

BUILT FOR THE GOALKEEPER. NOT ADAPTED FROM GENERIC SOCCER PROGRAMS.

This program was designed specifically for Just4GK athletes. Every drill, every movement, and every progression is chosen because it develops the exact physical qualities a goalkeeper needs – explosive lateral power, rapid deceleration, full-body strength, and the mental toughness to maintain athleticism for 90 minutes. No gym required. Just your body, your field, and your commitment to the position.

PROGRAM OVERVIEW

PHASE 1 – MONTH 1

Foundation · Bilateral Movements

- Goal:** Build the movement base
- Plyo:** Bilateral pogo hops, power skips, bounds
- Speed:** Acceleration mechanics, linear COD
- Strength:** Push/pull + lower body bilateral
- Trunk:** Anti-rotation, isometric core holds
- GK Focus:** Ground contact time, set position power

PHASE 2 – MONTH 2

Development · Unilateral + COD

- Goal:** Single-leg stability and power
- Plyo:** Single-leg pogos, skater jumps, box jumps
- Speed:** Wall starts, Y-cuts, assisted/resisted COD
- Strength:** Bulgarian split squat, hip thrusts
- Trunk:** Rotational core, seated twists
- GK Focus:** Diving leg drive, cross-step mechanics

PHASE 3 – MONTH 3

Performance · Absolute Strength

- Goal:** Peak power output and speed
- Plyo:** Approach box jumps, med ball, half-kneeling
- Speed:** Pro shuttle, ground starts, reaction COD
- Strength:** Tempo squats, decel step-ups, lateral lunges
- Trunk:** Stir the pot, dead bug, hanging raises
- GK Focus:** Full GK athleticism – power meets control

WEEKLY SCHEDULE

DAY 1

PLYOMETRICS + UPPER STRENGTH

EXPLOSIVE POWER

Foundation jumps, hops, and bounds paired with upper body push/pull strength. Builds the explosive footwork GKs need for set position reactions.

DAY 2

SPEED + LOWER STRENGTH

SPEED & DECELERATION

Sprint mechanics, acceleration, and change of direction paired with lower body strength. Trains GK cross-box speed and hard stops.

DAY 3

COD PLYOS + UPPER STRENGTH

LATERAL POWER

Change-of-direction jumps and lateral plyos with upper strength. Develops the lateral explosiveness goalkeepers need for wide saves.

DAY 4

MAX VELOCITY + LOWER STRENGTH

TOP SPEED & AGILITY

Max velocity running mechanics and lateral agility paired with tempo strength. Trains GK sweeper-keeper range and breakaway recovery.

GOALKEEPER PHYSICAL DEVELOPMENT PILLARS

EXPLOSIVE POWER

Save reactions, dive initiation, jump timing for crosses

LATERAL SPEED

Post-to-post coverage, set position reset, wide save reach

DECELERATION

Hard stops, 1v1 read-and-hold, angle cuts

UPPER STRENGTH

Ball security, powerful distribution, diving contact strength

CORE STABILITY

Dive control, mid-air body position, landing mechanics

Programming Notes: Each phase is 4 weeks. Complete all 4 days each week with at least 1 rest day between Day 2 and Day 3. This program is designed to run alongside your J4GK goalkeeper sessions – schedule training days on non-GK days or at least 6 hours before/after a goalkeeper session. If you are currently in a competition season, reduce to 2 days/week (Day 1 and Day 2 only).

WHAT YOU NEED

- Open space – field, backyard, gym floor, or court
- A sturdy surface for step-ups (box, bench, curb)
- Pull-up bar or playground bar (Days 1 & 3)
- Hip circle resistance band (Days 2 & 4) – optional but recommended
- Swiss ball (Phase 1, Day 4 only) – or substitute with single-leg hip thrust
- Water bottle + timer on your phone

DYNAMIC WARM-UP (EVERY DAY)

- Leg swings – forward/back + lateral · 10 each
- Hip circles · 10 each direction
- High knee march · 10 yards
- Butt kick march · 10 yards
- Lateral shuffle (slow) · 10 yards each
- Ankle circles + calf raises · 10 each
- Arm circles + band pull-aparts · 10 each
- GK Set Position squat to ready · 10 reps



PHASE 1 – MONTH 1 · FOUNDATION

Build bilateral power, acceleration mechanics, and base upper/lower body strength. Every exercise in this phase lays the movement foundation for the advanced work ahead. Master the basics perfectly before moving to Phase 2.

