

## Workout Plan 4/20 - 4/24

*if you don't have a wall/rebounder pass with a family member, they can use a baseball glove to catch with*

Monday 4/20

### Stretch/Dynamic 5 minutes

#### Cardio/Workout

*Perform each exercise for 30 seconds straight and rest 10 seconds between each workout.  
Rest for 90 seconds between each round*

[Walkouts](#)

[Reverse Lunge Reaches \(Alternating\)](#)

[Lateral Shuffle](#)

[Bodyweight Squats](#)

[Squat Jumps](#)

[Lateral Bounds](#)

[Quick Feet In and Outs](#)

Go through the circuit 3 times

#### Wall Ball

50 Right

50 Left

25 catch right switch throw left

25 catch left switch throw right

Tuesday 4/21

### Stretch/Dynamic 5 minutes

#### Workout

Interval Running

After warming up, bring a watch or phone for your run

#### Interval Training Sequence

Sprint for 1 minute

Walk for 2 minutes

Sprint for 1 minute

Walk for 2 minutes

Sprint for 1 minute

Walk for 2 minutes

Goalie Drills

[Mechanics Circuit](#)

[Step and Repeat](#)

[Ball Toss Drill](#)

Wednesday 4/22

**Stretch/Dynamic 5 minutes**

[T-Drill](#) - 4 times

[3 Cone Drill](#) - 4 times

[5-10-5 Drill](#) - 4 times

**Goalie Drills**

[Warmup](#)

- You should be catching with your strong hand, the one typically at the top of your stick

[Footwork](#)

- For this drill really focus on stepping with the correct feet
- Make sure the foot closes to the ball is getting in position when you are moving to catch the ball

[Wall Ball Reactions](#)

- If you don't have a wall to work with you can turn your back to the person throwing
- They can say "go" and you quickly do a 180 and to save the ball

Thursday 4/23

**Stretch/Dynamic 5 minutes**

**ACL Jumps**

*Key to these workouts is to perform them with good form. Speed is not the point, controlled movements focused on quality.*

[Wall Jump x15 - 2 reps](#)

[Tuck Jump x15 - 2 reps](#)

[Squat Jump x15 - 2 reps](#)

**Goalie Drills**

[Hand Warm Ups](#)

[Footwork](#)

- For this drill really focus on stepping with the correct feet
- Make sure the foot closes to the ball is getting in position when you are moving to catch the ball

[Roll Drill](#)

- Again focus on doing the footwork correctly

Friday 4/24

**Stretch/Dynamic 5 minutes**

**Footwork - do each exercise for 30 seconds**

[Lateral Line Jumps](#)

[Backwards/Forwards Line Jumps](#)

Right Leg Lateral Line Jump

Left Leg Lateral Line Jump

Right Leg Backwards/Forwards

Left Leg Backwards/Forwards

**Wall Ball** - practice fakes/dodges on the wall. Just work on the upper body part of the dodge. Try to get your hands to “sell” the dodge while keeping the ball under control. Complete 25 on each hand

[1 hand right face dodge](#)

1 hand left face dodge

2 hand right face dodge

2 hand left face dodge

[1 hand right hitch fake](#)

1 hand left hitch fake

[2 hand right hitch fake](#)

2 hand left hitch fake

[Juggle off a wall](#)