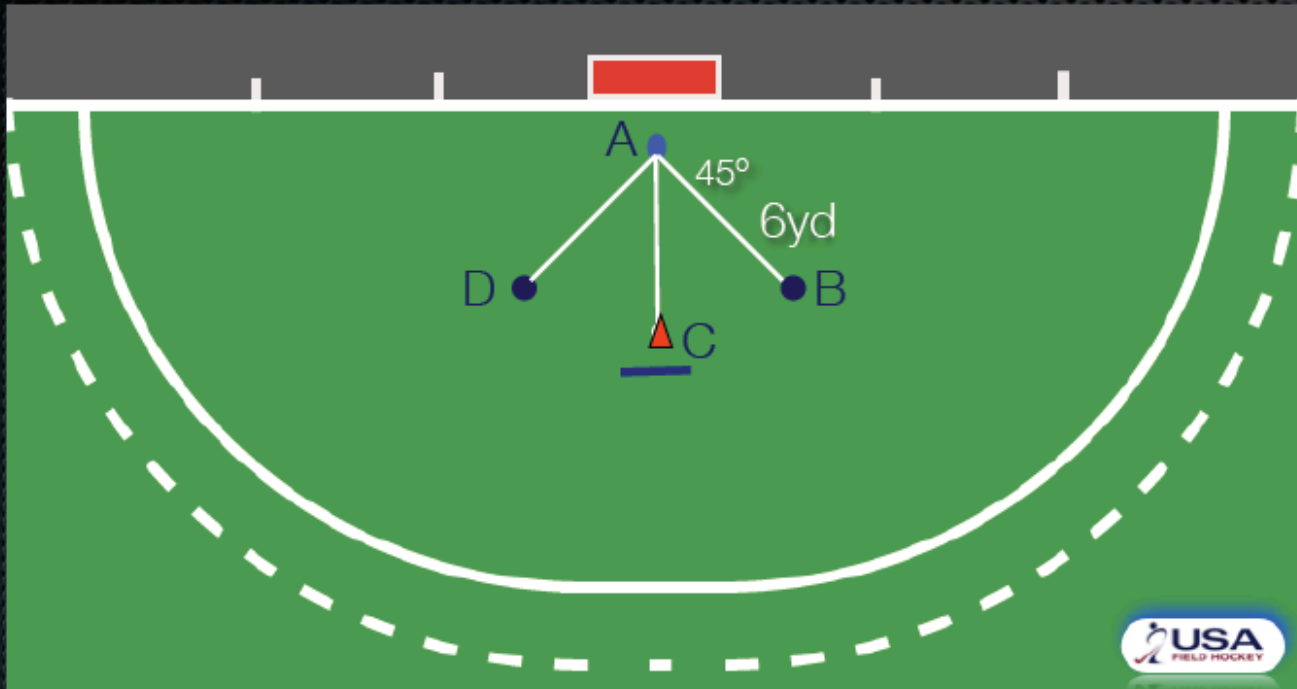




GOALKEEPER FUTURES TEST

Goal Keeper Test (in full equipment)



1. Start at A in balanced position
2. Sprint to B and kick ball to sideline
3. Sprint back to A (touch A)
4. Sprint and slide on Cone C to knock it back 1yd
5. Sprint *backwards* to A (touch A)
6. Sprint to ball D and push ball over near side line (on forestick)
7. Sprint back to A and be balanced

REPEAT Twice (2) and record times

1. Start at A in balanced position
2. Sprint to D and kick ball to sideline
3. Sprint back to A (touch A)
4. Sprint and slide on Cone C to knock it back 1 yd
5. Sprint *backwards* to A (touch A)
6. Sprint to ball B and push ball over near side line (on forestick)
7. Sprint back to A and be balanced

REPEAT Twice (2) and record times

Set up

A marker is set up 2yd from center of goal line

Keeper starts and finishes in balanced position

A ball will be on B and D

Cone will be at C with a marking 1m in front

Keeper must run backwards only after clearing C

Keeper must push ball on forestick over sideline

Time stops when keeper returns to A and is in *Balanced* position