

## SOLO KEEPER TRAINING WITH BALL

Here are some simple drills to work on our goalkeeper technique and fitness. Feel free to add to these as you see fit or reach out to me for more material or ideas you can do by yourself at Casey@keeperwarsink.com!

Watch the demonstration videos of each drill on [keeperwarsink.com](http://keeperwarsink.com)

## DRILLS - PROGRAM 1

DRILL	DESCRIPTION
Lateral Movement Through Cones to Collapse Dive w Ball	Holding ball like you made a save while working through cones to a forward angled collapse dive. Reset quickly and go repeatedly through cones ending both sides with a dive. Fitness, footwork and diving form are your focus.
Single Leg Dives with Stationary Placed Ball	Focus on hoping over cones balanced and under control. Work on balance and ankle/knee stabilization through hops. Figure out what your diving distance is and place the ball there. Once you get it down you can elongate your dives by moving the ball!
Single Leg Hops to Dive with Ball	Focus on hoping over cones balanced and under control. Work on ball hitting the ground first and an easy collapse dive. Once you get it down you can elongate your dives!
Lateral Movement Through Cones Low Dives to Ball.	Working two feet in between each cone. When diving work on getting low to the ground before diving to the ball, keep ball on the ground. Make sure one hand is behind and one hand is on top of the ball.
Lateral 2 Footed Hops Over Barrier	Focus on exploding up over the barrier and land with your feet under your shoulders. Working on leg strength and explosive muscles to help us diving and moving quickly.

## SOLO KEEPER TRAINING WITH BALL (CONTINUED)

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### DRILLS - PROGRAM 1

DRILL	DESCRIPTION
Glute Bridges with Ball Between Knees	While this works on activating your low back and glutes make sure to try and make a straight line between your knees and shoulders when thrusting up and hold for a few seconds. Take your time with these, do not rush through this!
Figure 8's with Continuous Dives (Ball in Hand)	While doing a figure 8 motion through cones dive in front of each cone before going around it. Work on shuffle speed and forward angled dives. This is a great fitness and shuffling drill for keepers.
Continuous Dives with Swivel (Advanced)	This is an advanced fitness diving session that consists of working on a "swivel" technique after each dive. Working on going down and getting up as quick as possible continuously.
Single Leg Lateral Hops to Collapse Dive with Ball	Focus on keeping your toes forward and maintaining your balance through your jumps while holding the ball like you made a save. Dive off one foot to your side. Works on leg and ankle strength, diving form as well as balance!