

## **Footwork + Handling**

- 1 Server, 1 – 4 Goalkeepers, 1 – 3 balls, 8 – 10 cones
- Line up 8 – 10 cones about 2 yards apart in a vertical line with a server about 8 yards away from last cone
- Goalkeeper does various footwork through cones and sets for a shot (repeat as desired)
- Shots should start at goalkeeper's hands and progress to collapse dives
- Forms of footwork include: (be creative here)
  1. One step knees to chest run
  2. Two step knees to chest run
  3. Two footed bunny hop for speed
  4. Single leg bunny hop for speed
  5. Knees to chest
  6. Forward (shoulders facing forward) shuffle in and out through cones
  7. Backward shuffle in and out through cones
  8. Side shuffle
  9. Two footed sideways hops
  10. Facing to the side zig zag through cones