

## At-Home Drills for Goalies

Simple exercises young goalies can use away from the rink to begin developing the movement, coordination, and habits they'll eventually use on the ice.

### AT-HOME OFF-ICE WORKOUTS FOR GOALIES

Goalies don't need a full gym or ice rink to improve.

Off-ice training can help develop:

- Balance
- Coordination
- Core strength
- Leg strength
- Explosiveness
- Mobility
- Hand-eye coordination
- Quick feet
- Reaction speed
- Body control

Every workout in this guide finishes with **15 minutes of goalie-specific stretching and mobility.**

One important rule:

**Stretching should create tension—not pain.**

Never force the hips, knees, groin, or ankles into positions they are not ready for.

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### ONE RULE FOR EVERY AGE

Whether the goalie is **8 years old or playing professional hockey**, the purpose of training is the same:

**Become a better athlete so you can become a better goalie.**

Training shouldn't simply make you tired.

Every exercise should improve something you need in the crease.

Strength gives you control.

Power gives you explosion.

Mobility gives you access to positions.

Balance gives you stability.

Reaction training connects your eyes to your body.

Recovery allows you to do it again tomorrow.

And those **15 minutes of mobility after every workout matter just as much as the workout itself.**

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## GOALIES 10 & UNDER

At this age, training should feel like a game.

We aren't trying to create professional athletes yet. We're trying to develop athletic kids who enjoy moving.

Workout Length

**10–15 minutes training + 15 minutes stretching**

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## WORKOUT 1 — GOALIE MOVEMENT

Complete **2 rounds**.

Goalie Stance Hold — 20 Seconds

Knees bent, chest up, hands forward, and weight balanced over the feet.

Side-to-Side Shuffles — 20 Seconds

Place two shoes or cones 6–8 feet apart.

Shuffle without crossing the feet.

Single-Leg Balance — 20 Seconds Each Leg

Make it harder by tossing a tennis ball back and forth.

## Frog Jumps — 5 Reps

Jump forward and land softly under control.

## Bear Crawl — 10–15 Feet

Crawl forward and backward.

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## 15-MINUTE POST-WORKOUT STRETCH

### 2 Minutes — Easy Movement

Walk around and gently shake out the arms and legs.

### 2 Minutes — Butterfly Stretch

Sit with the bottoms of the feet together.

Gently allow the knees to move toward the floor.

### 2 Minutes — Half-Kneeling Hip Flexor

1 minute each side.

### 2 Minutes — Hamstrings

1 minute each leg.

### 2 Minutes — Ankle Rocks

1 minute each ankle.

Keep the heel down while gently driving the knee forward.

### 2 Minutes — Child's Pose

Relax the back, hips, and shoulders.

### 2 Minutes — Gentle Frog Position

Keep this very comfortable.

Never push a young goalie's knees wider.

### 1 Minute — Breathing

Lie on your back.

Slow breathing:

**4 seconds in.**

**4 seconds out.**

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## WORKOUT 2 — HAND-EYE & REACTION

Wall Toss — 20 Catches

Right hand.

Left hand.

Alternate hands.

Bounce Catch — 20 Reps

Bounce a tennis ball and catch it.

Parent Reaction Drop — 10 Reps

A parent drops the ball unexpectedly.

Catch it before the second bounce.

Goalie Stance Reaction Game — 3 × 20 Seconds

Stay in the stance while the parent points left or right.

Shuffle quickly in that direction.

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## 15-MINUTE POST-WORKOUT STRETCH

2 Minutes — Easy Walking

2 Minutes — Butterfly Stretch

2 Minutes — Hip Flexor Stretch

1 minute each side.

2 Minutes — Seated Hamstring Stretch

2 Minutes — Ankle Mobility

2 Minutes — Gentle Side Lunge Stretch

Move slowly from side to side.

## 2 Minutes — Upper-Body Stretch

Shoulders, chest, and arms.

## 1 Minute — Slow Breathing

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# WORKOUT 3 — BALANCE & COORDINATION

Complete **2 rounds**.

