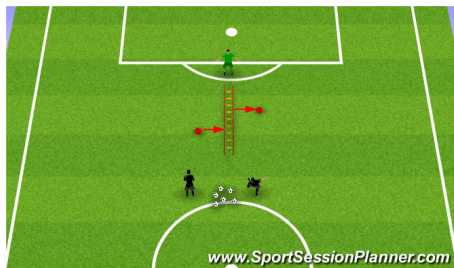
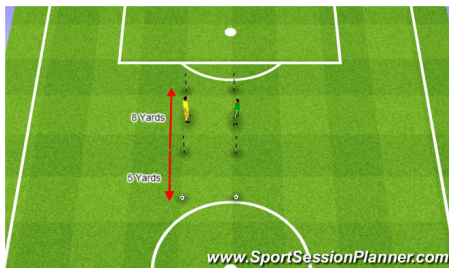


### Fitness



Moving through the agility ladder, two feet in each rung.  
 Step out to touch cone laterally and back into same rung. (Place cones at 3 and 6 rung if larger ladder, 2 and 4 if smaller).  
 Mid height save from one server, low diving save from other.  
 Continuous for one minute.  
 Pre-season aerobic development 1:1 ratio  
 During season aerobic maintenance 1:5 ratio

### Fitness



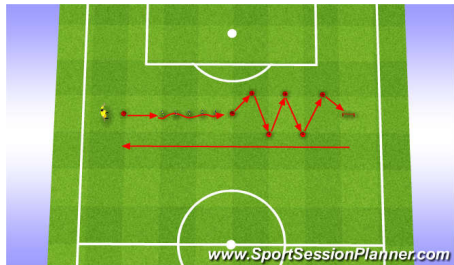
One goalkeeper takes the lead and other keeper mirrors movements between poles.  
 On servers command both goalkeepers sprint to another ball placed 5 yards away.  
 Continuous for 1 minute  
 1:1 aerobic development  
 1:5 aerobic maintenance

### Fitness



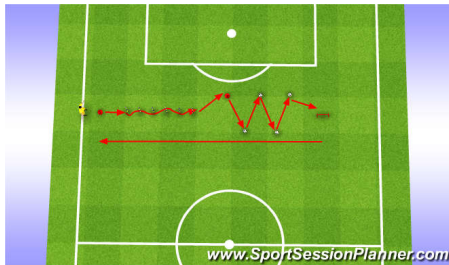
Two variations:  
 1) Moving through the ladder laterally, 2 contacts (feet) in each rung.  
 Server delivers (throw) the ball as goalkeeper steps into rung, goalkeeper quickly palms ball back and continues.  
 2) Goalkeeper steps into the 1st rung, 2 contacts and takes throw n delivery from server.  
 Goalkeeper palms ball back to server, steps backwards out of rung and moves into next rung.  
 Continuous side to side for one minute  
 1:1 Aerobic development  
 1:5 aerobic maintenance

### Fitness



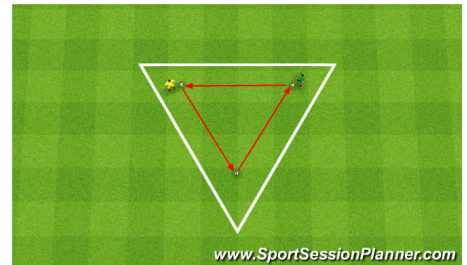
Sprint to first pole  
 Using quick shuffle steps, weave in and out of poles  
 Side shuffle through cones until you reach the hurdle at the top  
 Complete 10 double footed jumps, laterally, over the hurdle and sprint to the beginning.  
 Time completion and allow rest on this basis  
 Aerobic Development 1:1 (pre-season fitness)  
 Aerobic Maintenance 1:5 (mid-season session)

### Fitness



Sprint to first pole  
 Using quick shuffle steps, weave in and out of poles  
 Sprint to first cone and another ball opposite  
 Continue until you have reached the top  
 Perform 10x bunny hops over hurdle  
 Sprint to beginning  
 Time completion, allow rest accordingly  
 Aerobic Development 1:1  
 Aerobic Maintenance 1:5

### Fitness



Use for 1-3 goalkeepers.  
 Each goalkeeper starts on a football  
 On the coaches command goalkeepers sprint up to each football and another the ball  
 If a goalkeeper catches the player in front they can rest  
 Work for one minute  
 Aerobic Development 1:1  
 Aerobic Maintenance 1:5

### Fitness



For use with 1-2 Goalkeepers  
 Server throws delivery to the right for goalkeeper to make mid height diving save  
 Goalkeeper to the right (green jersey) back pedals around centre cone and sprints into next goal  
 Goalkeeper to the left (yellow jersey) sprints around back of course and into first goal  
 Repeat for 30 seconds  
 Aerobic Development 1:1  
 Aerobic Maintenance 1:5