



GOAL	Keeper- Diving		
PLAYER ACTIONS	Learning To Collapse and Drive, Recover into Position		
KEY QUALITIES	Take Initiative, Read the Movement of the Ball, Proper Hand to Ball		
MOMENT	Diving Save	DURATION	60-Min
		PLAYERS	Keepers

U11+

SKILL ACQUISITION: Diving: Collapsing body and pushing in direction of dive – **Hand Position on Ball:** The shape of the keeper hands on the ball – **Recover:** Recover from the dive in preparation for facing the play

WARMUP- CATCHING AND DIVING	DURATION: 14- MIN - INTERVALS: 3 ACTIVITIES: 4-min - REST: 1 min.
<p>A</p> <p>B</p> <p>C</p>	<p>OBJECTIVE: Get the keeper used to movement on both sides. Players will have a dominant side by nature, so the intent is to get a player used to both sides.</p> <p>PLAYER ACTIONS: Fitness in relation to movement that a keeper will make during a game.</p> <p>ORGANIZATION: (A) Player is to be in net. The Server (S) is to be 3-4 meters from the Keeper (K) who is to be standing on the goal line. S is to throw the ball to K who will catch and shuffle sideways on the goal line. Once K is at the end of the goal line, they start to move sideways to the other end of the goal. (B) Keeper is to sit with legs spread apart. Server (S) will roll the ball towards each side of the K who will roll on side to get ball, sit back into a seated position, and send the ball back to the S. (C) Same as (B) however the K will be kneeling instead of sitting.</p> <p>RULES: (A) No walking through the drill. This is meant to get heartrate going, (B) and (C) need to ensure that the ball is in a position that the keeper can get the ball. Avoid placing the ball out of the reach of the keeper.</p> <p>KEY WORDS: Watch the shape of the hands on the ball (diamond). Recover quickly and reset for next ball.</p> <p>GUIDED QUESTIONS: What are we changing from a seated position to kneeling position?</p> <p>ANSWERS: Progressively getting the player ready for diving from a standing position.</p> <p>Note: Make sure you correct the keeper's posture and form throughout the warm-up to help coach good form.</p>

4-CORNER DEVELOPMENT SUMMARY			
Physical	Technical/ Tactical	Social/ Emotional	Psychological/ Mental
<ul style="list-style-type: none"> - Quick reaction - Balance - Coordination - Agility - Learning to collapse and roll on side 	<ul style="list-style-type: none"> - Being able to collapse on each side of the body - Learning how to catch the ball to prevent the ball from going through hands 	<ul style="list-style-type: none"> - Communication - Listening to instruction on drill - Celebrate correct technique 	<ul style="list-style-type: none"> - Focus on the flight of the ball - Being able to trust in being able to collapse without causing injury - Building confidence and less fear of the ball

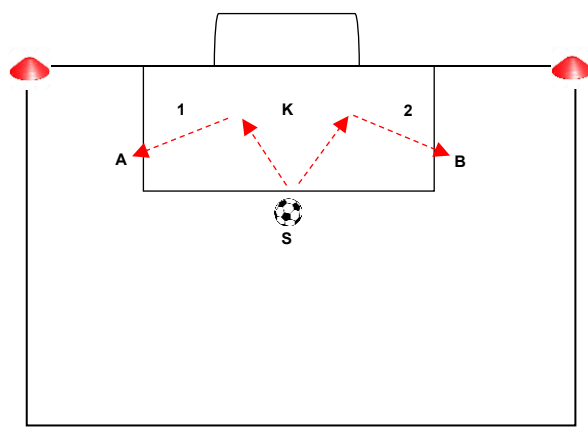
CORE ACTIVITY: Circle Diving	DURATION: 16- MIN - INTERVALS: 8 ACTIVITIES 90-sec - REST: 30 sec.
	<p>OBJECTIVE: Keeper is to continue learning to collapse and dive towards the ball.</p> <p>PLAYER ACTIONS: Collapse towards the ball and push off to make a dive and touch the ball.</p> <p>ORGANIZATION: Keeper (K) is to start in the center of a circle of 8 balls. Place the ball apart enough based on the size of the keeper for the keeper to be able to collapse and push off towards the balls. The keeper will collapse left (1) towards the first ball to the left. Once the keeper has contacted the ball, the keeper is to reset into the center of the circle and move to the next ball in a clockwise motion. Once the keeper has completed the circle on the left, the keeper will now start collapsing and diving to the right (2) moving in a counterclockwise motion. RULE: When touching the ball, touch the side of the ball to simulate a good save rather than top of the ball which is not good form (ball can still squeeze passed the keeper's hand).</p> <p>KEY WORDS: Look to collapse and push off with the leg on the side of the dive. Hand on side of ball not on top of ball.</p> <p>GUIDED QUESTIONS: How should you stand in preparation for the ball? Where should your eyes be focused on?</p> <p>ANSWERS: Feet should be spaced apart with knees bent to allow for either collapsing on the ball or to have power in legs ready for jumping. Eyes should lead the dive until the save is made.</p> <p>Note: If the keeper is showing promise with diving, look to number the balls. The coach to call out a number and the keeper is to rotate and make the dive on the ball. The player can move either left or right. When numbering the balls, have the ball facing the keeper as ball (1).</p>

4-CORNER DEVELOPMENT SUMMARY			
Physical	Technical/ Tactical	Social/ Emotional	Psychological/ Mental
<ul style="list-style-type: none"> - Quick reaction - Balance - Coordination - Agility - Learning to collapse and roll on side - Stamina with dropping and getting back u quickly 	<ul style="list-style-type: none"> - Being able to collapse on each side of the body - Proper body position when player is on side that will not cause injury 	<ul style="list-style-type: none"> - Communication - Listening to instruction on drill - Celebrate correct technique 	<ul style="list-style-type: none"> - Focus on judging the distance to the ball - Being able to trust in being able to collapse without causing injury - Building confidence and less fear of the ball



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MOMENT	Diving Save	DURATION	60-Min		PLAYERS

CORE ACTIVITY: Diving and Distribution **DURATION: 16- MIN - INTERVALS: 8 ACTIVITIES 90-sec - REST: 30 sec.**



OBJECTIVE: To get the keep to now work on diving for the ball and distribute to another player.

