

## Diving 4 Back Passes

**Emphasis:** Dealing with the back pass, low diving technique



### Set-up:

One goalkeeper is working and the other are acting as servers. Goalkeeper 1 stands in the middle of a standard goal. Goalkeepers 2 and 3 are placed 10 yards out from the left and right posts. The coach stands in the middle of goalkeeper 2 and 3 and 7 yards out from the goalkeeper 1. All three servers need plenty of balls.

### Objective:

Goalkeeper 1 takes a few steps to the right and receives a pass on the ground from goalkeeper 2, passes it back with the right foot, and immediately dives to the left to stop a shot on the ground from the coach. The goalkeeper rolls the ball back to the coach and reloads to the middle of the goal. Repeat to the other side and switch the roles of the goalkeeper.

### Progressions:

1. Goalkeeper 2 and 3 serves a collapse dive.
2. Increase the amount of reps.

### Coaching Points:

- Keep your shoulders square to the server at all times.
- Don't turn your back to the field.

“He who stops being better stops being good”

-Oliver Cromwell-