

GOALKEEPER-SPECIFIC FITNESS DEVELOPMENT



John R. Cone, CSCS, Ph.D.
Email: jcone@fitfor90.com

Goalkeeper-specific fitness requires the ability to perform maximal speed actions throughout the game.

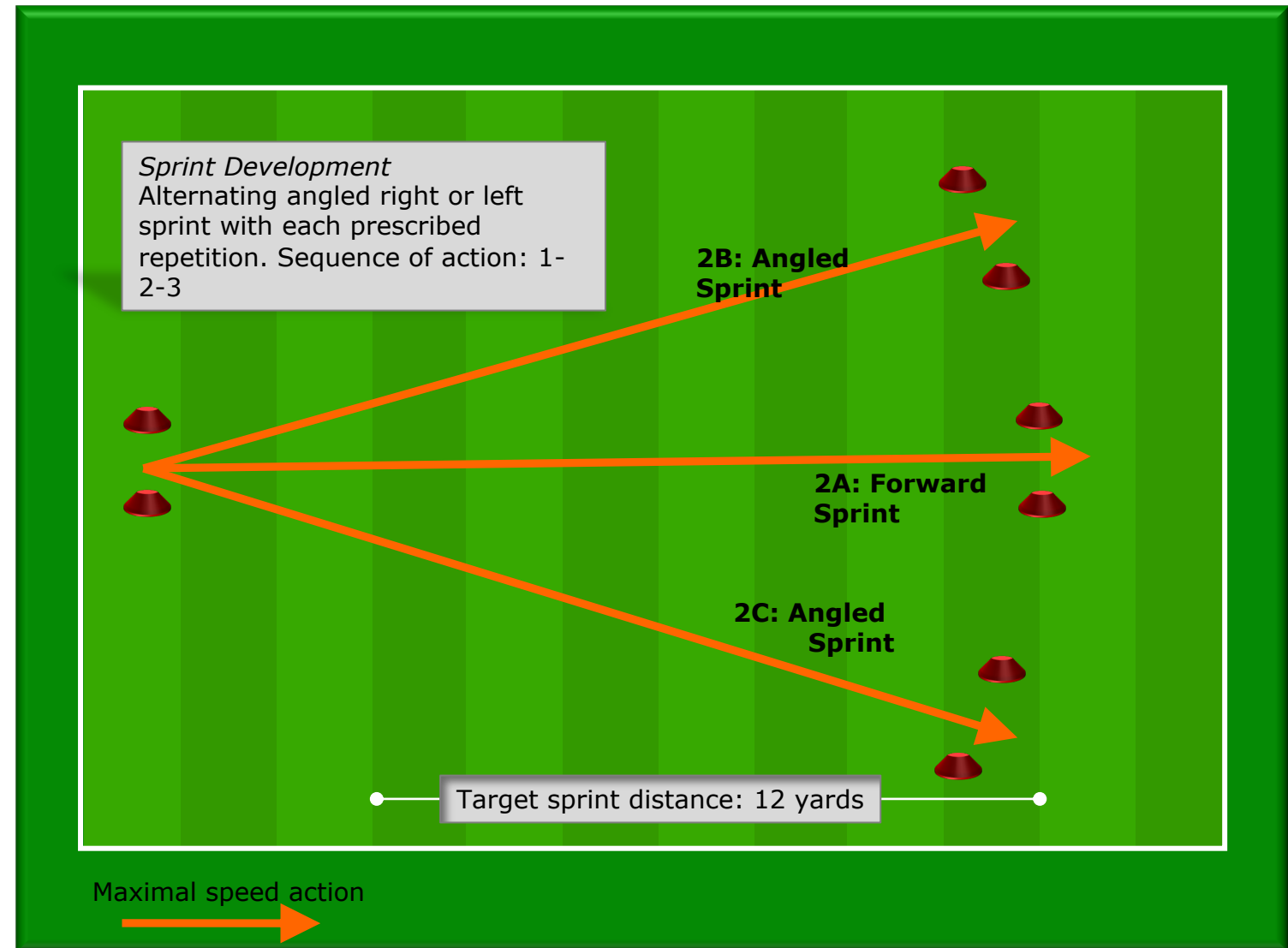
The following have been developed with the objective of performing maximal speed actions with short recovery. This challenges your ability to recover from the explosive actions required of us in the game.

