



Woodbury Soccer Club: Goalkeeper Warm-up

FIFA 11+ Warm-up with Team

Footwork / Nervous System Ramp-up (use 8 cones about 1 step apart)

1. High Knees – 1 step in each x 2
2. High Knees – 2 steps in each x 2
3. High Knees Sideways – 2 steps in each x 1 each way
4. Two In, Toe Out Sideways x 1 each way
5. In-In-Out x 1 each (forward and backwards)
6. In-In-Out-Out x 1 each (forward and backwards)



Dynamic Movement

1. Walking Lunges x 4 each leg
2. Alternating Side Lunges x 4 each leg
3. Frankenstein x 4 each leg
4. Skipping x 4 each leg
5. Shuffling x 10 yd each direction

Ball Work (approximately 6 yd apart)

1. 2 touch passing – receive with one foot, pass with other
2. 1 touch passing – alternating feet

For the following: 1 GK serves, the other makes the save. Switch roles after 8 reps.

3. Volleys to chest (8 reps)
4. Service from ground to knees/basket catch (8 reps)
5. High Ball with Keeper Call (4 reps each side)
6. Mid Dive - waist height, serve with two hands underhand toss (4 reps each side)
7. Low Dive - rolled service (4 reps each side)

Shot Stopping (switch after 6-8 saves)

1. Server between penalty spot and top of 18: 1-2 touch shot **at GK** with pace.
2. Server inside 18, but changes angle frequently so GK must find ball line: 1-2 touch shot **near GK**
3. Server in or outside of 18: 1-2 touch shot **challenging the GK**

Goal Kicks, Crossing, and Long Distribution as time/space allows



KEYS:

1. **A good warm-up allows GK to gradually ramp up:**
 - **Physically** (body temperature, jump start nervous system/muscle memory, get used to hitting ground)
 - **Mentally** (sharpen focus, pay attention to detail, ownership of 18, reading cues of player on ball)
2. **GKs should ALWAYS warm-up in goal or with reference point (cone goal) for a goal when warm-up in goal area not allowed.**
3. **GKs should warm-up in a position realistic to game.** Server facing goal, GK facing away from goal (North/South)...not facing touchlines (East/West).
4. **SERVICE IS VITAL: Must allow for quality repetition of saves.** Service should be from feet (unless noted.)
5. **A good warm-up makes a GK feel sharp and CONFIDENT prior to start of game.**

