



# MIND THE NET GOALTENDING

[www.mtngoaltending.com](http://www.mtngoaltending.com)

## MTN Goalie Specific Off-Season Training Program

In this off-season program you will find detailed information that satisfies all components of fitness, including aerobic and anaerobic cardio, strength, core, and plyometrics. It is imperative that for this program to be as effective as possible, all components must be followed as they are set up.

It is recommended that you have a workout journal, or some kind of scribbler to document your reps/sets/weight lifted to help keep track of your progressions, as well as monitor your gains throughout the program.

We also recommend that you perform any new exercises, or heavy lifts, with a workout partner/spotter. If you are unsure of form or technique, request help from your local gym staff or someone who is capable of demonstrating them properly. Never do an exercise that you are unsure of, or beyond your abilities! The creators of this program are not responsible for any injuries resultant of performing any of the exercises throughout. It is expected that you perform all activities in a safe, controlled manner.

### Warm-Ups and Cool-Downs

It is crucial to properly prepare your body for exercise for both athletic performance and for injury prevention. A sudden contraction of a cold muscle could lead to injury. A warm up will also isolate any areas that are overly sore from previous exercise. The player can then concentrate on additional warm up and stretching of those muscle groups.

Begin each training session with a warm up that includes light aerobic work that can include a stretching routine. When you begin the actual training session, gradually increase the intensity to avoid going “all out” from the start of the workout.

Muscles should be properly warmed up in advance by performing similar movements at a lower intensity. For example, to warm up for a heavy bench press, perform a few sets with a resistance well below the weight intended for a maximum effort.

At the end of the session, allow your body to cool down by doing a few minutes of light aerobic work and some gentle stretching of the major muscle groups you have been working.

***You know you are warmed up if you have started to lightly sweat!***

### Stretching

It is obvious that flexibility plays an integral role for a goaltender. It is important to perform daily stretches specific to muscle groups that are integral in your performance. Stretching of specific, exercised muscle groups should also be done before and after each workout. You should be stretching, at minimum, five times a week during your summer program.

Guidelines:

1. Perform the stretch gradually. When you feel a sufficient "pull" on the involved muscle groups, hold for about 30 to 45 seconds. Don't cheat on the time of holding the stretch!
2. Inhale deeply *before* doing the stretch. Gradually exhale as you do the stretch.
3. Don't bounce during the stretch.
4. Repeat each stretch twice after about a minute of rest.

## Nutrition

Proper nutrition is necessary for top performance. Even if you're in the best physical condition possible, your performance will suffer if you do not eat and hydrate properly.

Nutrition includes what you eat and drink. Nutrition specific to sport performance includes monitoring what you eat before, during and after heavy exercise or games. Fluid intake is essential.

It is important to consume a high complex carbohydrate meal (60%) with lower amounts of protein (15%) and fat (25%). This should be done 3 to 4 days before a game. Include pastas, breads, cereals, potatoes, rice, lean meats, fruits and vegetables. Avoid foods with high fat content such as large quantities of milk products, deep fried or pan-fried food, sausages, bacon, pork, preserved meats, rich sauces, oils, butter. **Remember to drink lots of water.**

### BEFORE, DURING AND AFTER WORKOUTS:

Try to eat about 2 to 3 hours before your workout. The meal should contain mainly complex carbohydrate foods and reduced amounts of fat and protein. Drink lots of water. Don't eat foods that upset your stomach.

The most important thing during a workout is to remain hydrated. This can be simply done with regular, small amounts of water. Some players may prefer sport drinks, but many of these contain too high a concentration of sugar and electrolytes. Try diluting the sport drink by half with water.

To speed the replacement of the body's energy stores, try to have a snack or small meal of complex carbohydrates with lots of water within two hours after a workout.

## Training Program

The following are the specifics of the training program. You will find three phases, with each phase lasting three weeks. The intention of this is to provide a program that begins mid to late May, and is completed in the start of August, in time to gear up for training camps. Each phase builds on the previous; therefore it is important that you follow each phase as it is set up in the program.

