



*A very fun game to get your Keeper's diving technique practiced in a game like manner!*

#### EXERCISE #1:

- Divide a grid large enough to allow your keepers room to cover some ground and provide diving opportunities in half.
- Have one keeper toss a ball to an open area of the opposing keeper's grid. The opposing keeper must try to retain possession of the ball before it hits the ground, or as it hits the ground.
- Then that keeper becomes the thrower.

#### COACHING POINTS:

- Be sure the toss is realistic to encourage the opposing keeper to succeed but still be challenged. No 50 mile an hour balls or direct "rocket" balls that provide little chance to succeed in a save.
- A variety of saving techniques are able to be used, but look for diving saves coming forward or to the side the most. Forward vaults can be applied as well if the throw is weak or the keeper can adjust to get behind the ball.
- Look for the keepers to take every opportunity to COME FORWARD to make the save.
- Proper diving techniques such as leading with the hands, landing on their hip not stomach or back and hands behind the ball.
- Encourage them to "reload" (get up) quickly to try to catch the opposing keeper out of position.
- See that the keepers recover into a set position quickly when it is their turn to defend. On the toes, knees bent slightly and hands at the ready.