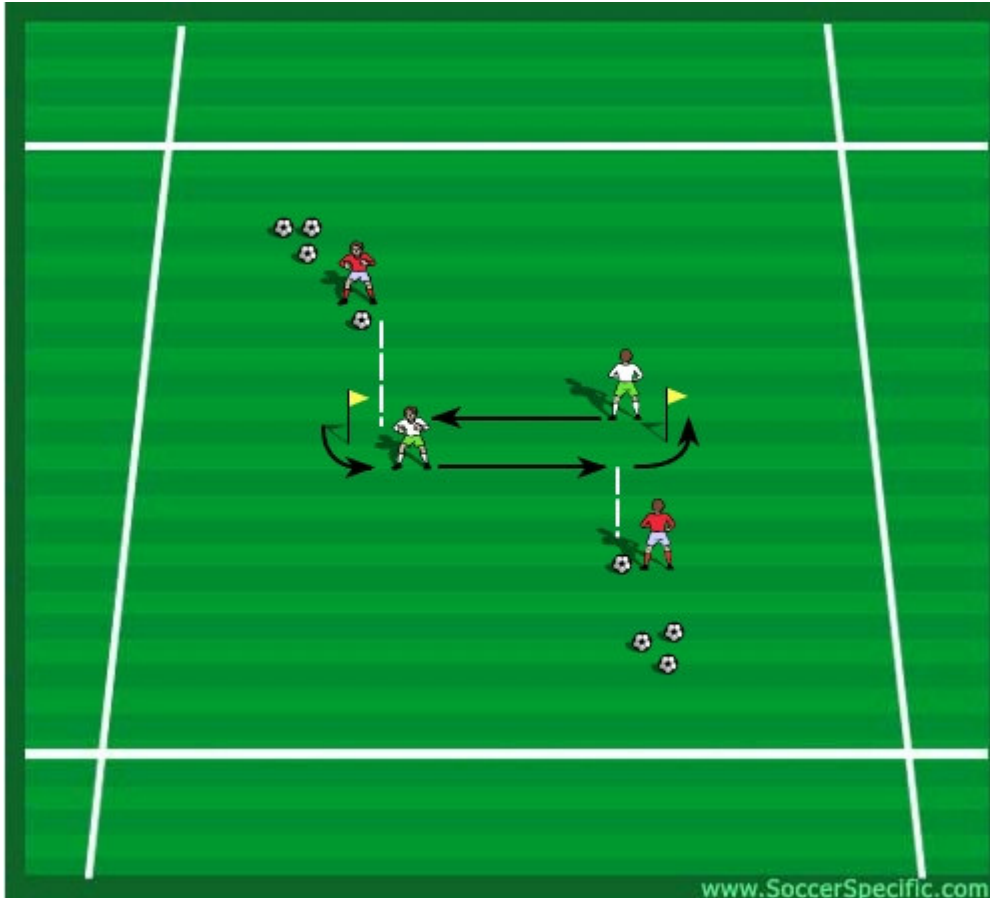


## Progression

**Emphasis:** Low, collapse, and high diving



### Set-up:

Place two flags eight yards apart (the width of the goal) and place two servers roughly 1 yard in from the flag and 6-8 yards away from the goal line.

Have plenty of extra balls ready.

### Objective:

The goalkeeper(s) starts just inside the flag and quickly moves laterally across the goal mouth and makes a save in front of the other flag. After the save is made, he/she recovers to his/her feet and goes around the flag and shuffles across the goal mouth to make the save from the other server. The serves come from both sides. Always work in the same direction for one set and then change the direction.

### Progressions:

1. Standing volley save.
2. Standing low ball save.
3. Low dive save.
4. Collapse dive save.
5. Extension dive save (serves can be from the hands).

### Coaching Points:

- Shoot your hands to the ball.
- Dive out at an angle.
- Don't land on your elbow.

“A house divided against itself cannot stand.” -Abraham Lincoln-