

### Repeated Diving Drill



Six yard box, 3 balls, 2 cones

This practice is designed to improve the goalkeepers diving ability.

Two goalkeepers and one server are positioned in the six-yard area. Both goalkeepers alternate receiving the ball from the server, working their way from one post to the next and back again.

The server plays the ball with his feet while moving across the six-yard line. The goalkeeper must dive for the ball and recover as quickly as possible and ready himself for the next shot.

Work must be rapid while maintaining quality technique.

### Dive and Catch Drill



Penalty area, 2 balls, 4 cones

This practice is designed to improve the goalkeepers diving and catching ability.

Two goalkeepers and one server are positioned in an area approximately 18 yards by 18 yards. Both goalkeepers jog around the grid and alternate receiving the ball from the server. The server either rolls a ball for the goalkeeper to dive or serves a high ball for the goalkeeper to catch.

Work until near fatigue, rest, then repeat exercise.

### High Save, Low Save



Six yard box, 1 ball, 2 cones

This practice is designed to improve the goalkeepers diving and catching ability.

Two goalkeepers and one server are positioned in the six yard area. Both goalkeepers alternate receiving high or low serves from the server. The server either throws the ball high into the top corner or rolls the ball low into the bottom corner to challenge the goalkeepers. The goalkeeper must save the shot and recover as quickly as possible and return the ball back to the server.

Work must be rapid while maintaining quality technique.