

SOCCER GOALIE PRACTICE

1. GOALKEEPER FOOTWORK
2. HOW TO DO A DIAMOND CATCH
3. THE BASKET CATCH
4. COLLECTING THE BALL ON THE GROUND
5. PUNCHING THE BALL
6. HOW TO PUNT
7. HOW TO DO A SIDEWINDER
8. HOW TO DO A COLLAPSE DIVE
9. HOW TO DO AN EXTENSION DIVE
10. GOALKEEPER DISTRIBUTION
11. GOALKEEPING: HANDS WARMUP
12. GOALKEEPING: PAIRS PASSING AND CATCHING
13. GOALKEEPING: KNEES DIVING
14. GOALKEEPING: CATCH AND RELEASE
15. GOALKEEPING: FACE-OFF