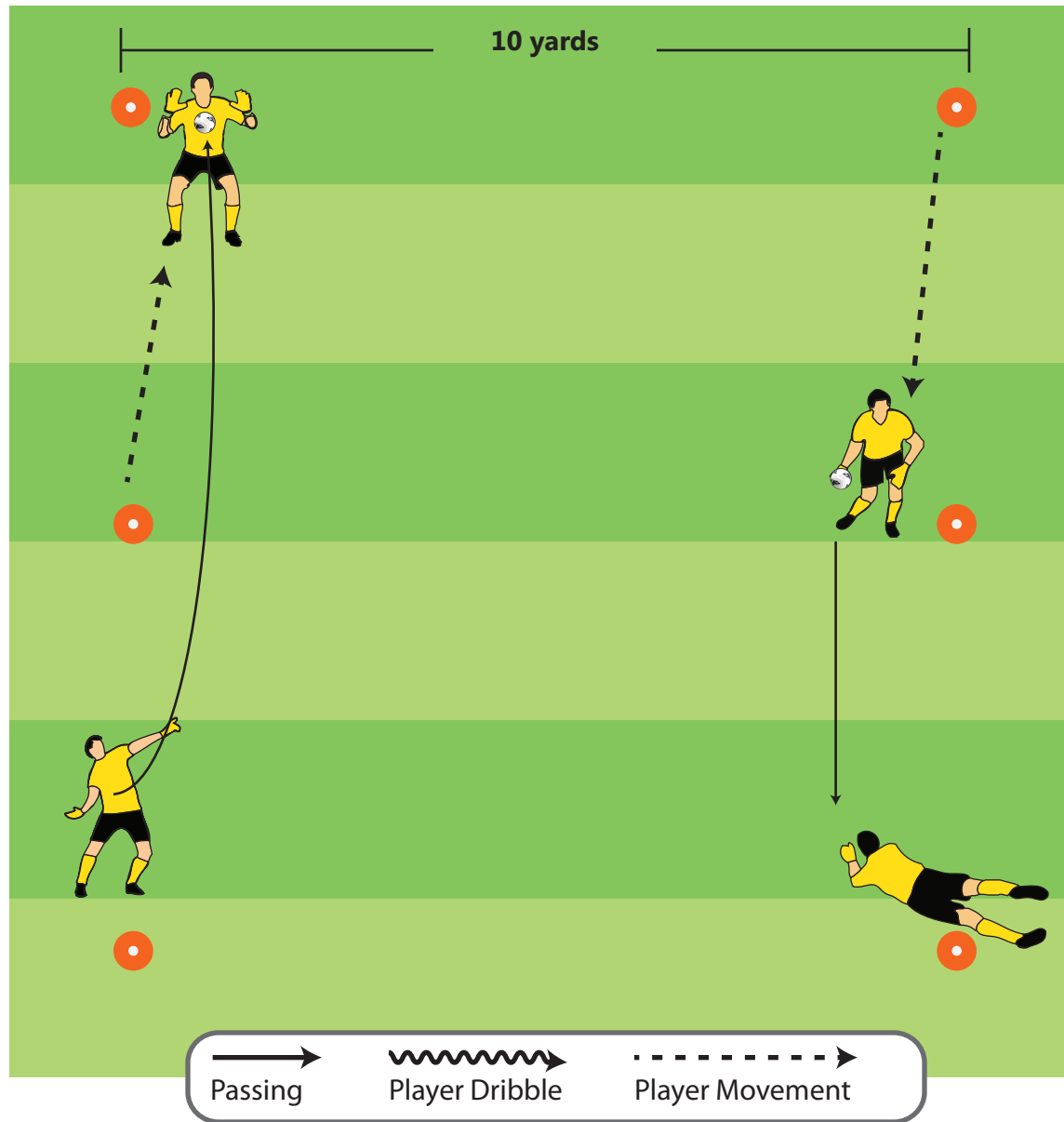


# Goalkeeping Shot Stopping Stage-I Warm Up: Working with a Partner



## Setup

10 x 5 yard area marked using cones. This warm up is designed for 4 goalkeepers (or 2 goalkeepers and 2 players or coaches).

- There are no teams, this is a "Low Intensity" warm up.
- Activity Time: 3 minutes
- Recovery Time: 30 sec.
- Intervals: 7

## Intervals

- Pair into groups of 2 goalkeepers (or 1 goalkeeper and a coach)
- Interval 1: using an under arm bowl, roll the ball towards the feet
- Interval 2: using an under arm bowl, throw the ball towards the waist
- Interval 3: using a javelin throw, throw the ball towards the chest/head
- Interval 4: using an over arm bowl, throw the ball just above the head
- Interval 5: using an under arm bowl, roll ball on the ground alternating the left and right sides. Goalkeeper dives sideways on the ground.
- Interval 6: using an under arm bowl, throw the ball at waist level alternating on the left and right sides.
- Interval 7: using an under arm bowl, throw the ball at chest level alternating on the left and right sides.

## Coaching Points

- Goalkeeper Ready Position: feet shoulder width apart, knees slightly bent, hands in gunslinger position, body weight forward, eyes on ball
- Goalkeepers should use the "W" hand position when catching high.