



Tactics Manager

Session 3 - Low Diving Saves



Date:	17/Jun/2019	Measurement:	10 x 10
Time:	N/A:N/A	Players:	3
Duration:	01	Level:	U15 - 18+

- Objective:** Improve Goalkeepers Ability to deal with centralised shots in low areas.
- Description:** Low Diving Saves aswell as core and coordination. Yellow - Ball each throw to right. Ball each keep the other ball up, GK Juggling. Lay down and try to roll ball through other players hands core work.
- Coaching Points:** As the ball is moving can we continually reposition ourselves. As the striker is about to shoot can we set ourself. As the shot is taken can we assess which technique is correct to use. Can we have our body weight forward and lead with our front foot to get in line with the ball. As the step has been taken and the leg is slightly flexed the GK can generate the power to dive. Our hand should follow with 1 hand behind the ball and 1 on top. All Impact on the side of the body.
- Progression:** P1 - GK plays wide and recieves a pass back and then shoots into the bottom corner. Repeat going the other way. P2 - Add a second save or that outside player can turn towards the opposition GK and shoot - Wide angled shot stopping. P3 - Add 4 players to have a 4v2 at goal.