



## Goalkeeping Program Sample Warm Up

This sample warm up is intended to last 30 minutes and you will need 4 cones and a few balls. Preferably, all warm ups should be done in the goal mouth to help the goalkeeper acclimate to field conditions but this warm up can be done elsewhere if needed. Remember to give the goalkeeper time to rest between drills, stretch, and get water.

### **Warming Up the Feet**

Place two cones 4 feet apart. Have the goalkeeper shuffle around one side and set their feet in the center of the cones. As soon as they set, pass the ball to their feet and have them take a touch in front of their body before passing the ball back. Upon doing this, the goalkeeper then shuffles around the other side and repeats the drill.



Deliver ball from here

When the goalkeeper feels comfortable in his/her two touch, repeat the drill with only one touch.

### **Warming Up the Hands**

Place the cones as shown below. Have the goalkeeper snake through the right side of the cones and set in the middle. When they have set, begin warming up their hands by rolling the ball on the ground for them to scoop up. After the catching the ball, the goalkeeper returns the ball to your hands and moves to the left side and repeats the drill.

Set Feet  
and  
Catch

Repeat to Other Side



Deliver ball from here

Continue this process of switching sides while you toss the ball higher and higher for them to catch. Finish with high balls where the goalkeeper has to come out and jump for the ball while calling, "Keeper!"



## Goalkeeping Program Sample Warm Up

### **Diving**

Place the cones as shown below about 3 feet apart and have the goalkeeper start on the back cone. To begin, the goalkeeper will come forward in ready position and touch the right cone with their right hand. When they touch the cone, you will roll the ball to the left side for them to dive on.



### **Start**

Repeat this process to the other side, with the goalkeeper touching the left cone and diving to the right. Build up to dives of greater height by using the same drill but tossing the ball higher rather than on the ground.

Make sure the goalkeeper is bringing their body forward (if they finish with their body on or behind the cones, they will need to work on this aspect) and catching the dive cleanly.

### **Quick Reaction**

Use the same formation of cones as you did in the earlier drill and have the goalkeeper start on the back cone. Tell the goalkeeper to come forward through the cones and set their feet in front of the gate. Upon doing so, toss a ball for them to collapse on, then have them give it back to you immediately and get up to their feet. As soon as they are up, toss the ball to the other side for them to collapse on. This drill should be succinctly and in quick repetition.



Goalkeeping Program  
Sample Warm Up

Crosses

---

**Start**

Catch



Toss the ball for a cross

Set up the cones as shown above and stand about 15 feet diagonally from the start cone. Have the goalkeeper move through the cones and then shuffle with his/her shoulders parallel with the start cone. Once they have shuffled a few feet, toss the ball so they have to catch it like a cross.

After the goalkeeper feels comfortable receiving crosses from the left side, reposition the drill to the right side. You can also do a variation of this drill by having the goalkeeper come forward from the start cone and take a shot before he/she moves through the cones for the cross.

**Distribution**

It is important for goalkeepers to warm up their technique for distribution as well. Have the goalkeeper hit a few goal kicks and punts before the game begins. It is best for the goalkeeper to actually hit crosses and punts to a target as opposed to just striking the ball into the net.

Best of luck in your game!

*Shannon Adragna*  
*Rio Vista F.C.*  
*Director of Goalkeeping*