Single-Leg Balance — 30 Seconds Each

Single-Leg Ball Toss — 10 Each Leg

Bodyweight Squats — 8 Reps

Skater Steps — 10 Each Direction

Step laterally rather than jumping.

Bear Crawl — 15 Feet

Goalie Stance — 30 Seconds

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## 15-MINUTE POST-WORKOUT STRETCH

2 Minutes — Easy Movement

2 Minutes — Butterfly

2 Minutes — Hip Flexors

2 Minutes — Hamstrings

2 Minutes — Ankle Rocks

2 Minutes — Adductor Rock-Backs

Slow and controlled.

2 Minutes — Child's Pose

1 Minute — Breathing

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## GOALIES AGES 10–13

Now we can begin connecting off-ice training directly to movements used in the crease.

Workout Length

**15–25 minutes training + 15 minutes stretching**

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## WORKOUT 1 — LEGS & CORE

Complete **3 rounds**.

Bodyweight Squat — 10

Reverse Lunge — 6 Each Leg

Lateral Lunge — 6 Each Side

Glute Bridge — 12

Front Plank — 20–30 Seconds

Side Plank — 20 Seconds Each Side

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## 15-MINUTE POST-WORKOUT MOBILITY

2 Minutes — 90/90 Hip Switches

Move continuously but slowly.

2 Minutes — Half-Kneeling Hip Flexor

1 minute each side.

2 Minutes — Adductor Rock-Back

1 minute each side.

2 Minutes — Butterfly

2 Minutes — Hamstrings

2 Minutes — Ankle Rocks

2 Minutes — Deep Squat Hold / Movement

Move in and out as necessary.

1 Minute — Breathing

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## WORKOUT 2 — QUICK FEET & MOVEMENT

Goalie Shuffle — 3 × 20 Seconds

Forward/Backward Movement — 3 × 20 Seconds

Four-Corner Reaction Drill — 3 Rounds

Have someone randomly call:

**Front left.**

**Front right.**

**Back left.**

**Back right.**

Skater Jumps — 6 Each Side

Stick the landing.

Control is more important than distance.

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## 15-MINUTE POST-WORKOUT MOBILITY

2 Minutes — Walking Recovery

2 Minutes — Ankle Mobility

2 Minutes — Calf Stretch

1 minute each side.

2 Minutes — 90/90 Hips

2 Minutes — Hip Flexors

2 Minutes — Adductors

2 Minutes — Hamstrings

1 Minute — Breathing

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## WORKOUT 3 — HAND-EYE & REACTION

Tennis Ball Wall Toss — 30

Rapid Wall Toss — 3 × 20 Seconds

Parent Reaction Drops — 10 Each Hand

Two-Ball Challenge — 3 × 20 Seconds

Goalie Stance Reaction Drill — 3 × 30 Seconds

Have someone randomly point or call directions while the goalie reacts.

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## 15-MINUTE POST-WORKOUT MOBILITY

2 Minutes — Shoulder Mobility

2 Minutes — Chest Stretch

2 Minutes — 90/90 Hips

2 Minutes — Butterfly

2 Minutes — Hip Flexors

2 Minutes — Hamstrings

2 Minutes — Ankle Rocks

1 Minute — Breathing

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## GOALIES 14+

At this age, off-ice training can become much more structured.

We're developing:

- Strength
- Explosiveness
- Single-leg control
- Lateral power
- Core stability
- Reaction
- Mobility

Workout Length

**25–40 minutes training + 15 minutes mobility**

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## WORKOUT 1 — GOALIE STRENGTH

Complete **3–4 rounds**.

Goblet Squat — 10

Bulgarian Split Squat — 8 Each Leg

Lateral Lunge — 8 Each Side

Single-Leg Glute Bridge — 8 Each

Push-Ups — 8–15

Plank Shoulder Taps — 20

Side Plank — 30 Seconds Each

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## 15-MINUTE POST-STRENGTH MOBILITY

2 Minutes — 90/90 Hip Switches

2 Minutes — Couch/Hip Flexor Stretch

1 minute each side.

