



**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



## 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 Jumps x 3 sets

Explosive One Leg: 15 Jumos x 3 Sets

Hold Stance Hops: 15 Jumos 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 DAYS ACTIVITY IS COMPLETE

WEEK 1

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WEEK 2

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WEEK 3

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WEEK 4

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WEEK 5

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WEEK 6

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WEEK 7

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WEEK 8

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WEEK 9

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WEEK 10

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TOTAL DAYS COMPLETED

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Name \_\_\_\_\_