



Basic Plyometrics & building to distance diving

Category: Goalkeeping: Agility/Diving techniques
Difficulty: Moderate

Reseller-Club: GkNexus
Gk Nexus, www.gknexus.com, United Kingdom

Exercise 1

Organisation:

4 x cones are placed 2 feet apart with Goalkeeper standing behind the first cone

Practice Detail:

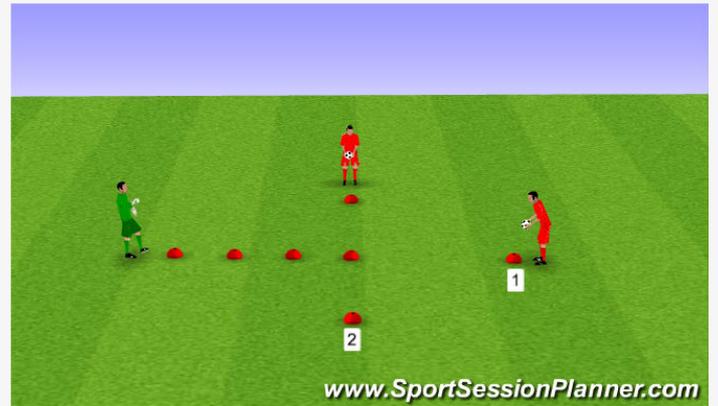
Goalkeeper will practice a single leg hop over the cones, 4 on each leg

Progression(s):

Introduce lateral movement
Introduce a dive with the ball

Outcomes:

Knee drive, utilising strong push from the floor
Retain good shape and balance
Control landing
Explosive power



Exercise 2

Organisation:

1 (or 2) Goalkeepers take up a set-position within the goal, in line with their specific server 1.

Server 1 serves with a volley, server 2 serves with hands for a diving save.

Practice Detail:

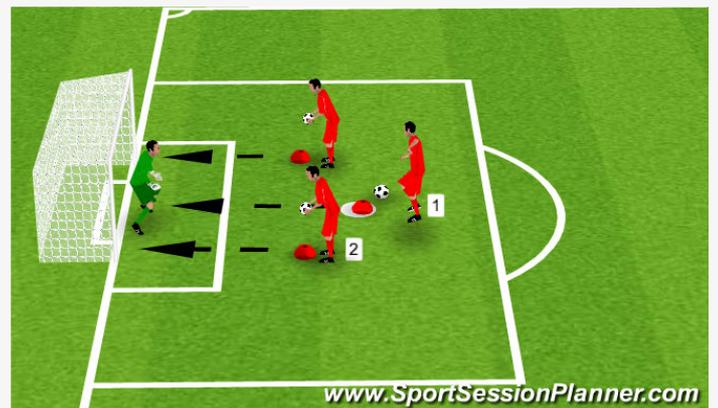
Goalkeeper receives volley from server 1 and then reacts to Coaches command, to save from server 2 with a dive.

Progression(s):

Goalkeeper has to react to a variety of serves
Goalkeeper has to distribute ball, before getting back in position

Outcomes:

Controlled lateral movement
Power step(s)
Present hands in front of body
Catch or parry
Recovery into position



Exercise 3

Organisation:

Goalkeeper takes up set position within goal, with server 1 at the penalty spot and 2 x server 2's at an angled 12 yards position, ready to shoot

Practice Detail:

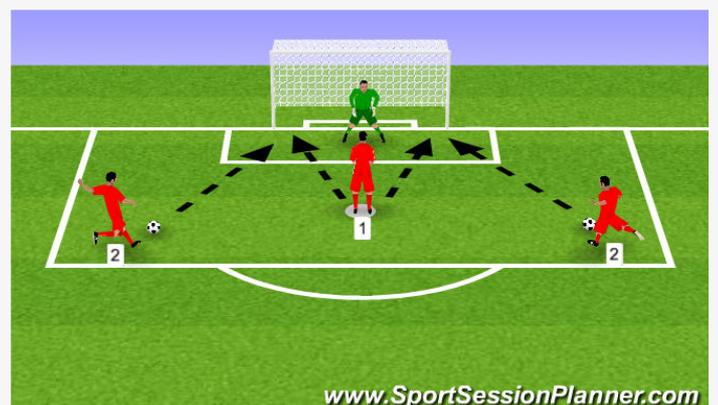
Goalkeeper saves serve from server 1 on right side, then recovers into position from a strike from server 2 on right side. Repeat this with the left side.

Progression(s):

Server 1 can serve ball to any side they wish
Goalkeeper must recover into opposite side for strike, than the side from first serve
Goalkeeper must save 2 serves from server 1

Outcomes:

Balanced set-position
Power step(s)
Improved lateral movement



Recovery technique
Transfer the pressure to the striker