2 Minutes — Adductor Rock-Backs

2 Minutes — Frog Mobility

Move gently in and out.

2 Minutes — Hamstrings

2 Minutes — Ankle Dorsiflexion

2 Minutes — Deep Squat Mobility

1 Minute — Breathing

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## WORKOUT 2 — EXPLOSIVENESS

Perform when fresh.

We want **maximum quality—not exhaustion**.

Lateral Bounds — 3 × 5 Each Side

Squat Jumps — 3 × 5

Split-Squat Jumps — 3 × 4 Each Side

Broad Jumps — 3 × 5

Shuffle-to-Sprint — 5 Each Direction

Rest enough between sets to remain explosive.

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## 15-MINUTE POST-POWER MOBILITY

2 Minutes — Walking Recovery

2 Minutes — Calf/Ankle Mobility

2 Minutes — Hip Flexor

2 Minutes — 90/90

2 Minutes — Adductors

2 Minutes — Hamstrings

2 Minutes — Glute Stretch

1 Minute — Controlled Breathing

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## WORKOUT 3 — CREASE MOVEMENT WITHOUT ICE

Set markers for:

**Left Post — Center — Right Post**

Shuffle Series — 5 Rounds

Left → center → right → center.

T-Push Movement — 5 Each Direction

Focus on rotation and getting square.

Post-to-Top Movement — 5 Each Side

Random Direction Drill — 3 × 30 Seconds

Have someone call:

**Left!**

**Right!**

**Forward!**

**Back!**

React immediately.

## 15-MINUTE POST-MOVEMENT MOBILITY

2 Minutes — Ankle Rocks  
2 Minutes — Calf Stretch  
2 Minutes — 90/90 Hip Switches  
2 Minutes — Adductor Rock-Back  
2 Minutes — Hip Flexors  
2 Minutes — Frog Mobility  
2 Minutes — Deep Squat Hold  
1 Minute — Breathing

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## WORKOUT 4 — GOALIE CORE

Complete **3 rounds**.

Dead Bug — 8 Each Side  
Bird Dog — 8 Each Side  
Plank — 30–45 Seconds  
Side Plank — 30 Seconds Each  
Mountain Climbers — 20  
Controlled Russian Twists — 16

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## 15-MINUTE POST-CORE STRETCH

2 Minutes — Child's Pose

2 Minutes — Thoracic Rotation

2 Minutes — Hip Flexors

2 Minutes — 90/90 Hips

2 Minutes — Adductors

2 Minutes — Hamstrings

2 Minutes — Ankle Mobility

1 Minute — Breathing

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## WORKOUT 5 — REACTION & HAND-EYE

Single Tennis Ball Wall Toss — 30

Two-Ball Wall Drill — 3 × 30 Seconds

Reaction Drops — 10 Each Side

Shuffle + Catch — 3 × 30 Seconds

Shuffle laterally while someone throws a tennis ball.

Screen Reaction Drill — 3 × 30 Seconds

Have someone partially block the goalie's view before tossing the tennis ball.

Rapid Reaction — 3 × 20 Seconds

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# 15-MINUTE POST-REACTION MOBILITY

2 Minutes — Shoulder Mobility

2 Minutes — Chest Stretch

2 Minutes — Thoracic Rotation

2 Minutes — Hip Flexors

2 Minutes — 90/90

2 Minutes — Adductors

2 Minutes — Ankles

1 Minute — Breathing

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## ELITE / PRO-LEVEL GOALIES

### NHL-Level Preparation

This section is intended for advanced goaltenders who already have a strong strength-and-conditioning foundation.

This isn't an official NHL training program.

It is a **pro-level goalie training framework** based around the physical qualities an elite goalie needs:

- Explosive lateral power
- Single-leg strength
- Deceleration
- Hip mobility
- Reactive movement
- Rotational stability
- Core strength
- Conditioning
- Hand-eye coordination
- Recovery

At this level, don't just train harder.

