

STEPS AND DIVE

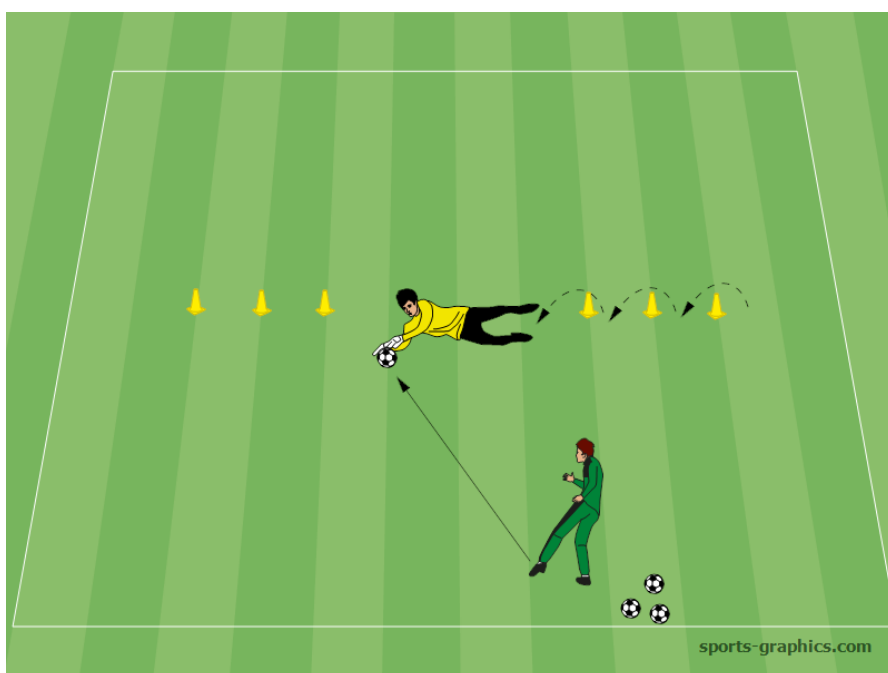
To improve muscular power and increase performance for explosive activity

TECHNICAL

PHYSICAL

Goalkeeping

Goalkeeper Conditioning



Arrange two lines of three cones spaced 2yds apart with an 8yd gap/goal in the middle.

The goalkeeper starts at the outer end of either of the lines.

The goalkeeper must step one foot over at a time either sideways or forwards past the three cones before making a catch or diving save in the middle gap.

The server passes or throws the ball into the gap as the goalkeeper steps over the last of the three cones.

The goalkeeper must react quickly. The drill is then repeated from the opposite side.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.

LEARNING OUTCOMES

- Improve reaction times.

KEY FACTORS

- Ensure correct footwork patterns before speed
- Explosive movements
- Good set position - body weight forward and balanced on the balls of feet
- Good/correct technique
- Positive attitude
- React quickly
- Rhythm and coordination
- Use appropriate save technique

FOCUS AREAS

- Encourage quick explosive actions.
- Ensure adequate rest between sets of repetitions.
- Evaluate the players performance ensuring good form with technique. Actions should be performed at high speed and with maximum intensity while maintaining high quality. Adequate rest is vital between sets of work repetitions.
- The coach should increase workload (intensity) gradually and progressively. The level of intensity of each exercise is to be sufficient to ensure overload.
- Use plyometric exercises for developing explosive power and responsiveness of muscles. This is based on a series of jumping exercises and is a very effective way to improve muscular strength.

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