



Goalkeeping-Pre Match Warm Up



**BC SOCCER**

### ***Warm-up before the match***

The aim of the warm-up is, on the one hand, for the goalkeeper to prepare his body for the match (injury prevention), and on the other hand to quickly review technical manoeuvres that have already been acquired. The goalkeeper's warm-up before the match is, above all, a kind of psychological preparation for the match carried out directly on the pitch.

Catching a few balls and being complimented by the coach and confidently dealing with a few crosses reassures the goalkeeper. Anything that the goalkeeper has not yet learned, he will certainly not acquire during these exercises. When the coach observes a problem, he must react in a very sensitive way, taking into account the goalkeeper's character (calm him down, encourage, say nothing, raise his voice, etc.).

### **How to warm up**

It is important for young goalkeepers to learn how to be independent when warming up. This may provide the answer to the two main questions which arise:

#### **• What should be done during the warm-up?**

The warm-up must be simple and useful and revise the basic manoeuvres:

- catching the ball (10-12 repetitions),
- diving practice (on ground and medium height 3 or 4 dives on each side),
- catching an aerial ball thrown in (in 11-a-side matches, crosses should be kicked in, 4 or 5 on each side),
- some medium-distance shots,
- playing the ball with feet (short passing and various clearances).

The exercises conducted should not be excessive and take the goalkeeper's age into account.

#### **• Who should do the warm-up with the goalkeeper?**

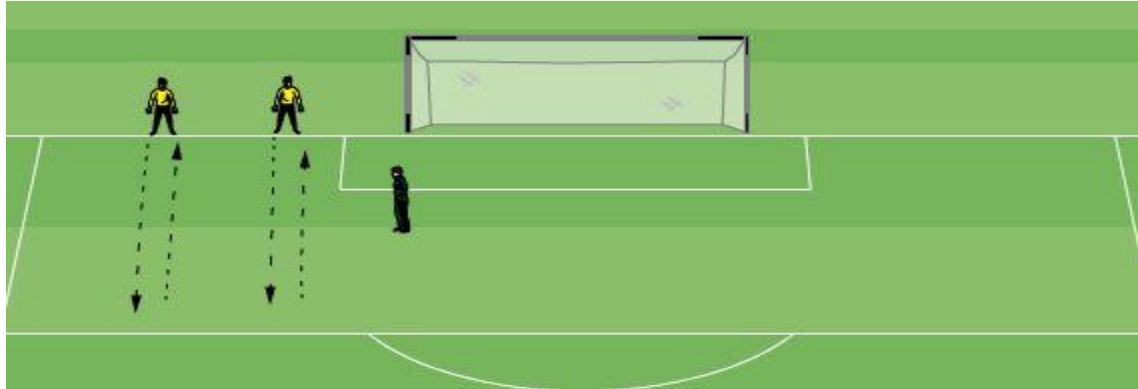
For younger children, the coach should initially conduct the warm-up with the goalkeeper. However, when the goalkeeper knows the warm-up procedures, he can be assisted by another goalkeeper, outfield player, assistant coach, etc.

The warm-up for older goalkeepers can introduce suitable elements to give the goalkeeper confidence. If you watch a top-level goalkeeper before a match, you'll notice that the warm-up is a very individual, personalised affair. The goalkeeping coach is there simply to throw and kick the ball in, give some last-minute instructions and answer any questions that the goalkeeper may have. This is a good approach because it respects the goalkeeper's personality and obliges him to take responsibility for his performance right from the warm-up.

