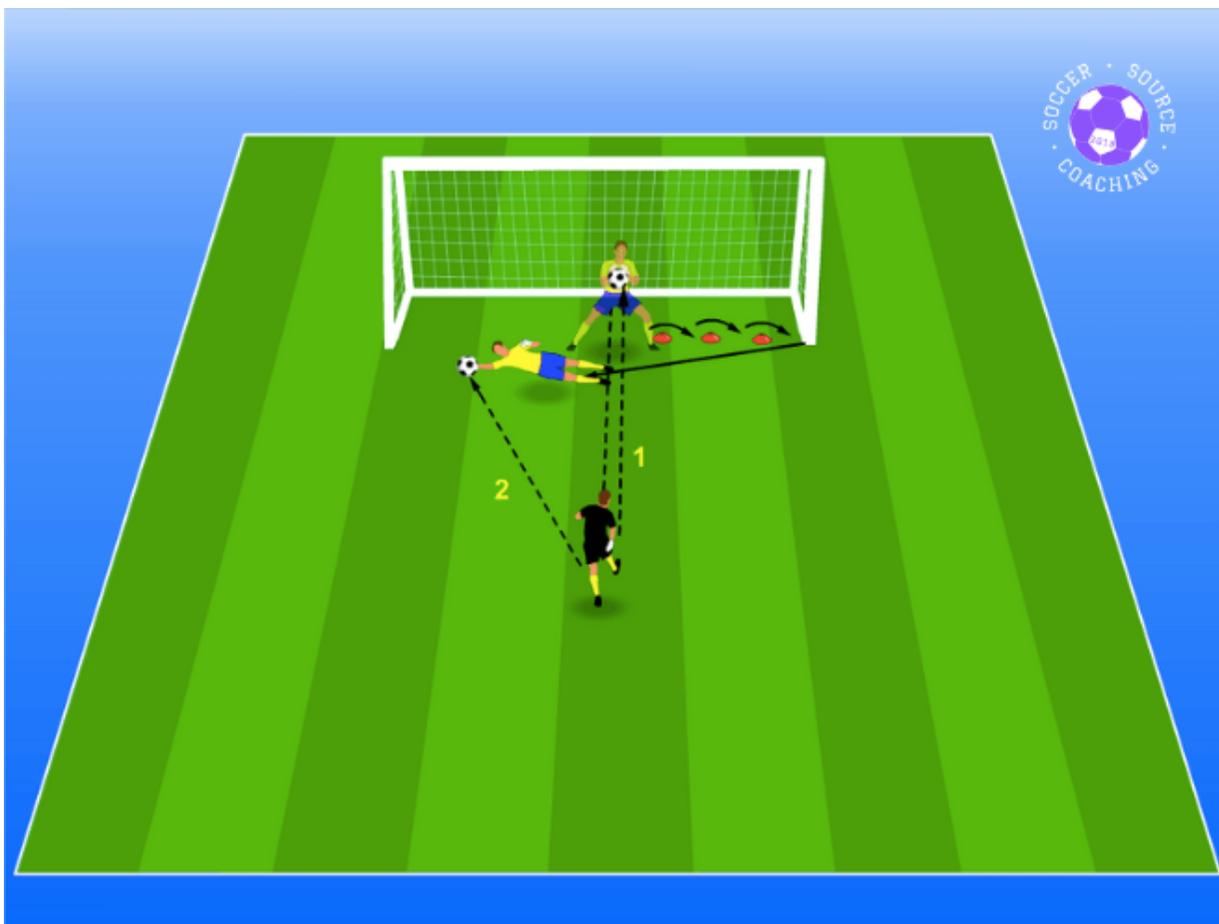


# Quick feet then dive



## How it works

The player will start with the ball in their hands on the penalty spot and they will start the drill with a driven kick toward the goalkeeper.

The goalkeeper will catch the ball and throw it back to the player on the penalty spot.

They will then sidestep over the 3 cones and touch the goal post.

As soon as the goal post has been touched the player with the ball will take a shot towards the opposite side of the goal where the keeper will dive to try and make the save.

## Coaching points

- Keep your head up so you always have eyes on the ball
- Once you have touched the post, come off the goalline and across, to close down the angle of the player taking the shot
- Use a power step to help explode into the side.

## Questions

- How can you always ensure that you can see the ball?
- What can you do to close the angle of the second shot?
- How can you explode into the dive?

## Purpose

The purpose of this drill is to improve the footwork and agility of the goalkeeper

## Set up

- 1 goal
- 1 soccer ball
- 3 cones

**Beginner**