



This exercise is a progression of teaching the collapse dive. On one net:

- 1) Have two keepers begin a few feet to the inside of each post.
- 2) Have a keeper or coach roll or throw a ball just to the outside of the post.
- 3) Once the keeper makes the save (or even if they don't) have the keeper reload (get up) and SHUFFLE across the goal to the other post, thus switching with the other keeper, to prepare for the next save going the other direction.
- 4) Have plenty of balls because the keepers need to be constantly saving and switching, even if the saves are missed or deflected.

COACHING POINTS:

- 1) Be sure the keeper is using their power step or forward step towards the ball.
- 2) Be sure the keeper is leading with the proper foot.
- 3) Be sure the keeper leads with their hands.
- 4) Be sure the keeper is transferring their weight to the front foot.
- 5) Keeper should be landing on their side, not stomach or back.
- 6) Be sure the keepers' hands are behind and on top of the ball, using the ground to secure the ball. Many keepers will try to place their hands UNDER the ball. Don't let them.