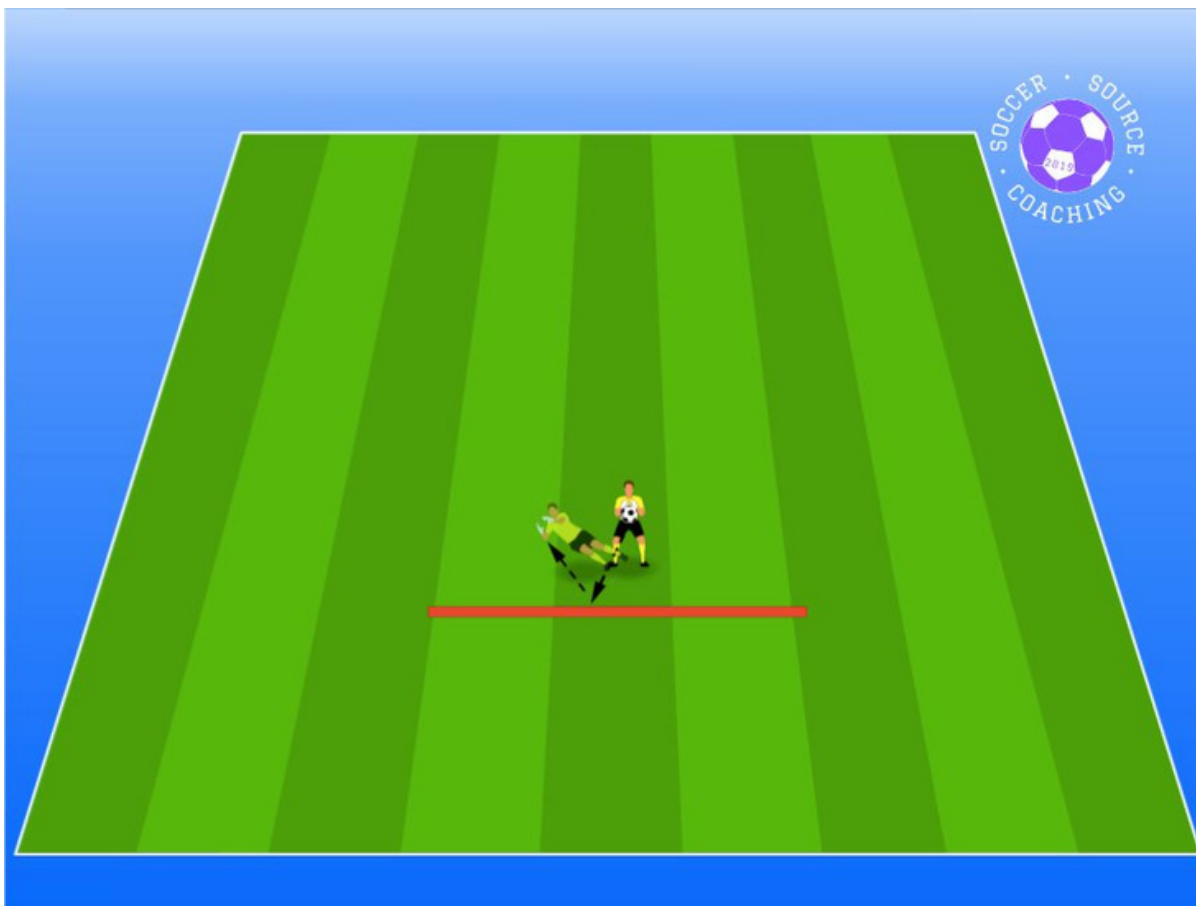


Kneeling dive and catch



How it works

Start by kneeling down 2 yards away from the wall holding the ball in your hands

Throw the ball against the wall at an angle to it bounce toward your right and catch the ball by diving towards it.

Get back into the kneeling position again but instead throw the ball against the wall to your left and dive again to catch it.

Repeat this until you have performed 10 dives on each side.

Coaching points

- Move your knee slightly forward on the side you are making the dive
- The hip is going to be the first point of contact on the ground
- Secure the ball with both hands, with the hand you are diving towards on the back and the other hand on top.

Questions

- How should you lead into the dive?
- What part of the body should make first contact with the ground?
- How should you secure the ball?

Purpose

The purpose of this solo goalkeeper drill is to get lots of repetition of diving safely and improving hand-eye coordination

Set up

- 1 soccer ball
- A wall

Beginner