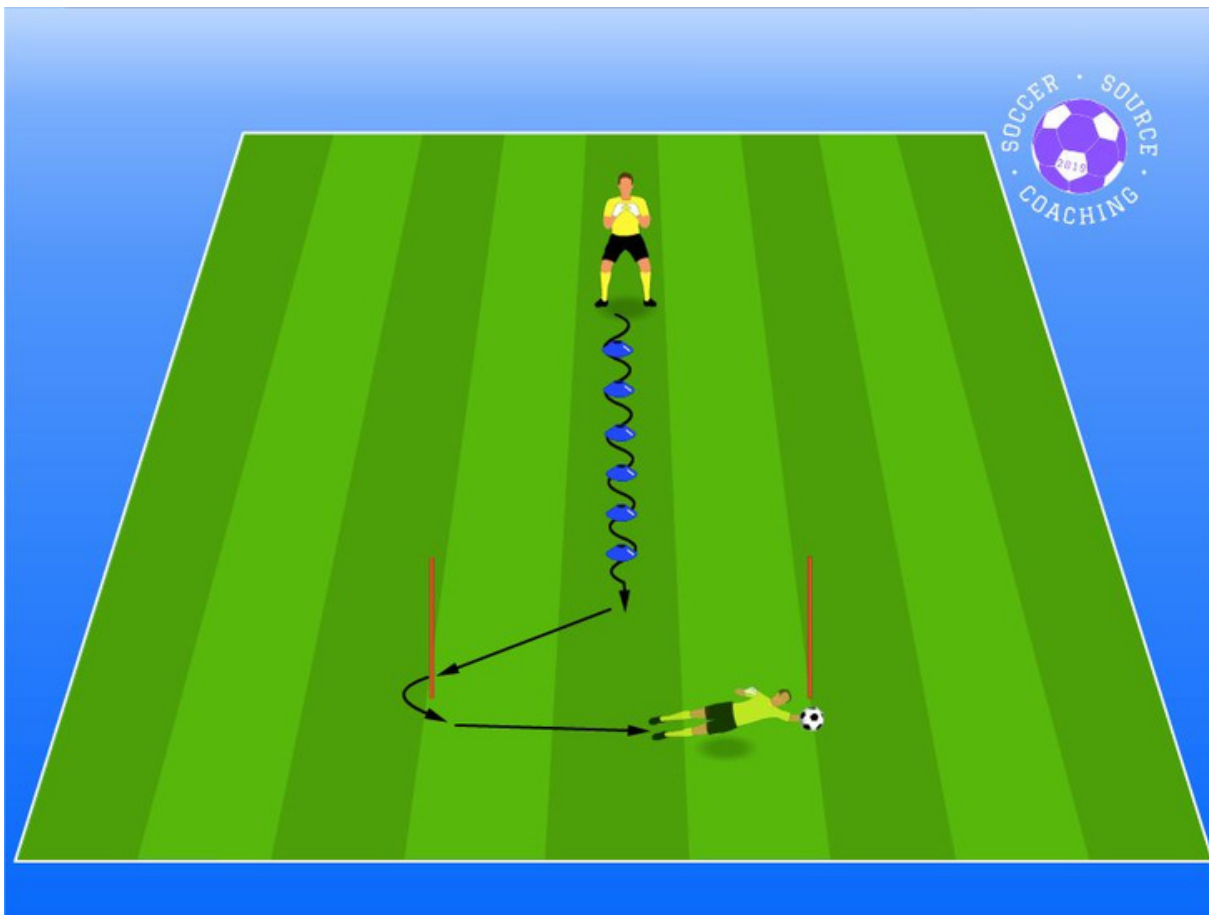


# Quick feet into a dive



## How it works

Start in front of the 6 cones and go through them in a slalom fashion

Once you have gone through the cone slalom, sprint around the pole that does not have the soccer ball in front of it, and dive across to the other pole to push the soccer ball away.

## Coaching points

- Stay light on your feet, with small quick steps while going through the slalom
- Accelerate out of the turns but decelerate leading up to the turns
- Use your legs to propel you in the dive
- When you dive your hip should make contact with the ground first

## Purpose

The purpose of this drill is to improve a goalkeeper's, speed, agility, and explosiveness

## Set up

- 6 cones (in a line half a yard apart)
- 2 poles (8 yards apart and 5 yards in front of the cones)
- 1 soccer ball (placed just in front of 1 of the poles)

## Questions

- How can you get through the slalom as quickly as possible?
- How should you approach/ exit the turns to the pole?
- What part of the body should you use to propel your dive?
- Which part of the body should make contact with the ground first when diving?

**Advanced**