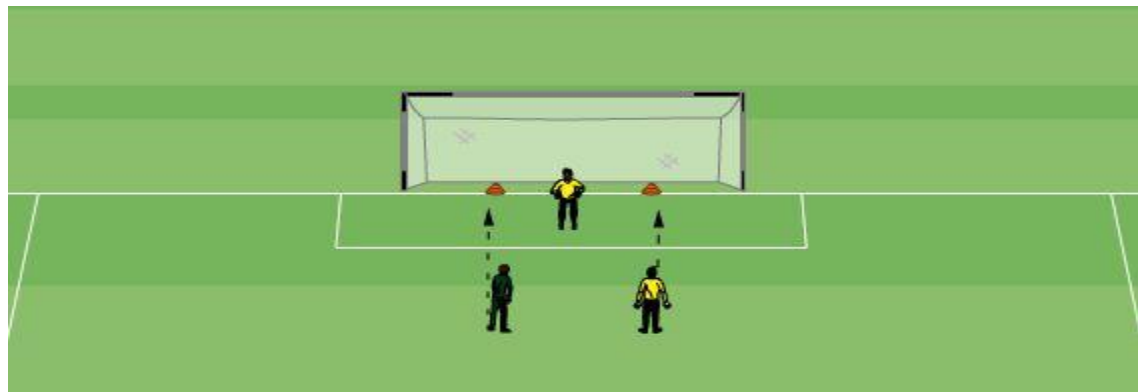
*The paradox is that the goalkeeper is more active during the warm-up than during the match.*

*2012 Provincial Team Program Pre Match Warm up*

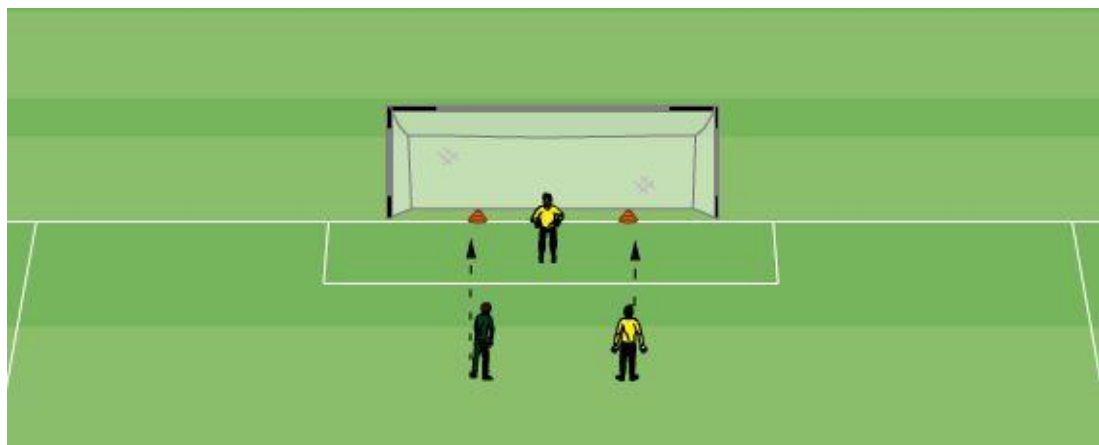
1. Dynamic Movement (jogging from goal line to 18 yard line with Dynamic Movements/Stretching) 5-6 min



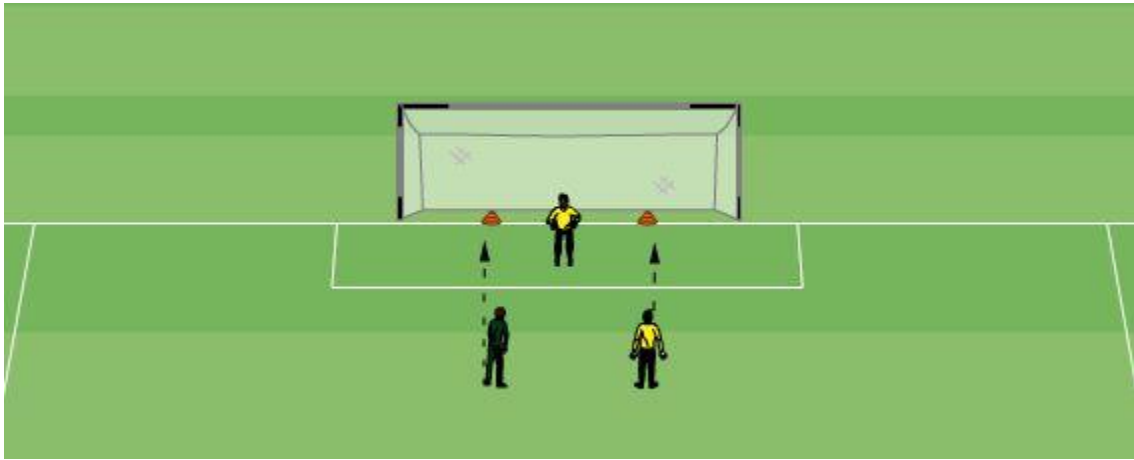
2. Passing on the ground having the GK use both feet, while shuffling between two cones x10.



