



Complete Goalkeeper Pre-Match Warm Up

Most team coaches will have their own designed warm up that they will want their teams to follow however **it is vital as a goalkeeper that you warm up in a way that is specific to your position.** A midfielder will practice his passing before playing hence as a goalkeeper you must be warming up your hands and body to be ready to dive.

Below is a guideline that goalkeepers can use to ensure they are physically and mentally prepared to compete. A goalkeeper should spend at least 30 minutes warming up.

Initial Warm Up: Basic Movements This will be done with the team. It should include aerobic movements and dynamic stretching to prepare the body physically to compete. As a goalkeeper you may want to include extra exercises involving jumping such as skipping, skipping with high knees, bunny jumps etc. to feel more prepared. A focus on upper body movements is also vital such as shoulder shrugs, arm circulations and upper body stretching.

Handling Warm Up: *Be focused and complete each technique as if it were a match situation. (Use the sub goalkeeper or a sub player to serve balls.)*

With the server approximately 6-7 yards away;

- 20 to 30 catches that are volleyed in and around the chest and face region.

- 10 to 20 low balls played in the mid region.

- 10 to 20 balls bouncing in front of the goalkeeper feet.

- 10 to 20 balls played along the ground at goalkeeper's feet.

- 5 to 10 high balls thrown or kicked in from each side of the 6-yard box.

Diving Warm Up: *Start with smaller dives and work up*

- .With server 4 yards away, the ball is served under arm to the side of the goalkeeper approx. 1 yard away for a mid-height dive. (Repeat 4 times each side.)

- .With server 6 yards away, the ball is served with an inside foot pass to the side of the goalkeeper approx. 2 yards away for a low dive. (Repeat 4 times each side.)

- .With server 6 yards away, the ball is served with an inside of the foot pass to the side of the goalkeeper approx. 1 yard for a small collapse dive. (Repeat 4 times each side.)

Footwork & Crossing: *Don't just blast balls around!*

- 5 to 10 crosses from the right side. Return ball with a kick from the floor (Goal Kick Style)

- 5 to 10 crosses from the left side. Return ball with a kick from the hands (Volley/Drop Kick)

- 5 to 10 crosses from a more central and deeper position. Return ball with a driven low pass from floor.

Shot Stopping: Complete with the team prior to kick off. If you are the only goalkeeper be sure not to exhaust yourself and get into bad habits. (Saving with feet/not making an effort to save). Take 4 good shots and then step out of the goal to relax and recover. Whenever you are in the goal, have the same mentality of never allowing goals against!

