



FC Europa Goalkeeper Pre Game Warm Up

Activity 1 – Dynamic Runs (or) Team Run and Stretch (5-10 Min)

Activity 2 - Footwork w/ Cones – 6 cones 2 to 3x each (5 Min)

- Jog/Back Peddle
- Side Shuffle
- Right/Left in each space
- Double Touch in each space
- Crossovers in each space – Alternate directions R/L
- Double Touch sideways – Alternate directions R/L
- Slalom Shuffles

Activity 3 - Triangle Grid Work (15-20 Min)

- Stationary 1 touch passing alternating each pass R/L footed – 6 to 8
- Stationary 2 touch passing alternating feet – same foot – 6 to 8
- Moving outside grid wide of cones to play 1 touch alternate side with shuffle or crossover step – 6 to 8
- Moving outside grid wide of cones to play 2 touch alternate side with shuffle or crossover step – 6 to 8
- Shuffle around cone 1 to receive ball and touch wide of cone 2/3 to play back to server – 6 to 8
- Shuffle around cone to receive ground ball with hands – 6 to 8
- Shuffle around cone to receive thrown ball with hands at mid section – 6 to 8
- Shuffle around cone to receive volley with hands at chest/head height – 6 to 8
- Shuffle around cone 1 – forward to touch cone 2 or 3 – recover step back into middle – receive shot
- Shuffle around cone 1 then to opposite forward cone 2/3, gather side catch – 6 to 8
- Shuffle around cone 1 then to opposite forward cone 2/3, collapse ground dive – 6 to 8

Activity 4 – Distribution into a goal (if able) – punts and goal kicks – 5 to 6

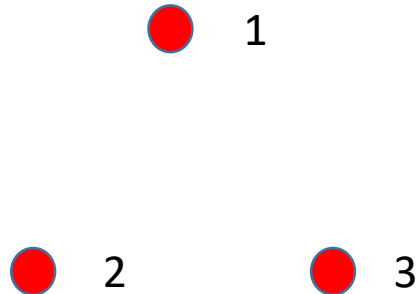


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Cone Work – Cones placed in straight line about 18 inches apart



Triangle Grid Work – Cones placed in a triangle with cones all being about 3 feet apart



All exercises are supported and shown by the video of the warm up by GK Staff