### Equipment Required:

For the gym workouts, a fully equipped gym which includes machines, free weights, barbells, bosu and exercise balls, and exercise tubing

For the home programs, tubing, an exercise ball, and a hockey stick

For the outdoor/field house sessions, you just need a free space to do the circuit, and a place to run at least 100m

For the core, you need an exercise ball, and some tubing or a med ball, as well as a mat

### Exercise Descriptions:

You will find descriptions for the less-common exercises in the accompanying documents, as well as picture examples for those exercises that have specific form required.

# Phase 1

<b>Day 1 – Gym</b>		<i>[3 sets of each exercise]</i>	
<i>Exercises</i>	<i>Week 1</i>	<i>Week 2</i>	<i>Week 3</i>
Bench Press	8-10 reps/set	10-12 reps/set	12-15 reps/set
Leg Press	10-12	12-15	12-15
Lat Pull down	8-10	10-12	12-15
Shoulder Press	8-10	10-12	12-15
Hamstring Curls	12-15	12-15	15-18
Seated Row	8-10	10-12	12-15
Pec Dec	8-10	10-12	12-15

<b>Day 2 – Home</b>							
Complete 3 sets of each round; Do 5 mins of core between each round							
<b>Round 1</b>		<b>Round 2</b>		<b>Round 3</b>		<b>Round 4</b>	
Push ups	x 10	Overhead Squats	x 10	Push ups	x 20	Overhead Squats	x 20
Bicep Curls	x 15	Overhead Lunges	x 20	Bicep Curls	x 25	Overhead Lunges	x 30
Triceps Extensions	x 20	Jane Fonda's	x 15 / side	Triceps Extensions	x 30	Jane Fonda's	x 20 / side

<b>Day 3 – Outdoors / Field house</b>			
Static Stretching:	Quads, Hams, Glutes, Groin, Calves etc	30 sec each	
Dynamic Warm Up:	High knees, Bum Kicks, Side Shuffles, Carioca	20 meters each	
Pyramid Warm Up: *See below for details	Push Ups, Lunges, Squats	2 min up – 30 sec rest – 2 min back down (aim for >6 rounds)	
Pyramid Warm up: Begin with one rep of each exercise, followed by two reps, and three reps, etc, for 2 minutes; rest 30 sec; begin at highest completed reps, and work way back to 1 of each			
<i>Complete exercise, then run stated amount. Progress through Set 1 x 3, then jog 200m and get a quick drink, begin again with Set 2 x 3</i>			
<b>Set 1 x 3</b>		<b>Set 2 x 3</b>	
10 x Burpees ⇒	Run 100m (50m there & back)	20 x Sumo Squats ⇒	Run 200m (100m there & back)
30 sec Skater Jumps ⇒	Run 100m (50m there & back)	30 sec Mountain Climbers ⇒	Run 200m (100m there & back)
15 x Tuck Jumps ⇒	Run 100m (50m there & back)	10 x Lateral Bounds ⇒	Run 200m (100m there & back)

Cool Down	Light Jog and stretching		
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<b>Day 4 – Cardio and Core</b>
<b>Cardio</b>
5km Run – Goal <30 min
<b>Core [Exercise Ball]</b> <i>30sec of each</i> <i>Complete 3 rounds, 1 minute rest between rounds</i>
Knee Tuck Shoulder Press
Bridges [Heels on ball]
Superman [Chest resting on ball]
Push ups [Shins on ball]
Jack Knife [Feet on ball]
One Leg Squat [Foot on ball] - Complete 30sec each leg

## Phase 2

<b>Day 1 – Gym</b>	<i>[3 sets of each exercise, unless stated]</i>		
<i>Exercises</i>	<i>Week 1</i>	<i>Week 2</i>	<i>Week 3</i>
Thrusters	8-10 reps/set	10-12 reps/set	12-15 reps/set
Incline Bench	8-10	10-12	12-15
Bent over Barbell Row	8-10	10-12	12-15
Decline Bench	8-10	10-12	12-15
Box Jump [1.5ft box]	10	15	20
Chin Ups	8-10 (use weight if necessary)	10-12 (use weight if necessary)	12-15 (use weight if necessary)
Standing Long Jump x 3	5x5	5x10	5x15

<b>Day 2 – Home</b>
<i>Complete each exercise for 45 seconds with 15 seconds rest between (circuit style)</i> <b>X 3</b> <i>Between each circuit round, complete 5 minutes of core – Your choice of exercises from the core list</i>
Exercise Ball Push Up [Feet on ball]

