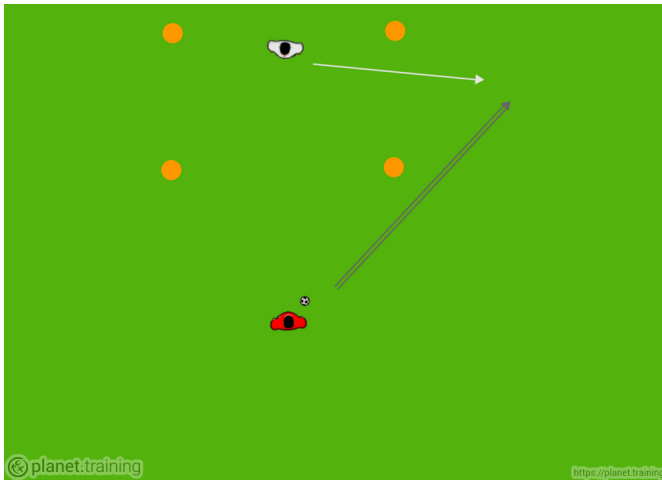


## Low Diving Warm up

**Fitness:** 100% **Technique:** 100% **Tactics:** 0%

*Goalkeeper, Any, Warm-up, Individual training, Group (2-8), 2 Goalies, 3 Goalies, 4+ Goalies, 1 Goalie*



### Setup:

Create a small 5 yard box with cones. Keeper will stand toward the back of the box. 1 server is needed and they will stand 5 yards outside the box facing the keeper.

### Execution:

For a warm up have the keeper stand in a ready position (knees bend on the balls of the feet hands inside the body), then they will pick a side (left or right). The server will kick the ball to the side (outside the box) The keeper will shuffle then dive to either catch it or knock it away.

It is important that the server put enough pace on the ball to make the keeper dive.

The Keeper should look to use proper technique in diving to the ground.

### Variations:

Don't allow keeper to pick the side the ball is going to.