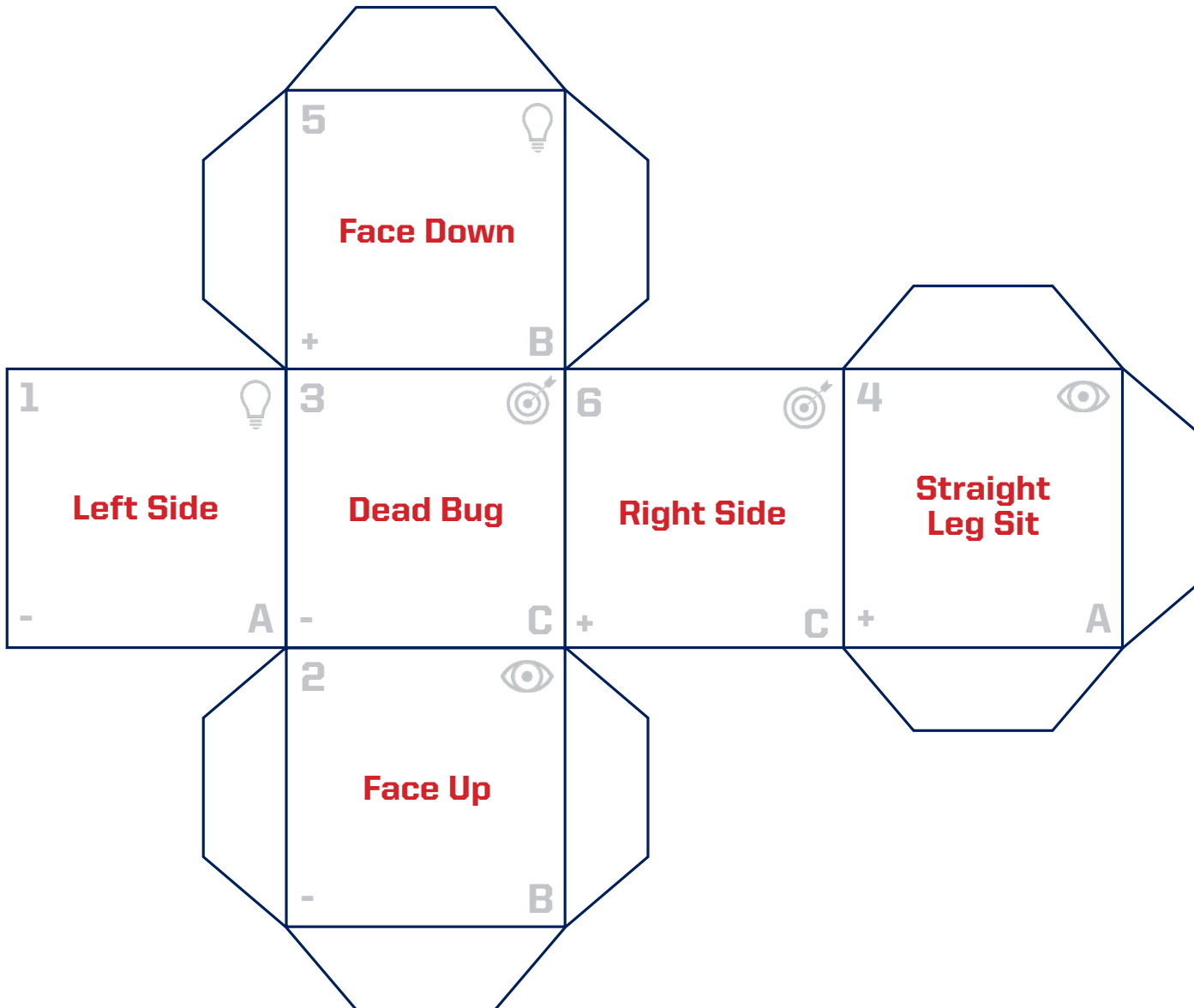


# GOALKEEPER GET UP DICE



The Get Up Dice can be used as a movement challenge on its own or, even better, it can be used to add another dimension to your goalkeeper practice.