Single Leg Squats
Lateral Raise [Tubing]
Split Lunges
Rows
Jump Squats
Plank Up Downs

<b>Day 3 – Gym Plyo</b>		<i>[3 sets of each exercise, unless stated]</i>		
<i>Exercises</i>	<i>Week 1</i>	<i>Week 2</i>	<i>Week 3</i>	
Lateral Lunges [Barbell on shoulders]	12	12	12	
Butterfly Up-Downs [L leg down-R leg down-L leg up-R leg up]	12	15	20	
Squats on Bosu – Body Weight [Flat side up]	15	15	15	
Squat Jump with Lateral Hop	10 each way	10 each way	10 each way	
Lunges onto Bosu [Ball side up]	10/leg	12/leg	12/leg	
Walking Bosu Push Ups	8/side	10/side	12/side	

<b>Day 4 – Cardio and Core</b>
<b>Cardio [Spin Bike]</b>
5 minute Warm Up 15 min @ Moderate intensity 5 x 15sec on / 45sec off [80% of max] 5 x 30sec on / 30sec off [80% of max] 15 min Cool Down
<b>Core [Exercise Ball]</b> <i>30sec of each</i> <i>Complete 3 rounds, 1 minute rest between rounds</i>
Pike Shoulder Press [Feet on ball]
Push Ups [Toes on ball]
Single Leg Bridge [1 leg on ball at a time]
Superman [Chest on ball]
Double Knee Twist [Both knees on ball, Push up position]
Single Leg Squat [Toe on ball]
Single Leg Jack Knife [1 leg on ball]

## Phase 3

<b>Day 1 – Gym</b>		<i>[3 sets of each exercise]</i>		
<i>Exercises</i>	<i>Week 1</i>	<i>Week 2</i>	<i>Week 3</i>	
Sumo Squats holding Kettlebell	8-10	10-12	12-15	
Medicine Ball Chops	10 ea way	15 ea way	20 ea way	
Chest Press [Dumbbells] on Ball	8-10	10-12	12-15	
Single Leg Squat [Off of plyo box]	10 ea leg	15 ea leg	20 ea leg	
Reverse Plank Pull up [Smith Machine]	10-15	15-20	15-20	
Box Jumps [Jump up and then down other side]	10	15	20	

<b>Day 2 – Home</b>	
<i>Complete each exercise for 45 seconds with 15 seconds rest between (circuit style)</i>	
<b>X 3</b>	
<i>Between each circuit round, complete 3 minutes of core – Your choice of exercises</i>	
Kneeling Ball Twist [with tubing or MB/DB]	
Burpees	
Bill Ranford [Tubing or holding DB]	
45° Lunges	
Overhead Squats	
Exercise Ball Push Up [Feet on ball]	
Wide Outs	

<b>Day 3 – Gym Plyo</b>		<i>[3 sets of each exercise, unless stated]</i>		
<i>Exercises</i>	<i>Week 1</i>	<i>Week 2</i>	<i>Week 3</i>	
Squat Jump Bosu – On and off other side	15 x	20x	20x	
Skiers on Bosu [Feet together, lateral hops]	10 each way	12 each way	12 each way	
Butterfly Up-Downs on Bosu [L leg down-R leg down-L leg up-R leg up]	10x quick	12x quick	12x quick	
Lateral Up & Over Bosu	10x each way	12x each way	12x each way	
Single Leg Hops [Hour glass pattern]	20 sec each leg	30 sec each leg	30 sec each leg	

Lateral Hurdle Jumps	10x each way	12x each way	12x each way
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<b>Day 4 – Cardio and Core</b>
<b>Cardio [Spin Bike]</b>
<b>Phase 3 Anaerobic</b> 5 min W/U 6 x 20sec on / 40 sec off [90%] 10 x 10sec on / 50 sec off [90%] 3 min: Active recovery - no resistance 6 x 20sec on / 40 sec off [100%] 10 x 10sec on / 50 sec off [100%] 10 min C/D
<b>Core [Exercise Ball]</b>
<i>30sec of each</i>
<i>Complete 3 rounds, 1 minute rest between rounds</i>
Double Leg Pike Shoulder Press [Feet on ball]
Push Ups [Single foot on ball]
Single Leg Bridge [1 leg on ball at a time]
Hip Twisters [One leg on ball] – 15 seconds each leg
Superman [Hands and knees on ball]
Double Knee Twist [Both knees on ball, Push up position]
Leg Lower & Twist [Ball between feet]

