

## SCUSC GK Warm-Up 13U and Up

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Remember the purpose of the warm up is to prepare the GK mentally and physically for the game. This preparation is different than that of a field player and must be done separately. ***It's a must to have someone that is capable of giving the GK the proper service over multiple repetitions*** to get the hands, feet, body, and brain working together.

Please make sure the server can do the job. And this is not the time to be chipping the GK or bending shots in the upper 90. Please focus on the GK preparation.

This warm-up is specifically designed to be done in a small space. The grid is 5x5 and the service cone is approximately 7-8 yards from the front set of cones. The warm-up itself should take approximately 20 minutes. GK should loosen arm up while serving back to coach.

- Segments **1 & 2** the GK should take a **Minimum** of 10-15 reps and segment 1 should include work with both feet.
- Segments **3 & 4** should be 6 reps to each side and segment 6 should be 8-10 as there are no sides
- Segments **7/8/9** should be 4 reps to each side and should alternate sides on each rep.

Once complete, if time permits, live crosses should be served from each side whenever possible! As well as goal kicks or other distribution. Then team shooting can take place. I realize that time sometimes just does not permit it.