



Notes:

Dimensions: One goal with a ball placed just behind the penalty spot. Place 4 tall orange cones in a small square, tie a piece of string around the cones if you have the facility to, to create a box for players to jump in and out of.

How to: The goalkeeper is being tested on their jumping, diving and agility here. The goalkeeper steps up and hops up over the cones into the box and jumps out to either the left or the right, the coach/player then takes a shot/throws the ball up towards the goal on the other side of the box to the player. The goalkeeper then attempts to dive and save the ball. (soft crash mats can be used if available to build the keepers' confidence in diving.)

Coaching Points: practice getting a good leap off the ground; greater ground clearance will mean you have a better full stretch reach for high shots. Use the cones as a reference, if you clip your feet on the cones you will know you didn't get a good enough starting leap.

Progressions: Bonus "rebound shot" to be thrown/kicked once the keeper has made the initial save to test their recovery and ability to get back into position and determination/



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