

## Goalkeeper Pregame Warm-up

This warm-up is presented in three parts, 1<sup>st</sup> - dynamic warm-up with exaggerated arm and leg movements, 2<sup>nd</sup> - fast hand and feet work, and 3<sup>rd</sup> - game like situations. After this warm-up goalkeeper should be winded, but at peak mental and physical performance. The keeper should experience more, much more, during the warm-up than s/he will during the actual game. Most aspects of the position are covered during the warm-up, including hand and feet skills, passing/receiving, catching, diving, shot blocking and distribution. Please contact one of us if you would like us to demonstrate the warm-up at a team practice or actual game.

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### **1<sup>st</sup> third (10-15 minutes)**

Dynamic warm-up is more appropriate than static as they help reduce muscle stiffness. Static stretching is an integral part of post-game cool down.

**Foot work** – maintain ready position throughout footwork

- light jog
- shuffles
- high knees
- fast feet
- cross-over, shuffle
- drop-step shuffle
- exaggerated skips
- windmills

**Hand work** – slowly increase speed

- move ball around feet, circles figure eights, move to legs, hips and head, work back down to feet

**Ball work** – start out lightly, always secure the ball before repeating

- bounce and catch
- kick and catch (or throw up in the air and catch), increase height of kick, and jump to meet the ball lead

with hands lift knee

- pass through with legs spread roll ball through legs (front to back), turn, drop/dive and secure with three surfaces (one hand on top, one hand behind and the ground)

### **2<sup>nd</sup> third (10-15 minutes)**

Use a coach, teammate, or alternate keeper. This person should be 100% positive and always encouraging.

Reaching maximum confidence is key at this stage. Work rate (i.e heart rate) should increase without sacrificing form.

- Drop-kick in the air (or throw) and catch – secure the ball before returning. Diving is not required at this stage. Server should be five yards away.

- Transition to receiving the ball on the ground from a standing position, slowly increase the speed of the ball. Ball should be served to the left, right and straight ahead. Keeper should be diving on his/her the side with hands out in front to secure the ball. Server should be ten-fifteen yards away.

- With goalkeeper sitting on bottom, legs out in front and knees bent, serve the ball to the left, right and overhead to force the keeper to stretch and catch. Require goalkeeper to secure the ball with three surfaces (hand on top, hand behind and the ground), tuck head behind elbows. Goalkeeper should return the ball to the server with force. The pace should be fast until the goalkeeper is winded, and abs are burning. Rest two minutes, get water repeat once more (twice total).

- Stand and pass the ball back and forth with feet. Start with a distance of 10 yards using two touches, both feet. Emphasize control and accuracy, rotate in a circle, switch direction and positions using overlaps. Always on toes! Move closer to 2-3 yards with one touch passing, always on your toes. Continue until winded, and ball control begins suffers. Rest two minutes, get water, repeat once more (twice total).

- In a controlled manner dribble the goalkeeper to allow goalkeeper to make the save at the feet. Remind the keeper to be low to the ground arms out to the side, and dive with a burst to make the save.

### **3<sup>rd</sup> third (10-15 minutes)**

- With three or four balls, move to the goal area. Warm-up distribution, including throws, punts, back-passes and goal kicks.

- Last ten minutes prior to kick-off (ask the referee), keeper(s) take shots from the team – open shooting. Team lines-up outside the 18 yard box, one ball per player. Goalkeeper calls or points to the next shooter (go left to tight or right to left). Keeper dictates pace, but keep the pace fast. Have the players mix it up with hard shots on the ground, soft in the air, and include crosses and corner kicks. Shooter chases the missed shots, not the goalkeeper.

- Note: For the coaches, pay attention to the open shooting. This is the last opportunity to observe the keepers and field players and asses who is on their game, and make adjustments to the starting line-up. Coaches should not let the frequency of shooting slow or stall; rotate keepers, if his/her form suffers. Critical, that coaches maintain positive energy and encouragement. Confidence wins games!