Pick which actions you both like and think you will benefit the most from on the following pages and follow the guidelines to the right.

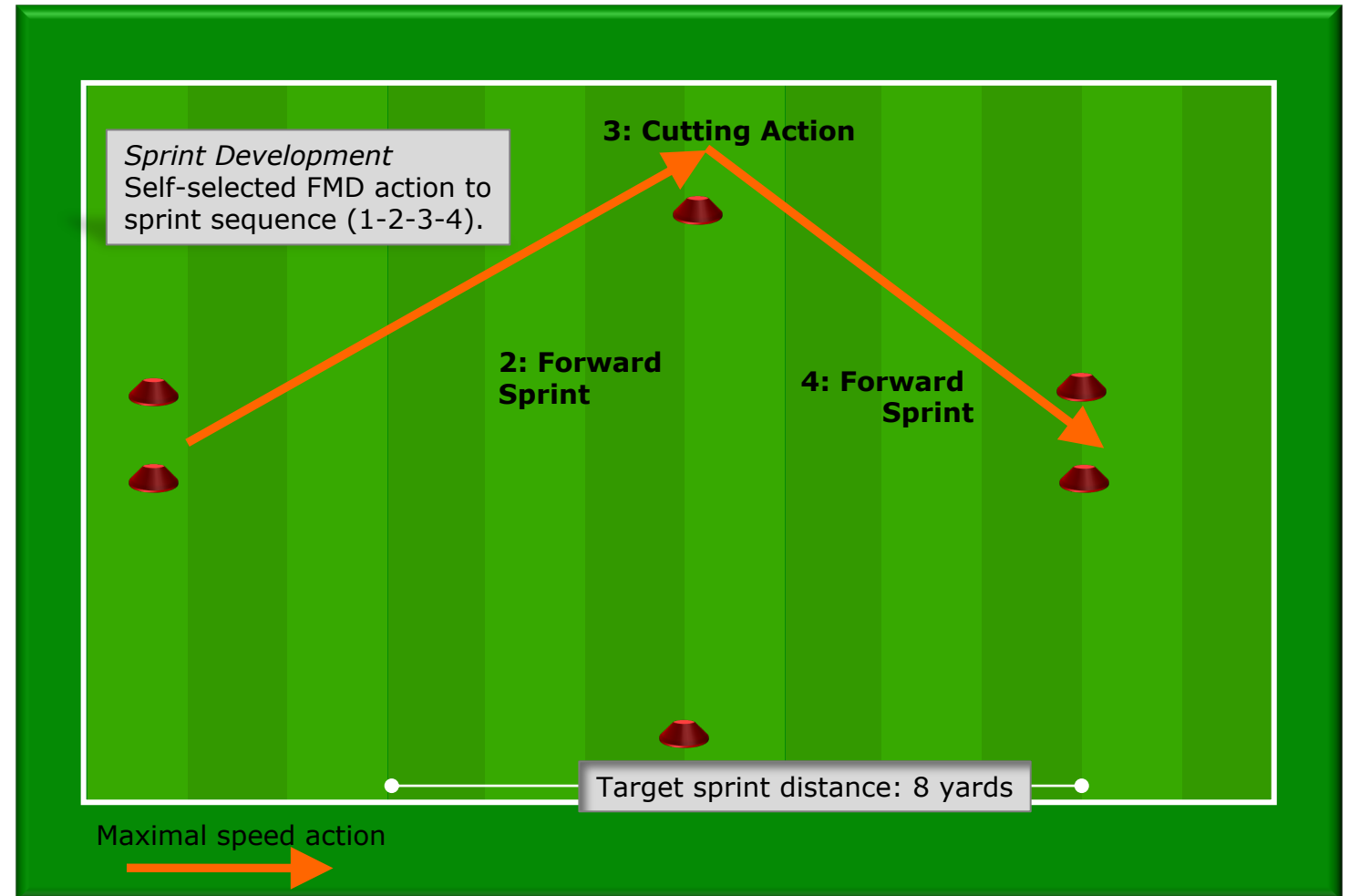
GUIDELINES

1. All actions are at maximal speed
2. Actions should be short in duration. You can do this by timing the action or just use the measured distances
3. Perform 2 to 4 sets
4. Perform 4 to 8 reps
5. Take 10 seconds off (standing still) between reps
6. Take 3 min off between sets.

