

# Agility and diving repetition drill



## How it works

Set up the 2 cones 4 yards apart and start with the soccer ball in your hands on one of the cones.

With the ball in your hand, dive and place the ball just in front of the opposite cone.

You will then backward shuffle around the cone you started on and dive through the gate and onto the ball.

You will now be back on the original cone you started with the ball in your hands.

Repeat this 5 times for diving to your right and left.

## Coaching points

- Make contact with the ground using your hip first
- Secure the ball with 2 hands while diving (1 on the top and 1 on the back)
- Focus on exploding back up once you have made a dive

## Purpose

The purpose of this solo goalkeeper training drill is to get a lot of repetition of diving and improving footwork

## Set up

- 2 Cones
- 1 Soccer ball

## Questions

- What part of your body should you use to help start the dive?
- How do you properly secure the ball?
- When you have dived and secure the ball what should you be focusing on next?

Beginner