

**MANCHESTER UNITED**

## Eric Steele

### Keeper match day warm-up

**Overview:**

This session is designed to assist goalkeeping coaches and keepers, at all levels.

It uses a keeper, a sub keeper and a goalkeeping coach.

The warm-up on match day is the culmination of the previous few days on the training ground and in the classroom, getting ready to cross the white line and deliver a performance both for the individual and the team.

I have always based the warm-up procedure as a 90-minute session, preparing for a 90-minute game. It involves technical, tactical, physical and mental components, and while the detail for Edwin Van Der Sar's warm-up was very different to Peter Schmeichel's, the theory and practice in preparation was the same.

This is all about being right mentally and tactically. Keepers must be confident in their technique – after all, their first task might be to receive a bouncing back pass!

## KEEPER MATCH DAY WARM-UP

**SET-UP**

**AREA**

Half pitch

**EQUIPMENT**

Balls, cones, goals

**NUMBER OF PLAYERS**

Up to 4

**SESSION TIME**

90mins

**Pre-match routine**

**90 minutes to kick-off**

Keepers study information on the opposition strikers – all aspects such as structure of set pieces, and which foot outfield players favour. They do this using iPads and iPods.

The team meeting follows, with consultation between the outfield and goalkeeping coaches regarding defending and attacking set pieces.

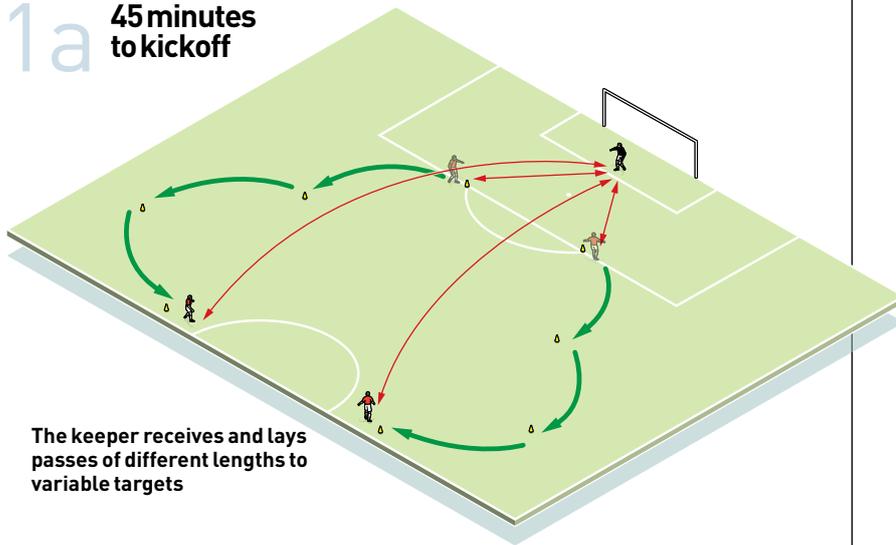
**60 minutes to kick-off**

Individual physical preparation begins – this includes bike work, stretching, light massage and applying strapping.

**45 minutes to kick-off**

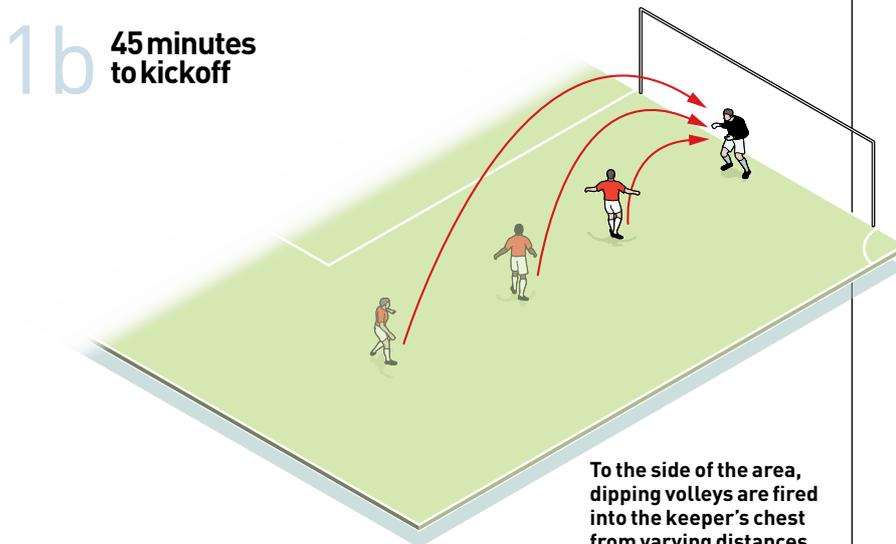
The goalkeeping team enters the field of play for a five-minute dynamic warm-up (1a). The working keeper practises distribution and passing. Four target areas are involved, as shown by the cones, so the keeper can increase and decrease passing range – from grounded passes to nearby targets and kicks 'out of hands' to distant targets. Ball familiarity and confidence is important here.

