

Programme

Name:

Dates:

Aims: Relative strength and power

MODERN DAY FITNESS



Movement Preparation

1. Self myofascial release - foam roll

FOAM ROLL TIGHT AREAS

2. Mobility x2 sets

Spidermans with rotation x5

Inchworms x5

Lying overhead rotations x10

90/90 Hip stretch

Clock work Lunges x4 each w Kneeling Hip Flexor rear foot elevated x45 secs

Pre-Activation						Date:	Date:	Date:	Date:
Order	Exercise	Coaching Cue	Sets/Reps	Tempo	Rest	Load	Load	Load	Load
1A	Wall Angels	Maintain posture	10-10						
1B	Mini band walks (lateral)	Maintain knee alignment	10-10						

Mobility circuit and Plyometrics

Order	Exercise	Coaching Cue	Sets/Reps	Tempo	Rest	Load	Load	Load	De-Load
1	BB complex (Tension)		8-8-8	3 1 3	10				
a	Good morning								
b	OH Squat								
c	Lateral Lunge								
d	Split Squat								
	3 seconds down + up= Tension								
2	Plyometrics (pick 2)								
	Hurdles (Jump and stick)	Quiet Landing	5-5-5		45				
	Depth Drop into box jump	Explosive	5-5-5		45				
	Lateral hurdle hops	Maintain knee alignment	3-3-3		45				
	MB Chimney Throws	Explosive	4-4-4		60				

Strength

Order	Exercise	Coaching Cue	Sets/Reps	Tempo	Rest	Load	Load	Load	De-Load
1A	Deadlift	Set shoulder blades	4x5						
1B	Long Jumps	Explosive	4x4		2-3 mins				
2A	Push Press	Triple ext (ankle, knee, hip)	3x6						
2B	Sled Push 10 metres	Explosive	3x10 metres		2-3 mins				
3A	Lateral Lunges	Maintain knee alignment	3x8						
3B	Snatch Grip RDL	Set shoulder blades	3x8		90				
4A	Chin ups/Inverse pull	Set shoulder blades	3x8						
4B	Push Up to Fly (Rotations)	Full ROM	3x6		45				
	Core								
1	Deadbugs	Maintain posture	3x10						
2	Ab Rollouts	Maintain posture	3x6		45				
3	Stir the Pot	Maintain posture	3x45 sec		45				

WB = Bodyweight

SB = Stability ball

DB = Dumbbell

MB = Medicine Ball

SL = Single leg

Alt = Alternate

SA - Single Arm

KB - Kettlebell



1. Start with your foam rolling (target the areas that are tightest)
2. Mobility x2 rounds: joints used by goalkeepers (hips/ankles/knees/shoulders)
- 2b. Pre Activation (mini band walks to fire the glutes up and wall angels for some mid trap activation and shoulder mobility)
3. Time under tension mobility circuit 3x8 reps (3 seconds concentric/3 seconds eccentric) A good tool for injury prevention to these joints
4. Plyometrics (Choose 3 exercises) If you haven't done any plyometrics, start at the easiest one (jump and stick) practice your landings

5. Strength Guide (contrast training for your strength/power work)

Deadlifts: One of the best posterior chain exercises for strength development (helps improve force production of lower body)

Long Jumps: Power exercise to improve jumping ability

Push Press: Helps you be more explosive for full stretch dives (hitting triple extension faster and stronger) and also improves shoulder strength

Sled: Brilliant exercise to work on your acceleration 30-40% body weight

Lateral Lunges: Great exercise to improve lateral strength which is very important for gk movement. Improves adductor mobility/strength as well as glutes
Snatch grip rdl will work your upper body posterior more than a traditional RDL. Keeps hamstrings strong

Chin ups/Trx row and push up to fly helps keep shoulders strong and mobile

6. Core: all anti rotation exercises to help keep the spine stable (You can either do these at the start of the program or at the end)

******Important info******

- 1) Please make sure you are fully warmed up before every training session
- 2) Please make sure you get help from a professional if you don't know certain exercises
- 3) Make sure you are fully fit when using this program
- 4) This program is a little advanced, so make sure you are lifting well before attempting any of these exercises
- 5) You don't need to do everything on the plan, take certain things out if you like, or add things in
- 6) There may also be equipment needed which you may not have so look for an alternative
e.g no sleds, do a sprint instead



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FITNESS

