

## **Beginner Goalkeeper Diving Technique Drill**

(Good diving technique and warm-up drill for one keeper).

*Equipment needed: 4 - 6 soccer balls or med balls*

*Drill Duration: about 8 reps per side*

### Setup:

Create a small triangle with 3 cones as pictured below. The goalkeeper will start at the point of the triangle and the keeper coach will stand 3 to 5 yards away with the soccer balls.



### Steps:

The coach either rolls, tosses, and kicks the ball towards one of the cones. The goalkeeper tries to save the ball in front of the cone as pictured below. You can either repeat by alternating sides or do the drill on one side only and then switch after the goalkeeper finishes the set amount of repetitions.



### Keys to the drill / what to watch for:

This drill is a slower paced drill making it a good drill for beginner goalkeepers who need to learn the proper technique for diving. Make sure the goalkeeper is taking the proper step towards the ball when diving - he or she shouldn't be falling or stepping with his or her right foot when diving to the left.

Depending on how the ball is served (in the air vs. on the ground), make sure your goalkeeper is catching the ball properly. If the ball is on the ground, they should be using the [grass cutter save technique](#). If the ball is in the air, they should catch it in way that the ball hits the ground first, with one hand on top of the ball and the other behind.