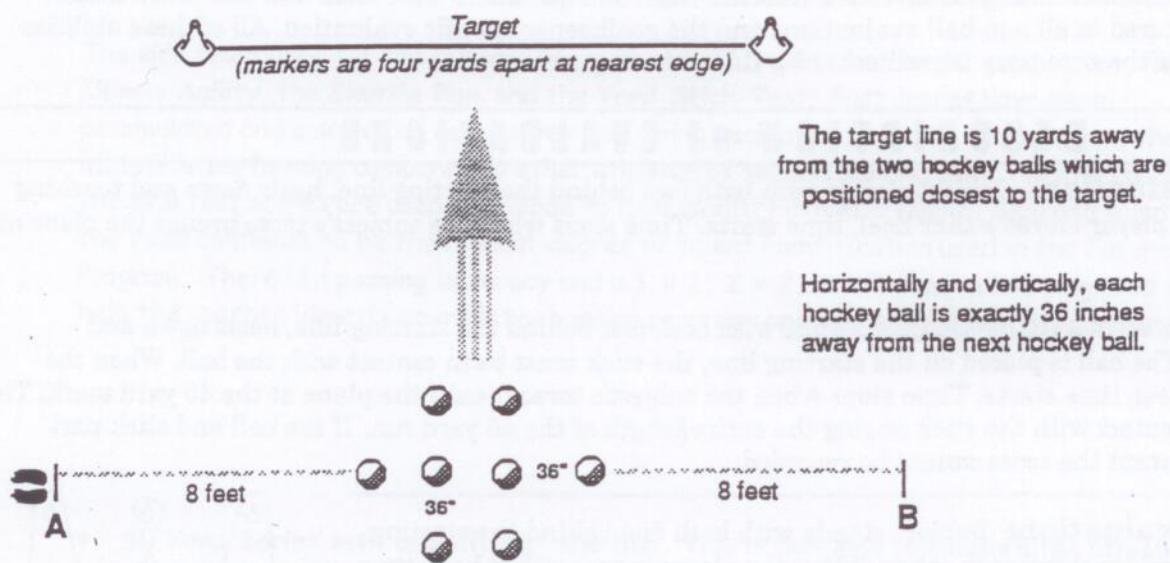


Goalie Speed, Agility and Accuracy

The evaluation is designed to measure the goalkeeper's speed and kicking accuracy of both right and left foot.



Subject stands with both feet behind the starting line (A), heels down and touching each other. When the subject moves either heel, time starts. The subject runs to any ball and kicks it with his/her RIGHT foot through the target, returns to the starting line and touches the line with either hand -- repeat until all 8 balls have been kicked. Time is stopped when the subject breaks the plane of line A. Record the elapsed time and the score (number of balls kicked between the target markers). Repeat evaluation for LEFT foot using line B.