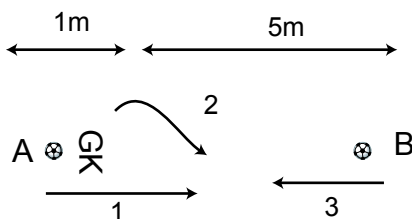




Technique # 2: Reaction Dives



GK faces A with legs apart in the crouching "ready" position.

1. A rolls ball through GK legs.
2. GK turns and dives to save ball, then recovers and gets up into ready position as quickly as possible.
3. While GK is recovering, B throws a high ball to the opposite side for a diving save by GK.

A and B time their throws to keep GK in motion while allowing recovery time.

Coaching Points/Progression

1. It would be great if you have three keepers to work together on this drill.
2. The crouching positions must be very low to explode into dive.
3. Vary the distance of the first dive from a short collapsing dive to a fully extended dive.
4. vary the second throw from throwing it to goalie's feet, chest, over top of head, to either side requiring little to full extension dives.
5. Insist on proper technique and stress the fundamentals of getting behind the ball and getting both hands on the ball.

It is important for the person working with the keeper(s) to build a rapport with them and to understand their strengths, weaknesses, and preferences. Use this knowledge to provide the keeper with lots of successes, but also with some "surprises" or challenges to improve performance and build skill and confidence. Relate exercises to game situations as much as possible, preferably to actual experiences of the keeper.

Coach's Notes