



GOALKEEPER WARM-UP

Below is an overview of the components a goalkeeper's warm up should consist of. You can, as a goalkeeper, decide what exercises you want to use in your warm-up to prepare yourself for training and competition.

- **PREHAB** – bands, foam rolling, static/dynamic stretches, rubs etc.
- **HANDLING** – drills to warm up the chest, shoulders, arms, forearms, wrists and hands.
- **FOOTWORK** – speed, agility, quickness; fast feet to activate your legs using ladders, hurdles etc. Diving techniques, set position etc.
- **HIPS** – activate the muscles around your core, back and hips. These are the muscles that goalkeepers use the most.
- **PENDULUM ROLLS** – prepare body for ground contact, Recovery and activates diving technique.
- **REACT & RECOVER** – hand speed, recovering back to SET position and activates conditioning.
- **SITUATIONS** – 1v1's 1v2's, high ball, flick-ons, closers, penalties. Activates instinct and experience and is what you do is dependent on the opposition.
- **RESTARTS** – target squares, mid-range, long range, around the D, 7secs. Activates your internal targeting system for competition.
- **FREE TIME** – plan some time to regroup and catch second wind, speak to defence/coach, water break, acclimatize to your surroundings.

It is important to remember that a goalkeeper's warm-up is a very personal thing and as such must be meticulously predetermined by the goalkeeper themselves. The pace and intensity of the warm-up are interchangeable at the keeper's discretion. This allows the goalkeeper complete control in trying to achieve the purpose of their warm-up which is always to **FEEL** ready for competition.