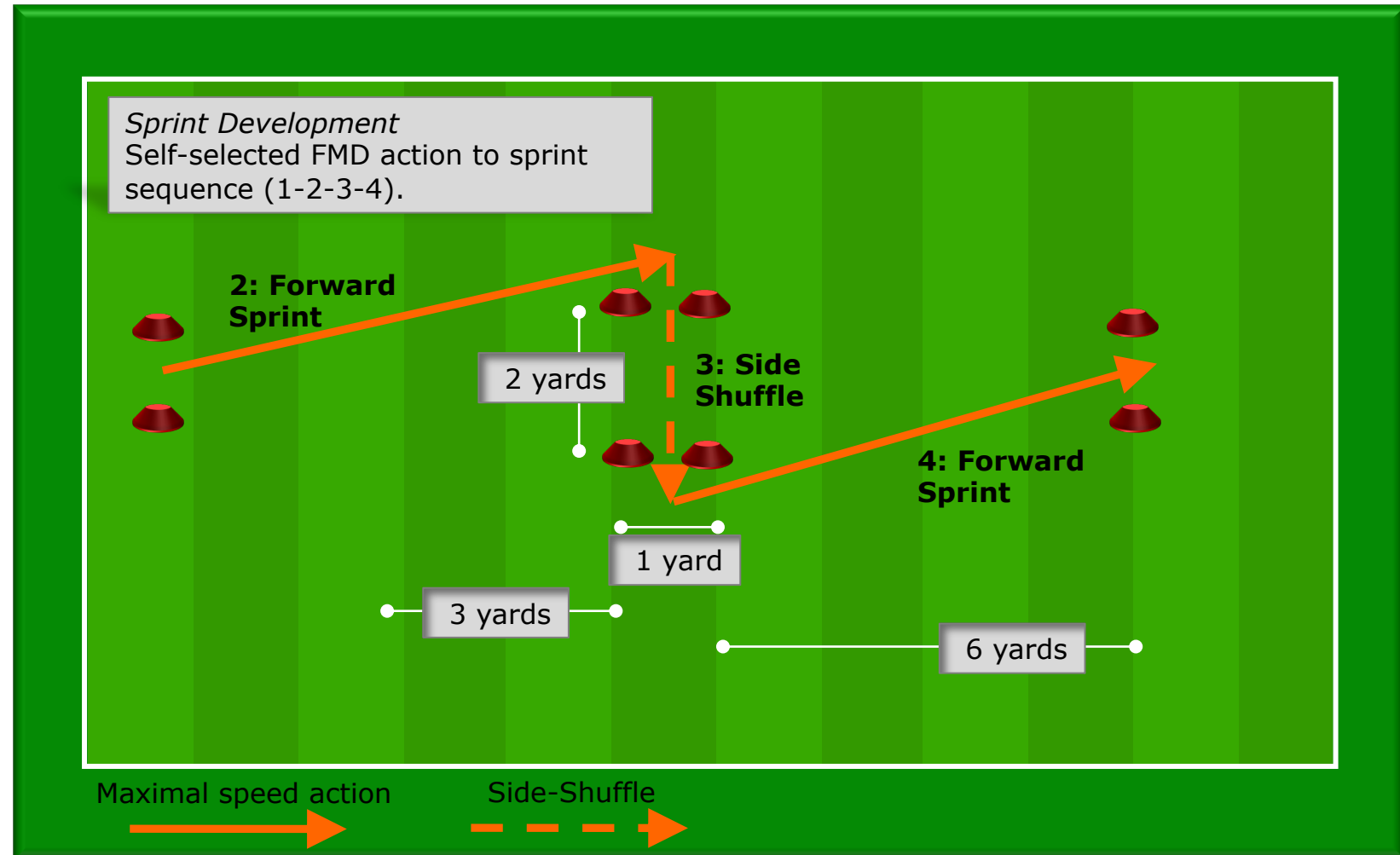
MAXIMAL SPRINT DEVELOPMENT



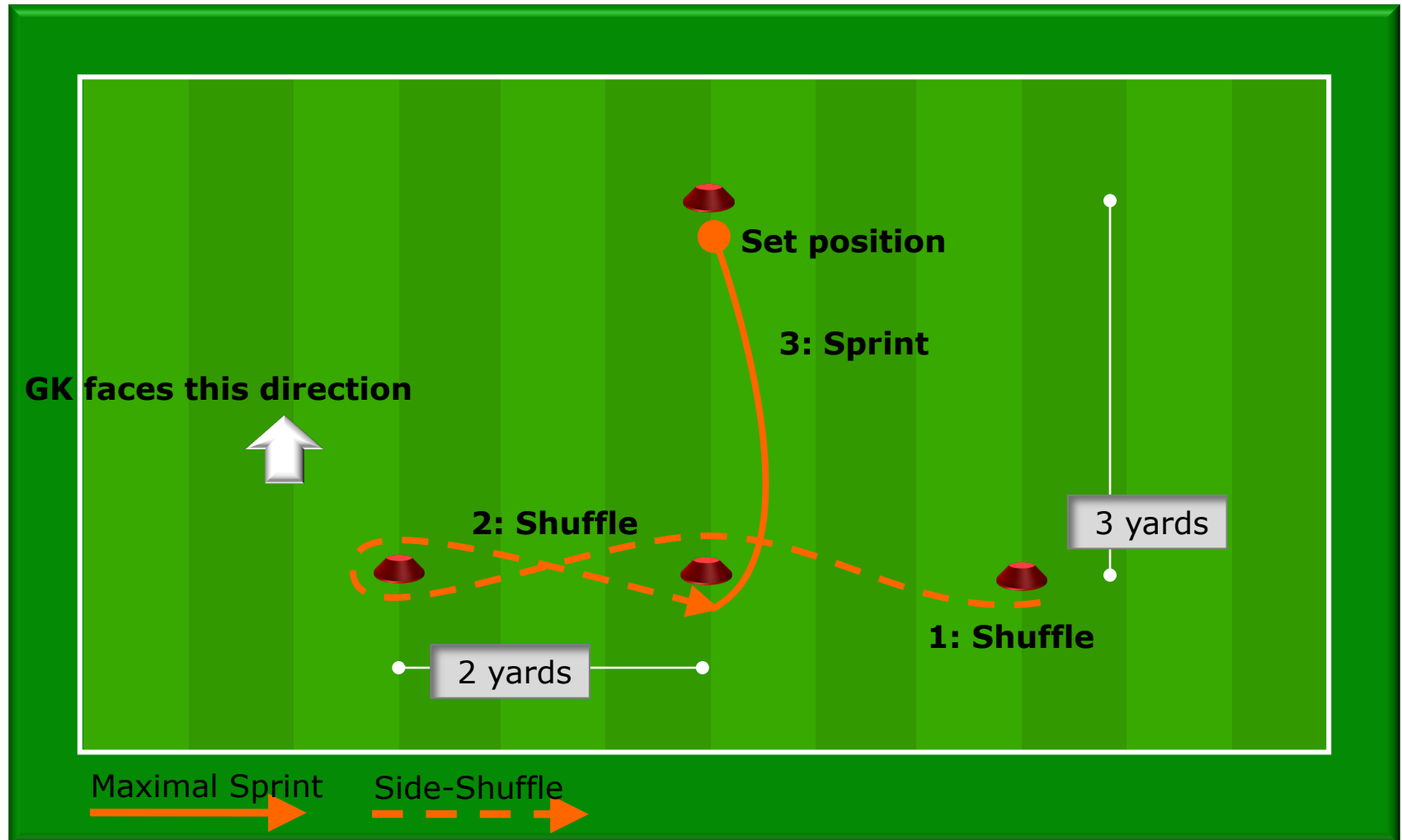
