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Animated Activity Library
Warming up the Goalkeeper Description
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Observation: Most goalkeepers are not warmed up properly before a game. Many teams place the goalkeeper in goal and have the rest of the players take endless shots at goal. This often deflates the keeper's confidence to begin a game while not preparing them for the match.

Suggestions:

- Assign a coach or player to warm up the goalkeeper with repetitive activities focused on one part of the position at a time.
- Make sure the service prepares the GK for the game. Do not have the person warming up the goalkeeper attempt to score as many goals as possible.
- Make sure the activity is realistic in movement, space, and distance.
- Make sure ground ball, high balls, shot stopping, dealing with crosses and distribution are covered.
- As the warm up continues increase the pace and difficulty of the service.

Animated Progression:

- Ground Balls
- High Balls
- Ground Balls/High Balls variation
- Shot Stopping
- Shot Stopping in Goal
- Handling Crosses
- Life Play
- Attack Vs Defense