



## FC UNITED / 30 MINUTE CRESCENDO WARMUP FOR GK

### SOME IMPORTANT COMPONENTS:

- Another GK AND/OR a coach AND/OR a field playing teammate is needed/desired.
- Two balls are needed.
- Preferably ON the field with respect to the goal area.
- Emphasis is building out of the back
- GK rolls out on ball/prepares back prior to warmup. (Stretch)
- Entire emphasis is on the GK that is starting the game.
- 30 minute warmup starts small with lower physical emphasis and builds to a bigger ball and more physical emphasis.
- Anything outside of below the GK should do these things prior to the start of the warmup.

### TURF: (COUNTING BACKWARDS)

- 30-28 starting GK receives full volleys at chest simply to warm up hands.
- 28-25 ball on edge of goalkeeper box played on the floor out to edge of penalty box. Multiple times and played to the front foot of receiving player.
- 25-22 starting GK now swings ball, on floor, from goalkeeper box to edge of box back and forth from edge of penalty to edge of penalty. Preferably using both feet.
- 22-18 receiving player now heads out toward touchline generally in front of bench. (30-35 from end line) Starting GK now strikes a bigger ball, in the air, out to touchline.
- 18-15 pass backs and popping the pass back out toward the mid stripe. This is now a bigger ball that requires a moving ball at the foot of the GK. If you can get a second person to help with this it will help.
- 15-10 5 wide services played into the GK from near bench area, 5 wide services played into penalty area from the penalty box extended out to touch line, 5 wide service from near the end line.
- 10-8 simple bunnies or very light shots (in their frame) into the GK hands...envision simple catching. Not bounced in and no diving.
- 8-5 active shooting from 2nd GK at the starting GK...shots coming from the angle of the D. 2nd GK is now trying to score.
- 5-0 GK is now fully integrated into the team warmup.

### GRASS:

Same as above but be more aware to not wear the goal area.

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If 30 minutes is not available on the field then please utilize what you can out of the above menu. In order of importance (taking into consideration time) roll yourself out, collapse to an active ball, face shots from team.