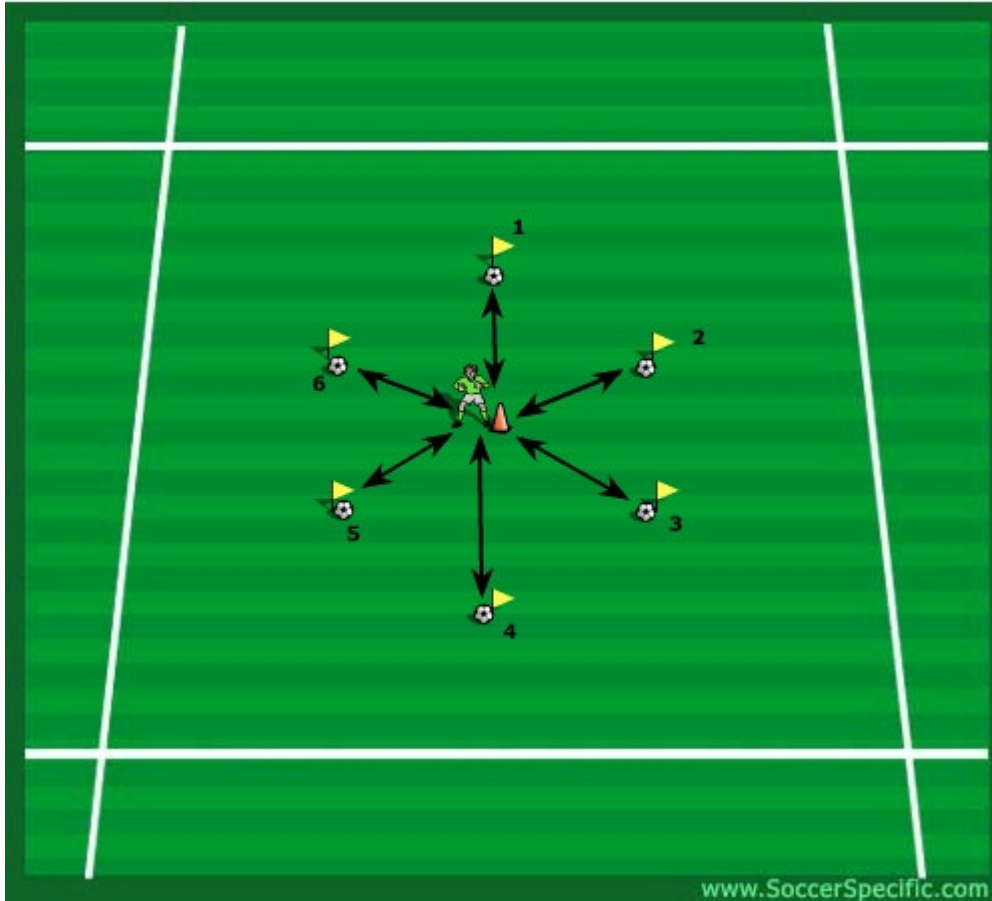


Low Diving Around The Clock

Emphasis: Low diving



Set-up:

6 flags (different colored cones can be used as well) placed eight yards from the center cone. Place a ball at each of the six flags.

Objective:

Goal keeper starts at the center cone and lines himself up parallel with the first flag. He/she lowers his center of gravity and performs a low dive to the ball positioned at the flag. Goal keeper quickly recovers to his feet and the center cone and performs the next dive to flag 2. He works his way all around the circle until he has gone to all six flags. If he is working in a clockwise rotation then he is always diving on his right side. Working in a counter clockwise position allows him to dive on his left side.

Progressions:

1. Coach shouts a different number flag each time the goal keeper returns to the center cone. Goalkeeper performs dive to the indicated flag.
2. As goalkeeper approaches the ball with hands, try and kick the ball loose.

Coaching Points:

- Drive your hands to the ball first.
- Plant step is towards the flag you are diving to.
- Never dive backwards, position yourself so you can dive at a 45 degree angle.

“Mutual aid is as much a law of animal life as mutual struggle” -Prince Kropotkin-