP South America
Felipe Zeti, Rio de Janeiro, Brazil

Description

Begin:

- 1) Green cone: high knee;
 - 2) Square 1 (yellow): "pegada" and move out to the next square;
 - 3) Square 2 (red right): pegada and move back to restart/recover;
- P.S: switch side going to square 1 to square 4

Progress:

- 1) Green cone: mini shuffle;
- 2) Square 1 (yellow): pegada and move out to the next square;
- 3) Square 2, 3 and 4: set position for each square; shift side + set position + "pegada" (in each square)
- 4) Move back to recover/restart.

Screen 1



Coaching Practice Review and Reflection

4 balls for each moment