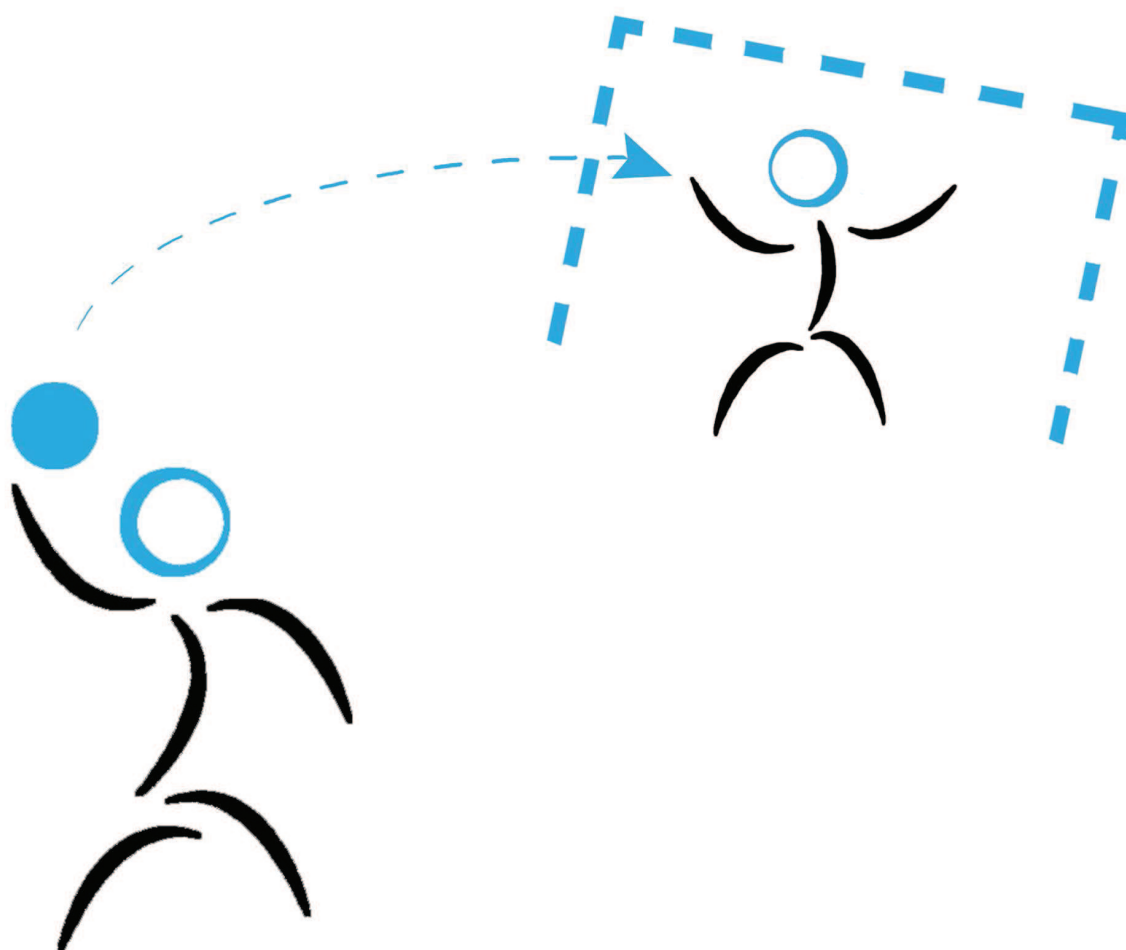


Jörg Madinger

Effective goalkeeper warm-up shooting

60 exercises for every handball training unit

60
exercises

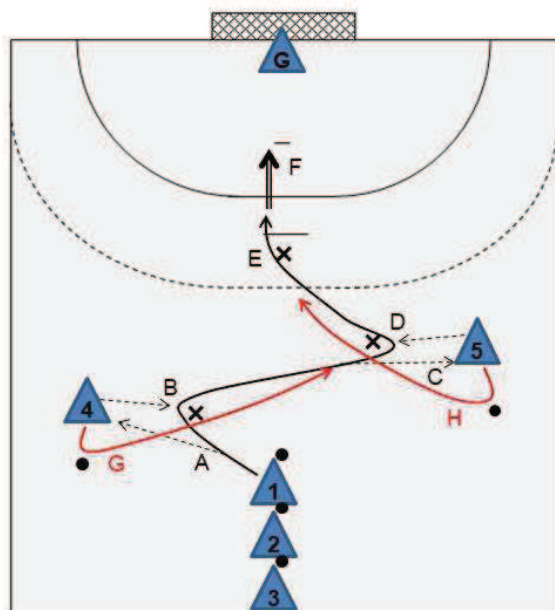


Introduction

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: 978-3-95641-228-8

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.

Contents:

No.	Name	No.	2 nd GK?	Difficulty level	Page
1	Warm-up shooting with two previous coordination exercises	7		★	5
2	Simple series of shots with pass	7		★	6
3	Quick back and forth drill	7		★	7
4	Warm-up shooting from the back and wing positions	7		★	8
5	Intense warm-up shooting exercise for the goalkeeper	9		★	9
6	Piston movement with counter movement and subsequent shot	7		★	10
7	Shot with subsequent team drill for the shooting players	9		★	11
8	Warm-up shooting after moving around a player	9		★	12
9	Warm-up shooting with piston movements	7		★	13
10	Series of shots with previous running exercise	7		★	14
11	Warm-up shooting with running and breaking away	7		★	15
12	Series of shots with additional task	7		★	16
13	Series of shots with speed drill for the goalkeeper	7		★	17
14	Series of shots with quick changes of direction	7		★	18
15	Series of shots with second pivot from the wing position	7		★	19
16	Simple warm-up shooting with dribbling exercise	7		★	20
17	Simple warm-up shooting combined with running moves	7		★	21
18	Simple warm-up shooting in a small training group	5		★	22
19	Running, passing, catching, and shooting	7		★	23
20	Warm-up shooting with a subsequent shot at the opposite goal	8	X	★	24
21	Intense warm-up shooting exercise for three goalkeepers	7	X	★	25
22	Warm-up shooting with subsequent fast break initiation	8	X	★	26
23	Warm-up shooting from the 6-meter line	10	X	★	27
24	Double series of shots with additional coordination exercises	10	X	★	28
25	Series of shots with additional task and pass	8	X	★	29
26	Quick game opening and series of shots	8	X	★	30
27	Series of shots over the entire court with piston movement	8	X	★★	31
28	Series of shots for the pivot from the 6-meter line	9		★★	32
29	Dynamic warm-up shooting with piston movement	10		★★	33
