

## Workout Plan 5/11 - 5/15

Monday 5/11

### Stretch/Warm up

Take 5 to 10 minutes to do some dynamic stretching

### Agility Drills

Do each drill for 1 minute

[4 cones](#)

### Wall Ball or Catch:

[Wall Ball Circuit](#)

Tuesday 5/12

### Stretch/Warm up

Take 5 to 10 minutes to do some dynamic stretching

### Cardio

*Go through the circuit 3 times, rest for 1 minute in between*

[Alternating Lunges](#) 40 sec

[High Knees](#) 20 sec

[Dolphin Push Ups](#) 40 sec

[Lunges to Jumps](#) 20 sec

[Lateral Jump Squat with 180 Turn](#) 40 Sec

[Low Lateral Walks](#) 40 sec

[Burpee 180 Rotation](#) 20 sec

Wednesday 5/13

### Stretch/Warm up

Take 5 to 10 minutes to do some dynamic stretching

### Cardio/Workout

[Stair Workout](#)

### Goalie Drills

[New Hand Speed Drill](#)

[Mechanics Circuit](#)

[Step and Repeat](#)  
[Ball Toss Drill](#)

Thursday 5/14

**Stretch/Warm up**

Take 5 to 10 minutes to do some dynamic stretching

**Cardio**

Interval Runs - repeat 3 times

1 minute sprint

1 minutes walk

1 minute sprint

1 minutes walk

1 minute sprint

1 minutes walk

**Stickwork**

[Kylie Ohmiller Wall Ball](#)

**Goalie Work**

[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

Friday 5/15

**Wall Ball**

25 right

25 left

25 catch left throw right

25 catch right throw left

**Goalie Work**[Walk the line](#)[Hot Hands Drill](#)[Hand Speed Drill](#)