

# FLORIDA ELITE SOCCER ACADEMY



## GOALKEEPER SUMMER FITNESS PROGRAM

*“FOR A GOALKEEPER, THERE IS NO HIDING PLACE” -  
BRAD FRIEDEL*

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*“DON'T SIT AND WAIT FOR IT TO HAPPEN, YOU NEED TO GO OUT AND MAKE IT HAPPEN” - JOE HART*

# FOOTWORK AND SPRINTS

The purpose of footwork and Goalkeeping is to be able to move across the goal in the most effective, efficient and quickest way possible. Footwork should be practiced daily in order to gain full affect in a game situation. Having good footwork can eliminate many problems during a game.

## **Types of footwork**

Forwards- Backwards

Slalom

Left side shuffle

Right side shuffle

(Sideways) Forwards- Backwards

1 feet through

2 feet through

Add a ten yard sprint at the end (Straight, angled left, angled right)

## **Equipment needed (if accessible)**

10 Cones

Hurdles

Ladders

Ball

If no access to cones or equipment, use your initiative to come up with ways to work. There is no excuse as there is always a way, if you want to improve.

## **SPRINTS**

**-Half pitch sprints-** (Sprint from goal line to half way line and walk back. 10 times, rest is the walk back

**-6 Yard Box Sprint and Shuffle -** Start left hand side of the 6 yard box, sprint the 6 yards, side shuffle across then back pedal the other 6 yards. Repeat 10 times, 10 second rest inbetween. This improves short speed movement and core. Be sure to squeeze the core at all times.

**-Penalty box shuttles –** Same as 6 yard box, just do the 18 yard box, 10 times, 10 second rest inbetween.

### **Be sure to record all times.**

Footwork must be done daily for at least 30 minutes, be sure to record down which footwork drills you have done. The sprints are also important. A goalkeeper does not need to be quick over long distances, goalkeepers need to be quick between 5-15 yards, these sprints will help improve your power, stability, core, speed and agility.

Sprints MUST BE DONE every day, please record down your times so you can see your progress. When you return sprints will be a part of your pre season training SO COME BACK PREPARED.

# CORE AND POWER WORK

For any athlete in any sport and any position, having a strong core is the ultimate key to maintaining fitness and eliminating potential injuries. Having a strong core enables you to change direction quickly, to be able to withstand pressure and to give you more control over your body and muscles. A strong core is tough to build but very easy to lose, so it is important it is worked regularly.

## **RECORD ALL RESULTS DAILY**

Squat Jumps – explosive power for legs, tighten core when in the air (Squeeze Abs) (1 minute)

- Leg raises – to improve core strength (1 minute)
- Leg raise scissors (1 minute)
- Throwing a tennis ball off a wall – (coordination) use both hands to throw/catch at various strengths to develop reaction time, squeeze core consistently
- Planks (Elbows to push up position) (Hold for as long as possible)
- Side planks (elbows- switch to full arm) Hold as long as possible)
- Walking side planks ( Take plank position, then move left arm and left leg together sideways one step. Then move right leg and right arm together back to starting position (squeeze core and don't arch your back) 1 minute
- Walking Side planks into squat (Repeat above, then jump up and forward into a low squat then hold for 3 seconds then back down) 1 minute
- '4 Count' push ups (As many as you can, in 1 minute)
- '2 Count' push ups (As many as you can, in 1 minute)
- Static core movement, Knees bent, shuffle side to side, keep top half of body still and squeeze the core. Go for 30 seconds and rest for 10 seconds, repeat 5 times.

## **REPEAT ABOVE 5 times**

**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. If you're not on a field just as high as you can in a safe environment

**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.

# STRENGTH WORK

A goalkeeper needs to be strong physically and mentally throughout the whole 90 minutes of the game. Being strong not only makes you a better player, but it also helps to decrease the chances of injuries and can help you withstand hits from the opposition. These exercises will help improve your strength in the upper body and the lower body. Be sure to do these exercises and sets at least 5 days a week. Be sure to get a weight that is not too light, but also challenges you.

- Bodyweight Squat Jumps 4x12
- Walking Lunges 3 x 25 yards (rest is walking back to start) (Add Weight)
- Hips bridges 4 x 12
- Wall Sits (1 minute, repeat 5 times) (add weight)
- Push Ups (Narrow/ Wide) 1 minute as many as you can (rest for 1 minute repeat 5 times)
- Pull ups (Pull up bar, if you have one) 1 minute as many as you can (Rest for 1 minute repeat 5 times)
- Weighted Bicep Curls 4x10
- Weighted upright rows 4x10
- Tricep extensions 4x10
- Overhead Press 4x10
- Lateral Raises 4x10
- Push ups (go down slow, push up FAST, down slow, up fast) 4 x5
- **Repeat this cycle 3 times.**

Complete this workout no less than 3 times a week

# HERO WORKOUT

The Hero workout is a workout designed to improve strength, power and cardio recovery all in one session. For a goalkeeper the level of cardio fitness can differ from an outfield player. However, it is still a crucial part of training. When incorporating cardio with weights it becomes a mental test, and that is the main point of the HERO workout. It will test you mentally and physically and as a goalkeeper if we can become comfortable being uncomfortable then success will come.

## **ROUND 1**

### **SET 1**

Start off with a 5 or 10 lbs dumbbell/s.

15 Burpees to push ups (then lift weights over head)

15 Push ups

15 Bicep curls

15 weighted squats

15 weighted sit ups

15 squat thrusts

Run half a mile ( or 2 laps of a track ) ( or 3 times around the soccer field ).

### **SET 2**

10 Burpees to push ups (then lift weights over head)

10 Push ups

10 Bicep curls

10 weighted squats

10 weighted sit ups

10 squat thrusts

Run half a mile ( or 2 laps of a track ) ( or 3 times around the soccer field ).

### **SET 3**

5 Burpees to push ups (then lift weights over head)

5 Push ups

5 Bicep curls

5 weighted squats

5 weighted sit ups

5 squat thrusts

Run half a mile ( or 2 laps of a track ) ( or 3 times around the soccer field ).

**Record overall time for all 3 sets**

Increase weight and number of sets each week/ or every two weeks.

- Example - ROUND 2 would be starting off with 20 reps and increasing the weight up to 15lbs. ROUND 3 would be 25 reps (20lbs)
- HERO WORKOUT MUST BE COMPLETED NO LESS THAN 3 TIMES A WEEK (M,W,F) ETC , FOR FULL EFFECTS