

Description

Under 12 Diving build up to game training/shots

Step to ball

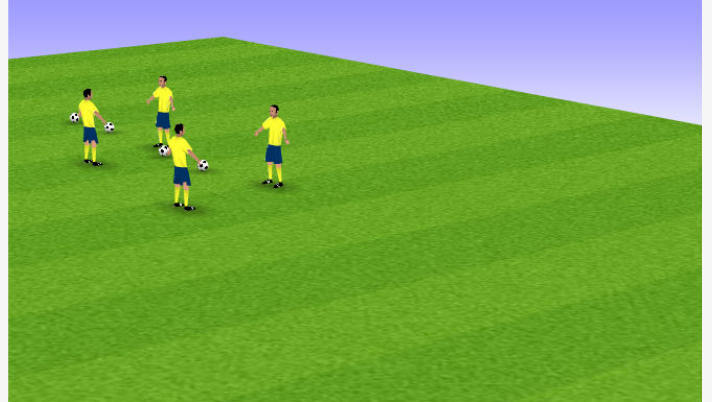
Partner with ball in each hand at shoulder height

- Partner2 in set position ready to catch one of dropped balls
- alternate drop, switch at 10

Can you catch before bounce? Stay on feet first build to dive on ground

If this is too advanced, start with players on their knees to dive and move forward. Roll to self then build to partner tossing ball. Don't let players go backwards, the line is at their knees. Step with knees to ball and push out with hands.

CP: Set position, hands in front, first step to the ball at good angle fwd, eye on ball, ball in front, go through catch, push off from feet, ball lands on ground in dive, shoulders fwd, bent at elbows



Around cones

Partners 12-15 yards apart

Servers start with dead ball as GK shuffles around cone

Servers strike ball to second cone within reach, build from shuffle to dives

timing on ball for quality serve and success for GK

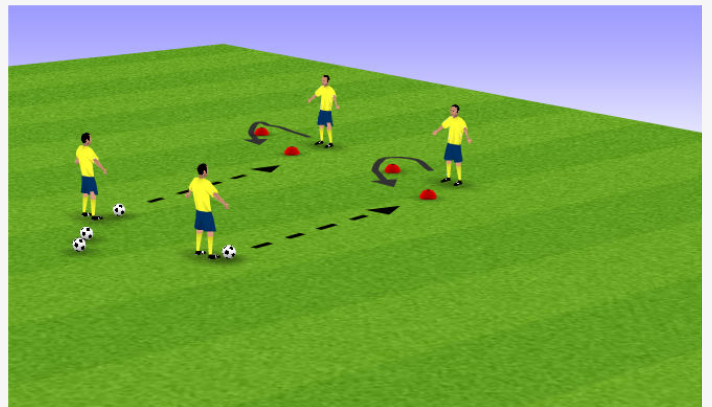
Rotate at 6, 2 rounds of each with possible build ups:

- Build to second touch from server and

- balls in the air

all rebounds live

CP: land in front of second cone (cone is moved ahead so dive is at angle), shuffle around cone body angle in front, hands in front, step to ball, low hand behind ball, top hand quick



Dive on frame

GK weaves through cones to get set for shot

Server on top of 18

- two touch shot

- rotate after each shot

shots should be made for the dive on the ground, within reach to start

Rotate sides after 4 rounds

all rebounds live

Build to vary service location, balls in the air

CP: set position to shot, angle to goal, low hand open early, dive forward, weight fwd, eye on ball, land on side, get up from ground, rebound set quickly



Dive 2 shots

GK starts on stomach gets up with hop to set

-server two touch ball to near post

-server2 two touch for dive on far post

GK makes save and distribute back to server1 then moves to angle of server two

-Stay on feet if possible, dive when feet can't get you there

-rotate sides after two rounds, everyone rotates after each serve.

CP: GK set early, hands in front, efficient steps across goal, decision to stay up or dive, tech dive forward, eyes on ball