**Train with purpose.**

Every repetition should have a reason.

## ELITE WORKOUT 1 — LOWER-BODY STRENGTH

Bulgarian Split Squat — 4 × 6 Each Leg

Use appropriate resistance.

Rear-Foot-Elevated Split Squat Isometric — 3 × 20 Seconds Each

Hold the bottom athletic position.

Single-Leg Romanian Deadlift — 3 × 6 Each

Goblet or Front Squat — 4 × 5

Loaded Lateral Lunge — 3 × 6 Each

Copenhagen Plank — 3 × 20–30 Seconds Each

Pallof Press — 3 × 8 Each Side

Dead Bug — 3 × 8 Each

The goal isn't bodybuilding.

It's producing tremendous force while remaining stable.

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## 15-MINUTE ELITE POST-STRENGTH MOBILITY

2 Minutes — 90/90 Flow

Don't simply hold the position.

Move between sides.

2 Minutes — Adductor Rock-Back

2 Minutes — Half-Kneeling Hip Flexor + Reach

2 Minutes — Ankle Dorsiflexion

2 Minutes — Deep Squat Mobility

Shift gently from side to side.

2 Minutes — Hamstring Mobility

2 Minutes — Glute/Hip Rotation

1 Minute — Diaphragmatic Breathing

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## ELITE WORKOUT 2 — POWER & EXPLOSIVENESS

Do this workout when the goalie is fresh.

Long rest between sets is perfectly fine.

We are training **explosion—not fatigue**.

Lateral Bound to Stick — 4 × 4 Each

Explode laterally.

Land.

Freeze.

Own the position.

Reactive Lateral Bound — 3 × 5 Each

Partner randomly signals the direction.

Broad Jump — 4 × 3

Maximum quality.

Split-Squat Jump — 3 × 4 Each

Single-Leg Lateral Hop — 3 × 5 Each

Shuffle → Plant → Sprint — 5 Each Direction

Drop → Recover → Lateral Explode — 4 Each Direction

Start low.

Recover to the feet.

Immediately explode laterally.

This begins connecting athletic power with movements closer to goaltending.

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## 15-MINUTE ELITE POST-POWER MOBILITY

2 Minutes — Walking Recovery

2 Minutes — Ankle Mobility

2 Minutes — Hip Flexor Mobility

2 Minutes — 90/90 Flow

2 Minutes — Adductor Mobility

2 Minutes — Frog Rock-Back

2 Minutes — Hamstring/Glute Mobility

1 Minute — Breathing

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## ELITE WORKOUT 3 — REACTION & GOALIE MOVEMENT

Set up a crease using cones.

Reactive Shuffle — 4 × 20 Seconds

Partner calls direction.

Post → Angle → Recover — 4 × 5 Each

Random T-Push — 4 × 20 Seconds

Lateral Push → Tennis Ball Reaction — 4 × 20 Seconds

The goalie moves first.

Release the ball during the movement.

Now the eyes, hands, and feet have to work together.

Screen Reaction Drill — 4 × 20 Seconds

Introduce a visual obstruction.

Two-Ball Reaction — 4 × 20 Seconds

Recovery Competition — 5 Each Side

Start from a butterfly-like floor position.

Joshuah Romeike

8/18/2026

Recover.

Get square.

React to a tennis-ball shot.

The emphasis is:

**Recover** → **Find** → **Set** → **React**.

Not just moving quickly.

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## 15-MINUTE ELITE POST-MOVEMENT MOBILITY

2 Minutes — Ankle Rocks

2 Minutes — 90/90 Hip Flow

2 Minutes — Adductor Rock-Back

2 Minutes — Hip Flexor + Rotation

2 Minutes — Deep Squat Shift

2 Minutes — Frog Mobility

2 Minutes — Thoracic Rotation

1 Minute — Breathing

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## ELITE WORKOUT 4 — CORE & ROTATIONAL CONTROL

An elite goalie's core isn't just about having abs.

