

## GK Warm-Up 1b

Wednesday, 12 December 2007

This is a very simple warm-up drill but a good way for goalkeepers to warm up their hands and feet while getting used to the ball and the surface. (Beginner)

{flv}4011{/flv}Steps:

- Start with the goalkeeper standing facing a field player with a ball about 10 yards away.
- This warm-up drill begins when the player holding the ball kicks/throws the ball at the goalkeeper, forcing the goalkeeper to catch the ball. Repeat this over and over again until the goalkeeper feels he has had enough. Note: This is a very simple warm-up drill but a good way for goalkeepers to warm up their hands and feet while getting used to the ball and the surface.

Setup:

- 2 players (1 Field Player, 1 Goalkeeper) Tips:

Catching the ball waist high:

Step 1

- Your body needs to be directly in line with the ball
- Feet should be shoulder width apart
- Knees slightly bent and stay on your toes
- Head up and eyes on the ball

Step 2

- Bend from the waist as the ball approaches
- Extend your arms with a slight bend o Palms should face upward

Step 3

- Once the ball makes contact with your hands and forearms, absorb the impact of the ball.

Catching the ball at head height:

Step 1

- Your body needs to be directly in line with the ball
- Keep your eyes on the ball at all times
- Extend your arms, elbows slightly bent
- With both arms extended your fingers should be evenly spread

Step 2

- Once the ball makes contact with your hands, absorb the impact of the ball.