

Goalkeeping: 4-Ball Diving Drill

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OBJECTIVE

Develop goalkeeper footwork, angle play, diving technique, tracking, and recovery through a four-ball sequence.

DIAGRAM



SETUP

Players

- 2-3 Goalkeepers
- 1 Coach

Area

- Defensive circle

Equipment

- Goal and balls

EXECUTION

1. Position the coach and three goalkeepers as shown in the diagram.
2. **Ball 1:** GK B shoots on GK A, who clears the ball wide to the left.
3. **Ball 2:** The coach plays a hard ball to the far post for a diving save.
4. **Ball 3:** GK C shoots on goal.
5. **Ball 4:** As GK A recovers, the coach lifts a ball toward goal.
6. Play out rebounds as desired, rotate goalkeepers, and repeat from the opposite side.

POINTS OF EMPHASIS

- Clear rebounds with purpose.
- Recover quickly, get on angle, and set before each shot.
- Track the ball through every recovery, especially on Ball 4.
- Increase the tempo as goalkeepers improve.

VARIATIONS

- Play out all rebounds to increase decision-making and second-save opportunities.
- Slow the tempo for developing goalkeepers to allow full recovery and set position.
- Increase the pace between shots to challenge recovery speed.
- Reverse the sequence and repeat from the opposite side.

Drill Booklet Key

- Pass
- Run without the ball
- Dribble
- Shot