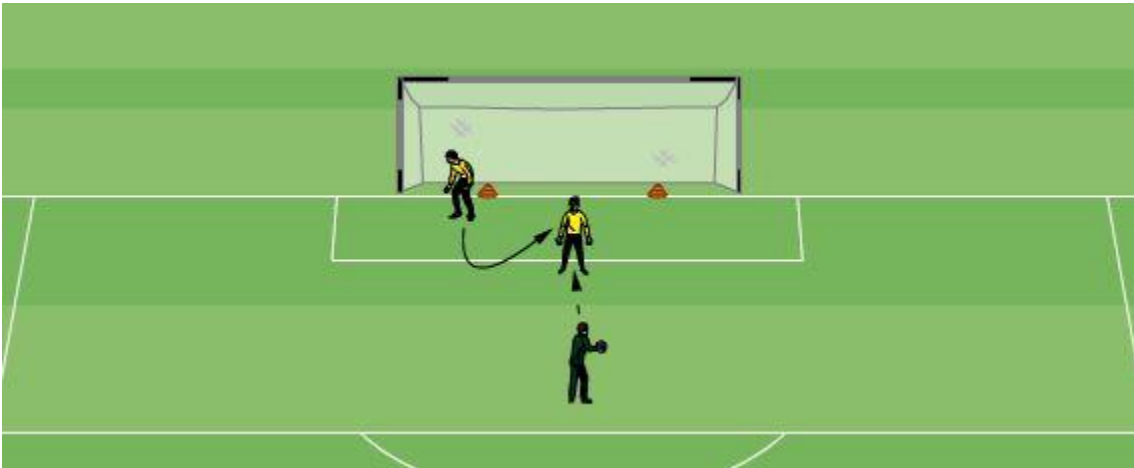
3. Side volleys in air having the GK use both feet, while shuffling between two cones x10.



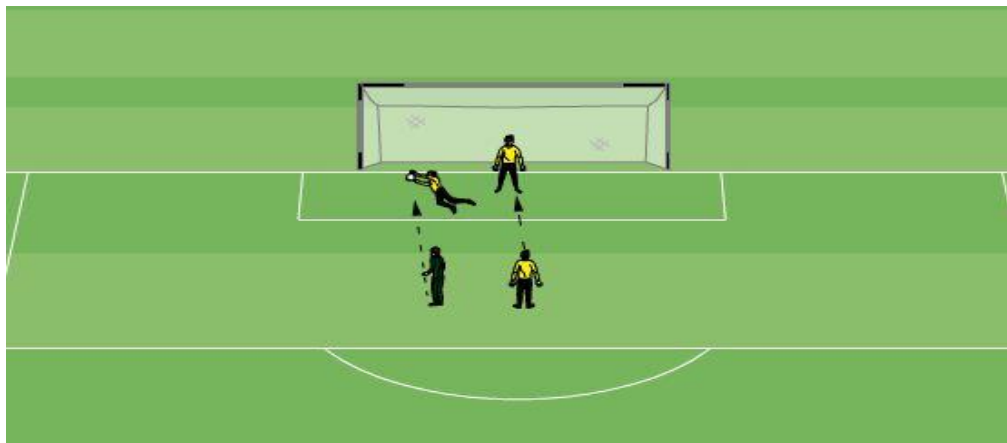
4. Volleys into GKs hands, while shuffling between two cones x10.



