

ROB PARKER GOALKEEPING

DIVING EXERCISES

VOLUME 1

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*Rob Parker has coached at the collegiate level for sixteen years. He has been working with youth keepers for over 20 years. Prior to joining Union College, Parker worked with the women's teams of Siena, UAlbany, Marist and Towson. At just 19 years old, Parker joined the coaching staff at Towson University making him, at the time, the youngest college soccer coach in the country.*

*Under his tutelage at Union, the Dutchwomen goalkeepers have carried a goals against average of under 1 in each of his years. In 2008, Union posted 9 shutouts with a 0.84 GAA. During the 2009 campaign, the Dutchwomen posted 6 shutouts and led the league with a GAA of 0.94. In 2010, Union once again posted 9 shutouts and led the league with a 0.63 GAA while 2011 saw the Union net minders with 8 shutouts and a 0.67 GAA. This past season, Union netminders had 10 shutouts and a 0.73 GAA.*

*During his tenure at Siena, Parker's goalkeeper was selected to the MAAC all-rookie team in 2005. Additionally, Saint keepers twice earned MAAC Goalkeeper of the Year honors and three first team All-Conference selections. Siena participated in the Conference Tournament in each of Parker's years at Loudonville.*

*Parker also coached the Adirondack Region women's squad at the Empire State Games for six years, guiding his team to four gold, one silver and one bronze medal in the open division. He is actively coaching with several clubs in the Capital Region.*

*He has also served as a member of the Eastern New York Olympic Development Program staff and is a contributor to keeperstop.com, writing articles on goalkeeper development and continues to work as a clinician for several coaching clinics and courses. Parker also contributes to several coaching educational resources, sharing lesson plans and blogs with goalkeeper coaches around the world. He can be found on twitter @goaliecoach00*



**Diving Game with Two Keepers:**

**Set-up:**

Two Keepers

One ball

Two sets of two cones placed 4-7 yards apart to create a goal

**Exercise:**

The Two keepers face each other 4-8 yards apart on their knees

One keeper with the ball

The keeper with the ball plays ball towards keeper and opposing goal with their hands attempting to get the ball past the keeper and through the cones.

Keeper can score either by 1. scoring between opponents cones or 2. keeper making the save drops the ball. Roles reverse and continues until one keeper scores 5 points.

**Coaching Points:**

-Proper Catching Technique

-Proper Diving technique

-Attacking the ball by diving at a forward angle

-Eye focus on saving ball



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#### Basic Diving Warm-up:

Two Keepers, one sitting, one standing facing each other.

Keeper standing serves ball while keeper sitting is active

Keeper serves ball on ground Keeper sitting rotates off their hips to the side ball is served landing on their side and safing the ball. Returns ball to server and reset to make save to other side. Process repeats 5 times to each side then reverse roles.

#### Progressions:

-Kneeling (low, medium, high balls)

-Crouching (low, medium, high balls)

-Standing (low, medium, high balls)

#### Coaching Points:

-Focus on ball

-Land on side (stay off back and stomach)

-Dive forward towards ball

-Both hands on ball -third hand is the ground



#### Basic Diving with Footwork:

Goalkeeper starts at post; On coach's command keeper sidestep towards cone at a diagonal angle from them. As keeper approaches cone, coach plays ball on ground toward cone that keeper must dive and stop before it hits cone. Keeper stands up, returns ball to coach and repeats towards next cone making a total of three saves to each side. Coach takes a few steps back each time the keeper advances.

#### Progression includes:

- services of ground
- services at knee height slightly off ground
- services at waist height
- services at chest height
- services at head height (age appropriate)

#### Coaching Points:

- Attacking ball with dive (narrowing the angle)
- getting body behind ball
- diving on side of body (proper diving technique)
- getting both hands behind and on ball (third hand is the ground)
- eyes focus on the ball and save, not the landing
- Do not land on elbow
- footwork and proper step before dive (last set is slightly longer than other steps leading to dive)



**Dive and Move:**

2 Keepers in a 30x20 yard area. Multiple balls spread around area. Kprs. dive on ball as if they were making a save and quickly get up and dive on another ball. Work for 30 seconds then alternate with the other goalkeepers.

**Coaching Points:**

- Stretch arms to collect ball
- Once ball is collected, scoop it into body quickly to protect the ball

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**Diving and Front Smother:**

Keeper starts behind the cones quickly shuffles through the middle of the cones, around and behind the outside cone and back through the middle of cones to receive a shot. Repeat other side. Begin with low shots on ground or skipping at keeper to perform front smother. Then progress to low and skipping shots to the side of the keeper.

**Coaching Points:**

- Quick footwork to get into position; Step into the Shot
- Set position in front of ball when shot is taken
- Dive at a forward angle
- Keep head up
- Both hands close to each other and behind ball



#### **Diving at Feet:**

Server stands with the ball about 15 yards from goal. Server passes ball into space toward the goal and Kpr. comes off line and dives on ball. Kpr. follows pass and jumps over Kpr. as Kpr. makes save. Alternate positions after each pass.





**Diving Exercise:**

Keeper starts slightly behind first cone and 3-4 yards off the cone. On server's command, keeper quickly sidesteps to cone, touches (or knocks it over) sidesteps in the opposite direction and dives for a low ball. Once save is made, they quickly get back to their feet and repeat the process at the next cone until they have completed all the cones after last save, keeper quickly gets to feet and sprints back to the beginning.

**Variation:**

-Vary the service

**Coaching Points:**

- Footwork to cone
- Attack the ball diving forward to make the save
- Proper diving technique for the service



**Diving:**

1. Keeper starts at first cone. On server's command, the Kpr quickly moves across coned gate to save a ball played towards next closest cone. Kpr makes save, tosses ball back to server, gets back to feet and repeats exercise and save with second server. Keeper saves should be in front of coned gates.

2. Same as above except second save is on the reversed side of the coned gate.

**Progressions:**

- Varied services
- one service low (ground) next service high (air)

**Coaching Points:**

- Quick feet, proper foot work, step to ball when diving
- proper takeoff to make diving save
- proper catching technique behind ball
- speedy reactions