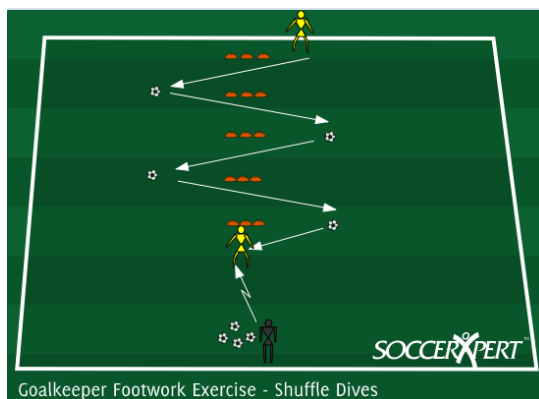




Goalkeeper Footwork Exercise - Shuffle Dives

Objective:

This goalkeeping footwork drill focuses on the goalkeeper's footwork while shuffling to the side and diving forward towards the ball.

Setup

1. Create a line of cones approximately 3 yards apart.
2. Place a ball about 4 yards from the cones on the right side of every 2nd cone.
3. Place a ball the same distance from the cones on the left side of the cones on the remaining cones.
4. The coach should be about 7-10 yards from the last cone with a supply of balls.

Instructions

1. On the coach's command, the goalkeeper shuffles between the cones towards the ball.
2. When he gets within diving range, the keeper must dive and work on proper handling and diving technique.
3. Once the keeper's hands are on the ball, they should hold their stance for 3 seconds.
4. The keeper then leaves the ball and shuffles through the next set of cones towards the ball.
5. The keeper will repeat diving to each of the balls set up by the coach.
6. When the goalkeeper reaches the end, the coach will play any type of ball into the keeper to make a save.
7. The keeper should walk back to the line and repeat.
8. Make sure you give players proper time to recover.

Coaching Points

- Do not cross the feet when shuffling.
- Proper handling of the ball.
- Dive with both hands at the same time.
- 3-hands - one on the back of the ball, one on top, the ground is the third hand.
- Bring the top knee to the chest for protection.
- Hips should face the coach at all times, even when diving.

Variations

- When shuffling outside, toss a high ball and make the keeper jump to receive the high ball.

Drill Quick Glance

Age: 9+	Field: 10X20
Players: 1+	Time: 10 MINS.
Difficulty: MEDIUM	Focus: GOALKEEPER
Keeper: YES	Type: INDIVIDUAL
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Soccer Balls