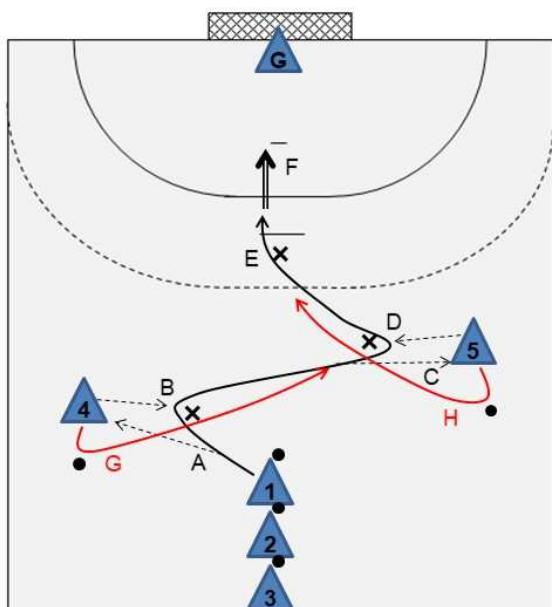


## Introduction

Goalkeeper warm-up shooting is essential for almost every training unit. These 60 warm-up shooting exercises provide you with a variety of ideas to make the warm-up shooting challenging and diverse, both for the goalkeepers and the field players. The exercises particularly focus on improving the players' dynamics even during the warm-up shooting.

The exercises are illustrated and described in an easy, comprehensible manner. They can be immediately integrated in every training unit. Whether you combine the exercises with additional coordination drills or use them as an introduction to the main part – various difficulty levels allow for adjustment of the warm-up shooting to each training unit and age group.

Sample figure:



Running, passing, catching, and shooting

### Publishing information

1st English edition released on 12 Okt 2018  
German original edition released on 07 Jul 2015

Published by DV Concept

Editors, design, and layout: Jörg Madinger, Elke Lackner  
Proofreading and English translation: Nina-Maria Nahlenz

ISBN: 978-3-95641-226-4

This publication is listed in the catalogue of the **German National Library**. Please refer to <http://dnb.de> for bibliographic data.

The work and its components are protected by copyright. No reprinting, photomechanical reproduction, storing or processing in electronic systems without the publisher's written permission.