

Limitations

No Front Squat, Replace with Goblet squat.
Watch for ankle dorsiflexion patterns.

Recommendations

Add Unilateral Work
Modfy with Goalie Conditioning
Add Plyometric

(P)rehab - choose an exercise from each group each day

Relaxation	Propioception	Ankle	GH	Single Leg Stability	Thoracic	IMT
3 Mo. Breathing Visualization Self Talk Practice Dynavision	Pebble Board Glute Med on Swiss Swing or Tball GH ABCs PB Perturbations Band Resisted GH Perturbations	Triangle Box Mobility Triangle Box Step Up Toe Walk Heel to Toe Walk Ankle Hops	D1 Band Resisted Pattern D2 Band Resisted Pattern Horizontal Abduction Floor Slide Lying 3 Way Raise	Airex Anterior Reach Y Reach Keiser Anterior Reach Airex Step Up Single Leg Hop	Seated Long Bar Reach Baby Squat w/ Band Reach Belly Lift on Wall All Four Belly Lift All Four Belly Lift w/ Reach	All four R AIC Respiratory Crawl 90/90 Hip Lift w/ R Arm Reach and Balloon R Sidelying Apical Breathing w/ L Arm Reach Paraspinal Release w/ Left Hamstring Unresisted Wall Squat

Prepare

Repair

Lax T Spine Glide - Peanut Ball Quad, Glute, Hamstring Swiss Swing Talus Ankle Mob w/ Band Lax Ball Foot Roll & Smash	1:00 1:00 Ea, 6:00 Total :45 Sec Ea :45 Sec Ea		Steady State Bike - Long Slow Breathing R Apical Plank w/ L Arm Reach R Apical PB Plank w/ L Glute Max Ext & L Add	7:00 2 x 5 Breaths 2 x 5 Breaths
Pebble Board Walk 90/90 w/ Hip Shift, R Foot Tap, & R Arm Reach Anterior Reach All Four Lift w/ Reach Seated Long Band Reach Quick Response - Knee Tuck	1 Minute 2 x 5 Breaths 10 Ea. 10 Ea. 1 Minute 3 x 10 - 8 to 10 sec		Seated Short Band Reach 90/90 w/ Hip Shift, R Foot Tap, & R Arm Reach Ant Thigh Band Stretch Contrast Bath - Finish Cold - Check with AT for time of year	2 x 5 Breaths 2 x 5 Breaths 2 x 5 Breaths 10 Min EA

Individual Prescriptions - complete as directed

Group	Exercise	Volume	Notes	Mon	Tue	Wed	Thr	Fri	Sat	Sun
Serratus S on T Breathing & Neck Core - supine Core - Quadruped Core - Quadruped	3 Mo Rolling Deadbug Variation Bird Dog Bear Crawl	2 x 30 sec 2 x 5 Ecc (5 s) - 3 x 5 Iso (5 s) - 1 x 8 2 x 20		x	x	x	x	x		
PR - Left AIC/PEC Glute Glute Glute	90/90 Hip Lift w/ Shift & R foot tap Mini Band Series Sidelying Clam Psoas Activation	1 x 20 1 x 20 2 x 20 2 x 20		x		x		x		
Hip Hip Hip	Anterior Reach Lateral Lunge Split Squat Get Up	Ecc (3 s) - 2 x 5 2 x 20 2 x 20		x		x		x		
T Spine/Scap - Stability T Spine/Scap - Stability T Spine/Scap - Stability	Face Pull External Rotation Band Pull Apart	2 x 10 2 x 10 2 x 20		x		x		x		

Conditioning & Plyo/Agility

Group	Exercise	Work	Intensity	Rest	Intensity	Notes	Mon	Tue	Wed	Thr	Fri	Sat	Sun
Aerobic Alactic Lactic Aerobic Alactic Lactic	L1 - PRI L3 - Alactic Power - Full Rest L4 - Maintain Constant Duration/Gradually decrease Rest L3 - VT w/ Tension/Time - Gradually increase load starting @ 40% L4 - Alactic Power - Decrease Rest L2 - 2' On - 1' Off Above VT	2 x 5 Breaths 10 x 15 yds 3 x 8:00 10 x 40 Yd x 10	BIG Polar 170 175-185 BPM	20% to 130 BPM Circuit :40 2:00		Try to decrease time to 130 w/ IMT Recover with IMT during circuit Sprints Get HR as LOW as possible	x			x	x	x	x
Agil - Ecc Lat Ply - Conc Lin Ply - Ecc/Iso Lin Ply - Ecc/Iso Ply - RFD Agil - COD	W Drill Lateral Hurdles Broad Jumps 1 Leg Squat Jumps Rapid Response 60 Yard Shuttle	2 x 5 5 x :10 10 x 10 x 3 x :30 EA. 5 x EA.	Loaded - Vest No Load	:30		Minimize Ground contact - maintain posture	x		x		x		