**Exercise List \* Denotes Picture Available; See Exercise Photo Document**

<b>Phase 1</b>	
<b>Day 2 - Home</b>	
Triceps Extension [with Tubing]*	[One hand at a time] Stand on band, hold end behind head with elbow pointed at ceiling; straighten elbow overhead
Overhead Squat [Hold hockey stick]*	- Hold stick overhead, shoulders extended, elbows straight, hands wide on stick - Stand with feet just wider than shoulder width - Squat down to 90° while keeping shoulders extended
Overhead Lunge [Hold hockey stick]*	- Hold stick same as squat - Step forward into lunge, ensure weight is even between front and back legs - Step back to start position and switch legs
Jane Fonda*	- Lay on you side, hips stacked

	- Lift top leg up into the air, lead with heel
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<b>Day 3- Outdoors / Field</b>	
Burpees	- Down into a full push up, return to standing and jump up in the air, arms overhead = 1
Skater Jumps*	- Stand on one leg in 1/4 squat position, jump laterally and land on opposite leg in same position - Gain your balance, do not jump again until stable
Tuck Jumps	- Two foot jump straight up, at top of jump bring knees up to chest
Sumo Squat*	- Hands on back of head or out in front of chest - Feet outside of shoulder width stance, toes pointed out slightly - Squat as low as possible
Mountain Climbers*	- In plank position, bring knee up to same side elbow; repeat other side
Lateral Bounds	- Same position as Skater jumps, but you are jumping forward and diagonally (at a 45 degree progression)

<b>Day 4 – Core</b>	
Knee Tuck Shoulder Press*	- Hands on floor, shins/knees resting on ball - Hips and knees stay bent, put weight over hands and do shoulder press
Bridges [Heels on ball]*	- Shoulders on ground, heels on ball - Raise hips up to be in straight bridge
Superman [Chest on ball]*	- On all fours with ball underneath chest - Extend opposite arm and leg; switch
Push Ups [Feet on ball]*	- Keep balance on ball with only toes touching ball
Jack Knife [Feet on ball]*	- Starting in push up position, draw knees to chest; return to start
One Leg Squat [Foot on ball]*	- With ball behind you, place one foot on top of ball - As you squat down, allow the ball to roll back (away from you)

## Phase 2

<b>Day 1 – Gym</b>	
Thrusters*	- Begin with weight across front of shoulders with shoulder width grip - Perform squat to 90 degrees - As you rise from squat, perform a shoulder press, using momentum from squat to help weight up
Bent Over Barbell Row*	- Bend at waist so that back is parallel with floor - Grab barbell with an underhand grip; draw bar up to middle of chest, keeping elbows tight to body - Squeeze shoulder blades together
Box Jump	- Two foot jump onto box, with stable landing - Two foot landing down from box; minimize contact on ground and explode up back on to box as fast as possible
Standing Long Jump x 3	- Two foot leap forward, maintain momentum for the second and third jumps, focus on landing balanced and jumping for distance



<b>Day 2 – Home</b>	
Single Leg Squat	- Do not have to go down to 90° at hips, keep knee over toes - Other leg can go in front or behind
Lateral Raises [Tubing]	- Standing on tubing, holding on to ends of tubing - Raise arms laterally to 90° out from body
Split Lunges	- Start in Lunge position - Jump straight up, and land in opposite lunge position
Rows	- Hook tubing around door handle or other secure post/table leg - with elbows bent to 90 and at sides, perform row by squeezing shoulder blades together
Jump Squats	- Go down to full squat; power up and jump as high as you can - Focus on fully extending your legs, reach up using arms for momentum
Plank Up-Downs	- Start in plank position; staying as stable as possible through the core, transfer down on to your elbows and forearms - Back up to plank position

