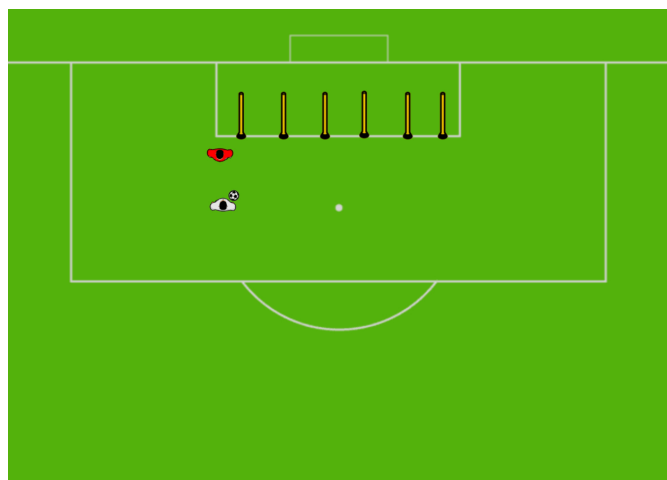


Goal Keeper Warm Up Around Poles

Fitness: 100% **Technique:** 80% **Tactics:** 20%

Goalkeeper, Individual training, Any, Warm-up, Group (2-8), 2 Goalies, 1 Goalie, 3 Goalies, 4+ Goalies



Setup:

Set up 4 to 6 training poles or cones about 1-2 yards apart. Goalkeeper starts about 2 yards in front of row of poles. 2nd player starts about 5 yards in front of Goalkeeper

Execution:

Working in twos, with one ball, the keeper must catch the feed into their stomach, throw it back and then backtrack around each pole.

After they've run around the pole, taking small and speedy steps they move out ready to take the next feed.

Variations:

1st - Keeper Catches ball

2nd - Keeper passes ball to feet

3rd - Keeper bends down and slaps the ball back

4th - Keeper Punches Ball back.