

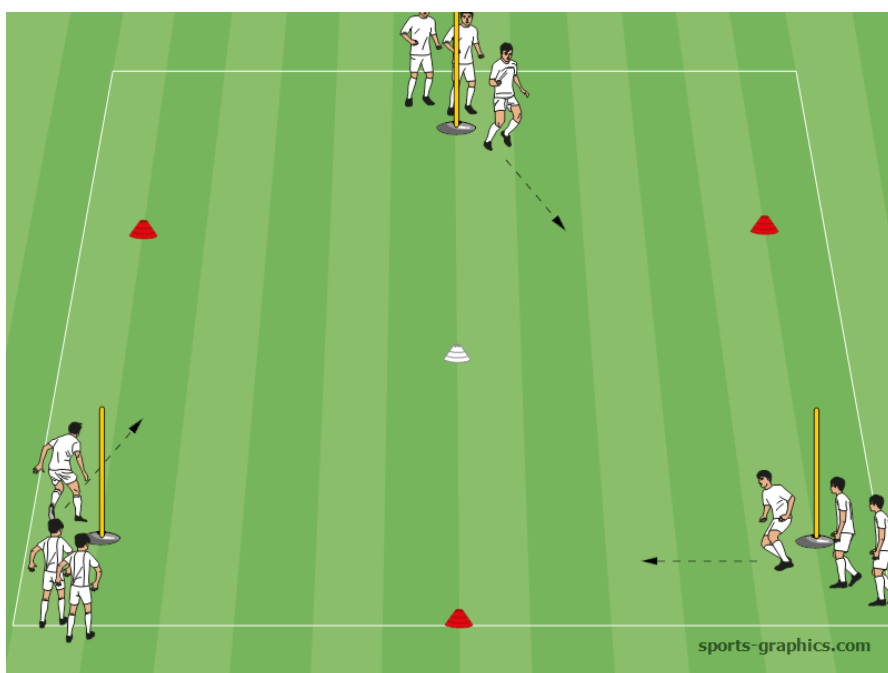
CONSTANT DYNAMIC MOVEMENTS GK

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

PHYSICAL

Goalkeeping

Goalkeeper Warm Up



Players including the goalkeepers begin with a range of light dynamic stretches in area moving to and from poles/cones. Players are then split into three groups on yellow poles. Players jog into middle cone (white) and out to next group performing dynamic movement sequences. Introduce a ball. Players receive a pass, moving the ball on their first touch out of their feet, and then pass to next player in a clockwise direction and join end of line. Next player in line follows and passes ball to player in next line to repeat sequence. Repeat but players now move inside or outside around red/white cones at speed after passing the ball.

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

- Correct running actions with arms
- Ensure drinks are taken regularly throughout the warm up phase
- Focus on key technical goalkeeping elements linked to the game
- Increase intensity
- Monitor performance of players - first touch, movement and general body language/focus
- Start gradually

FOCUS AREAS

- Demonstrate correct dynamic stretching techniques.
- Ensure drinks are taken regularly.
- Warm up should be progressive, enjoyable and have purpose.

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