30	Quick warm-up shooting with subsequent fast break initiation and 2 nd series of shots	7		★★	34
31	Quick back and forth, shot from the left/right wing position 1	7		★★	35

No.	Name	No	2 nd GK?	Difficulty level	Page
32	Warm-up shooting at full speed 1	7		★★	36
33	Warm-up shooting at full speed 2	7		★★	37
34	Warm-up shooting at full speed 3	7		★★	38
35	Series of shots with a simple crossing move	7		★★	38
36	Quick back and forth, shot from the left/right wing position 2	7		★★	39
37	Warm-up shooting with crossing moves	9		★★	40
38	Series of shots with defense action	8		★★	41
39	Series of shots with parallel piston movement and defense	9		★★	42
40	Series of shots with piston movement/counter movement 1	9		★★	43
41	Series of shots with piston movement/counter movement 2	7		★★	44
42	Series of shots with piston movement/counter movement 3	7		★★	45
43	Series of shots with additional task for the goalkeeper 1	7		★★	46
44	Series of shots with additional task for the goalkeeper 2	7		★★	47
45	Series of shots with additional task for the goalkeeper 3	8	X	★★	48
46	Series of shots with additional task for the goalkeeper 4	8	X	★★	49
47	Series of shots with additional task for the goalkeeper 5	8		★★	50
48	Series of shots with additional task for the goalkeeper and the field players	7		★★	51
49	Series of shots with crossing moves and additional task for the goalkeeper	8		★★	52
50	Series of shots with dynamic running moves	7		★★	53
51	Warm-up shooting for two goalkeepers at one goal	8	X	★★	54
52	Saving banana shots and initiating fast breaks	10	X	★★	55
53	Series of shots and fast break initiation with coordination exercise	8	X	★★	56
54	Fast break initiation plus series of shots	10	X	★★	57
55	Series of 4 shots with subsequent fast break 1	8	X	★★	58
56	Series of 4 shots with subsequent fast break 2	8	X	★★	60
57	Warm-up shooting at full speed 4	8		★★★★	62
58	Series of shots with piston movement/counter movement 4	7	X	★★★★	63
59	Series of shots with coordination exercise for goalkeepers and field players	8	X	★★★★	64
60	Series of shots with subsequent fast break initiation	8	X	★★★★	65

