

Goalkeeper training warm-up

When the goalkeepers are at their regularly scheduled practice, separate from goalkeeper training, the following can be incorporated into their warm-up to reinforce what they have been working on:

- Shadow work: shuffling sideways, forward and backward. Key points are not crossing the feet or clicking the heels together as they do this. Should be done at a pace that gets the heart rate elevated and a sweat going. 5-10 minutes is sufficient.
- Basic throwing and catching to get arms warmed up. 8-10 yards away, emphasizing the need to be “set” before the “shot” is thrown.
- 35-50 volleys into hands from 10-12 yards away. Each ball should be struck with pace and directly into the other keeper (or coach, player, etc.), aiming for the stomach/chest area. Emphasis should be on the striking of the ball and a quality ball struck each time.
- 10-12 balls side to side (5-6 balls each side); constant emphasis on moving after the catch (one to two shuffles after the catch is made)
 - on the ground
 - in the air
- 10-12 balls one step diving, alternating sides. Emphasis should be placed on diving forward from the inside foot (foot closest to the ball), and meeting the ball with the hands away from the body
 - on the ground
 - in the air