

# GOALKEEPER WARMUP PLAN



## Dynamic Warmup | 6-8 Minutes | 20 Yard Distance

1	Easy Jog	
2	Side Shuffle	low athletic stance for optimal performance
3	Carioca	Arms do not move side to side, hands outstretched with palms up, proper athletic stance
4	Monster Walk	Arms and hands outstretched and stay that way while the feet come and meet the finger tips
5	Explosive Side Step	Inner leg is in a athletic stance while the other leg is in the air, explosive push off from the inner leg landing squarely with the outer foot, repeat
6	Back Pedal	Upper body should be leaning forward, arms are kicking in a sprinter fashion while pushing off the front of the feet
7	Open Gate Walk	Focusing on slow leg swing and balance
8	Forward and Backward Lunges	Chin up, lower back is arched, shoulders are back, knees do not touch the ground, you need to have constant flexion, avoid leaning forward
9	Sprint	
10	Water/Recover	

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## Specific Goalkeeper Warmup/10 Minutes

1	<b>Touches</b>	One touch and two touch passes with other keeper or trainer at close distance
2	<b>Touches II</b>	Repeat at 10-15 yard Distance
3	<b>Rollout</b>	Windmill throws to other keeper
4	<b>Hand to Ball</b>	Two hands snapping ball to the ground, focus on explosive snap with proper catch, front f body, left side, right side. 15 reps
5	<b>Hand to Ball II</b>	Ball around waist, 15 reps
6	<b>Hand To Ball III</b>	Ball around front leg while in lunge position. 15 reps each leg
7	<b>Figure 8</b>	Low Athletic Stance, 15 reps
8	<b>Combine</b>	Keeper will simulate and aggressive forward progressional movement to a high ball, repeat 10 times, highest point as possible.
9	<b>Power Step Build Up</b>	Butt to Ground, hands catch side to side, forward progression. 5-10 reps
10	<b>Power Step II</b>	Two knee dive, left to right, forward progression, focusing on forward progression and hand- ball control, low ball, mid range balls. 5-10 reps
11	<b>Power Step III</b>	One knee dive, focusing on forward progression with explosive leg drive, then arm drive.

This combined warmup will not only prepare the keepers physical body mechanics but will also prepare the mind and all firing points for elevated performance for the upcoming Training or Match. We want to properly prepare our keepers so that they are 100% ready to go all out.

With these steps completed, Your Goalkeeper is now properly prepared to achieve optimal Goalkeeper performance.

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