

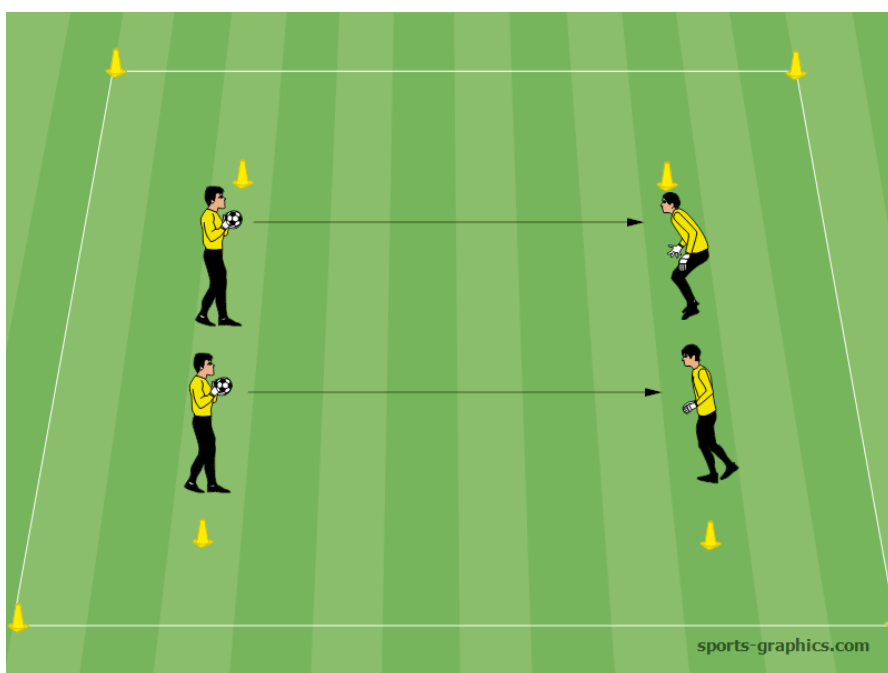
CATCH AND THROW

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

TECHNICAL

Goalkeeping

Goalkeeper Warm Up



Set up a 10x10 practice area. Goalkeepers work in pairs with a ball per pair. Players face each other and chest pass the ball quickly and accurately. Progress with variations - eg. javelin throws, adding extra ball, laying down to get up quickly to improve reaction speed 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
- Good communication
- 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.
- Allow players to hydrate to maintain efficiency levels.
- Increase intensity to raise heart rate and muscle temperature.
- Warm up should be progressive, enjoyable and have purpose.

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