

# Goalkeeper Training Workout

## Plyometric Workout

Line up ten balls (cones, or whatever you can find) about a yard and a half apart. Do ten sets of each variation. Try to set a rhythm by not stopping your momentum.

- Forward jumping - feet together (don't allow your legs to come apart)
- Backward jumping - feet together (don't allow your legs to come apart - takes practice)
- Side jumping - feet together
- Forward jumping (one foot) - 10 sets on each foot
- Backward jumping (one foot) - 10 sets on each foot
- Side jumping (one foot) - jump off foot nearest to ball and land on that same foot only. Do not land on the other foot. 10 sets on each foot

## Alternate crossbar touches - 5 minutes, with 30 second rest in the middle

Hold the ball in your hands above your head as far as you can reach. Stand a yard off the goalline. Jump off one foot as if you were going for a high ball under pressure and touch the ball on the crossbar as high as you can. If you are a good jumper, try to touch the ball on the top side of the crossbar. Alternate which leg you jump off of each time. Remember in a game you will have to be able to jump off of each one depending on your position related to the goal.

## Alternate crossbar touches (variation) - 5 minutes, with 30 second rest in the middle

This time without the ball, jump off one leg and reach up with the opposite hand and touch the crossbar as high as you can. Alternate which leg you jump off and which hand touches the crossbar.

## Highballs (under pressure) - 5 minutes, with 30 second rest in the middle

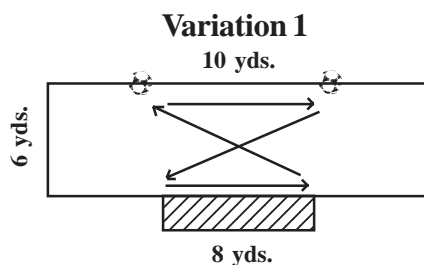
Throw the ball up in the air high. Jump off one foot and reach with both hands overhead and catch the ball at the highest point you can reach. Imagine you are under pressure (ie cornerkick situation). Alternate which leg you jump off.

## Highballs from seated position (under pressure) - 5 minutes, with 30 second rest in the middle

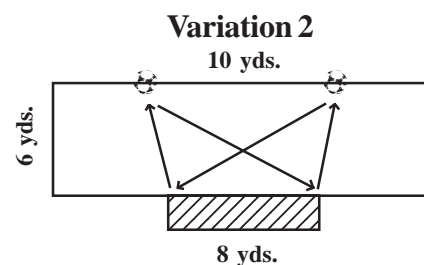
Start in a seated position and throw the ball up in the air as high as you can. Get up quickly and catch the ball as high as you can. (use proper highball technique as if you were under pressure) Do not let the ball come down to you. Jump up as high as you can to take the ball out of the air.

## Goalkeeper Cone Sprints - 10 times from each post, both variations

This drill is not only for speed, but for footwork as well. Concentrate on going as fast as you can but also try to maintain the same footwork as you progress through each sprint. Time your sprints. Variation 1 should be in under 10 seconds, variation 2 in under 8 seconds. Try to get faster each sprint.



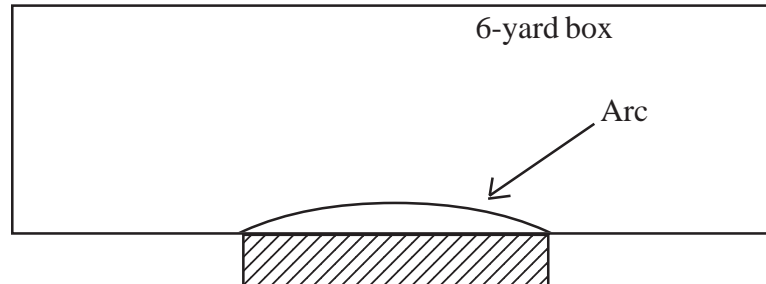
Start from one post, sprint to the other post with your body still facing the field (ie like shuffles). Touch the post and attack the opposite ball as if you were defending a breakaway (hands as low as possible). Sprint to other ball while facing the field. Now go from the ball to the opposite post using a backward cross-over step as if you were trying to deflect a highball over the crossbar.



Start from one post, attack the ball as if you were defending a breakaway (hands as low as possible). Go from the ball to the opposite post using the backward cross-over step as if you were going to deflect a highball over the crossbar. Now attack the next ball as if you were defending a breakaway. Go from the ball to the opposite post using a backward cross-over step.

