**Heating pre - race**The heating pre - race is a moment that must be managed not by the physical point of view, but from the psychological point of view, then the goalkeeper must have attention and concentration. It 'important to quickly become familiar with the ball and the playing field.For these reasons, I prefer to have the goalkeeper to choose what exercises do, whatrecovery time and in what sequence. And 'essential that the goalkeeper takes the fieldconvinced of their ability and with the calm of someone who feels good physically andmentally.
This suggest that there is a type of heating is often used.
Duration about 25-30 min
heating physical
For 5-6 min, the door begins to run at a mild pace starting the muscle activation of the upper and lower, ending with some stretching exercises.
Heating with the ball
Just to quickly familiarize yourself with the ball and the ground, beginning with a series ofsteps foot in all modes (ground level, mid-height, first-, second-, foot and neck extension) from a distance of tens of meters.
(4-5 min.)
ground adaptation
Exercises for the taking, ground level, mid-height, with a rebound. Before power, thenmoved sideways. With two balls start with the exercises in dip
(earth, mid-height, tall and bounce) left / right speed. (5-6 min.)
Game situations
The door system is in goal, and start with a series of shots on goal, before "the figure" thenmaking that plunge is right to left, starting from a central location finishing side. I follow witha series of cross starting and ending on the other side by a long extension of the field. (10min.)
Return
With dead ball from the bottom with ball in hand and then I simulate some backpass. ( 3-4 min.)