

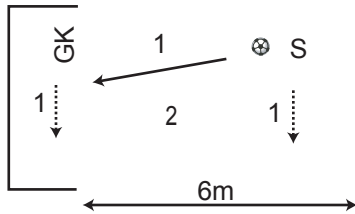


GOALKEEPER WARM-UP

Total time required: 40 minutes ; time start of pre-game warm-up so that GK is ready for shots when team is □

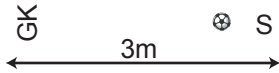
Dynamic Stretching: 17 min

1. Shuttle Run/Stretch #1



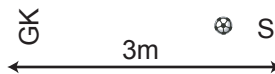
1. while GK & S *sidestep* across goal, S throws ball diagonally at GK.. (high, chest high or on ground)
2. GK catches or picks up ball and throws it straight back to S.
3. shuttle back and forth across goal 6 times

2. Sit and Catch/Stretch #2



GK sits with legs apart. S throws ball at GK, changing pace of throws. GK catches, recovers to sitting position and throws ball back. Extend GK to fall backwards and sideways.

3. Kneel and Catch/Stretch #3



GK on knees. S throws ball at GK, changing pace of throws. GK catches, recovers and throws ball back. Extend GK.

Stretch #1 - Upper Body

- GK stands legs shoulder width apart and:
- holds ball in hands, arms straight and extended back over head, holds 20 secs
 - holds straight out 20 secs
 - holds straight back through the legs, 20 secs
 - repeat two more times

Stretch #2 - Hamstrings

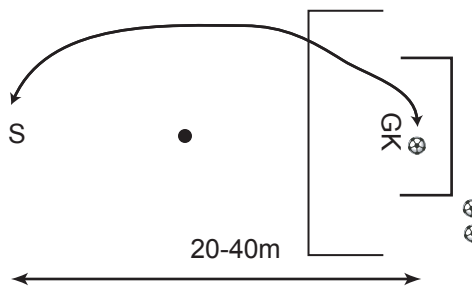
- GK sits with legs apart, holding ball. Extends hands over right foot and holds 20 secs. Alternates three times on each side

Stretch #3 - Shoulders

- GK stands 2 steps from goalpost, extends arm over head, and leans with same arm against post. Lets body weight drop onto arm. Hold each side 3x for 20 secs

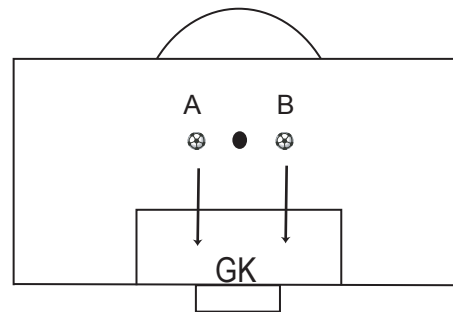
Overhead Throws: 3 min

1. GK throws ball overhead to S
2. S throws ball back at GK
3. Vary distance and arm used to throw



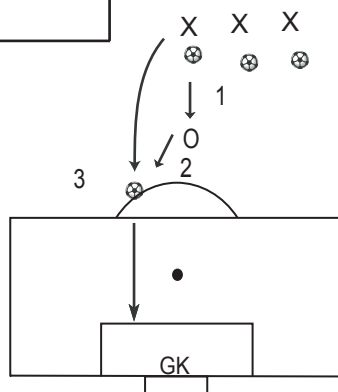
Shooting 1: 5 min

1. A and B alternate taking shots
2. Ball should be struck semi-firm allowing GK chance to dive, catch and hold on to ball
3. Vary distance and angle of shots
4. Have plenty of balls available



Shooting 2: 5 min

1. X passes to O
2. O lays ball off diagonally
3. X shoots from outside box
4. Alternate players through O



Crosses: 5 min

X's cross balls into target area varying position and height of delivery

