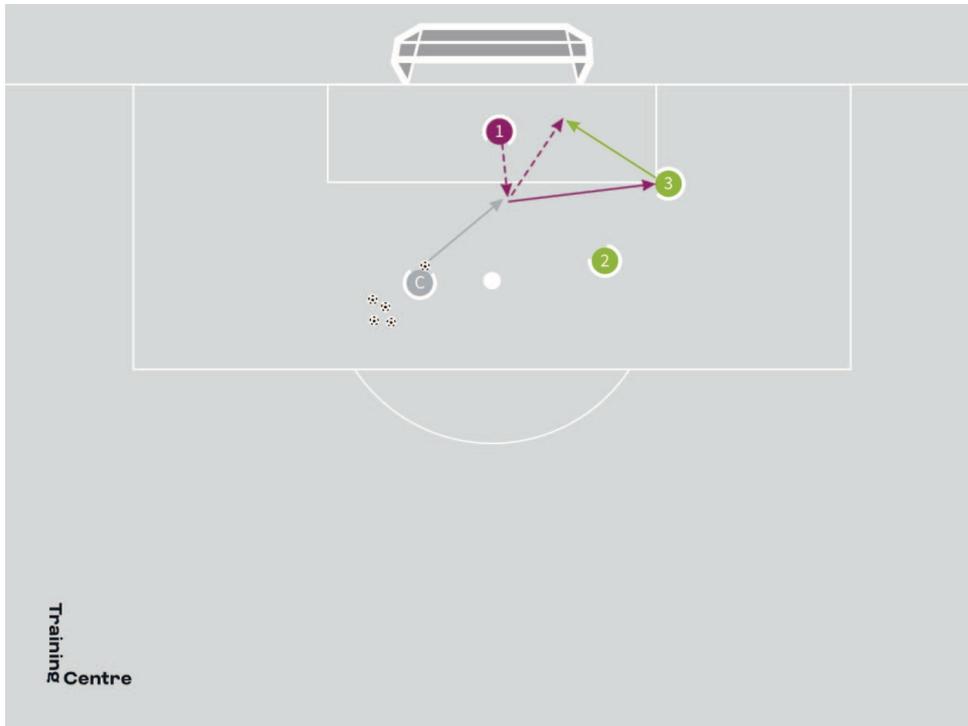


Goalkeeping

Defending the goal- Diving

WARM-UP



Organisation

- Use 1 full-size goal.
- The exercise requires 3 goalkeepers.
- Position Goalkeeper 1 in the centre of the goal.
- The coach should be positioned 2m to the left of the penalty spot with some balls.
- 2m to the right of the penalty spot, position Goalkeeper 2.
- 5m to the right of Goalkeeper, 2 and closer to the goal, Position Goalkeeper 3.

