

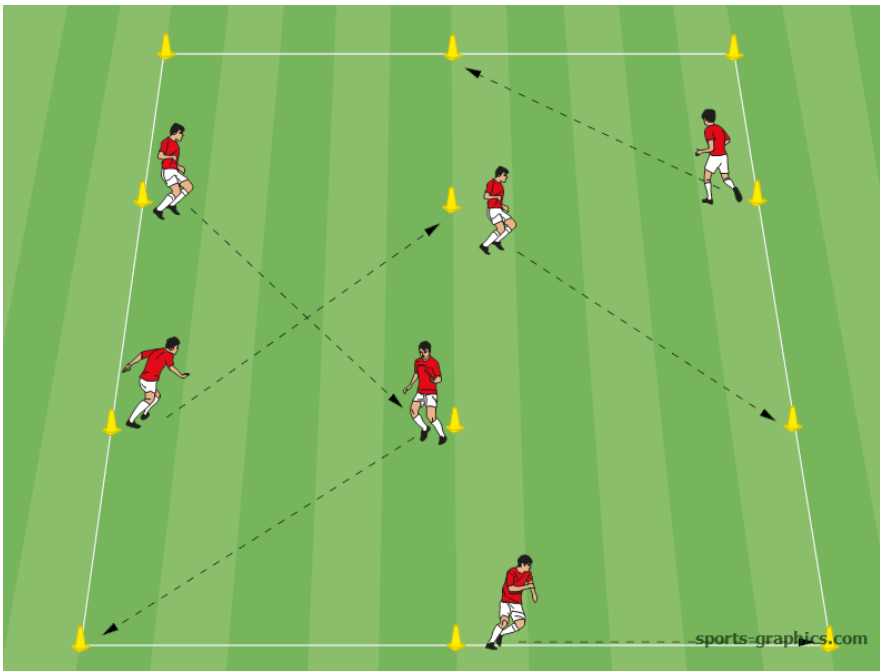
CONE TO CONE DYNAMIC STRETCHING

To thoroughly prepare the goalkeeper, mentally and physically, and to help reduce soft tissue injuries.

PHYSICAL

Goalkeeping

Goalkeeper Warm Up



Set up six 10x10 squares.

Position players, one per cone. The goalkeepers are included in this practice. To begin, players choose their own route by moving from cone to cone.

Players perform a variety of movements either at or between the cones.

These can be dynamic movements such as:

- Calf swings or straight leg jogging
- Hamstring volleys (hip flexors)
- Thigh volleys or heels to buttocks
- Groin abductors / adductors
- Lunges

The coach can instruct players to follow a specific direction such as one cone forward and then two back etc. while performing relevant dynamic stretches.

Intensity should be gradual leading into higher intensity bounding movements

(including lateral) then extend warm up to develop speed, strength, power.

Incorporate balls into the practice by allowing players to perform basic movements on or between cones including dribbling, turns at each cone, keep/takes, 1-2s etc.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.



LEARNING OUTCOMES

- The importance of warming up correctly and getting into good habits to prepare body and mind for performing well.

KEY FACTORS

- Ensure drinks are taken regularly throughout the warm up phase
- Increase intensity
- Monitor players performance and application to the task
- Start gradually

FOCUS AREAS

- Allow players to hydrate to maintain efficiency levels.
- Demonstrate correct dynamic stretching techniques.
- Increase flexibility by dynamic stretching.
- Increase intensity to raise heart rate and muscle temperature.
- Warm up should be progressive, enjoyable and have purpose.

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