

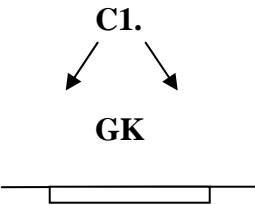
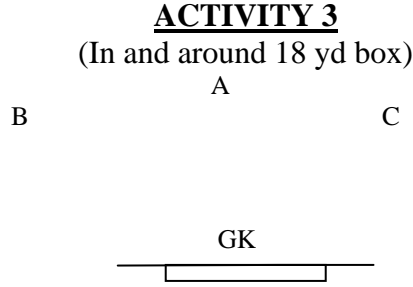
GOALKEEPER PRE-GAME WARMUP

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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> <i>HANDLING</i>	<u>KEY CONSIDERATIONS</u>
<p>GK ← . C</p> <p>(10-12 yd apart)</p>	<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>	<p>*Focus on SUCCESS! All serves should be AT the GK!</p> <p>*Serve by foot or throw. (By foot is preferred if it can be highly accurate.)</p> <p>MIX IN STRETCHING AS NEEDED</p>
<p><u>ACTIVITY 2</u></p> <p>C1.</p>  <p>GK</p>	<p style="text-align: center;"><i>DIVING</i></p> <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>	<p>* Serves should be tossed and VERY savable early on. Focus on SUCCESS and warming up the GK to hitting the ground.</p> <p>* Let GK get to feet and set for each rep.</p> <p>* Services can come from foot if highly accurate.</p>
<p><u>ACTIVITY 3</u></p> <p>(In and around 18 yd box)</p> <p>A</p> <p>B C</p> <p>GK</p> 	<p style="text-align: center;"><i>SHOT STOPPING</i></p> <p>Gk rolls ball out to server for each rep:</p> <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>	<p>* GK starts from center of goal on each rep and adjusts according to shot. (focus on quality not quantity)</p> <p>* Progress from easy saves to game-like shots within each round.</p> <p>* 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.</p>
<p><u>FINAL ACTIVITY</u></p> <ol style="list-style-type: none"> 1.) Handling crosses served in 2.) Taking goal kicks, dropkicks, punts 3.) Handling shots by team 	<p><i>AS TIME AND SPACE ALLOWS</i></p>	<p>* All activities in warm-up can include a 2nd GK, the GKs just alternate each rep.</p> <p>* 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!</p>