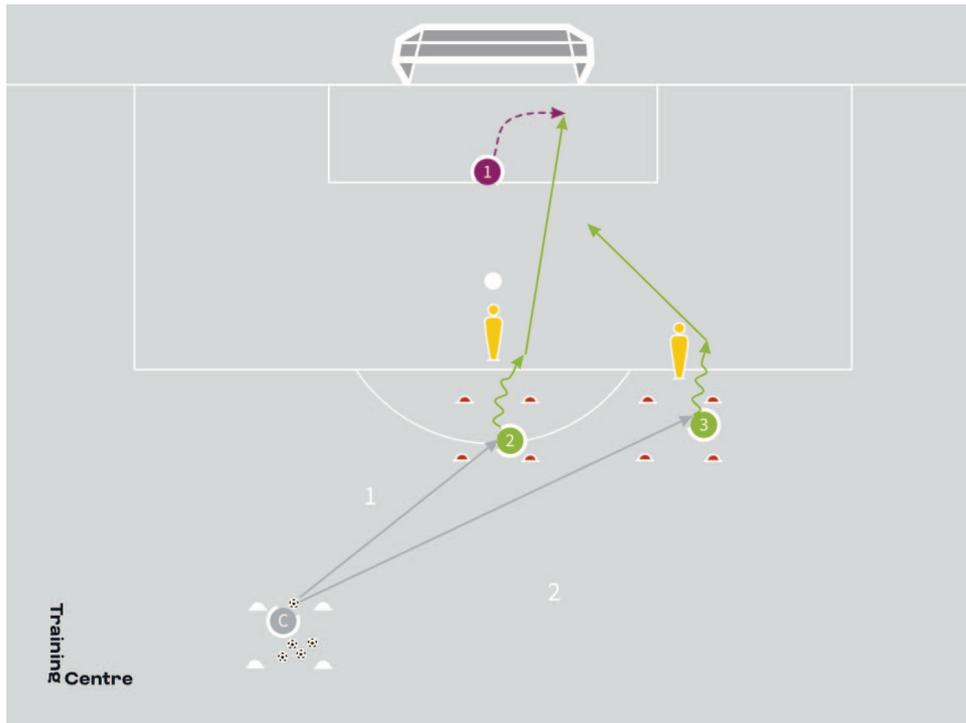
Explanation

- Goalkeeper 1 starts on the edge of the small penalty area, lying on the pitch and facing the coach.
- They must stretch with their head closer to the coach and legs facing the goal.
- The coach makes 4 firm passes.
- Goalkeeper 1 must catch the ball with both hands before throwing it back to the coach.
- On the 4th pass, Goalkeeper 1 must stand up with the ball, throw it to Goalkeeper 2 and position themselves in the centre of the goal.
- Goalkeeper 2 will make a firm pass, and Goalkeeper 1 must gather it by crouching down.
- After receiving, they must throw the ball to the coach.
- The coach will play a pass forward, and Goalkeeper 1 must take two steps forward and dive to collect the ball.
- Goalkeeper 1 must throw the ball to Goalkeeper 3 and position themselves close to the near post.
- Goalkeeper 3 will make a firm pass, and the first goalkeeper must gather it by crouching down.
- Rotate the goalkeepers.
- Once each goalkeeper has taken their turn, reposition to defend the other side of the goal and repeat.

Coaching points

- Secure the ball with both hands when transitioning positions to prevent any loss of ball control.
- Be on the front foot and step forward quickly when diving and defending the space in front of the goal.
- Stand up to play out to gain a better range and security in ball handling.

EXERCISE 1: DIVING TO MID-RANGE SHOTS



Organisation

- Use 1 full-size goal.
- The exercise requires 3 goalkeepers.
- Position Goalkeeper 1 in the centre of the goal and on the edge of the small penalty area.
- Position a mannequin on the edge of the penalty area and facing the centre of the goal.
- Across the goal, mark out a red zone 5m from the mannequins.
- Position a second mannequin to the right of the half circle and 2m from the edge of the area.
- Position Goalkeepers 2 and 3 in front of the red zone and the mannequins.
- 10m from the edge of the penalty area and slightly to the left of the goal, position the coach with some balls.

Explanation

- The coach plays a pass into the red zone and in front of Goalkeeper 2.
- As the pass is played, Goalkeeper 1 must drop into the goal.
- Goalkeeper 2 must take a touch toward the goal and then finish low and into the right side of the goal.
- Goalkeeper 1 must try to dive and save the shot.
- Goalkeeper 1 must throw out to the coach immediately after saving.
- The coach passes into the red zone and in front of Goalkeeper 3, who must shoot low and across the goal into the left side.
- Goalkeeper 1 must throw the ball out to the coach immediately if they save.
- The inactive goalkeeper must be ready to follow up shots and try to score.
- Rotate the goalkeepers so they all face the shots.

Coaching points

- Start in a position where the goalkeeper is ready to attack the ball and readjust once the ball is passed/moved.
- When facing the shot, lower the body and arms whilst slightly bending the knees in preparation to get down quicker to the ball.
- Drop back into the goal once the attacker receives the ball and cover the angle of the shot.
- Behave with urgency to mimic an offensive transition when gathering the ball.

EXERCISE 2: DIVING TO CLOSE-RANGE SHOTS



Organisation

- Use 1 full-size goal.
- The exercise requires 3 goalkeepers.
- Position Goalkeeper 1 in the centre of the goal and on the edge of the small penalty area.
- Position a mannequin 3m from the penalty spot and facing the centre of the goal.
- Across the goal, mark out a red zone 5m from the mannequins.
- Position a second mannequin 5m to the right of the first mannequin.
- Position Goalkeepers 2 and 3 in front of the red zone and the mannequins.
- 5m from the edge of the penalty area and slightly to the left of the goal, position the coach with some balls.

