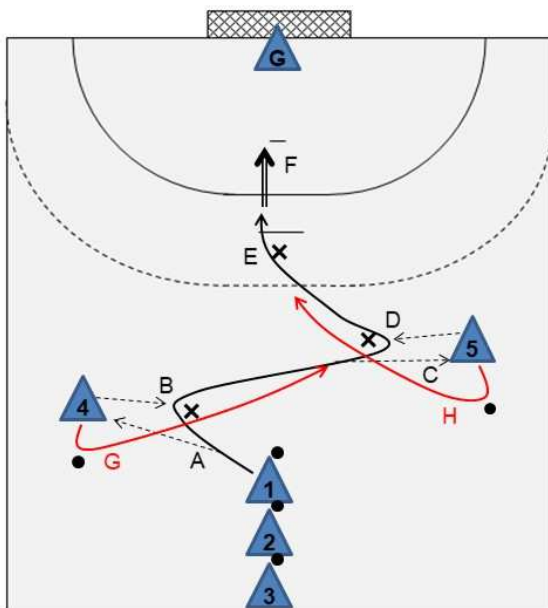


Introduction

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

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