

Diving

While good positioning can eliminate the need for many dives (see angle play sheet) every goalie will need to leave his/her feet occasionally. Learning to step in the direction of the dive will create more power and distance in the dive. After the 'power' step, lower your center of gravity to 'coil' up the body. Now explode in the direction of the ball by shooting opposite leg and knee toward the ball and following with the near leg and arms. **STEP, GET LOW, GO!**

1.The Low Dive

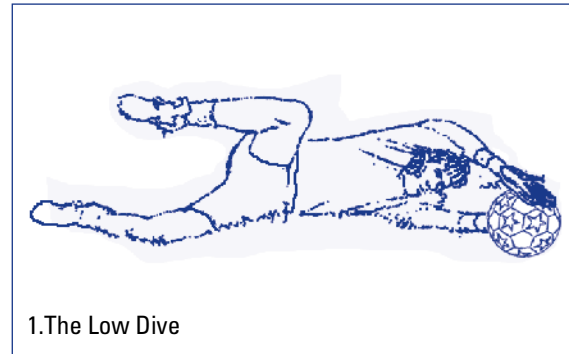
This illustration shows the proper form for the low dive as well as the landing after the high dive. Get the lead hand behind the ball, the opposite hand will come over the top trapping the ball from the top. The knee coming up to the chest is a result of pushing off but now can be used to return to the ready position by kicking the leg away from chest. (Notice 'W' , 'window')

2.The Medium Dive

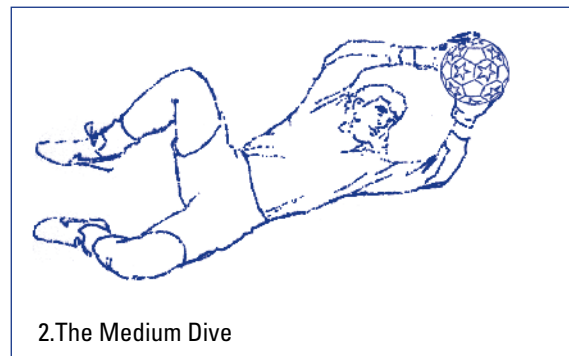
Illustration #2 shows the body in the air in a similar position to the low dive. The knees are bent because they have just propelled the body off the ground and up instead of staying low as above. Now keep the ball away from the body and try to put it to the ground first. This allows the ball to absorb much of the impact of the dive instead of the body. Keeping the arms outstretched and the ball away from the body as opposed to pulling it in also prevents the elbows from smashing to the ground which is often painful and can result in the ball popping loose.

3.The High Dive.

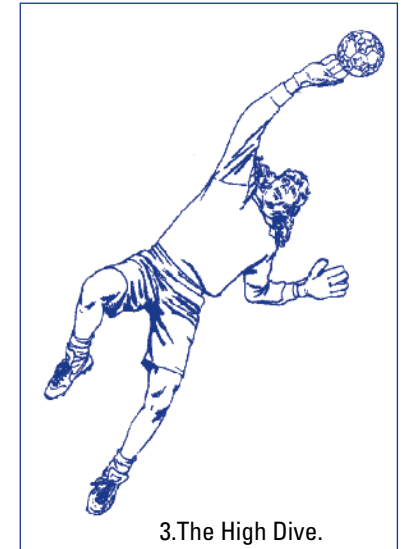
Illustration #3 shows how once the ball is above the chest and to the side it is advantageous to use the opposite hand to reach up and deflect the ball to the side. The lower hand is now used to break the fall. Catch the ball whenever possible but tipping or punching the ball in this manner turns the ball out of play giving the goalie time to recover from the dive and reset the defense.



1.The Low Dive



2.The Medium Dive



3.The High Dive.