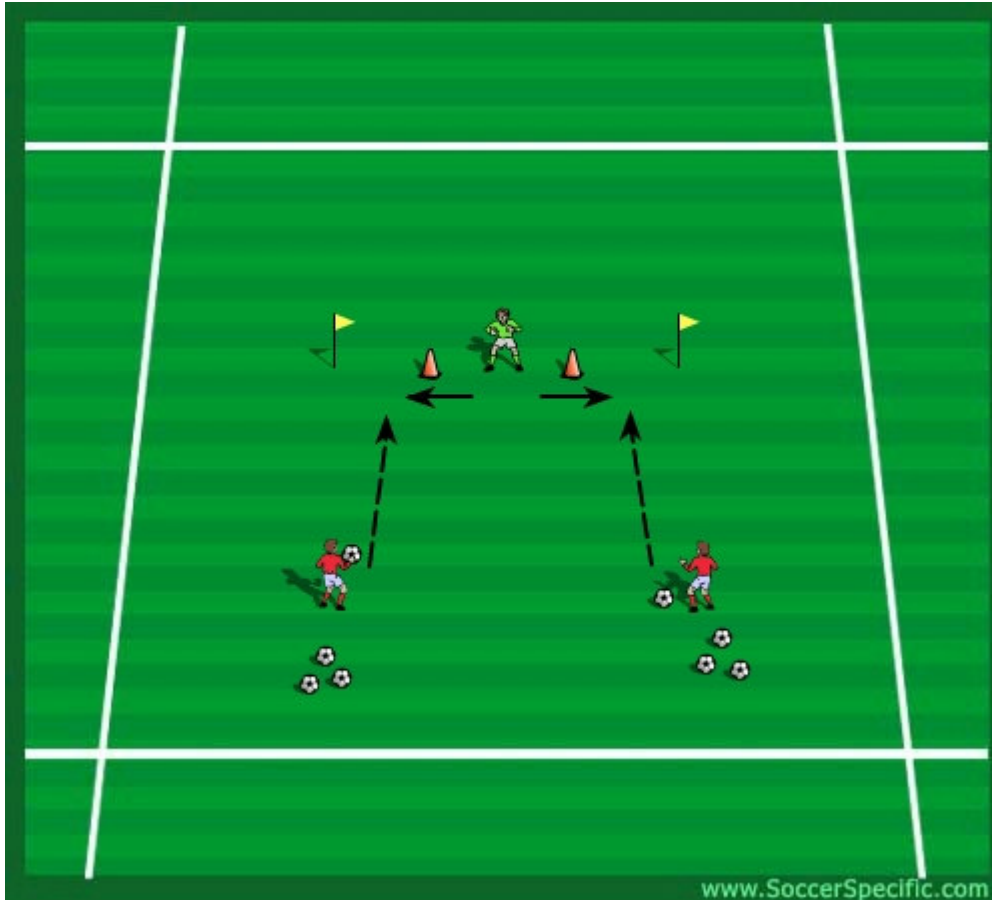


Quick Back And Forth

Emphasis: Technique and diving progression



Set-up:

Place two flags eight yards apart (width of goal), and two cones 1 yard off the line and four yards apart from the middle. Place two servers 1 yard in from the flags and 6-8 yards out from the goal line. Place plenty of balls with both servers.

Objective:

Goalkeeper goes through the progressions rapidly. Perform a set of 6, diving three to each side.

Progressions:

1. Start on the knees
2. Standing low dives
3. Standing low dives and parry around the post
4. Standing collapse dives
5. Standing extension dives

Coaching Points:

- Make the save in front of the cones each time.
- First step at a 45 degree angle.
- Drive other leg across the body.
- Drive your hands to the ball.

“Trust is the lubrication that makes it possible for organizations to work” -Burt Nanus-