

Goalkeeper Warm-up (20-25 minutes)

Hands warm-up

Goalkeepers can volley to each others hands (2 minutes)

Concentrate on side-to-side lateral footwork

Side to side floor (scoop)

Side to side chest

Side to side air (& call)

Stretch

Handling Exercises (Stationary)

- Holding Sets:
 - Crouched over – low catches (hands only) 1 set x 20 reps
 - Standing Volleys – standard catching (hands only) 1 set x 20 reps
 - Prone Catching – lying on left side 1 set x 20 reps
 - Prone Catching – lying on right side 1 set x 20 reps
 - Seating Catching 1 set x 20 reps

** done with both a Medicine Ball and Regular Ball

Diving

Begin with keeper kneeling/crouching, coach rolls ball alternate sides, gk dives forward to side & gets back upright as quick as possible (try not to use hands – spring back up). Continue to top of box

Same as above only coach can throw ball to side in air

With keeper standing, same as above, first rolling ball to side, then throwing in air.

Catching

Then go to catching balls above head in air. Continue to have sub keeper standing in front, then jumping. Want to hear keeper call loudly.

Tipping

Coach stands on 6-yard line holding ball, have keeper run forward from goal line to touch ball then back pedal to catch or tip ball over bar.

Crossing

Sub keeper and coach take turns crossing from alternate sides. Keeper has to decide to come and catch or punch shouting 'keepers'. If too far out shout 'away'.

Team warms up together (led by captains)

Assistant coach then warms up keepers for 20-25 minutes

Side to side floor

Side to side chest

Side to side air (& call)

Stretch

Easy passes/shots to body

Easy diving (alternate sides) 6-18 yard lines

Some harder shots (including some chipping)

Tipping over bar

Harder strikes from outside box (including curving and chipping)

Use wingers and midfielders for crosses (gradually add forwards to challenge)

Then go 4v2 to goal off posts