

Goalkeeper Conditioning Exercises

Make a triangle with three cones. For young keepers the cones should be about 4-5 feet apart. For older, or experienced keepers, the cones can be moved to further apart (up to 8 feet). Cones should be close enough that the keeper can make a majority of the saves. If the keeper can not make at least 50% of the saves, move the cones closer. If the keeper makes over about 80% of the saves, move the cones apart.

Three shooters are positioned about 8 feet from the each side of the triangle. Each shooter should have an ample supply of balls. Keeper starts inside the triangle facing a shooter #1. At the coach's signal, the shooter shoots a ground shoot and the keeper makes the save. As soon as the keeper has made, or missed, the save, the second shooter shots are her side of the triangle. Keeper must move rapidly from side #1 to side #2 and make the save. Shooter number 3 shoots. Then shooter #1 begins the drill again.

This is a very physical drill for the keeper. Start with about 30 seconds and work up to 90 seconds. Then let the keeper rest.

Insist that the shooters keep the ball on the ground.

Pre-season Goalkeeper Conditioning Program

This is a fairly painless program to get in condition by the start of the season. Pick four days a week. Example Sun Mon. Wed Fri. Hint: To keep you motivated write what you have done in a log.

Week 1 Run 2 min. walk 4 min. repeat. 5 times

Week 2 Run 3 min. walk 3 min. repeat 5 times

Week 3 Run 5 min. Walk 2 1/2 min. repeat 4 times

Week 4 Run 7 min. walk 3 min. repeat 3 times

Week 5 Run 8 min. walk 2 min. repeat 3 times

Week 6 Run 9 min. walk 2 min. repeat 2 times then run 8 min.

Week 7 Run 9 min. walk 1 min. repeat 3 times

Week 8 Run 13 min. walk 2 min. repeat 2 times

Week 9 Run 14 min. walk 1 min. repeat 2 times

Week 10 Run 30 min.

Be sure to warm up and stretch before you run; and then cool down and stretch after you run.

This program is especially good for those coming off an injury. You can accelerate the program if your level of fitness is good.

Another Simple Conditioning Program

Keep a log to see how you're doing.

Day 1

Run/Walk for 20 minutes. Run until you're fatigued (stop before you're dead), then walk. When you've recovered, run some more. In a few weeks you'll be able to run for the entire time.

Day 2

Interval training. Run (about 80% not a full sprint) 100 yards. Walk 60 yards. Run 100. Walk 60 yards. Repeat 4 times. Then rest 1 minute. Then do another set of intervals. Shoot for 3 sets before the season starts.

Day 3

Run/Walk 20 minutes.

Day 4

Intervals 4 sets. Then get your soccer ball. Keep your feet together and jump over the ball side to side 10 times, then front to back 10 times. Pick two of your favorite foot skill drills. Do 20 reps of each drill. Juggle for 5 minutes. Practice shooting for 5 minutes.

Day 5

Run/Walk 20 minutes

Take the weekend off.

Be sure to warm up and stretch before you run; and then cool down and stretch after you run.