



SOCCKER COACH  
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# Goalkeeping - Diving

**OBJECTIVE:** The objective of this training session is to teach goalkeepers the correct diving technique and to provide them with many opportunities to practice.

**1) Warm-up (20 minutes):** *(In the warm-up we are going to go over diving technique in detail. All of the activities will focus on the mechanics of diving properly).*

## **a. Basic Diving:**

Each player is seated on the ground, with knees bent. Each player places a ball about 2 steps away to the right or left, at a 45 degree angle and in front of them. The keeper must roll down their side reaching out to make the save. Eyes on the ball, one hand on top of the ball and one hand behind the ball, with elbows slightly bent and opposite leg up and bent. As the keeper is rolling towards the ball, they must attempt to force their body in a forward angle, “attacking” the ball and make the save. Finally, the keeper must kick out, with the leg that is up in the air, into a sitting position.

**Version 2:** Two (2) players per ball. One player (keeper) is seated on the ground with knees bent. The other player (the server) is standing with the ball in their hands facing the keeper about 3-5 steps away. The server will roll the ball at a 45 degree angle, slightly in front of the keeper, alternating to the left side and to the right side. Using the technique described above, the keeper will attempt to make the save, kick out and throw the ball back to the server.

## **b. Standing Dive:**

Each player is standing in ready position...on balls of feet, knees comfortably bent, arms and hands out in front, with elbows bent and palms up. Each player places a ball about 4-5 steps away to the right or left, at a 45 degree angle and in front of them. The keeper must take a large power step towards the ball and collapse in the direction of the ball, rolling down their side and reaching out to make the save. Eyes on the ball, one hand on top of the ball and one hand behind the ball, with elbows slightly bent and opposite leg up and bent. As the keeper is rolling towards the ball, they must attempt to force their body in a forward angle, “attacking” the ball and make the save. Finally, the keeper must kick out, with the leg that is up in the air and get to a standing position.

**Version 2:** Two (2) players per ball. One player (keeper) is standing in ready position...on balls of feet, knees comfortably bent, arms and hands out in front, with elbows bent and palms up. The other player (the server) is standing with the ball in their hands facing the keeper about 5 steps away. The server will roll the ball at a 45 degree angle, slightly in front of the keeper, alternating to the left side and to the right side. Using the technique described above, the keeper will attempt to make the save, kick out, stand up and throw the ball back to the server.

## **Coaching Points:**

- Use Good footwork (balls of feet) to get in position for the *Dive*
- As the GK dives for the ball, they should step into the dive, always leading and attacking the ball with the hands
- Catch the ball in the “W” grip with one hand on top and one hand behind the ball.
- Land on their side (hip and shoulder), with their opposite knee driving across their body for extra boost and protection.

**Mistakes to watch for:** *(these are common mistakes that we want to watch for and correct.)*

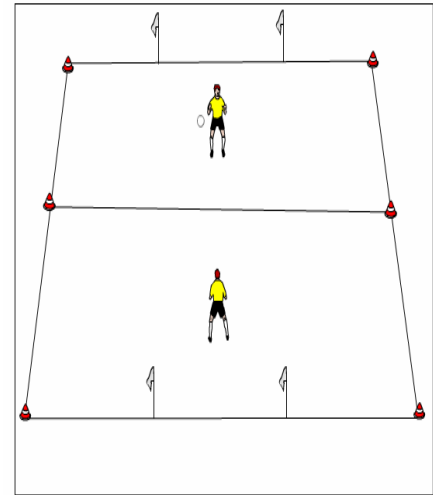
- **Diving backwards**
- **Using hands to get up and letting go of the ball**
- **Turning on to stomach or back after making the save**
- **Weak power step, not driving towards the ball (resulting in catching the ball in front of their face)**



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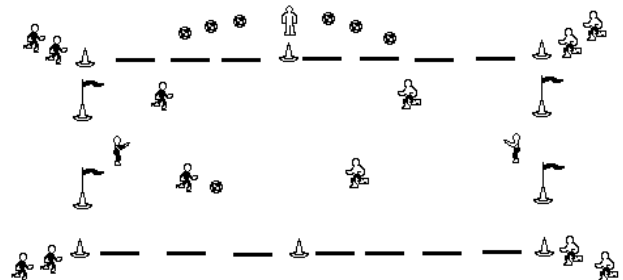


**2) GK Tennis (20 minutes) -** In a 15 x 30 yard grid, with goals centrally located on each endline. One goalkeeper positioned in each half, defending the goal behind them. Each goalkeeper tries to score in their opponent's goal, from their own half, by throwing the ball (ball MUST bounce on the opponent's side for goal to count).



### **3) Four (4) Corner Shooting (20 minutes)-**

On a field 20 yards wide x 25 yards long, position two goals at each end. Split group into two teams (red and blue). Position half of the red team in a line behind one corner of the field and the other half of the red team in a line behind the other corner of the field, at the same end. Organize the blue team in the same manner at the other end of the field. Select a goalkeeper for each goal and rotate that player every 5 minutes. The assistant coach is positioned at the midfield line, outside the field, with all the soccer balls. When the assistant coach kicks a ball into the field, the first person in each of the four (4) corner lines enters the field to play. The game becomes a 2v2 + keepers activity. Play continues until the ball goes out of play or a goal is scored. When this happens, the players on the field quickly get back into their original lines, keepers stay on, and the assistant coach kicks the next ball in for the next 4 players. The assistant coach should play the ball toward one of the corner lines (risk/safety management). The head coach should be positioned behind one of the goals in an effort to help/coach the goalkeeper.



### **4) 6v6 Game (20 minutes):**

On a 60yds x 40yd field 2 Teams play a game (5 players and a GK). You will score the game normally. You can rotate the keepers through this game.

**COOL- DOWN (10 minutes):** Juggling in 2's and 3's. Static stretching of the major muscle groups.