



PRC Monthly timetable.

Date	Topic	Objectives	Info
3rd February 2012	Diving Saves	Attacking the ball	Having narrowed the angle and moved down the line, it may not be possible to stay in that position and make a save. Goalkeepers may have to make a diving save in order to stop the ball.
10th February 2012	Collapsing Saves	Body behind the ball	Ground shots to the side of the body are extremely difficult to save and require the goalkeeper to make a quick collapsing movement to get his body behind the ball
24th February 2012	Quick Feet & Balance in Diving	Working the goalkeepers at high tempo	Make use of all the equipment ladders, hoops, hurdles & poles
17th February 2012	Shot Stopping	Goalkeepers Position and the second ball	Even though diving skills are a crowd favourite, they should never be used merely for show. Errors are likely to occur when sound goalkeepers tactics are replaced by unnecessary attention-seeking acrobatics

Diving saves main coaching points.

- 1, Take off from the leg nearer to the ball and turn the nearer foot out. This helps with direction for the dive.
- 2, lead with the hands, trying to dive across and forward. Take the ball as early as possible with both hands.
- 3, the goalkeeper should try to get his head behind the ball and as near as possible to it, as it gives extra momentum.
- 4, the goalkeeper should fall on his hip and shoulder and not his elbows, which can cause the ball to be jarred out of his hands.
- 5, Eyes should be firmly fixed on the ball.
- 6, the ball should be trapped on the ground with one hand behind the ball and the other on top and the weight off the goalkeeper forward. This allows the goalkeeper to recover back to his feet quickly.
- 7, keeping the body open allows a clear view of the ball. This allows the keeper to make slight adjustments, even with a deflected shot.
- 8, When it is not possible to hold onto the ball, it should be deflected with an open palm, keeping the wrist stiff and the eyes fixed on the ball.

Collapsing saves main coaching points.

- 1, prepare the hands early and place them in front of the body - this helps with the collapsing movement.
- 2, As the ball reaches the hands, collapse the legs.
- 3, Collect the ball into the chest.