



FORTITUDE UK Ltd

Recommended Goalkeeper Warm-up

PHYSICAL

- Pulse raiser – 1-2 mins jog, skips, sidesteps.
- Dynamic stretches – emphasis on lunges – forward and lateral, hamstrings, lower back and hip flexors. Include some upper body stretches – side reach, rotations etc.
- Leg swings.
- Build speed through warmup – heel flicks, knee raises, quicker sidesteps, 3-4 squat jumps.
- Sprint build up – 2-3 80-90% runs from standing.
- 4 100% sprints off both feet – 10 yards.

KITTED UP

10-15 mins – Objective is quality over quantity. Try not to get too tired in the warm-up; get comfortable and some decent touch. (Before outfielders are involved.)

1 or 2 outfielders to help feed:

- Feet and eyes: watch the ball, simple feed to feet and back to feeder. Mix the feed: flat, bobbled and speed. Work up close to start and work back to the top of the D. GK to focus on contact and getting feet moving, small steps to adjust. Add rebounds.
- Lunging to wider shots with feet: feed a quick push towards corners of the goal for save and follow through. Power from non-kicking foot. 2x 3 each side. Follow ball for 2nd phase readiness. Add 2nd shot if able to.
- Hands: Flick high towards middle and wide, GK to redirect wide or play back (depends on how much ball collecting you want to do or how many balls there are).
- 2/3 dives/smothers working across goal from posts.
- Corners/Shots with outfield inclusion.
- READY!