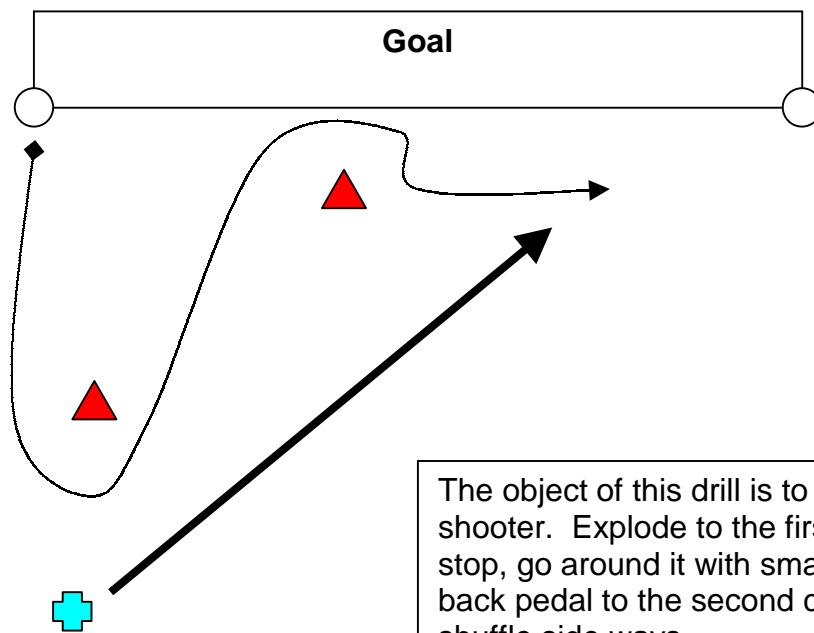


Forward- Back Footwork Drill



The object of this drill is to always face the shooter. Explode to the first cone and then stop, go around it with small choppy steps, back pedal to the second cone and then shuffle side ways.

Ball should be played in the direction the keeper is moving. Keeper should distribute the ball back and "reload".