Explanation

- The coach plays a pass into the red zone and toward Goalkeeper 2.
- As the pass is played, Goalkeeper 1 must drop into the goal.
- Goalkeeper 2 must let the ball roll past the mannequin and finish low into the right side of the goal
- Goalkeeper 1 must try to dive and save the shot.
- Goalkeeper 1 must throw out to the coach immediately after saving.
- The coach passes to Goalkeeper 3, and they must let the ball roll past the mannequin and shoot low and into the left side of the goal.
- Goalkeeper 1 must throw the ball out to the coach immediately if they save.
- The inactive goalkeeper must be ready to follow up shots and try to score.
- Rotate the goalkeepers so they all face the shots.

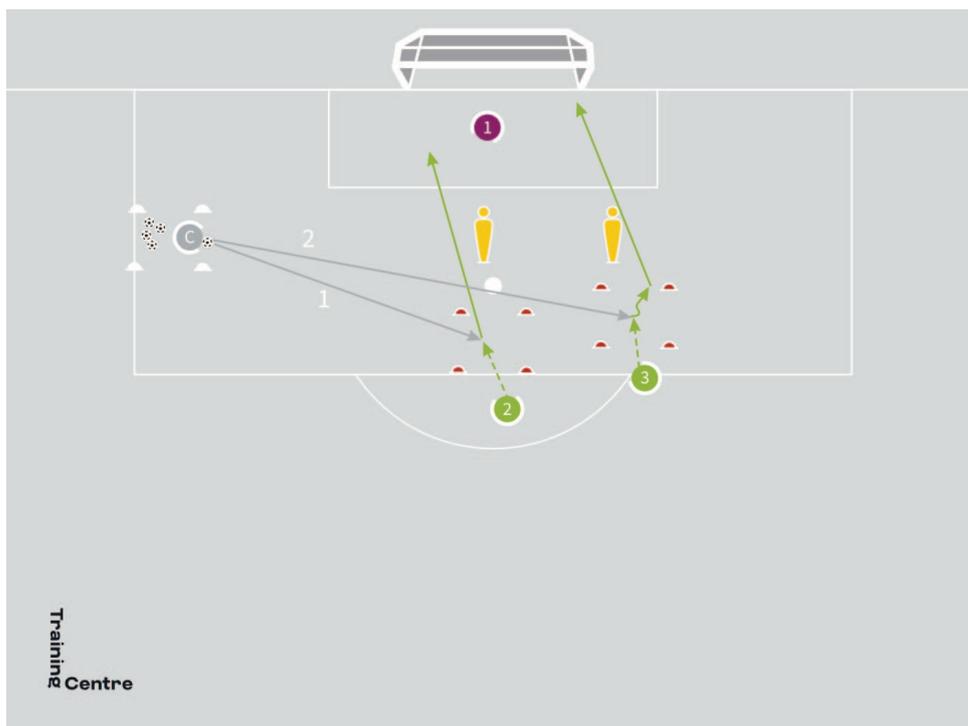
Variation

- Goalkeeper 3 can now take a touch before shooting.

Coaching points

- When facing the shot, lower the body and arms whilst slightly bending the knees in preparation to get down quicker to the ball.
- Drop back into the goal once the attacker receives the ball and cover the angle of the shot.
- Follow the ball by opening the body, keeping the shoulders facing the ball and keeping an eye on the posts, so when the wide player receives it, it is easier to dive down.

EXERCISE 3: DIVING -2 CLOSE-RANGE SCENARIOS



Organisation

- Use 1 full-size goal.
- The exercise requires 3 goalkeepers.
- Position Goalkeeper 1 in the centre of the goal.
- Position a mannequin 8m from the centre of the goal.
- Position a second mannequin 5m to the right of the first mannequin.
- Across the goal, mark out a 5m red zone in front of the mannequins.
- Position Goalkeepers 2 and 3 in front of each mannequin and outside the red zone.
- The coach should be positioned on the left side of the penalty area with some balls.

Explanation

- The coach passes back toward Goalkeeper 2 and into the red zone.
- Goalkeeper 2 must take a shot first time to the left of the goal.
- Goalkeeper 1 must dive and try to save the ball.
- If they save the ball, they must throw it out to the coach.
- The coach passes back toward Goalkeeper 3 and into the red zone.
- Goalkeeper 3 must take a touch and then finish into the right side of the goal.
- Goalkeeper 1 must dive and try to save the ball.
- If they save the ball, they must throw it out to the coach.
- Rotate the goalkeepers.

Variation

- Goalkeepers 2 and 3 are free to take a touch and finish into either side of the goal.

Coaching points

- Adopt a low position with knees bent and ready to spring to the side before the shooter receives the ball.
- Push the ball wide and toward safety rather than back out into the centre where poachers are waiting.