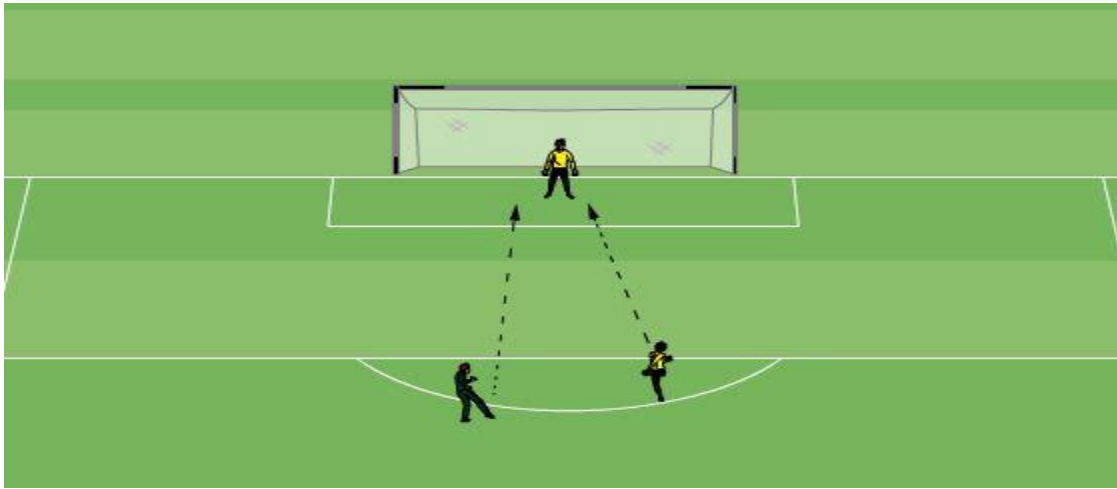
5. GK Spinning off cone for a Volley x 10 (make sure to spin off both sides)



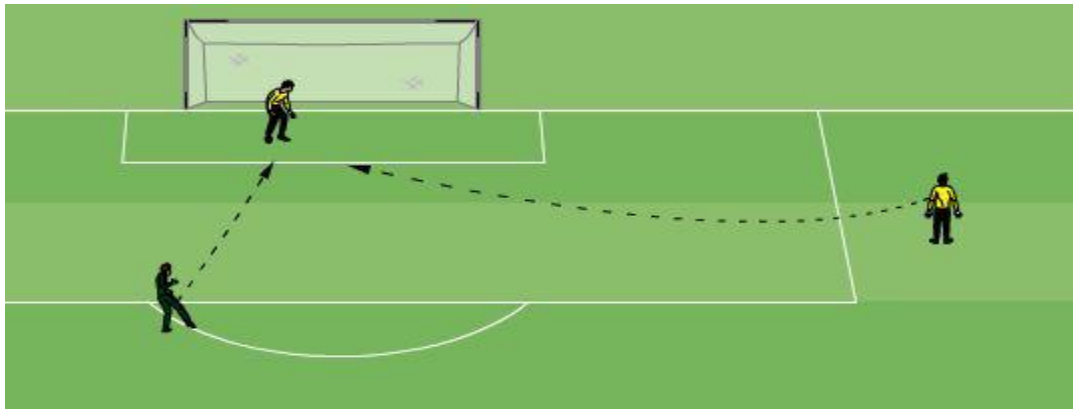
6. One Volley one dive (3 each side) First dive on ground then in air.



7. Shots from top of 18; in and around GK



8. Cross/Shot (Crosses from both sides)



9. Distribution- pass back/punts/dribble drive/goal kicks