MAXIMAL CUTTING SPEED DEVELOPMENT



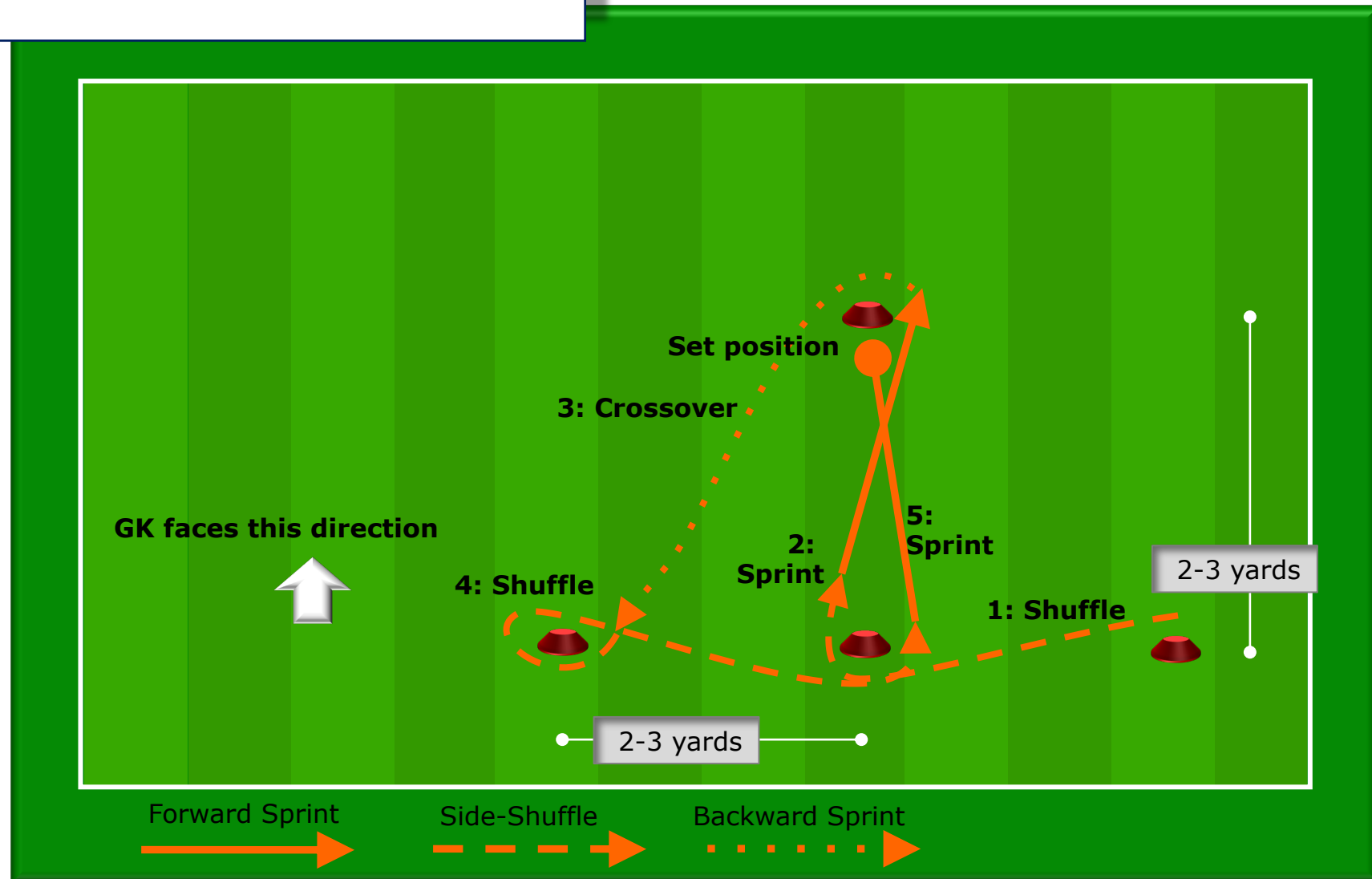
