

Save or Dive Reaction Game



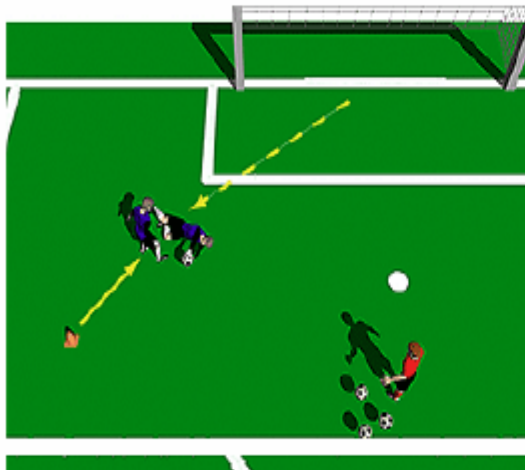
Penalty area, 1 ball, 1 cone

This practice is designed to improve the goalkeepers diving ability with an emphasis on reaction.

Two goalkeepers are positioned in the penalty area, one on the penalty spot and the other on the six yard line. Goalkeepers are assigned a number, either 1 or 2. The server calls out 1 or 2 as he volleys the ball to the selected goalkeeper. Whichever goalkeeper's number is called must save the ball and return it back to the server. The other goalkeeper must dive to any side and recover as quickly as possible readying himself for the next command.

Work must be rapid while maintaining quality technique.

Diving Break Away's



Penalty area, 3 balls, 1 cone

This practice is designed to improve the goalkeepers diving ability with an emphasis on 1 v 1 breakaways.

One goalkeeper is placed in goal and a second goalkeeper who acts as an attacking player is positioned on the top of the penalty area. The server plays a pass midway between the goalkeeper and the attacker. The goalkeeper must come out quickly from the goal and dive to stop the breakaway. The attacker performs a passive role at first, and then progresses to eventually trying to win the ball and score. Alternate the goalkeepers on each attempt.

Work must be rapid while maintaining quality technique.

Chase and Dive



Penalty area, 1 ball

This practice is designed to improve the goalkeepers diving ability. Two goalkeepers are positioned in the penalty area. Goalkeepers stand facing each other approximately 5 yards apart and alternate passing the ball back and forth. After four or five passes, one goalkeeper opens his legs for the other goalkeeper to hit the ball through.

The pass through the legs should be firm and approximately 10 yards to 15 yards in distance. After the ball travels through the goalkeepers legs he must then chase after the ball and dive to secure possession. The second goalkeeper must trail the diving goalkeeper then resume play as quickly as possible. Goalkeepers alternate diving each time. Work must be rapid while maintaining quality technique.