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
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