

Collapse Dive

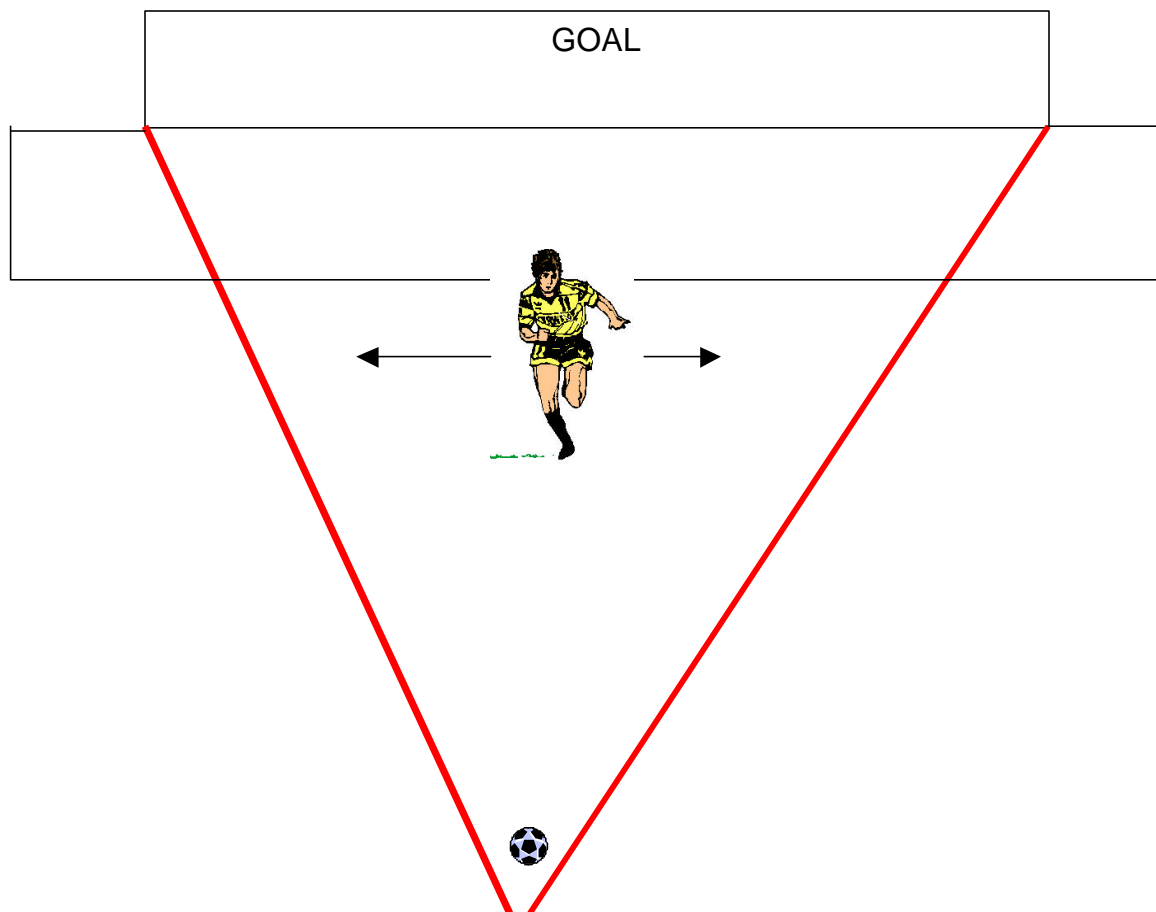
The collapse dive is a basic keeper technique that will be used often in a game. We introduced the collapse dive in the section on **rolling drills** earlier in this chapter.

Previously we worked on collapse dives from a sitting position and then from a kneeling position. Now we work the collapse dive from the full standing position

Set Up

For this exercise use a rope attached to both goal posts to mark out the angle that has to be covered by the keeper.

Have several balls out by the server's position. The keeper starts slightly off the line, perhaps around the six.



Execution

The server can either roll the ball or, if they are accurate enough with their kicks, shoot it.

Initially start out by going left-right so that the keeper concentrates more on the collapse and recovery than in guessing where the ball is going.

Give adequate time to recover and set between shots.

Attempt to put the ball along the “rope” marking the angle to the goal posts.

Initial shots are along the ground. Progression #1 would be to put the shots in the air. Progression #2 would be to vary shot placement, i.e. do not go left-right in a pattern but make the shots random. The fourth progression would be to make the shots random in side to side and ground to air.

Coaching Points

- Hands are always in the ‘W’ position
- Arms should be extended overhead and slightly in front of the keeper
- Top leg should flex at the knee to protect the groin-stomach area and to help in the “re-load” i.e. return to the standing position

This type of exercise is always good for a warm up. It gets the keeper used to hitting the ground and holding onto the ball.

For a more challenging exercise have the keeper start on the six, in his stance with his legs slightly open.

A second player serves balls through the keepers legs to a shooter standing in the triangle formed by the rope and the goal.

The keeper must explode off his mark, towards the shooter and collapse dive to save the shot.

As with the previous exercise start this off with a left to right pattern so that the keeper is working more on his first explosive step off the line, rather than guessing where the ball is going.

After the keeper has gotten into the rhythm, then varying the shots, high-low, left-right.