

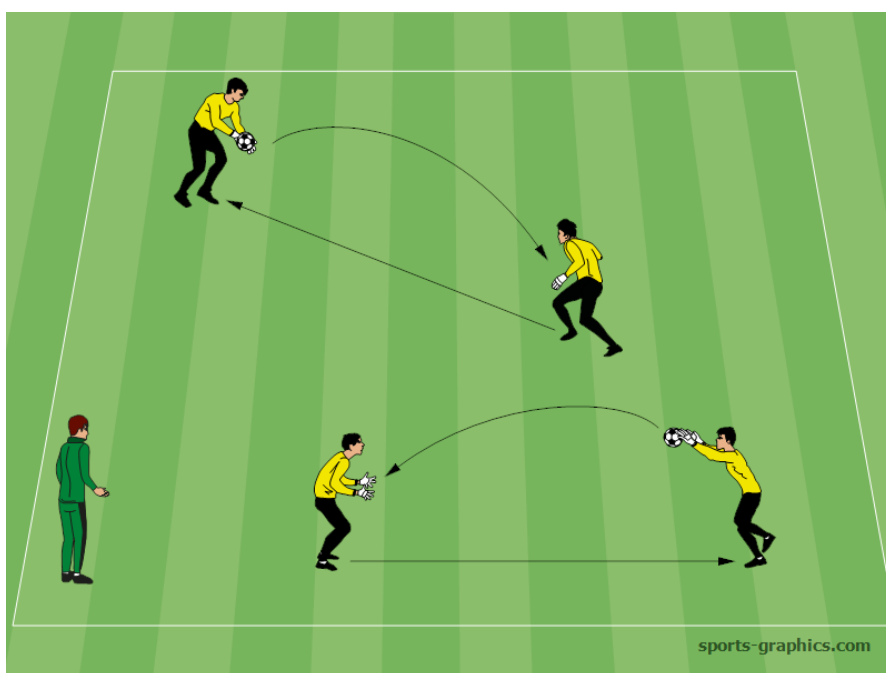
# ROLL AND PASS DRILL

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

PHYSICAL

## Goalkeeping

## Goalkeeper Warm Up



Set up a 10x10 playing area.

Two goalkeepers work in pairs with a ball each in their hands.

Players stand approximately 5 yds from each other. One of the GKs passes the ball on the ground while the other throws the ball in the air. This continues with the pair keeping the two balls moving, one ball remains being caught while the other ball is continually passed with the feet first time so it should never stop moving.

Work with high intensity for a minute before changing partners.

## 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

- Increase intensity
- Monitor players performance and application to the task
- Start gradually

## FOCUS AREAS

- All athletes need to warm up before participating in practices and games.
- Ensure drinks are taken regularly.
- Increase intensity to raise heart rate and muscle temperature.
- Warm up should be progressive, enjoyable and have purpose.

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