

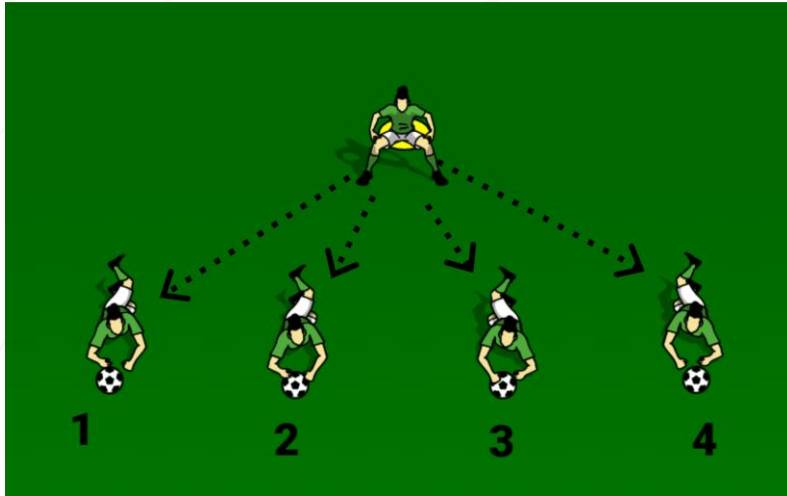


GOALKEEPING

Individual Skill Development



GOALKEEPING



Equipment: 1 ball or 4 balls



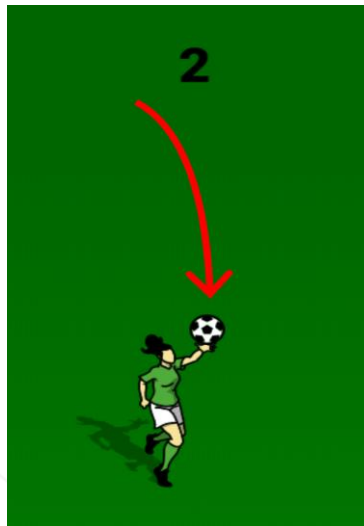
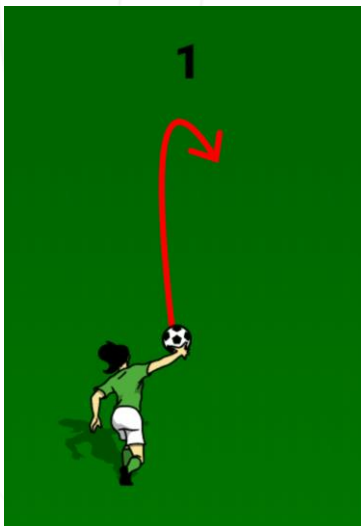
What to do: If 1 ball, throw the ball to each of the 4 areas shown. Practice the approach and diving/collapsing to cover the ball. Return to the starting position after each ball.



Variations/Progressions: If comfortable with diving, bounce the ball mid-height in front of you, approach, and dive.



Keep in mind: Practice falling safely. Don't let the ball loose after catching it.



Equipment: 1 ball



What to do: Throw or kick the ball into the air. Approach underneath the ball and perform an areal catch. Repeat.



Variations/Progressions: Try playing the ball higher and work on timing of take-off.



Keep in mind: Practice being vocal – “MINE!”.