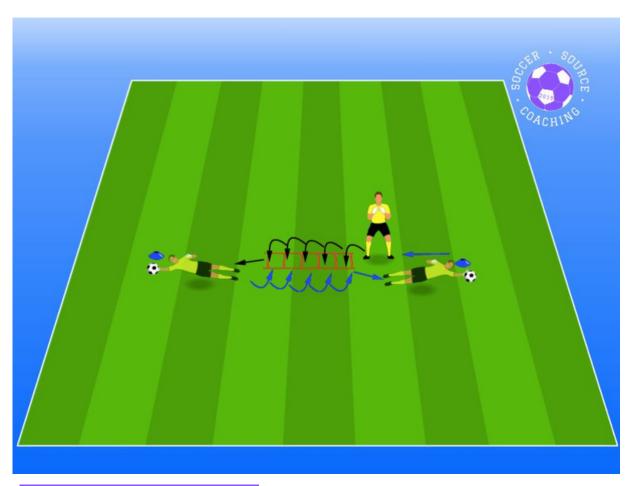


Diving repetition drill with a ladder



How it works

Start by standing on 1 side of the ladder facing forward and make your way through the ladder placing both feet in each section while facing forward.

After completing the ladder dive and place 2 firm hands on the soccer ball.

Once you have placed 2 hands on the soccer ball, leave the ball where it is, go back through the ladder, and dive on the other soccer ball.

Repeat this until you have dived 5 times on each soccer ball.

Coaching points

- Focus on quick, sharp steps through the ladder
- Explode into the dive using your legs
- Get yourself up as quickly as possible after your dive.

Purpose

The purpose of this drill is to get as much repetition of explosive diving while improving footwork

Set up

- 2 cones 10 yards apart
- 1 ladder that runs between the 2 cones
- 2 soccer balls (placed on either cone)

Questions

- What is the quickest way to get through the ladder?
- How do you get a greater distance on your dives?
- As soon as you have secured the ball, what should you focus on doing next?

Advanced