<b>Day 3 – Gym/Plyo</b>	
Lateral Lunges [Barbell on shoulders]*	- Step out to the side, toes pointing forward into a full lunge position
Butterfly Up-Downs*	- Stand with feet just wider than shoulder width - Drop straight down into butterfly position on a mat and immediately spring back up into start position
Squats on BOSU [Flat side up]	- Standing on BOSU, complete proper squat technique while maintaining balance; attempt to break 90*
Squat Jump with Lateral Hop	- Squat nice and low, explode up into a jump. As soon as you land from the jump, take one sideways bound as far/fast as you can. Stay facing forward entire time
Lunges onto BOSU	- Ball side facing up; Stand behind BOSU and lunge forward aiming your front foot for the middle of the ball. - Drop into a full squat, proper form. Push off the BOSU and return to start position. Alternate legs
Walking BOSU Push up*	- Push up position, ball side up; one hand on the BOSU, one hand on the ground; push up - Transfer your off hand onto the ball and walk your BOSU hand onto the ground on the other side. Push up and repeat

<b>Day 4 – Core</b>	
Pike Shoulder Press [Feet on ball]*	- Into pike position: Feet on the ball, hands on the ground, legs straight so bum is up in the ground - Lower yourself into a push up/press and return to starting position
Single Leg Bridge [1 leg on ball at a	- Progression to Bridge on Ball - Phase 1 - 1 heel on the ball only; hold

time]*	
Double Knee Twist [Both knees on ball, Push up position]*	- Keep knees tucked in towards your chest; twist your knees under you so they remain stacked but are now facing sideways, parallel to the ground - Return to starting position and twist to the opposite side
Single Leg Jack Knife [1 leg on ball]*	- Progression on Jack Knife – Phase 1 - Complete motion with one leg only

## Phase 3

### Day 1 – Gym

Sumo Squat [Holding Kettlebell]*	- Feet wider than shoulder width apart and toes turned out 45*; hold KB or DB between legs with arms straight - Squat down so weight touches the ground. Return to starting position
Medicine Ball Chops*	- Shoulder width apart stance; Hold MB outside of your knees on one side, keeping your arms extended, use your core to twist around and finish with the ball over your opposite shoulder - Ball should travel in an angle path as if heaving it over your shoulder
Chest Press [DB on Ball]	- Feet on the ground, shoulders and head resting on the ball; Hold DB as you would with regular chest press
Reverse Plank Pull up [Use Smith machine]*	- Lower bar on Smith machine 3 ft off the ground - Hold on to bar and lay underneath. - Pull yourself up so the bar is at chest level, slowly lower and repeat; Feet stay as pivot point on the ground
Box Jumps [Up and down other side]	- Use box of comfortable height for you, ~18" minimum. - Squat low and explode up on top of box - Stand up straight on box and jump forward off the other side - Land in a deep squat to absorb impact

### Day 2- Home

Kneeling Ball Twist [with tubing or MB/DB]*	- Kneel on ball, knees wide enough so you are squeezing the ball to stay on - Hold weight in front of you with arms extended. Rotate your trunk/arms from side to side while maintaining balance
Bill Ranford [Tubing or holding DB]*	- Stand on tubing and hold handle in one hand. Lift arm out to the side in a straight sideways glove save pattern. - Finish with hand just higher than head height
45° Lunges [Tubing around ankles]*	- Same form as a regular lunge except you are stepping out at a 45* angle, toes pointed in the direction you are stepping
Wide Outs*	- Start in a squat position, jump into a wider sumo squat position (toes turned out, feet wide apart) and quickly back to starting

### Day 3- Gym Plyo

Squat Jump BOSU [On	- Similar to box jumps; Start in a squat and jump onto the BOSU
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and off other side]	- Land in a squat, steady your balance and hop forward off the other side. Land in a squat to absorb impact
Skiers on BOSU [Feet together]	- Stand beside the BOSU, hop lateral onto the BOSU, steady yourself and hop off the other side - Continue quickly back and forth in a low squat position
Butterfly Up-Downs [On BOSU]*	- Progression on Butterfly Up-Down's - Phase 2 Start with feet outside of BOSU, drop down on blue ball surface of BOSU and back up again
Lateral Up & Over BOSU	- Similar to walking push ups. Begin with one foot on blue ball side, one foot off - Explode up as you transfer your feet on the BOSU and step off the other side. Try to jump UP as you transfer over the ball
Single Leg Hops [Hourglass]	- Find intersecting lines on the floor. - Standing on one leg, hop from top L to top R, bottom L to bottom R and back to top L. Repeat until time is up
Lateral Hurdle Jumps	- Use a line on the floor or something of ~1/2 ft high (water bottle, hurdle). - Keeping your feet together, hop over the line/object - Attempt to jump as far lateral of the line as you can, keep your feet together like mogul skiing. This should be done QUICKLY