**1a 45 minutes to kickoff**



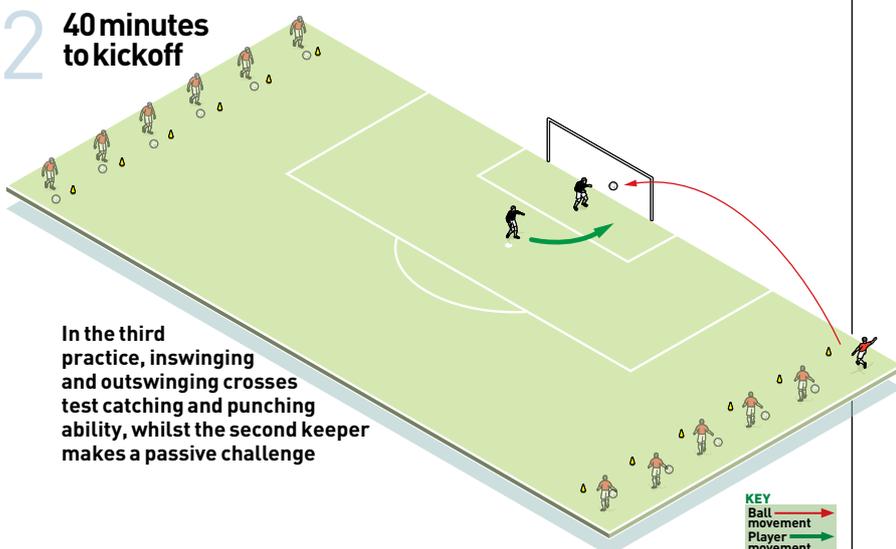
The keeper receives and lays passes of different lengths to variable targets

**1b 45 minutes to kickoff**



To the side of the area, dipping volleys are fired into the keeper's chest from varying distances

**2 40 minutes to kickoff**



In the third practice, inswinging and outswinging crosses test catching and punching ability, whilst the second keeper makes a passive challenge

**KEY**  
Ball movement  
Player movement  
Dribble



**Eric Steele**

**MANCHESTER UNITED**

Eric Steele started his professional football career at Newcastle United in 1972, moving on to Peterborough United, for whom he achieved a club record 124 consecutive appearances. He went on to play for Brighton & Hove Albion, Watford and Derby County, winning five promotions in 12 seasons with those clubs.

After retiring from the game in 1988, Steele began providing coaching expertise to the likes of Manchester City, Leeds United, Derby County and Barnsley, and worked overseas in Australia, Switzerland, Norway, Germany and the US.

Since 1997, he has had full-time roles in the Premier League at Derby County, Aston Villa and Manchester City, before joining Manchester United in 2008 where he now oversees the development of shot-stoppers David de Gea, Anders Lindegaard and others.

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**KEEPER MATCH DAY WARM-UP**

There is also a practice to the side of the penalty area – dipping volleys into the keeper’s chest (1b). These comprise six volleys from 8, 12 and 20 yards respectively. We want to see keepers demonstrating good foot movement, and enjoying the feel-good factor of stopping a succession of shots.

**40 minutes to kick-off**

We fire six varying crosses (both inswinging and outswinging) from each side into the area in front of the goal (2). The sub keeper moves across the working keeper with a passive challenge. The types of crosses will reflect those we expect to see in the game itself. We look for an aggressive stating position by the keeper, who goes late and quick, always catching or punching.

**30 minutes to kick-off**

We mark out designated areas in front of the goal (3) – different areas require different deliveries – looking again for confidence, focus and good technique, as well as the awareness of changing angles and distances. Each keeper completes one set from each side.

