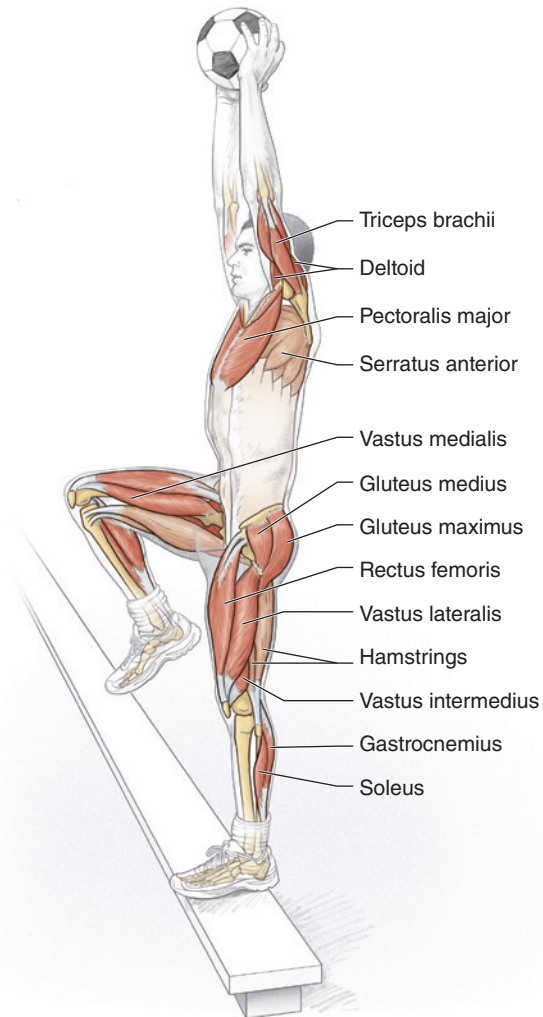


Goalies



Execution

1. Stand in front of a low bench. Hold a soccer ball in both hands.
2. In a smooth motion, step up onto the bench with your lead leg, continuing the step-up until the knee of the lead leg is fully extended. Swing the trailing flexed knee as high as possible as you fully extend both arms overhead.
3. Reverse this smooth movement to return to the starting position.
4. Switch legs and repeat, leading with the opposite leg. Alternate legs with each repetition.

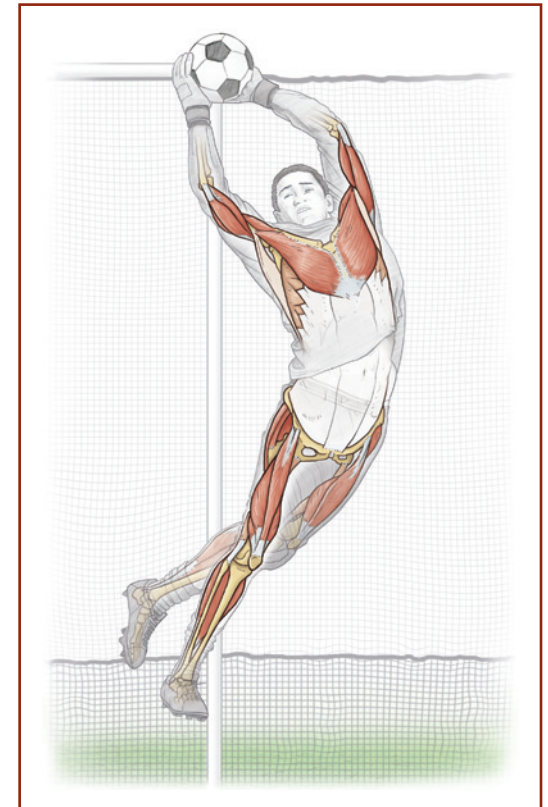
Muscles Involved

Primary: Quadriceps, gluteals (gluteus maximus, medius, and minimus), gastrocnemius, soleus, deltoid, triceps brachii, pectoralis major

Secondary: Hamstrings, erector spinae, trapezius, serratus anterior

Soccer Focus

As the name suggests, this exercise is great for goalkeepers, but it also is useful for all players. Think about all the key movements needed to run and jump for a ball in the air. The main difference between a field player and a goalkeeper is that the goalie gets to reach up with the arms and hands. Both the field player and the goalkeeper must approach the area, plan the timing, decide which is the best takeoff leg, gather for the jump, extend and push off to leave the ground to contact the ball at the top of the jump, and then safely land. The emphasis of this exercise includes everything up to the takeoff and is an efficient way to apply the various individual lower-extremity exercises into one functional task.



VARIATION

Stadium Stair Goalies

A reasonable alternative uses stadium or bleacher steps, and you carry dumbbells instead of a ball. Take every other step, pressing the dumbbell in the hand opposite the stepping leg. You may choose to raise both arms on each step.