<b>Day 4- Core</b>	
Push Ups [Single foot on ball]*	- Progression on Push Ups [Feet on ball] - Complete with one foot on ball, other leg straight up in the air
Hip Twisters [One leg on ball]*	- Push up position, bring one leg up to your chest and twist so that knee is parallel to the ground and under the leg resting on the ball. - - - Return to start and continue with same leg for time.
Superman [Hands and knees on ball]*	- Progression on Superman on ball - Start balancing with hands and knees on the ball. Lift opposite arm and leg while maintaining balance ON ball
Double Knee Twist [Both knees on ball, Push up position]*	- Same as Phase 2
Leg Lower & Twist [Ball between feet]*	- Lay on back and squeeze ball between your feet. Keep feet straight up in the air - Slowly lower them to the ground as you twist your legs so your feet are now vertical on the ball - Raise the ball back to start and alternate sides

## **Exercise Pictures**

Tricep Extensions with Tubing



Overhead Squat



Overhead Lunge



Sumo Squat



Jane Fonda



Skater Jumps



Mountain Climbers



Knee Tuck Shoulder Press



Bridges



Single Leg Squat



Superman



Thrusters



Pushups (feet on ball)



Jackknife



Bent Over Barbell Row



Butterfly Up-Downs



Walking BOSU Pushup

Lateral Lunges with Barbell



Pike Shoulder Press

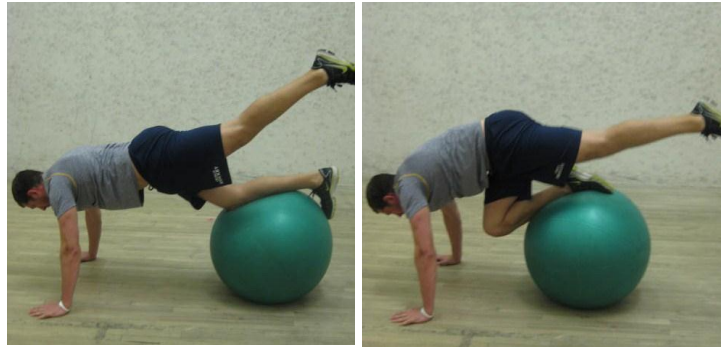
Single Leg Bridge



Double Knee Twist



Single Leg Jackknife



Sumo Squat with KettleBell



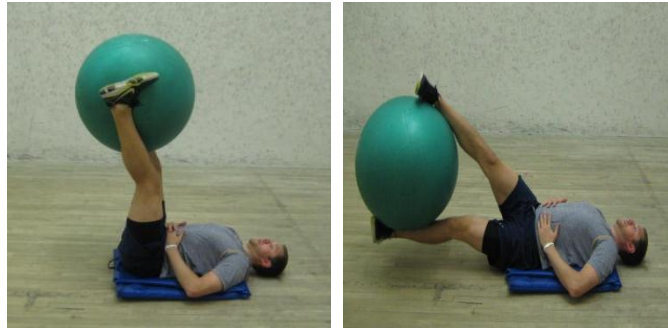
Medicine Ball Chops



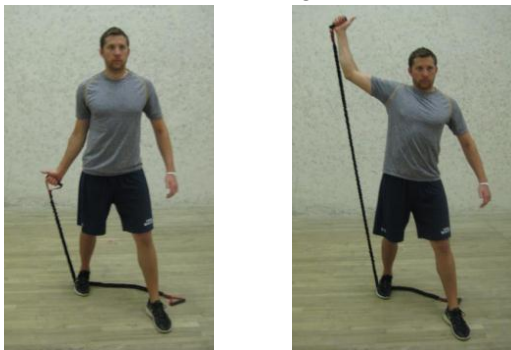
Reverse Plank Pullups



Leg Lower and Twist



Bill Ranfords with Tubing



45 degree Lunges





### Wide Outs



### BOSU Butterfly Up-Downs



### Pushups with Single Foot on Ball



### Single Leg Hip Twist



### Supermans on Ball



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