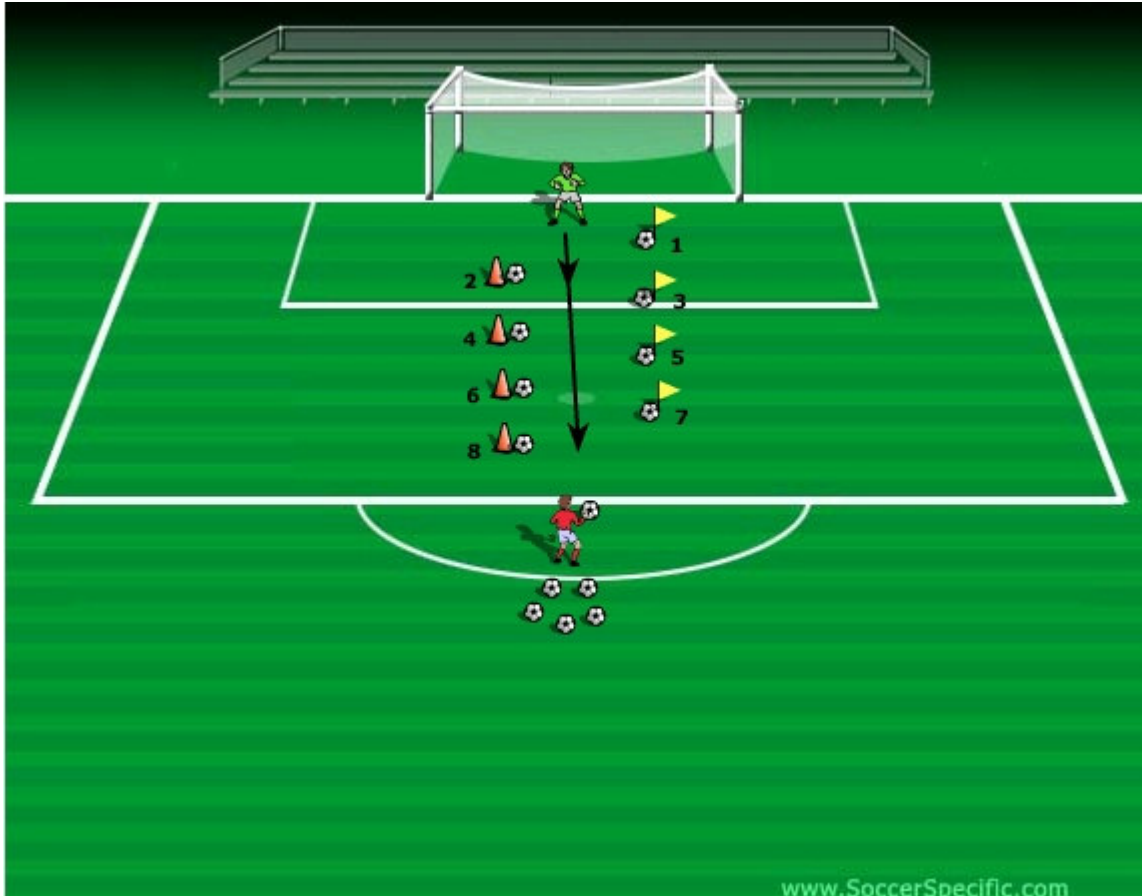


## Diving Fitness

**Emphasis:** Low diving, concentration



**Set-up:**  
Place 4 cones (orange) and 4 flags (yellow) six yards apart and alternating every yard from the goal line to almost the top of the 18 yard box. Place a ball at each of the flags and cones. The server stands at the top of the D with a set of balls.

### Objective:

The goal keeper starts on the goal line and works his way forward by diving to his left or right. The coach shouts “orange” which means dive to the right, and “yellow” dive to the left. You can also assign numbers to the flags and cones and respond accordingly.

### Progressions:

1. “Ball” server volleys the ball at the goalkeeper.
2. “Clap” goalkeeper must dive backwards to the opposite side they dove last.
3. “Shot” server strikes a moving ball at the goalkeeper.

### Coaching Points:

- Always dive forward to the next cone or flag when the shout is “orange” or “yellow”.
- Shoot your hands to the ball first.
- Plant step is at a 45 degree angle.