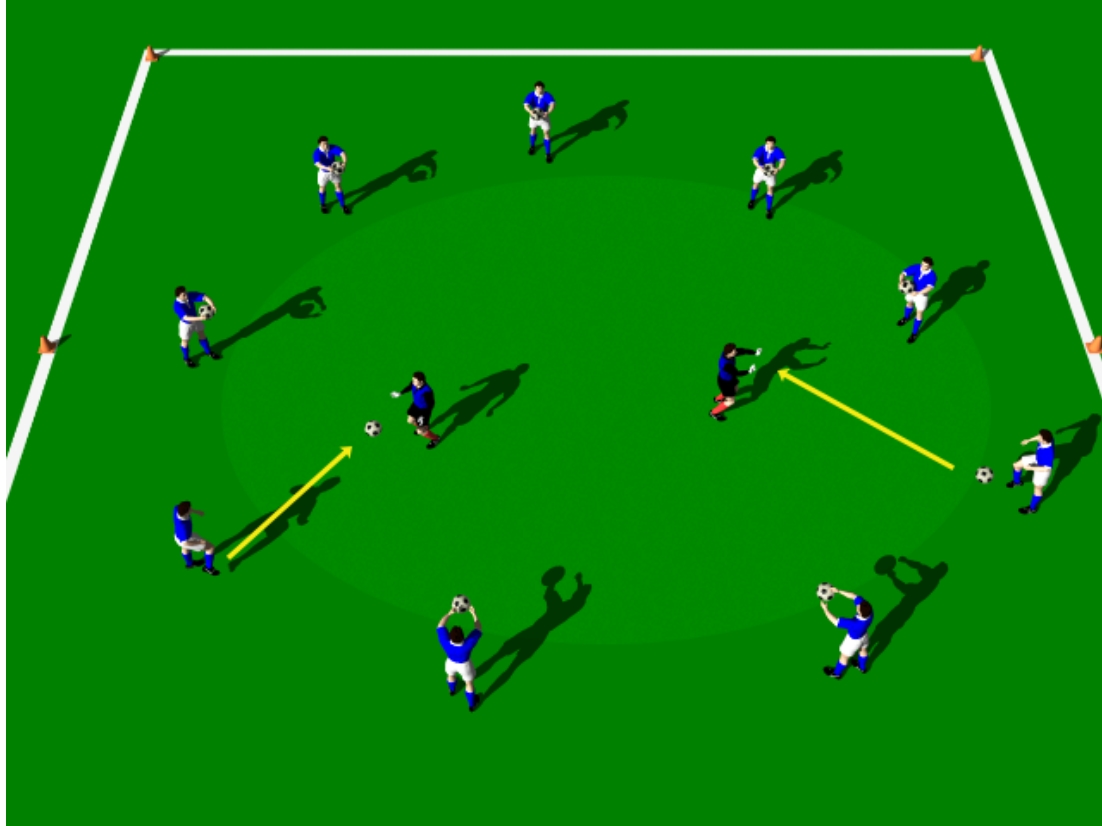


## Team Warms Up the Goalkeeper



### **Exercise Objectives:**

This warm up activity focuses on warming up the goalkeeper.

### **Coaching Pointers:**

Position your entire group in a circle inside a square approximately 20x20 yards. Each player has a ball. Place both goalkeepers (more if you have them) in the center of the square.

The players serve the ball to the goalkeepers in the following sequence:

- Players "Volley" the ball from their hands for the goalkeeper to catch.
- Between saves the coach rolls a ball for the goalkeeper to react and dive to the ground.
- Between saves the coach rolls a ball for both goalkeepers to react too. First to the ball wins.