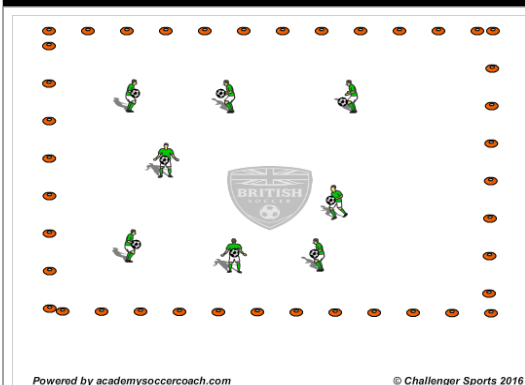


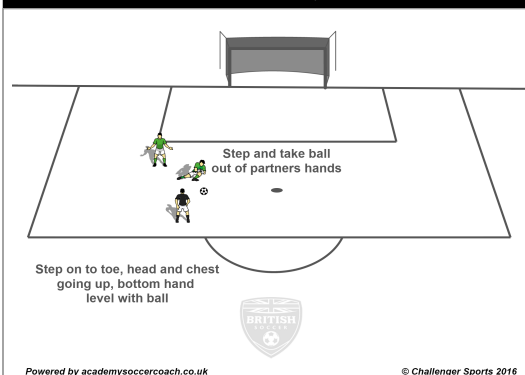
Topic: Diving (off the floor)

Objective: Learn the techniques of high diving, and how to push/parry the ball

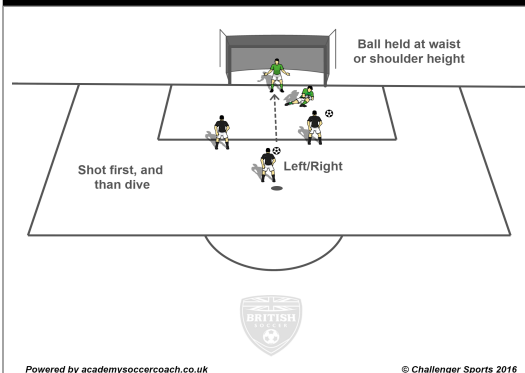
Session Part: Warm-up



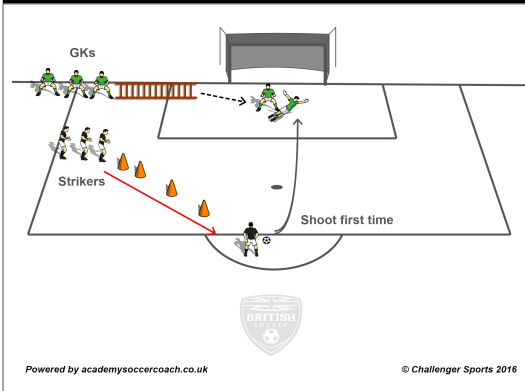
Session Part: Individual Activity



Session Part: Partner/Small Group



Session Part: Group Activity



Organization

Time:

15

Area: 30 x 30
 Numbers: Group (in pairs in the group)
 Goalkeeper's all shuffling around the area. Coach calls 'GO', the Goalkeepers place the ball on the floor (not just drop the ball), shuffles across to their partner's ball does a Scoop Catch on the ball. Focus on the Goalkeepers techniques of getting in line with the ball, which foot to move to the ball/which knee to put down, and keeping balanced.

Progressions

The Goalkeeper now puts the ball down, shuffles to partner's ball and makes a short dive on the ball. Focus on timing on the dive and the last step into the ball. Can be a competition between partner's of who can do it quickest.

Coaching Points

- Hand shape, fingers pointing downwards.
- Body weight forward, eyes on the ball.
- When diving, step and attack the ball.
- Chest forward, head and eyes towards the ball.
- Land on side of body, top leg up and bent.

Organization

Time:

15

Area: 10 x 10
 Numbers: In pairs (one working, one serving)
 Both Goalkeepers stand face-to-face 6 yards apart. One of the keepers holds the ball at arms length out to the side and just above waist height. The Goalkeeper who is working steps and dives into the ball, taking the ball out of the servers hand. Rotate and work both sides. Focus on the head and chest going up towards the ball and the bottom hand being level with the ball, with the palm facing forwards. Passive exercise to gain confidence catching the ball and hitting the floor.

Progressions

When the working Goalkeeper feels comfortable, the server can put the ball higher up to shoulder or even head height.

Coaching Points

- Step with foot closest the ball.
- Head and chest goes up towards the ball.
- Hands take the ball in front of the face
- Land on side of the body. Don't let the hands or ball hit the ground to avoid dropping it out.

Organization

Time:

15

Area: 18 yard box, one goal
 Numbers: Groups of three (one working, one server, one holding ball at waist height)
 As with previous practice, Goalkeeper starts by diving into the ball being held at waist height. They get up quickly, moves across to SET and take catch from the server in the middle. Progress to the service being a throw at waist height for a second dive. The first dive is out of the hands of the one holding the ball, and now the second is a throw from the server. Second dive may need to be a push/parry save.. Increase diving height to head height if the Goalkeeper's are progressing well.

Progressions

Progress this session at a comfortable pace for the Goalkeeper's. Judge their confidence diving off the floor and landing. Younger Goalkeeper's may only be able to do it with someone holding the ball.

Coaching Points

- Same technique has a short dive on the floor.
- Push/parry with the heel of the hand (bottom of palm). Push it wide not back to the shooter.
- Once pushed away, bring the arm back in to body for landing.

Organization

Time:

15

Area: 18 yard box, one goal. Ladder is available.
 Numbers: Split into two teams
 One team are the Goalkeeper's one team are the shooter's. Each Goalkeeper will face two shots each. Teams then switch roles. Goalkeeper's step over the ladder (or cones) while shooter's step over tall cones. Coach has the ball to the side of the goal, and will pass the ball out for a 'one time' shot. Points are scored for a save or goal. Two points scored for a dive off the floor. Three points are scored for a caught dive off the floor.

Progressions

Coaching Points

- SET position when shooter pulls back leg to shoot.
- Be SET off the line and in line with ball
- Bottom hand level with the ball and parallel to the ground