PLAYER ACTIONS: Dive left and right from a crouched position.

ORGANIZATION: Server (S) is to throw the ball no higher than mid-level to the height of the keeper (K). K is to dive and either catch the ball or stop it from going passed. If not able to catch, then K finishes by scrambling to the ball to get positive possession. Once K has the ball, the ball is to be thrown to A. K will re-set back center to the Server who will now throw the ball to the other side for K to repeat the activity and distribute the ball to B. **RULES:** Keeper is to show energy. This is a drill that is to be done with game intensity.

KEY WORDS: Get set for the ball. Keep your eyes on the ball all the way until the ball is caught or deflected. Ball is still live until the keeper has full control of the ball, so keeper is to scramble to until keeper has positive possession.

GUIDED QUESTIONS: How should you stand in preparation for the ball? Where should your hands be in preparation for the ball?

ANSWERS: Feet should be spaced apart with knees bent to allow for either collapsing on the ball or to have power in legs ready for jumping. Hands should never be at the side. Hands to be in the ready position in front.

Note: If the keeper is showing promise with diving, look to throw the ball just slightly above mid-height of the keeper. However, if the keeper is not showing confidence in diving mid-height, then keep the ball around knee height.

If the keeper is showing quickness, then consider kicking the ball to challenge the keeper with a bit of pace. However, kicks should be relative to the age and skill of the keeper. Remember the objective is not to get a ball passed the keeper but get the keeper used to diving to the ball.

4-CORNER DEVELOPMENT SUMMARY			
Physical	Technical/ Tactical	Social/ Emotional	Psychological/ Mental
<ul style="list-style-type: none"> - Quick reaction - Balance - Coordination - Agility - Learning to collapse and roll on side - Being able to drop to stop the shot if a low shot 	<ul style="list-style-type: none"> - Being able to collapse on each side of the body - Proper body position when player is on side that will not cause injury 	<ul style="list-style-type: none"> - Communication - Listening to instruction on drill - Celebrate correct technique 	<ul style="list-style-type: none"> - Focus on judging the distance to the ball - Being able to trust in being able to collapse without causing injury - Building confidence and less fear of the ball

SCRIMMAGE **DURATION: 16- MIN – INTERVALS: 3 ACTIVITIES 5-min – REST: 1-min**

PLAY A REGULAR GAME: (this is an open game with players on the field).

ORGANIZATION: Divide players into two teams. Use pinnies as required to help the players know who is on their team. Have open field play. Let the players play and avoid continual interruptions in the play. Look for moments for a stoppage in play for a coaching opportunity to help support the training that was done in the previous sessions leading up to the scrimmage. **RULES:** Apply all the standard rules of play for the game including throw-ins, goal kicks, and retreat line requirements. A coach is to be behind the net helping provide guidance to the keeper on using their skills to dive on the ball when there is an opportunity to do so.





KEY WORDS: Keeper movement is to follow the ball. Keeper is to be at the ready. Focus on the ball. Watch posture to ensure ready to collapse and dive if there is a need to.

GUIDED QUESTIONS: Where should the keeper be positioned in the net when the ball is in the other end? What does it mean for the keeper to follow the ball in their goal area when the ball is not in their area?

ANSWERS: Keeper should not be standing on the goal line when the play is in no danger on own goal. The keeper should be walking/ in motion in their area following the location of the ball.

Notes:
Let the keeper know that they are able to walk in their area to help keep focused and follow the play. This also ensures that their muscles remain warm to always be prepared if they need to make a diving save. If the keeper dives but misses the ball that is ok. This is a hard skill for some to gain confidence. The goal is to get the keeper to grow in confidence and reduce fear with the skill of diving.

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<ul style="list-style-type: none"> - Quick reaction - Balance - Coordination - Agility - Learning to collapse and roll on side - Being able to drop to stop the shot if a low shot - Using feet for passing/ kicking if the ball is available to the keeper 	<ul style="list-style-type: none"> - Being able to collapse on each side of the body - Proper body position when player is on side that will not cause injury - Following the play by walking around 18-yard box to be ready 	<ul style="list-style-type: none"> - Communication - Listening to instruction on drill - Celebrate correct technique - Being a part of team play 	<ul style="list-style-type: none"> - Focus on judging the distance to the ball - Being able to trust in being able to collapse without causing injury - Building confidence and less fear of the ball - Being aggressive/ assertive in goal to direct teammates

FIVE ELEMENTS OF TRAINING EXERCISE	TRAINING SESSION SELF-REFLECTION QUESTIONS
<ol style="list-style-type: none"> 1. ORGANIZED: Is the exercise organized the right way? 2. GAME LIKE: Is the exercise game like where the skills being coached are applicable to the player and their game? 3. REPETITIONS: Are there repetitions when looking at the overall goal of the session? 4. CHALLENGING: Are the players being challenged? (Is there the right balance between being successful and unsuccessful?) 5. COACHING: Are the coaches comfortable with the session and be able to present the details to their players? 	<ol style="list-style-type: none"> 1. What was the goal of the training session? 2. What did you do well in the training session? 3. What could you do better?
SESSION PLAN SYMBOLS	
 Training Disc  Pass Ball  Run without Ball  Run with Ball	