

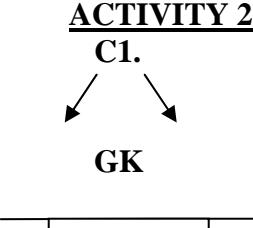
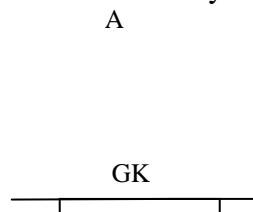
GOALKEEPER PRE-GAME WARMUP

Provided by: Julie Eibensteiner

SPECIAL NOTE

Most GKs need to warm-up in 3 ways to be properly prepared for a game:

- 1.) Physically – raising core temperature
- 2.) To Ground – getting used to hitting the ground
- 3.) To Shots – getting a rhythm

<u>INITIAL ACTIVITY</u>	<u>ORGANIZATION</u> <u>HANDLING</u>	<u>KEY CONSIDERATIONS</u>
GK ← . C (10-12 yd apart)	HANDLING <ol style="list-style-type: none"> 1.) 2 touch passing with feet 2.) Low service (along ground) 3.) Mid service (at knees/stomach) 4.) High service (at forehead) 5.) Mix it up (any service AT the GK) <p>1-2 minutes each (5-10 minutes total)</p>	*Focus on SUCCESS! All serves should be AT the GK! *Serve by foot or throw. (By foot is preferred if it can be highly accurate.) MIX IN STRETCHING AS NEEDED
ACTIVITY 2 	DIVING <ol style="list-style-type: none"> 1.) Low (rolling service) to each side for low dive. (alternate sides) 2.) Mid (about the height of their hip) to each side for collapse dive. (alt sides) <p>6-8 serves each type, with a rest in between 1-2.</p>	* Serves should be tossed and VERY savable early on. Focus on SUCCESS and warming up the GK to hitting the ground. * Let GK get to feet and set for each rep. * Services can come from foot if highly accurate.
ACTIVITY 3 (In and around 18 yd box) 	SHOT STOPPING Gk rolls ball out to server for each rep: <ol style="list-style-type: none"> 1.) 1 touch shot on GK from position A 2.) 1 touch shot on GK from A, B, or C. 3.) 1 or 2 touch shot for anywhere, mix it up. <p>1-3 minutes each round (5-10 minutes total)</p>	* GK starts from center of goal on each rep and adjusts according to shot. (focus on quality not quantity) * Progress from easy saves to game-like shots within each round. * Round 1 shots come from a fixed position, Round 2 & 3 shots come from variable positions of the shooter in and around the 18 yd box.
FINAL ACTIVITY <ol style="list-style-type: none"> 1.) Handling crosses served in 2.) Taking goal kicks, dropkicks, punts 3.) Handling shots by team 	AS TIME AND SPACE ALLOWS	* All activities in warm-up can include a 2 nd GK, the GKs just alternate each rep. * Focus should be on success and confidence-building (Not the goal scoring ability of the coach.) and build to challenging and game-like near the end!