



Colorado Storm Pre-Game GK Warm Up

Category: Goalkeeping: General
Difficulty: Moderate

Am-Club: Colorado Storm
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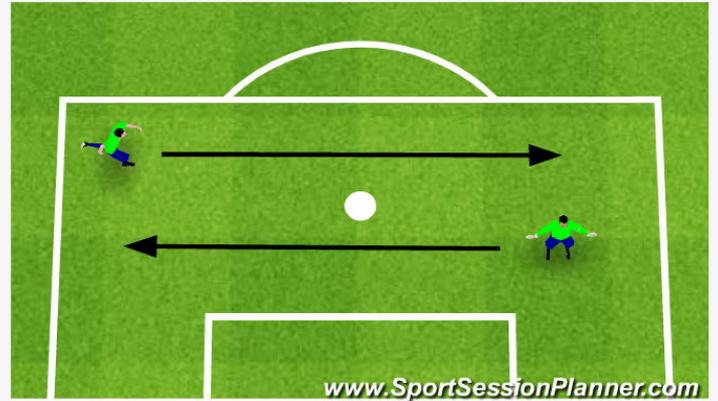
Description

Pre-Game warm up progression for Colorado Storm Goalkeepers.

Jog/Dynamic Stretch (5 mins)

In the Penalty Box, Jog & Dynamic Stretch (8-10')

- 1) Jog
- 2) Skip, swing arms across body
- 3) Light shuffle: Swing arms out to side (switch halfway across box)
- 4) Hip Out ("Open the Gate")
- 5) Hip In ("Close the Gate")
- 6) Hamstring Kicks: Right Foot touches Right Hand (and vice versa)
- 7) Hinges: Two hands down in front, one leg raises 90 deg. behind body, standing leg balance
- 8) Forward Lunge with torso twist (alternate leg each rep)
- 9) Side Lunge (alternate leg each rep)
- 10) Quick shuffle (don't click heels) for 6 yards (alternate directions)
- 11) Long Stride (big steps) at 75% pace for 12 yards
- 12) 3 x 6 yard sprints
- 13) 2 x 4 yard sprints (start wit Vertical Jump off two feet)



Passing/Receiving (5 mins)

Passing & Receiving with Partner/Coach (5-6')

- 1) 6-8 yard one and two touch passing

Left and Right foot

2-3 minutes total

- 2) 10-14 yard two touch passing

1st touch goes outside the gate (prep touch), 2nd touch is pass to target

Alternate sides

2 minutes



Handling (5 mins)

Handling at the Body (5-6')

Cones 3 yds apart

Server 6 yds away from cones

Service with feet preferred, but for consistency/accuracy service with hands is ok

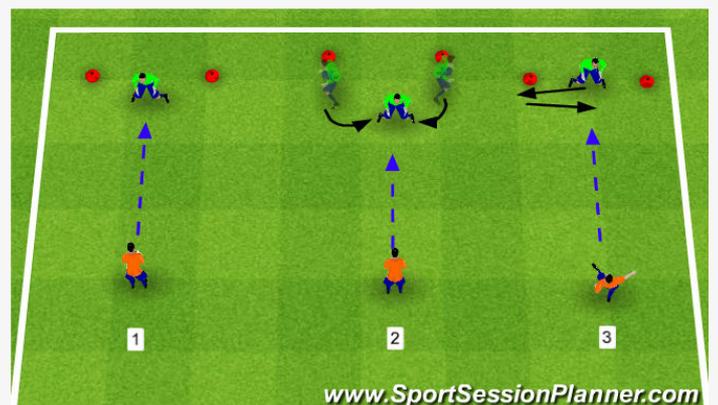
- 1) 10 x Volleys (or throws) at GK head/chest

- 2) GK starts facing sideline; drop step and rotate hips to server
10 x Firm Volleys (or firm throws) at GK head/chest
Alternate starting side (5 catches from each side)

- 3) GK starts in center of gate; quick shuffle Right then back to center

8 x Kicked service (or rolled) at GK feet/knees

Alternate shuffling side (4 catches from each side)



Diving

Diving Progression (5')

1) Rhythm Repeats

GK lays on Left side in diving body shape (hands & elbows in front of body, top knee up, W shape hands)

Server passes rolling ball just above GKs head

GK saves and then rolls controlled ball back to server

- as ball rolls back to server, GK raises shoulder and hands off ground to prepare for next save

Repeat (ideally, server plays 1 touch passes to maintain good rhythm)

10 x saves on Left Side, then switch sides

2) Dive & Reload (low ball)

GK starts on feet

Server rolls firm ball to GKs Left

GK makes low collapse/extension dive

Repeat

Maintain high pace! Save, return ball to Server, reload, save

4 x saves on Left Side, then switch sides

3) Dive & Reload (waist high ball)

GK starts on feet

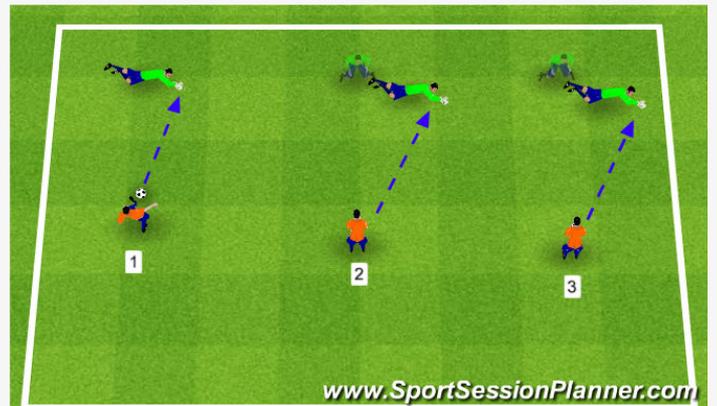
Server throws firm underhand ball to GKs Left (waist high)

GK makes mid collapse/extension dive

Repeat

Maintain high pace! Save, return ball to Server, reload, save

4 x saves on Left Side, then switch sides



Angle Play/Live Shots

Angle Play / Live Shots (5-6')

Shots should be hit from ground with live game pace

1) Rotate In

GK starts on near post, facing sideline

Server takes small prep touch

GK drop steps, opens hips to shooter, sets

Server live shot on frame

2) Rotate Out

GK starts 2-3 yards off center of goal line

Server takes small prep touch

GK adjusts position to shooter, sets

Server live shot on frame

3 x Rotate In, 3 x Rotate Out - then switch sides of the goal



Crossing

Crossing/Through Balls (4')

Crosses/High Balls from Varying positions on the flank

Good services, 4 catches from each side (maximum.)

Switch sides and repeat



Long Balls

Long/Driven Balls (if time/space allows)

20-30 yd driven/lofted balls
Side Volleys
Punts
Receive & Play Long Ball
Long Throws/Bowls
etc.

