



Goalkeeping

Team: _____

Date: _____

Technical Drill

Things to observe: _____

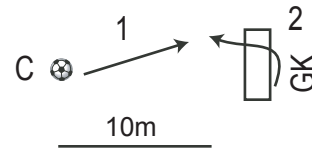
Notes: _____

Technique #6: turn & dive, bouncing balls

1. Jump - Turn - Dive

GK sits with back to hurdles or bag or other obstacle.

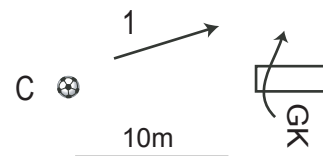
1. On command "go", coach (C) throws ball towards GK
2. GK jumps up, turns and dives over obstacle to make save.



2. Save Bouncing Ball

GK stands sideways to hurdles or other obstacle, facing coach (C)

1. C throws bouncing ball to side of obstacle.
2. GK dives and saves.



GK now stands on other side of obstacle and saves next bouncing ball.