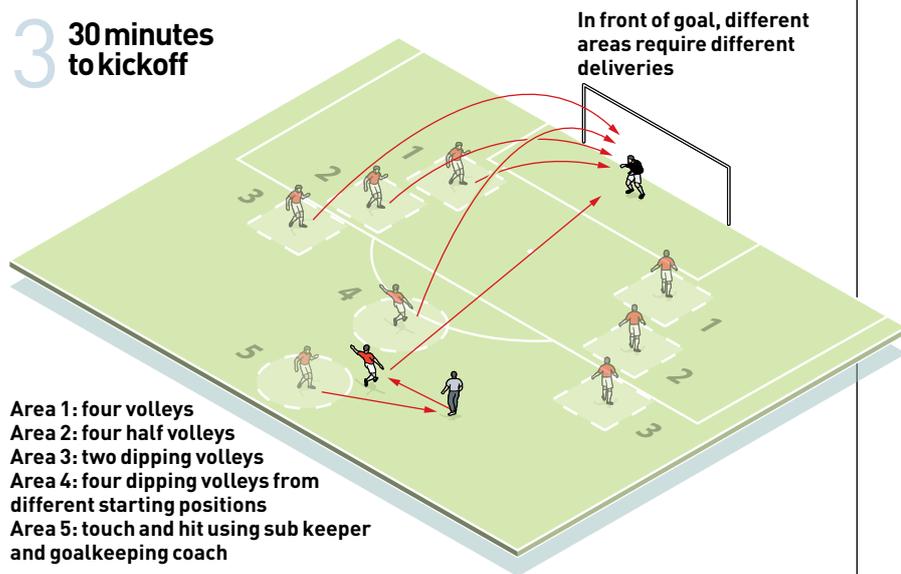
**20 minutes to kick-off**

Keeper 1 performs distribution work with the coach (4a), while keeper 2 works with outfield players on the side goal in a shooting practice (4b).

**15 minutes to kick-off**

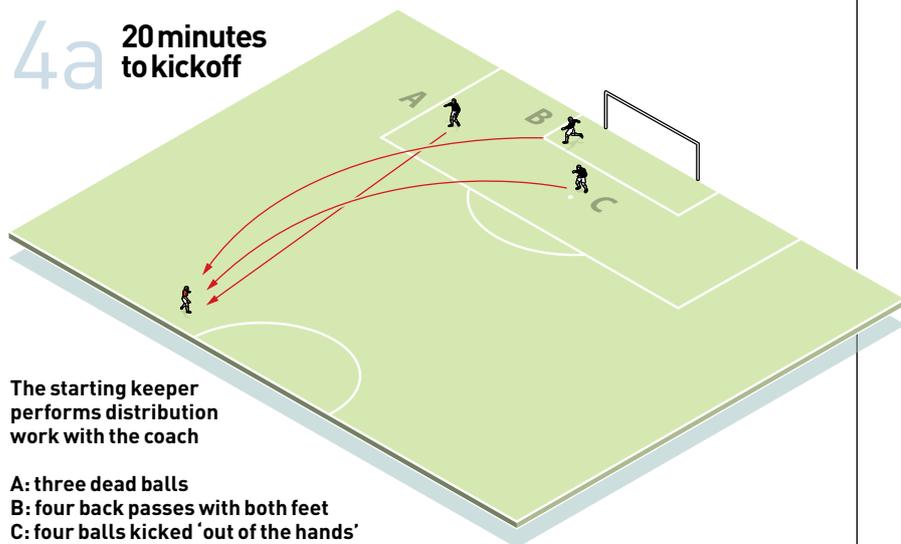
Keepers return to the dressing room for final preparations. ■

**3 30 minutes to kickoff**



- Area 1: four volleys
- Area 2: four half volleys
- Area 3: two dipping volleys
- Area 4: four dipping volleys from different starting positions
- Area 5: touch and hit using sub keeper and goalkeeping coach

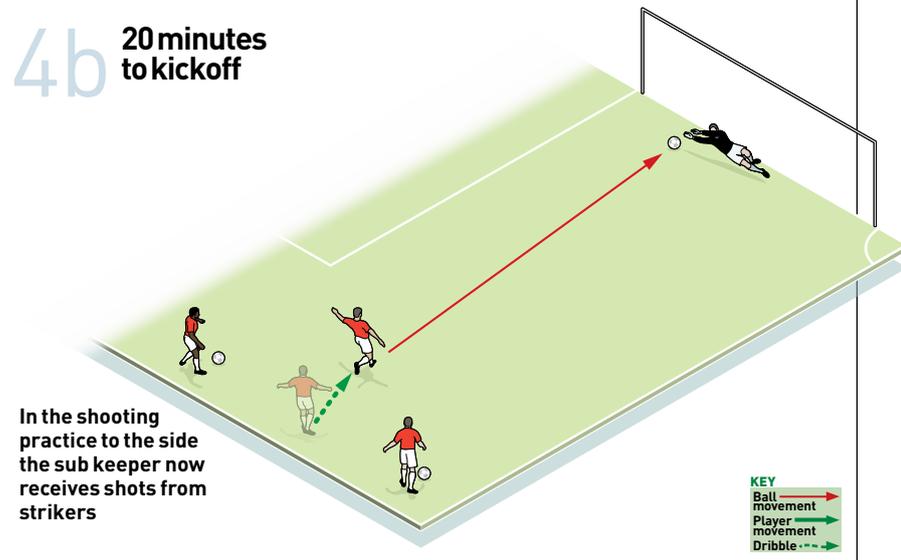
**4a 20 minutes to kickoff**



The starting keeper performs distribution work with the coach

- A: three dead balls
- B: four back passes with both feet
- C: four balls kicked ‘out of the hands’

**4b 20 minutes to kickoff**



In the shooting practice to the side the sub keeper now receives shots from strikers

**KEY**  
Ball movement →  
Player movement →  
Dribble →