

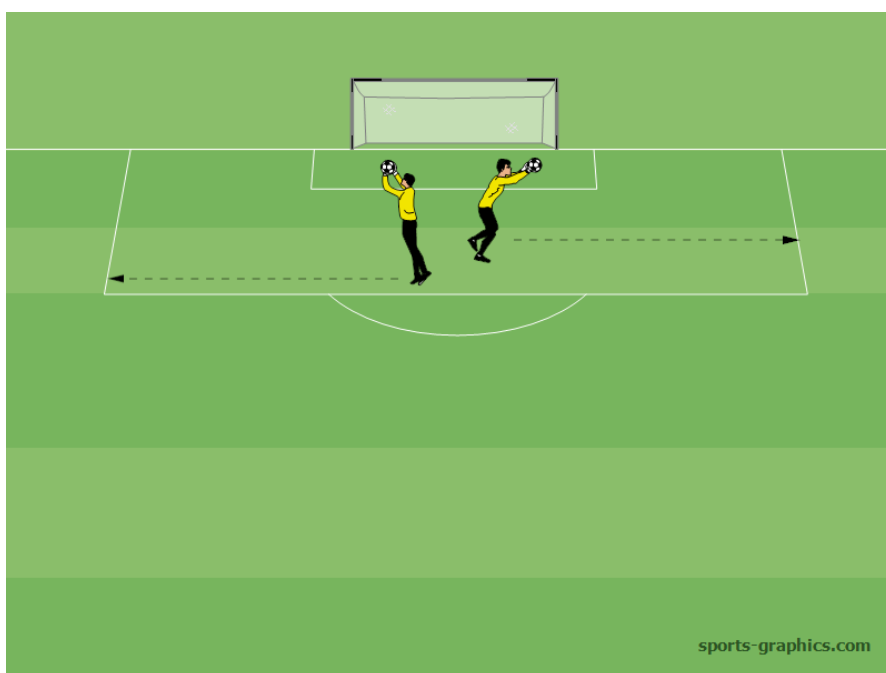
BOUNCE AND MOVE

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

TECHNICAL

Goalkeeping

Goalkeeper Warm Up



Set up in the penalty area or similar. Goalkeepers work in pairs with a ball each - they face opposite direction and jog across the area while bouncing and catching the ball before turning at the line and returning to the middle. Continue the routine for a short period of time. Use other specific and relevant ball manipulation techniques to progress this warm 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

- 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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