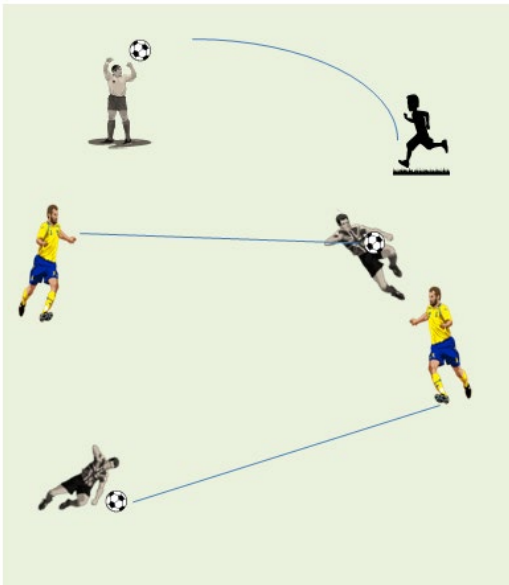




# Goalkeeper Warm Up

## Training Plan

|                         |   |
|-------------------------|---|
| <b>Title:</b>           | Goalkeeper Warm Up  |
| <b>Objectives:</b>      | Warm Up GK's. Improve basic GK techniques.  |
| <b>Age range:</b>       | U7's +  |
| <b>No. of Players:</b>  | 2 + GK's.   |
| <b>Time:</b>            | 10 mins warm up   |
| <b>Organisation:</b>    | Min 10x10 grid. Bigger for older or more players. 1 ball for half of the players.   |
| <b>Drill:</b>           | <p>As a warm up drill should be about preparing for game, session and GKs should also be asked to make appropriate stretches etc.</p> <p>Half players start with ball in hand and jog. At the instruction of coach players with ball serve (via throw or kick) ball to ones without to save ball.</p> <p>Coach instructs high, low, ground serve etc.</p>  |
| <b>Coaching Points:</b> | <p>Keep moving on toes. Anticipate.</p> <p>Call, collect and cradle.</p> <p>Step into a dive.</p>   |
| <b>Progression:</b>     | <p>After player serves ball the server then approaches GK to apply some pressure as GK attempts to catch / make save.</p> <p>Server applies pressure. GK coached to claim ball or push ball away from oncoming player pressure.</p>   |