

Quick feet and diving triangle



How it works

Set up your 2 cones 1 yard apart from each other.

In line with the first cone place a soccer ball 4 yards away to the right and in line with the second cone place a soccer ball 2 yards to the right.

Start on the first cone and use quick feet to go around the cone and dive onto the second soccer ball.

now go back and reverse the motion, using quick feet to go back around the cone and dive on the first soccer ball.

You must be facing forward the entire time for the drill.

Coaching points

- Take short, quick steps going around the cone
- Use your legs to explode into the side
- Dive on the ball with both hands (one on top and one behind the ball)

Purpose

The purpose of this drill is to improve a goalkeeper's footwork to help them move and dive around the goal quicker

Set up

- 2 cones
- 2 soccer balls

Questions

- How can you get round the cones quicker?
- What part of your body should you use to help start the dive?
- How do you properly secure the ball?

Beginner