

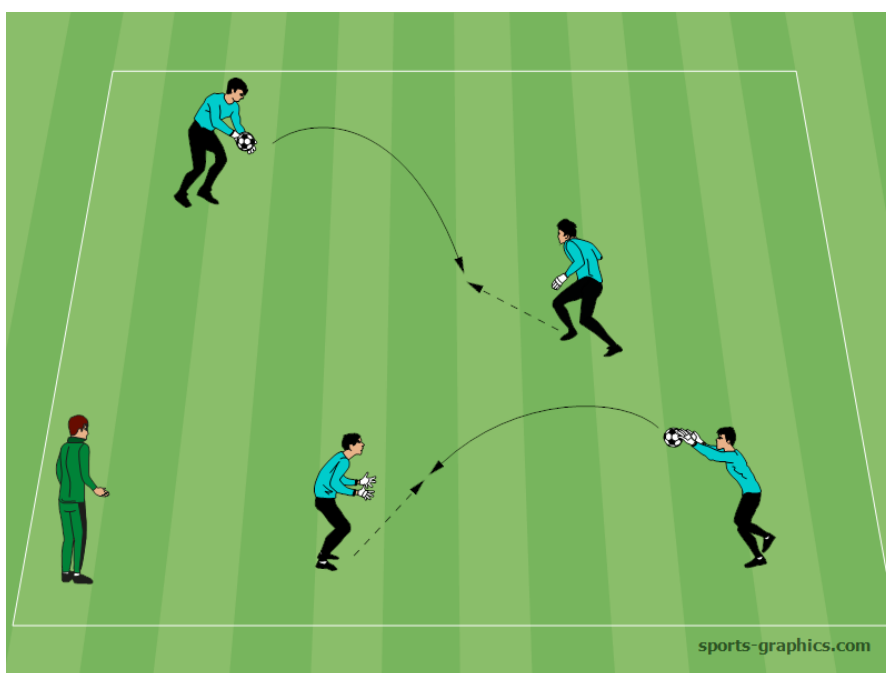
REACTION BALL DROPS

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

TECHNICAL

Goalkeeping

Goalkeeper Warm Up



Set up players within a 10x10 playing area. Working in pairs using a standard football, tennis ball or rugby ball the goalkeepers stand 5 yards apart. One throws the ball to the side or front of the other goalkeeper who must react quickly to catch the ball before it bounces for a second time. The receiving goalkeeper then quickly repeats the process to their partner and the practice continues. To develop further the players move around the playing area as they throw and catch the ball. Continue the routine for a short period of time.

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 performance of players - first touch, movement and general body language/focus
- 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.
- Should always be progressive.
- Warm up should be progressive, enjoyable and have purpose.

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