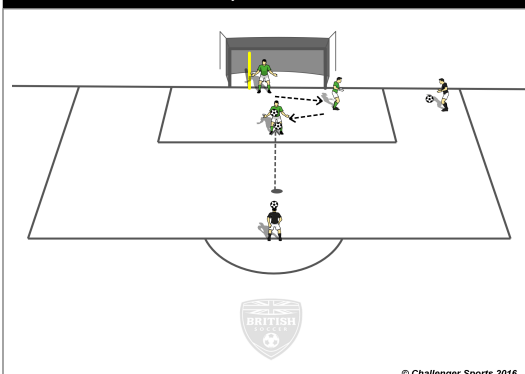


Topic: Basic Diving

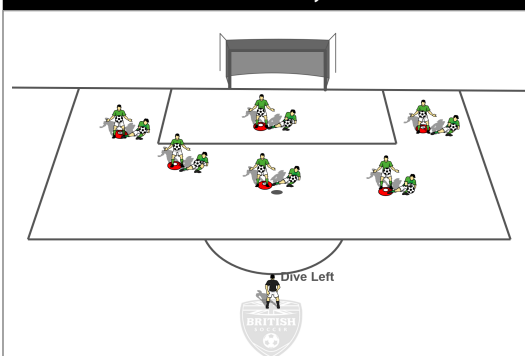
Objective: Learn the technique of low and middle height diving.

Session Part: Warm-up



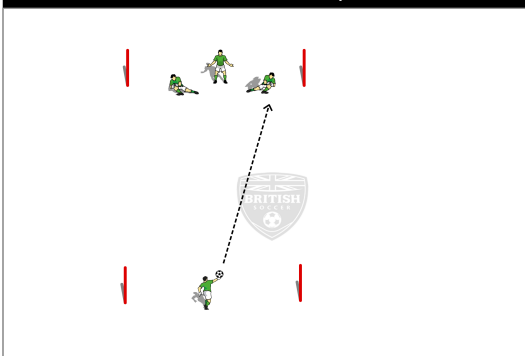
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Session Part: Individual Activity



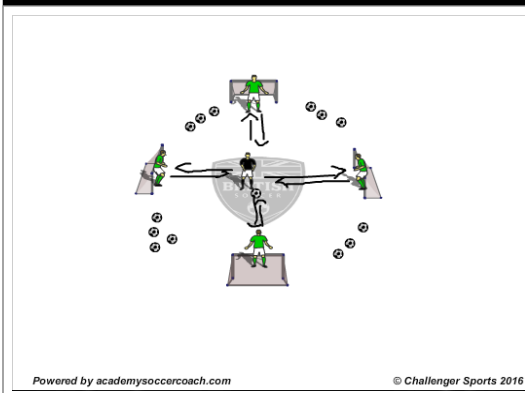
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Session Part: Partner/Small Group



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Session Part: Group Activity



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Organization

Time: 15

Area: 10 x 10

Numbers: Group

One server to the side of the goal, one Goalkeeper in the middle working. Coach is on the 18 yard line. Goalkeeper and server will pass the ball back and forth until the Goalkeeper calls 'Go'. Goalkeeper will cross step across the 6 yards box to take a volley from the coach. Goalkeeper moves across quickly and takes the catch in the 'SET' position. Vary the catches - 'W' shape catch, Basket Catch, Scoop.

Progressions

Instead of pass with the server, Goalkeeper now takes a volleyed serve. Vary the first service to include different catches.

Coaching Points

- Quick movement/footwork to the ball.
- Focus on good passes to server.
- Catch decision ('W', Basket or Scoop)
- Drop step across to the ball. Head turns to see the ball as early as possible.

Organization

Time: 15

Area: 18 yard box

Numbers: Group

Goalkeeper's all face the coach in their own space (enough space to dive both sides). All Goalkeeper's start on one knee. Coach will call 'GO' and all Goalkeeper must perform a dive to the right or left (Coach will specify which before hand). Whichever way the coach says to dive, Goalkeeper's will start with that leg up i.e. dive to the right would mean right knee up, left knee down. Goalkeeper dive out diagonally forward with ball in their hands (hands in 'W' shape). Land on side of upper leg and side of upper arm.

Progressions

Goalkeeper's start on their feet in 'SET' position with a cone between their feet. Coach will call instructions of 'STEP LEFT', 'STEP RIGHT' and 'SET'. Goalkeeper's will shuffle either side, or set. Coach will then call 'DIVE RIGHT' or 'DIVE LEFT'.

Coaching Points

- Head behind the ball, shoulder's square forward.
- Hands out in front of body with bent elbows.
- Whichever side the dive is on, the foot on that side of the body steps diagonally forward into the dive.

Organization

Time: 15

Area: 8 yards apart, both in a small goal.

Numbers: In pairs

Goalkeeper's face their partner in their small goal. Service starts underarm on the floor, inside the cones. Focusing on the step and short dive diagonally forward with the correct technique. Service will then move to an underarm serve at waist height. Depending on ability of the group, progress to the Goalkeeper's giving a volley serve, aiming at waist height or below.

Progressions

Goalkeeper starts behind the goal. As server is about to serve/shoot, Goalkeeper steps forward into position in front of goal line. Decrease the distance between the goals.

Coaching Points

- Hand on the side of the body the dive takes place (bottom hand) must get in line with the ball.
- Goalkeeper makes a quick decision to catch or push away.

Organization

Time: 15

Area: Four goals, 8-10 yards apart

Numbers: Group (depending on size, may need to switch after each minute)

Reaction Game

Coach is in the middle and can score in any of the four goals. Game starts by one Goalkeeper serving the ball to the coach who makes an instant shot at any goal. Goalkeeper's must be on their toes, balanced and SET ready for a shot. That Goalkeeper then serves back to the Coach to continue the game. Serves must come quickly.

Progressions

Each Goalkeeper starts with 5 points and loses a point if the Coach scores past them. If they get nutmegged by a shot, loses two points. Encourages the correct starting position. If they catch it instead of a push away, gain a life.

Coaching Points

- Stay SET and balanced.
- Body weight forward, react to the shot quickly.
- Must not guess and dive early.