About the editor

Further reference books published by DV Concept

Key:

No. of exercise	Name of exercise	Minimum number of players	
No. 9	Warm-up shooting with piston movements	7	★
Equipment required:	7 cones, ball box with sufficient number of handballs		

Difficulty level

Easy:



Medium:



Difficult:



Cone



Small gym mat



Ball box



Small vaulting box



Balance bench



Hoop



Foam noodles (foam beams)

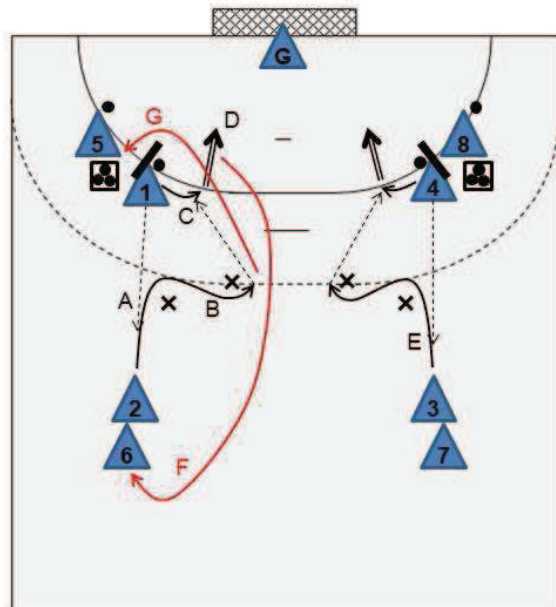


Balloon

No. 28	Series of shots for the pivot from the 6-meter line	9	★★
Equipment required:	4 cones, 2 foam noodles (foam beams), 2 ball boxes with sufficient number of handballs		

Course:

- **2** does a piston movement while receiving the pass from **1** into his running path (A).
- While holding the ball, **2** dynamically moves towards the inner side, runs around the two cones (B), and passes the ball to **1** at the 6-meter line (C).
- **1** makes a step forward, picks up the ball, and shoots at the left side of the goal as instructed (top, middle, bottom) (D).
- The players on the other side start the course a bit delayed and shoot at the right side of the goal (E) so that **G** faces a series of shots.
- Following the action, **1** and **2** line up again (F and G). **2** picks up a ball from the ball box, etc.



Variant:

- The pass to the pivot (C) should be played as a jump shot pass.

! The back position players (**2** and **3**) should move towards the inner side without dribbling, if possible (i.e. observe the three-step rule).

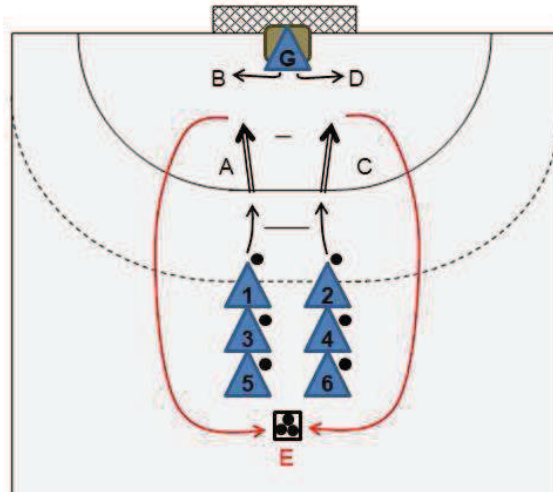
No. 43	Series of shots with additional task for the goalkeeper 1	7	★★
Equipment required: 1 small vaulting box, ball box with sufficient number of handballs			

Initial position:

- Position a small vaulting box on the goal line. The goalkeeper sits on the box, viewing direction towards the shooting players.

