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**Match Day Warm Up
Goalkeepers**

General Points

On a match day goalkeepers should warm up a minimum of 30 minutes prior to kick off 45 minutes preferred, where there is only one goalkeeper then an outfield substitute should pair up with the goalkeeper, **under no circumstances should a goalkeeper be left to warm up on his own.**

Where there are two goalkeepers both should warm up accordingly however more emphasis should be on the goalkeeper who will be starting the match.

The warm up below should be sufficient to work the necessary muscle groups and covers most disciplines encountered during a game, the goalkeeper who is starting should keep extended diving to a minimum and **under no circumstances should goalkeeper be used for shooting practice by outfield players**, not only does this tire out young goalkeepers prior to kick off it increases the likelihood of injury, should outfield players need to practice shooting then the keeper not starting should take his place in goal, please remember that in a normal game situation one goalkeeper tends to start and finish the game, keepers will get into a routine a learn good habits by following this prior to kick off, please note that the keeper starting should warm up at his own pace ensuring warm up routine is followed.

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STEPS

1. Jog and stretch 5-10 mins ,stretching (dynamic and static) all muscle groups remember to stretch upper body, lower back, upper back, shoulders, neck and arms. Hands, these are a keeper's tools and are frequently overlooked when warming up, prior to leaving the dressing room a simple tip is to run the hands under warm water particularly when it's a very cold day to encourage circulation, wrists and fingers should be stretched also.
2. To the left hand side of the goals one keeper on by-line starting with ball on ground kicking to each other, start by stopping with one foot then passing with other using both left and right to pass, progress to first time passing and then longer passes (Duration 5 minutes)
3. Still to left of post, keeper not starting should feed volleys to above chest, progress to striking ball from ground into midriff and above chest (Duration 5 – 10 minutes)
4. Keeper now moves into goal, feeder strikes ball from angle into near post area, keeper will scoop and collapse, remember work both posts. (Duration 5 minutes)
5. Feeder will now strike from various angles and distances, keeper will make collapsed and waist high saves. (Duration 5 – 10 minutes)
6. Cross balls, cross from both sides of pitch from various angles in swinging and out swinging.
7. Finish off with kicks from static ball ensuring target area defined by coach is hit, progress to pass backs first taking touch then kicking and then first time, left and right foot should be used to kick, finally kicks from hand again looking for accuracy of kicking (Duration 5-10 minutes)

PLEASE ENSURE GOALKEEPERS FOLLOW THIS ROUTINE PRIOR TO KICK OFF FOR EVERY GAME

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When goalkeepers are changing at the end of a period then they need to start stretching 10 minutes before the end of the period, a substitute can then feed volleys to keeper to get him ready for the next period, please don't let a keeper start a period without an adequate goalkeeper based warm up.

NOTE

Goalkeepers need to consider 3 elements in their preparations for the game:




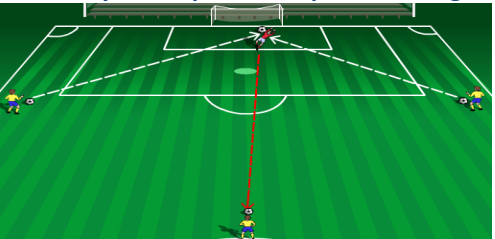
- Physical
- Mental
- Environment

See typical pre-match activities, organisation and considerations based on the 7 steps highlighted above these are incorporated within the 4 breakout activities listed below.

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Activity	Organisation	Considerations
<p>1. Set Up 10 – 12 metres apart</p> 	<p>Handling:</p> <ul style="list-style-type: none"> ▪ 2 touch passing with feet ▪ Low service feeds, on ground ▪ Mid service feeds stomach/knee area ▪ High service feeds head and above ▪ Various feeds <p>10 minutes maximum period</p>	<p>Focus on SUCCESS! All should be at the GK Serve by foot or throw, preferably foot but maintain accuracy.</p> <p>Mix in required stretching exercises</p>
<p>2. Set up inside 18 yard box</p> 	<p>Diving:</p> <ul style="list-style-type: none"> ▪ Low service feeds alternate feeds for low diving technique ▪ Service feeds at hip height alternate for collapse dives. <p>Rest between sets, 6-8 feeds each type</p>	<p>Serves should be ‘tossed’ and ‘saveable’ early in activity. Focus on SUCCESS and warming up the GK to hitting the ground comfortably. Let GK get to feet and set for each repetition. Services from foot if accuracy is maintained.</p>
<p>3. Set up In and around 18 yard box area</p> 	<p>Shot Stopping: GK rolls ball out to target coach/player:</p> <ul style="list-style-type: none"> ▪ 1 touch shot at GK from position ‘A’ ▪ 1 touch shot on GK from A, B or C positions ▪ 1 or 2 touch shots from any 3 positions, mix up <p>Times 2 – 3 mins each set, 10 minutes total</p>	<p>GK starts from goal centre on each repetition and adjusts accordingly to the shot pace and direction. Progress from easy saves to game like shots. First set shots come from fixed position, then progress the sets from variable positions distance and angles.</p>
<p>4. Final Activity - Set Up width of park and length</p> 	<p>Crossing and Distribution:</p> <ul style="list-style-type: none"> ▪ Handling crosses delivered from alternate sides ▪ Throwing ball to target area or individual ▪ Taking goal kicks, drop kicks, long kicks and dealing with pass backs. 	<p>All activities in the warm up could include a 2nd GK the GKs just alternate each repetition of workload. Focus must be on confidence building and the success of the various exercises for the GKs benefit, (Not the goal scoring ability of the coach or player) and build up to a challenging and game related intensity.</p>

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