



Diving For Goalies - Coaching Points

Collapse Dives:

- feet don't leave the ground
- attack at a 45% angle forward
- step out at a 45% angle
- shoot hands forward and out
- ball hits ground first
- pin ball against ground (3 hands)
- don't land on elbow
- knee up for protection



Extension Dives:

- first step at 45% angle
- drive other leg across the body
- drive arms to the ball
- ball hits the ground first
- arms, midsection, legs follow



Forward Dives:

- get body in the path of the ball
- often used for wet conditions
- bend knees and stagger legs one in front of the other
- prepare hands, pinky's together and elbows in
- bring ball tightly into the basket
- land by letting momentum take you forward

