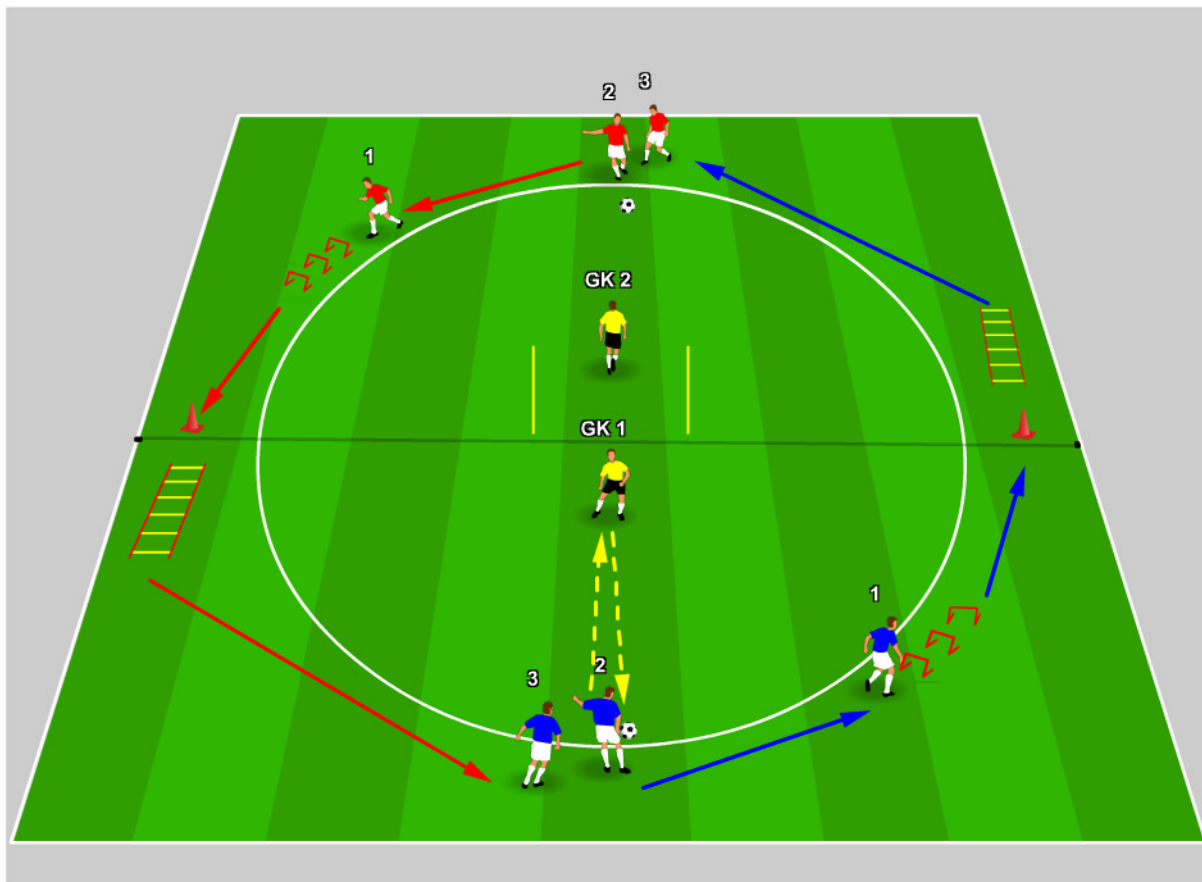


## Goalkeeper and Team Warm-Up Drill



<b>Date:</b>	22 Apr 2010	<b>Measurement:</b>	centre circle or 25 x 25 yards
<b>Time:</b>	.	<b>Players:</b>	8+
<b>Duration:</b>	5 mins and change it	<b>Level/Age Group:</b>	9+

**Description:** Use poles or cones as a 6 yard gate on the half way line with a goalkeeper on each side. Players line up opposite the GK. Players play the ball into the GK feet or hands and returns it to next player. Players move to their right through the hurdles, ladder and joins the back of the opposite line.

**Objective:** To warm-up Goalkeepers and outfield players using their specific skill sets ready before practice.

**Coaching Points:** 1. Starting position in the gate. 2. Body shape. 3. Correct handling surface and technique. 4. Quality of pass to teammates.

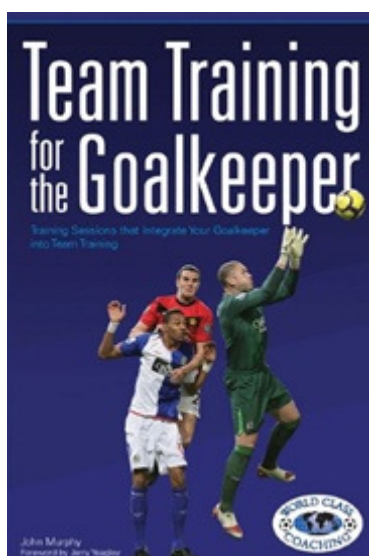
**Progression:** 1. Add 3 extra balls at the outside of the circle for players to run on to, dribble a ball out and back before joining opposite line. 2. Switch direction to clockwise.

**Notes:**

# **The Goalkeeper and Team Warm-Up Drill was taken from Team Training for the Goalkeeper Book**

*by John Murphy - holds the prestigious UEFA Professional Badge*

**Team Training for the Goalkeeper will show you how to integrate your goalkeeper into your team training sessions!**



## **Purchase the book**

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