

Goalkeeper Pre-game warm-up

- Getting touches on the ball with feet, 6-8 yards away from partner (this can be skipped if the goalkeeper has been passing the ball around with teammates)
 - one touch passing
 - two touch passing
- Throwing and catching, 8-10 yards apart; emphasis on clean catch and good release.
- Side to side catching (shuffling)
 - 10-12 balls on the ground; 5-6 to each side
 - 10-12 balls in the air (caught at the stomach area); 5-6 to each side
 - 10-12 high balls (lofted balls to be caught above the head – simulating the catching of a crossed ball); 5-6 to each side
- Diving from knees - emphasis on diving forward, attacking the ball with hands – a good reference would be starting from the goal line, or top of the 6 yard box, and diving toward the top of the 18
 - 10-12 balls on the ground
 - 10-12 balls in the air
- Diving from feet (same emphasis as diving from knees)
 - 10-12 balls on the ground
 - 10-12 balls in the air
- Driven shots into the body – getting hands and body behind the ball; balls should be struck from different angles from around the top of the box.
- Shooting balls that require the goalkeeper to move from their set position – decision of whether to keep their feet to make the save, or dive; shooter should take a preparation touch and the keeper should move into the proper position (angle) and be set prior to the taking of the shot.
- Crosses – having the keeper receive a variety of served balls (near post, far post, driven balls, floated balls); balls should be varied between making the collection close to the goal line and receiving them on top of the 6 yard box – emphasis should be on a clean reception, no dropped balls.
- 20-30 yard pass backs or clearances from a pass back - either with one touch (attacking the ball out of the box) or taking a touch to connect a pass or hit a longer ball.
- The taking of goal kicks and punts. Striking the ball for accuracy, not distance.