Dryland Goalie Program

	MONDAY				
Key	Drill	Execution	Time		
w&s	Warm Up & Stretching	Select your own drills	10		
D5	Turn Head (and lead body) to the side	5x30 sec, 30s break	5		
St-A	Scissors	3 x 20 reps, 20s break	6		
w&s	Stretching	Select your own drills	6		
D1	Straight shot with double-handed knock down (Dryland)	4 x 10 shots each goalie, 30 sec break	6		
St-D	Forward walking lunges	4 x 8 lunges, 30s break	5		
D6	Vertical wrist passes	5 x 60 sec, 30 sec break	8		
w&s	Streetching	Select your own drills	5		

	TUESDAY				
Key	Drill	Execution	Time		
w&s	Warm Up & Stretching	Select your own drills	10		
D4	Headjuggling the ball	3 x 1 min, 60 sec break	6		
St-E	Squat with single-leg curl	3 x 12 reps, 30s break	5		
w&s	Stretching	Select your own drills	6		
D2	Straight shot with single-handed knock down (Dryland)	4 x 10 shots each goalie, 30 sec break	6		
St-H	Walking push-ups	3 x 12 reps, 30s break	6		
D9	Windshield wipers	3 x 60 sec, 30 sec break	5		
w&s	Streetching	Select your own drills	5		

	WEDNESDAY				
Key	Drill	Execution	Time		
w&s	Warm Up & Stretching	Select your own drills	10		
D8	Jump squats with goalie blocks	4 x 8 jumps, 30s break	6		
St-G	Side bridge	6 x 30 sec, 30s break	6		
w&s	Stretching	Select your own drills	6		
D3	Blind shots with reflex blocking	3 x 10 shots, 30 sec break	6		
St-C	Burpees	3 x 8 reps, 30s break	5		
D10	Crab steps	8 x 8 laps (from post to post)	8		
w&s	Streetching	Select your own drills	5		

	THURSDAY				
Key Drill E		Execution	Time		
w&s	Warm Up & Stretching	Select your own drills	10		
D1	Straight shot with double-handed knock down (Dryland)	4 x 10 shots each goalie, 30 sec break	6		
St-B	Spine twists	3 x 8 x 5 sec, 20s break	5		
w&s	Stretching	Select your own drills	6		
D9	Windshield wipers	3 x 60 sec, 30 sec break	5		
St-F	Hip lifter	3 x 10 reps, 20s break	5		
D6	Vertical wrist passes	5 x 60 sec, 30 sec break	8		
w&s	Streetching	Select your own drills	5		

FRIDAY				
Key	Drill	Execution	Time	
w&s	Warm Up & Stretching	Select your own drills	10	
D7	Ball drum	5 x 6 sec, 30s break	8	
St-H	Walking push-ups	3 x 12 reps, 30s break	6	
w&s	Stretching	Select your own drills	6	
D3	Blind shots with reflex blocking	3 x 10 shots, 30 sec break	6	
St-C	Burpees	3 x 8 reps, 30s break	5	
D4	Headjuggling the ball	3 x 1 min, 60 sec break	6	
w&s	Streetching	Select your own drills	5	

SATURDAY				
Key	Drill	Execution	Time	
w&s	Warm Up & Stretching	Select your own drills	10	
D8	Jump squats with goalie blocks	4 x 8 jumps, 30s break	6	
St-B	Spine twists	3 x 8 x 5 sec, 20s break	5	
w&s	Stretching	Select your own drills	6	
D2	Straight shot with single-handed knock down (Dryland)	4 x 10 shots each goalie, 30 sec break	6	
St-A	Scissors	3 x 20 reps, 20s break	6	
D5	Turn Head (and lead body) to the side	5x30 sec, 30s break	5	
w&s	Streetching	Select your own drills	5	

SUNDAY			
Key	Drill	Execution	Time
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	Extra 1				
Key	Drill	Execution	Time		
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EXTRA 2				
Key	Drill	Execution	Time	
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