

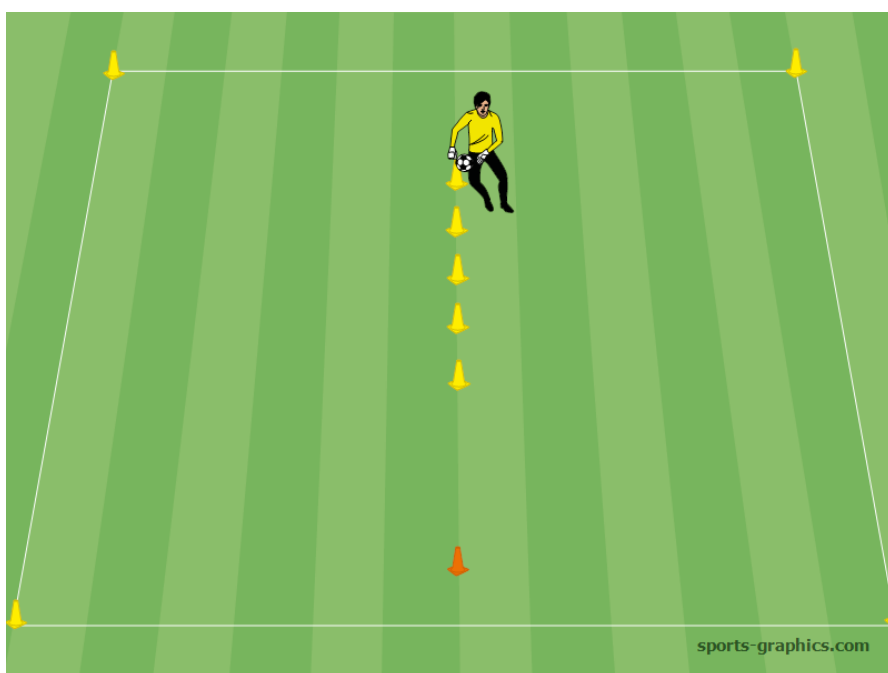
IN AND OUT GOALKEEPER WARM UP

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

PHYSICAL

Goalkeeping

Goalkeeper Warm Up



Arrange five cones in a line 1yd apart with one additional cone placed 5yds further along the line.

Goalkeeper with a ball starts at the first cone.

While bouncing the ball the player moves in and out of the cones using different movements such as side to side, one foot in, two feet in etc.

When they reach the fifth cone, they throw the ball up into the air within the 5yd gap before the final cone.

The goalkeeper must jump to collect the ball getting as high as possible with a clear shout.

Repeat several times until goalkeeper has warmed up.

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

- Good/correct technique
- Head up looking forward
- Increase intensity
- Light on feet
- 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.

IN AND OUT GOALKEEPER WARM UP

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

