



**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

### 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

### WALL TOUCHES

WEEK 3

Touches in Stance: 5 Minutes

Stance with MATH: 10 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

### TENNIS BALL CHALLENGE

WEEK 5

Glove Hand: 5 Minutes

Push into Glove Save: 5 Minutes

Off the Ground: 5 Minutes

### STICK-PUCK FLIP CHALLENGE

WEEK 6

How many can you get in a row?

15 Minutes

### CREASE MOVEMENT

WEEK 7

Shuffle Movement: 5 Minutes

T-Push Movement: 5 Minutes

Butterfly - Stance: 5 Minutes

### BALANCING

WEEK 8

One Leg Front/Back: 5 Minutes

One Leg Side: 5 Minutes

Imaginary Saves: 5 Minutes

### JUGGLING

WEEK 9

Two Tennis Balls: 5 Minutes

Three Tennis Balls: 5 Minutes

Off the Wall Juggles: 5 Minutes

### GOALIE NINJA

WEEK 10

Fun Challenge: 15 Minutes

CHECKING OFF EACH BOX WHEN THE TRACK YOUR ACTIVITY BY DAYS ACTIVITY IS COMPLETE

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

WEEK 6

WEEK 7

WEEK 8

WEEK 9

WEEK 10

TOTAL DAYS COMPLETED

Name \_\_\_\_\_