

Save or Dive Reaction Game



Set Up

- ▣ Goal with nets
- ▣ 1 Ball



- ▣ Penalty Area

Coaching Points

This practice is designed to improve the goalkeepers diving ability with an emphasis on reaction.

Two goalkeepers are positioned in the penalty area, one on the penalty spot and the other on the six yard line. Goalkeepers are assigned a number, either 1 or 2. The server calls out 1 or 2 as he volleys the ball to the selected goalkeeper. Whichever goalkeeper's number is called must save the ball and return it back to the server. The other goalkeeper must dive to any side and recover as quickly as possible readying himself for the next command.

Work must be rapid while maintaining quality technique.