MAXIMAL GK DEVELOPMENT



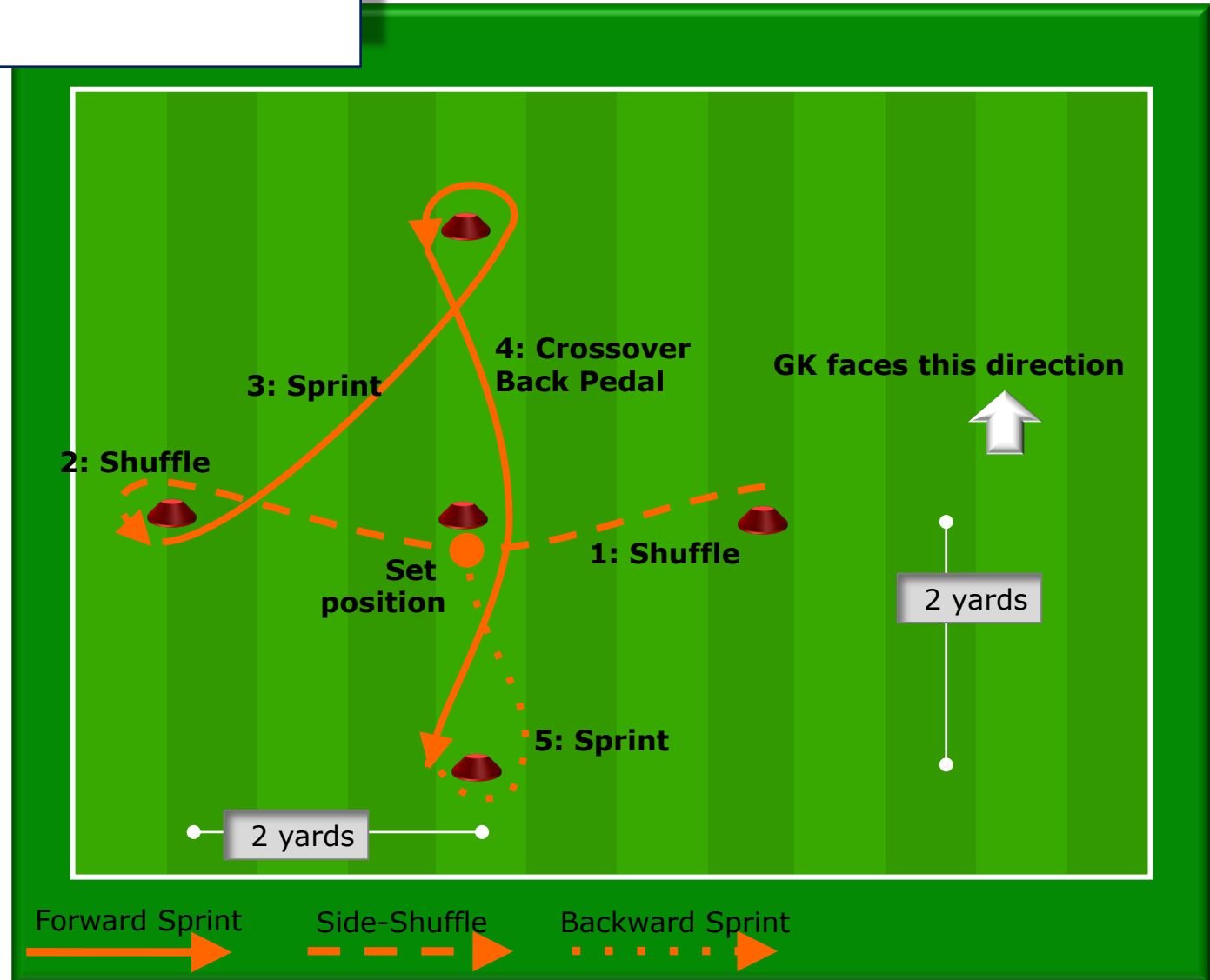
MAXIMAL GK SPEED DEVELOPMENT



MAXIMAL GK SPEED DEVELOPMENT



MAXIMAL GK SPEED DEVELOPMENT



MAXIMAL GK SPEED DEVELOPMENT