## LEVEL I:

- Roll the dice once to establish your starting position on the ground
- Roll the dice again to establish how many times you will go
- Assume the starting position and get up as quickly as you can and get ready to face a shot

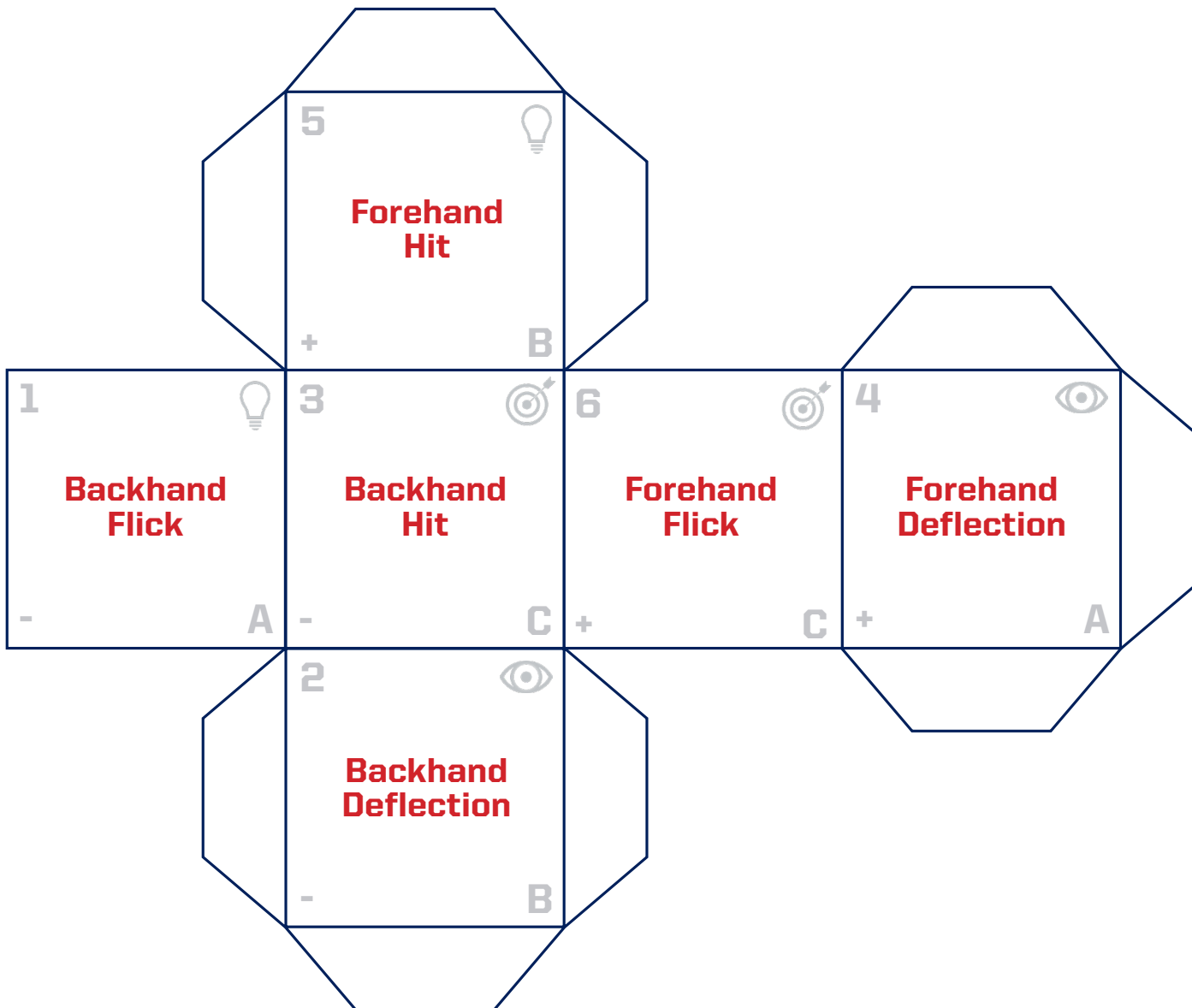
## LEVEL II:

- Roll the dice as with Level I
- Starting on your feet, get down into the position on the ground and back up again as quickly as you can and get ready to face a shot

## VARIATIONS:

- Use the different letters and symbols to mean different things, e.g. if you roll a you must set yourself a target for the next round

# GOAL SCORING DICE



The Goal Scoring Dice can be used with any goal scoring exercise or game. All you need is some space and a target or goal to aim at.

### EXERCISES:

- Roll the dice once to establish the skill
- Roll the dice again to establish how many times you will go
- Go play!

### GAME PLAY:

- Roll the dice once to establish the skill
- Roll the dice again to establish how many points a goal is worth if you use that skill to score
- Go play!

### VARIATIONS:

- Use the different letters and symbols to mean different things, e.g. if you roll an 👁️ you must use imagery to see yourself scoring before you attempt the skill

# MAKE YOUR OWN