**Post-to-Post Shuffles** - 5 minutes, with 30 second rest in the middle

Start from the left post and shuffle along an arc to the right post and back. Keep going for the full two minutes. The arc should be so that you start at the post, but as you get to the midpoint of the goal you are about two steps from the goalline and then back to the other post. Your shoulders, hips and head should always be facing the field (ie the perpendicular of the arc) in a ready position.



**Post-to-Post Low Diving** - 5 minutes or 10 from each side, with 30 second rest in the middle

Put a ball at each post, one yard off the goalline. Start at one post in a push-up position. Once you are set, get up and shuffle over to the other post and low dive through the ball. Put ball back down in its original position, return to push-up position. Get up, shuffle and dive through the other ball. Repeat either 10 times, or two minutes (whichever is longer). By diving through the ball I mean that your dive should not be so that you can just barely get to the ball in full extension. You should plan your dive so that you catch or parry the ball a foot past the post. Your momentum should do this for you.

**Scoops (under pressure)** - 5 minutes, with 30 second rest in the middle

Place a ball about five yards in front of you. Run a full speed towards the ball, scoop it up and veer to one side. Imagine an onrushing attacker. Alternate sides that you veer off to.

**Scoops with Forward Dive** - 5 minutes, with 30 second rest in the middle

Follow the same routine as the previous drill. This time as you veer off to either side, forward dive onto your forearms with the ball tucked safely between your chest and your forearms. Do not dive onto the ball as it will probably knock the wind out of you. Technique is important. Concentrate hard until you develop a good rythm and technique.

# Goalkeeper Training Warm-up

## Quick Feet Drills

Follow the instructions in the Coerver Workout section.

## Abdominal Workout

Add one full set to the Abdominal Exercise section in the Juggling Workout Warm-up.

## Push-ups

- 20 - Weeks 1, 2
- 30 - Weeks 3, 4
- 35 - Weeks 5, 6
- 40 - Weeks 7, 8
- 45 - Weeks 9, 10, 11

\*\* Do in sets of 10-15

## Push-ups on Ball

- 5 - Weeks 1, 2
- 10 - Weeks 3, 4
- 15 - Weeks 5, 6
- 20 - Weeks 7, 8
- 25 - Weeks 9, 10, 11

\*\* Do in sets of 5-10

\*\*\* You can do these on your knees if you can't do them in normal push-up position, but double the number required.

## Ball Stretches

Stand with your feet 2 or 3 yards apart. Roll the ball in a figure-8 around and through your legs slowly, pausing to stretch in each position necessary. Reach the ball as far back behind your legs as possible and hold the stretch. Add any other stretch you feel necessary.

## Ball Gymnastics - 30 seconds for each set

- Stand with your feet apart. Without the ball touching the ground, pass it between your hands in a figure-8 motion around and through your legs. You should try to do this motion as quickly as you can without losing control of the ball. Change the direction of the ball after 30 seconds.
- Stand with your feet apart. Hold the ball with one hand in front of your legs and the other behind your legs. Without the ball touching the ground, as quick a you can without losing control of the ball change your hands so that the one that was in front of your legs is now behind them, and vice versa.
- Stand with your feet apart. Hold the ball with both hands in front of your legs. Without the ball touching the ground, as quick as you can change your hands so that both are now behind your legs. Repeat back and forth. Try not to toss the ball up. Try to have the ball move as little as possible.
- Stand with your feet apart. Hold the ball with both hands to the side and twist your torso so that you are looking at the side/back of your legs. From the back of your legs, bounce the ball through them to the front and catch teh ball. Pivot to the other side and repeat.
- Stand with your feet apart. Hold the ball with both hands in front of your legs. Now bounce the ball between your legs and catch it with both hands behind your back. Now from behind your legs bounce the ball between them and catch it in front.

# Goalkeeper Training Warm-up (con't)

**Twists** - 20 from each side

Hold the ball with one hand to the side of you. Now drop the ball and twist around to the opposite side 270° and collapse dive on the ball so that you are trapping it to the ground before the second bounce.

**Side-to-Side** - 5 minutes, 30 second rest in the middle

Place two balls about eight yards apart. Shuffle back and forth between the balls. Make sure to keep your body square to the field and in a ready position. Concentrate on quickness and footwork. Remember a great goalkeeper makes hard saves look simple with good shuffling ability.

**Side-to-Side Diving** - 5 minutes, 30 second rest in the middle

Place two balls about eight yards apart. Shuffle back and forth between the balls. This time though, start a yard or two behind the balls so that as you shuffle toward them you are moving forward as well as to the side. This time instead of simply touching the ball and going on the other ball, you are going to dive through each ball. (Diving through the ball means keeping your diving momentum going past the ball and carrying the ball with you as you go.)