The core connects the upper and lower body and lets the goalie produce force without losing position.

Pallof Press — 3 × 8 Each

Pallof Press Hold — 3 × 20 Seconds Each

Dead Bug With Resistance — 3 × 8 Each

Bird Dog Row — 3 × 8 Each

Side Plank — 3 × 30–45 Seconds

Copenhagen Plank — 3 × 20 Seconds Each

Bear Crawl — 3 × 20 Feet

Plank Shoulder Tap — 3 × 20

Controlled Rotational Exercise — 3 × 8 Each

Use a resistance band or light medicine ball if available.

Control the rotation.

Don't just swing.

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## 15-MINUTE ELITE POST-CORE MOBILITY

2 Minutes — Child's Pose + Side Reach

2 Minutes — Thoracic Rotation

2 Minutes — Hip Flexors

2 Minutes — 90/90 Hips

2 Minutes — Adductors

2 Minutes — Hamstrings

2 Minutes — Shoulder/Chest Mobility

1 Minute — Breathing

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## ELITE WORKOUT 5 — CONDITIONING

Goalies don't need to train like distance runners.

The position is generally made up of:

**Explosive effort → Recover → Explosive effort → Recover.**

Try:

**10 Seconds — Hard Work**

Shuffle, sprint, bike, or another explosive movement.

**30 Seconds — Recovery**

Repeat for **6 rounds**.

Rest 3 minutes.

Complete another **6 rounds**.

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## Goalie Movement Conditioning

**20 Seconds Work**

Shuffle.

Drop.

Recover.

Move.

Reset.

**40 Seconds Recovery**

Complete **6–10 rounds**.

Quality movement still matters.

Don't allow conditioning to turn proper goalie mechanics into sloppy movements.

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## 15-MINUTE ELITE POST-CONDITIONING MOBILITY

2 Minutes — Easy Walk + Breathing

2 Minutes — Calves/Ankles

2 Minutes — Hip Flexors

2 Minutes — Adductors

2 Minutes — 90/90

2 Minutes — Hamstrings

2 Minutes — Deep Squat/Frog Mobility

1 Minute — Breathing

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## ELITE GOALIE RECOVERY SESSION

Elite athletes also need to know when **not** to train hard.

Perform this session the day after a game, hard practice, or heavy workout.

5 Minutes

Easy walking or biking.

90/90 Hip Switches — 2 Minutes

Adductor Rock-Backs — 2 Minutes

Ankle Mobility — 2 Minutes

Hip Flexor Mobility — 2 Minutes

Thoracic Rotation — 2 Minutes

Deep Squat Mobility — 2 Minutes

Controlled Breathing — 3 Minutes

Recovery isn't being lazy.

**Recovery is training.**

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# SAMPLE WEEKLY SCHEDULE

## 10 & Under

### **2–3 sessions per week**

Keep it fun.

Movement + coordination + 15 minutes of stretching.

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## Ages 10–13

### Day 1

Legs & Core + 15-Minute Mobility

### Day 2

Quick Feet & Reaction + 15-Minute Mobility

### Day 3

Hand-Eye + 15-Minute Mobility

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## Ages 14+

### Day 1

Strength + Mobility

### Day 2

Explosiveness + Mobility

### Day 3

Reaction/Hand-Eye + Mobility

### Day 4

Core + Mobility

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## Elite / Pro-Level

Training has to be coordinated around games, practices, travel, strength work, and recovery.

An example off-season structure could look like:

### Monday

Lower-Body Strength + Mobility

### Tuesday

Power + Reaction + Mobility

### Wednesday

Recovery / Mobility

### Thursday

Strength + Core + Mobility

### Friday

Power + Goalie Movement + Mobility

### Saturday

Conditioning + Hand-Eye + Mobility

### Sunday

Recovery

In-season training should generally be adjusted around actual practice and game demands.

You shouldn't crush a goalie's legs in the weight room and then expect them to be explosive in the crease that night.