



**GOAL:** Increase strength, balance, quickness and agility

**PLAN:** Active in the off season

**WEEKLY GOAL:** 5 days/week = 75 mins/week

**DAILY GOAL:** 15 mins/day



VISIT [twitter.com/EGFGoalies](https://twitter.com/EGFGoalies)  
TO WATCH HOW IT IS DONE



### SHUFFLES

Week 1

Straight Lateral: 5 Minutes

Figure Eight: 5 Minutes

Diamond: 5 Minutes

### STICK-PUCK FLIP CHALLENGE

Week 6

How many can you get in a row?

15 Minutes

### LINE JUMPS

Week 2

Forward Stance: 25 Hops x 3 Sets

Lateral Stance: 25 Hops x 3 Sets

Feet Together: 25 Hops x 3 Sets

### CREASE MOVEMENT

Week 7

Shuffle Movement: 5 Minutes

T-Push Movement: 5 Minutes

Butterfly - Stance: 5 Minutes

### WALL TOUCHES

Week 3

Touches in Stance: 5 Minutes

Stance with MATH: 10 Minutes

### BALANCING

Week 8

One Leg Front/Back: 5 Minutes

One Leg Side: 5 Minutes

Imaginary Saves: 5 Minutes

### Lateral Hops Over Elevated Surface

Week 4

Lateral Leg Lead: 15 Hops x 3 Sets

Explosive One Leg: 15 Hops x 3 Sets

Hold Stance Hops: 15 Hops x 3 Sets

### JUGGLING

Week 9

Two Tennis Balls: 5 Minutes

Three Tennis Balls: 5 Minutes

Off the Wall Juggles: 5 Minutes

### Tennis Ball Challenge

Week 5

Glove Hand: 5 Minutes

Push into Glove Save: 5 Minutes

Off the Ground: 5 Minutes

### GOALIE NINJA

Week 10

Fun Challenge

15 Minutes

TRACK YOUR ACTIVITY BY  
CHECKING OFF EACH BOX WHEN  
THE DAY'S ACTIVITY IS COMPLETE.

#### WEEK 1 - SHUFFLES

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#### WEEK 2 - LINE JUMPS

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#### WEEK 3 - WALL TOUCHES

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#### WEEK 4 - LATERAL HOPS - over elevated surface

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#### WEEK 5 - TENNIS BALL CHALLENGE

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#### WEEK 6 - STICK-PUCK FLIP CHALLENGE

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#### WEEK 7 - CREASE MOVEMENT

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#### WEEK 8 - BALANCING

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#### WEEK 9 - JUGGLING

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#### WEEK 10 - GOALIE NINJA

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NAME

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LAST YEAR OMGHA TEAM

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TOTAL DAYS COMPLETED

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