Course:

- **1** approaches the goal with the ball and shoots top (left) at the goal (A), from within the corridor.
- **G** gets up dynamically and tries to save the ball shot at the top of the goal (B).
- Afterwards, **G** sits down on the box again.
- As soon as **G** is sitting on the box again, **2** starts to approach the goal and shoots top (right) at the goal, from within the corridor (C).
- **G** gets up dynamically and tries to save the ball shot at the top of the goal (D).
- Afterwards, **G** sits down on the box again.
- And so on.
- After the shot, the shooting players dynamically sprint to the ball box, pick up a new ball, and line up again (E).



Series of shots:

- The players do 10 shots in a row. If a higher physical strain is desired for the goalkeeper, the players shoot more often (e.g. 20 times).
- The players shoot at the bottom of the goal, with and without the goalkeeper getting off the box with a hurdle jump.
- Diagonal series, top left – bottom right.
- Shooting a square, bottom left – top left – top right – bottom right, etc.



The goalkeeper should be given enough time to sit down.



Make sure the goalkeeper does the movement sequence correctly; the shooting players must adjust the speed in such a way that he is able to move in a proper and technically correct way!



The goalkeeper should be given sufficient resting time between the various series.

About the editor

JÖRG MADINGER, born in Heidelberg (Germany) in 1970

July 2014 (further training): 3-day coaching workshop: “Basic components of goalkeeper training”, held by the **German Handball Association (Deutscher Handballbund, DHB)**

Lecturers: Michael Neuhaus, Renate Schubert, Marco Stange, Norbert Potthoff, Olaf Gritz, Andreas Thiel, Henning Fritz

May 2014 (further training): 3-day coaching further training during the VELUX EHF Final4, held by the **German Handball Coaching Association (Deutsche Handball Trainer Vereinigung, DHTV)/DHB**

Lecturers: Jochen Beppler (DHB coach), Christian vom Dorff (DHB referee), Mark Dragunski (coach of TuSeM Essen, Germany), Klaus-Dieter Petersen (DHB coach), Manolo Cadenas (coach of the Spanish national team)

May 2013 (further training): 3-day coaching further training during the VELUX EHF Final4, held by the **DHTV/DHB**

Lecturers: Prof. Dr. Carmen Borggrete (University of Stuttgart, Germany), Klaus-Dieter Petersen (DHB coach), Dr. Georg Froese (sports psychologist), Jochen Beppler (DHB base camp coach), Carsten Alisch (young talents' hockey coach)

Since July 2012: A-License, DHB

Since February 2011: Handball club trainings, coaching (training and competitive areas)

November 2011: Foundation of the Handball Specialist Publishing Company (Handball Fachverlag) (handball-uebungen.de, Handball Practice and Special Handball Practice)

May 2009: Foundation of the handball online platform handball-uebungen.de

2008-2010: Youth coordinator and youth coach, SG Leutershausen (Germany)

Since 2006: B-License

Editor's note

In 1995, a friend convinced me to join him in coaching a handball youth team (male, under 13 years of age).

This was the beginning of my career as a team handball coach. Ever since I enjoyed working as a coach and had high requirements concerning my exercises. Soon, the standard pool of exercises wasn't enough for me anymore and I started to modify and develop drills myself.

Today, I coach a broad range of youth and adult teams with different performance levels and adjust my training units to the individual needs of the teams.

A few years ago, I started selling my exercises and drills online at handball-uebungen.de. Since, in handball training, there is a tendency towards a general athletic training that focuses on coordination work – especially in the training of youth teams –, a large number of my games and exercises can be applied to other sports as well.

Get inspired by the various game concepts, be creative, and rely on your own experiences!

Yours sincerely,

Jörg Madinger

