

# Goalkeeper Warm-up



Very important to reduce the risk of injury through use of correct warm up and stretching.

1. 5-7 Minutes light running. Serves two purposes- increases heart rate and thus blood supply, warms the body up, loosening off any tense/sore muscles.
2. Mixture of dynamic and static stretches. 7-10 Minutes. This is a slow process guys: It's not a race to see who can stretch the fastest. There are a number of muscle groups to ensure we stretch well: (In no particular order) Hamstrings, Quadriceps, Calves, Groin, Hips (Hip flexor), ITB, Lower back, Upper back, Shoulders, Arms, Neck. (see below for stretching guide)
3. "Explosive" Sprints. Build up from 60% to 90%. Only needs to be 25metres and no more than 10 repetitions.



The reason we try to use dynamic stretches is that they continue blood flow throughout the body and allow us to warm up in a fashion similar to the way we play.

Static stretches are used if we have a known injury, or a particular sore spot that requires a deeper stretch. For example I always use a deep static stretch for my hamstrings.

The following charts details a few stretches that you may wish to use.

