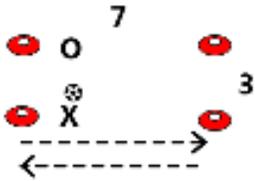


Youth Goalkeeper Warm-Up (20-30 minutes)

1. Side step shuttle



- Players shuttle between cones and
 - Roll ball on ground
 - Throw ball stomach/chest high
 - Throw ball above head
- Always play diagonally ahead of partner so that ball is picked up on run

Go back and forth two times

2. Stretches

- Stand with legs shoulder width apart, knees slightly bent, and
 - Hold ball behind head, elbows slightly bent
 - Hold ball straight out in front of chest, arms straight
 - Hold ball between legs pushing back as far as possible
 - Hold for 20 seconds, repeat twice
- Sit on ground with legs apart and flat on ground,
 - hold ball in front of left foot for 20 seconds
 - hold ball in front of right foot for 20 seconds
 - repeat twice
 - if you can't get ball in front of feet go as far as you can

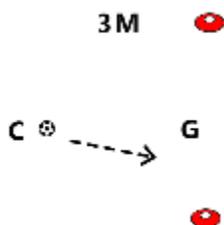
3. Sit/Kneel & Catch Ball



Goalkeepers are 3m apart, one serves and the other catches. Alternate after 15 throws. First sit with legs slightly apart, and then kneel.

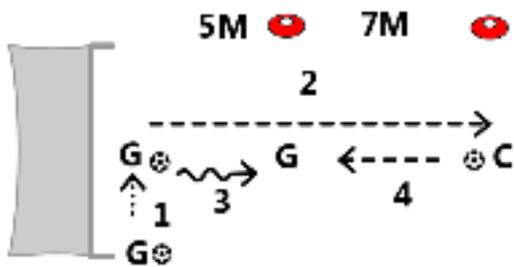
- Vary throws at keeper
 - Above head, high beside keeper, high at body
 - On ground at keeper and beside keeper
- Keeper catches ball and returns to server
- Ball straight at keeper on ground while kneeling must be scooped with forward dive

4. Collapsing Dives



- Coach tosses ball to either side of keeper. Keeper needs to be in low crouch ready position and on toes.
- Throw must be close to keeper's body (within 1m) and at various heights.
- This forces keeper to collapse quickly to make save with hands
- You can mix it up by throwing a little further forcing a more extended dive

5. Get ready, cut angle & save



1. GK starts at one post with ball and shuttles across to center of net
2. GK makes a firm and accurate throw to coach and
3. Sprints 5m out (cone) and gets set
4. Coach throws or drop kicks ball to keeper:
 - At and above body at various intensity for keeper to catch
 - On either side of keeper at various heights to force saves

After save keeper takes ball and starts from other post.

If you have two keepers each can start at a post and alternate.

6. Shots

Take shots from various angles and distances in a practice or have a shooting activity before game.