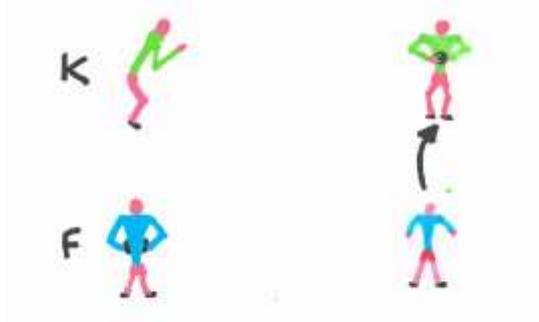


SAMPLE GOALKEEPING SESSION

SIDE ON

- Keeper stands in SET position with the side facing the feeder.
- Feeder calls for the Keeper to turn and serves the ball at the Keeper.
- Keeper turns to face the Feeder and catches the ball and Returns it to the Feeder.
- Repeat 8 times per side.

PURPOSE: activates hand-eye co-ordination and prepare the hands for competition.

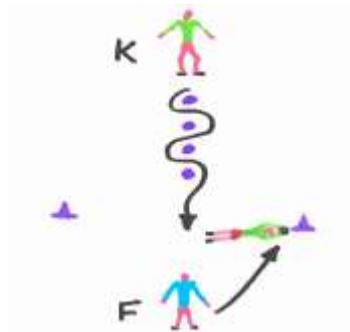


1 min

FOOTWORK

- Keeper makes their way in and out of the cones coming into the goals once the cones are cleared.
- Feeder shoots ball left or right of the Keeper for the save.
- Complete 4 – 8 reps.

PURPOSE: activation of the leg muscles and explosive fibres.



2 mins

DUCK FIGHT

- 2 Keepers 'hunker' down into a parallel squat position and face one another.
- Bouncing on their toes they try and push each other over by pushing their hands together.
- It is important to keep knees at 90 degrees as much as possible.

PURPOSE: activation of hips and core muscles.

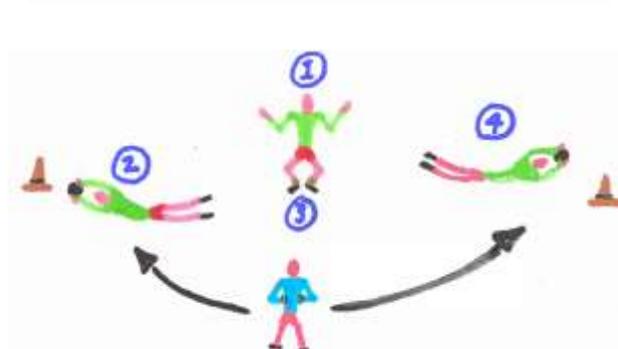


1 min

LIGHT DIVES

- Keeper stands in goals in SET position.
- Feeder serves the ball along the ground at a reasonable speed, a dives length or more away from the Keeper on either side.
- Keeper dives to secure/parry the ball and returns to repeat the process.

PURPOSE: activation of diving technique and preparation for ground contact.

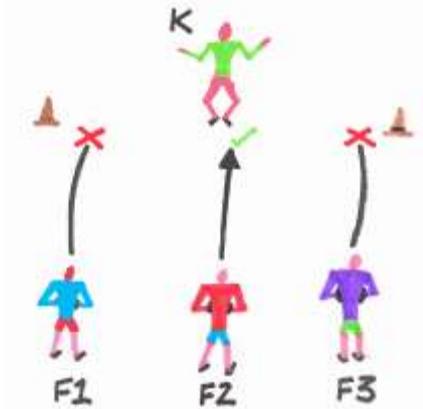


2 mins

3 SHOOTER; 1 SHOT

- Keeper stands in goals facing 3 Shooters who have a ball each.
- The 3 Shooters will go to shoot all at the same time BUT only **ONE** will shoot.
- The shooters will predetermine who shoots each time.
- Keeper must react to save the shot.

PURPOSE: activation of reactions as well as speed of thought and speed of play systems.

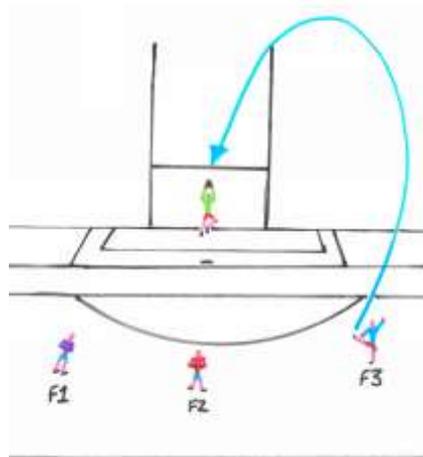


2 mins

HIGH BALL

- 3 Feeders kick ball in on top of the Keeper from 30m out from left, right and central angles.
- Type of delivery is at the Feeder's own discretion.
- Keeper comfortably deals with delivery.
- Players can be introduced to impede the Keeper to add difficulty.

PURPOSE: activate situation muscle memory for High Ball.

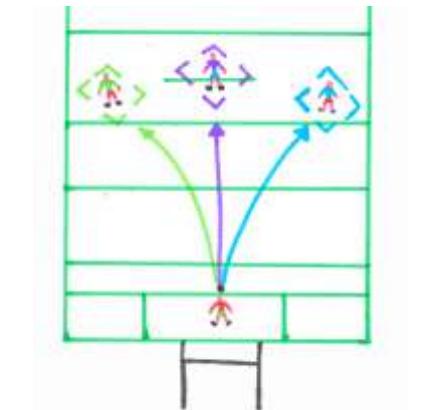


2 mins

RESTARTS

- 3 Receivers marshalling the areas highlighted in diagram.
- Keeper aims to deliver Restart to that area with best accuracy, pace and trajectory possible.
- Receivers return the balls to the Keeper.

PURPOSE: activation of Restart targeting system, kicking technique and kicking rhythm.



6 – 8 mins

FREE TIME

- Plan a few minutes at the end of the warm-up to have to yourself.
- Use this to talk to defenders, go through processes in your own head, and give/receive last minute instructions to/from team members.

PURPOSE: allows Keeper to Acclimatize to their environment immediately before the game begins.



2 – 4 mins

TOTAL WARM-UP TIME = 20 MINS