DAY 1 – PLYOMETRICS & UPPER BODY STRENGTH

Explosive Power + Push/Pull

PLYOMETRICS – FOUNDATION

1	Pogo Jumps	2 × 10 seconds	GK: Simulates rapid foot-fire between saves. Stay on balls of feet. Minimal ground contact.
2	Lateral Pogo Jumps	2 × 10 yards each direction	GK: Post-to-post reset footwork. Land soft, push off immediately – don't stick.
3	Line Hops	2 × 10 seconds	GK: Builds ankle stiffness for powerful dive push-off. Max speed, not max height.
4	Lateral Line Hops	2 × 10 seconds	GK: Crossbar-to-crossbar lateral rhythm. Develops hip abductor reaction speed.
5	Squat Jumps	2 × 10 seconds	GK: Mimics jump timing for crosses. Land in athletic set position – ready to react.
6	Power Skips	4 × 20 yards (2 height · 2 distance)	GK: Height = vertical leap for crosses. Distance = horizontal drive for diving saves.
7	Power Bounds	4 × 20 yards (2 height · 2 distance)	GK: Single-leg propulsion – trains the drive leg used to initiate a diving save.

STRENGTH – UPPER BODY

SS	1A. Push Ups	5 × 10	GK: Horizontal push strength = ball contact on saves & powerful throws. Elbows 45° from torso.
SS	1B. Inverted Row	5 × 10	GK: Upper back pulling strength = ball security & body position in aerial challenges.
2	Incline Push Up	3 × 12	GK: Develops lower chest + shoulder stability needed for ground-level saves.
3	Pull Ups	3 × Max reps	GK: Lat strength for powerful overhead throws and cross-catching arm extension.
4	Bench Dips	3 × 20	GK: Tricep endurance for repeated distribution. Keep elbows narrow – protects shoulders.

TRUNK

1	Plank	2 × 60 seconds	GK: Anti-extension core. Maintains rigid body position in mid-air during full-stretch saves.
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DAY 2 – SPEED, ACCELERATION & LOWER BODY STRENGTH

Sprint Mechanics + Leg Drive

SPEED – ACCELERATION · LINEAR COD

1	2-Point Starts	4 × 1 (10 yd sprint + 10 yd decel)	GK: Initiating from GK set position. Drive low and hard – this is your angle-closing burst.
2	2-Point Starts	4 × 1 (5 yd · jog · 5 yd)	GK: Read-and-react acceleration pattern. Mimics stepping up on a 1v1 then resetting.
3	2-Point Stop & Go's	4 × 1 (stop every 5 yds for 20 yds)	GK: Deceleration is a GK skill. This builds the brakes – essential for hard set position holds.

STRENGTH – LOWER BODY

SS	1A. Squat	5 × 10	GK: Bilateral leg strength foundation. Drive through heels – identical mechanics to set position jump initiation.
SS	1B. Monster Walk	3 × 10 yards fwd & back Hip Circle Band	GK: Hip abductor strength – directly improves lateral shuffle speed and set position width.
2	Step Ups	3 × 10 each leg	GK: Unilateral leg strength. Mimics the push-off leg in a diving save. Control on the way down.
3	Buddy Hamstring Curls	3 × 12	GK: Hamstring injury prevention + explosive deceleration strength. Go slow – this one builds serious pulling power.
4	Calf Raise	3 × 50	GK: Ankle spring for rapid foot-fire and pogo-like reactions. High reps build endurance for 90 minutes on your feet.

TRUNK

1	Side Plank	2 × 30 seconds each side	GK: Lateral core stability = body control during wide diving saves. Hips must stay stacked and still.
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PHASE 1 – MONTH 1 · DAYS 3 & 4

COD plyometrics develop the lateral cutting power goalkeepers need for wide saves. Day 4 caps the week with max velocity mechanics and full-body trunk integration.

DAY 3 – COD PLYOMETRICS & UPPER BODY STRENGTH

Lateral Power + Upper Pull Focus

PLYOMETRICS – FOUNDATION (COD EMPHASIS)

1	Pogo Jumps	2 × 10 seconds	GK: Activate ankle spring – the same reactive elasticity used to recover set position between shots.
2	Lateral Pogo Jumps	2 × 10 yards each direction	GK: Lateral set position shuffle. Stay low – GKs who stand up during lateral movement lose reaction time.
3	Line Hops	2 × 10 seconds	GK: Ground contact speed – how fast you get off the ground after landing from a save.
4	Lateral Line Hops	2 × 10 seconds	GK: Pure lateral foot speed. GKs use this rhythm in every shuffle step across the face of goal.
5	Alternating Lunge Jumps	2 × 10 seconds	GK: Explosive alternating leg drive – mimics the push-and-switch pattern of diving then recovering.
6	Ascending Skater Jumps	4 × 10 yards each side	GK: Single-leg lateral bound – directly trains the wide save push-off. Stick the landing, load, and explode.

STRENGTH – UPPER BODY (PULL FOCUS)

SS	1A. Dips	3 × 10	GK: Upper body pressing power. Protects the shoulder joint with controlled range – don't dip below 90°.
SS	1B. Inverted Facepulls	3 × 10	GK: Rear deltoid and rotator cuff health – critical for goalkeepers throwing and taking contact repeatedly.
2	Chin Ups	3 × Max reps	GK: Supinated grip increases bicep recruitment – same pulling muscles used when catching and securing a cross.
3	Decline Push Ups	3 × 10	GK: Upper chest + front shoulder – builds overhead press strength for high distributions.
4	Inverted Curl	3 × 10	GK: Builds grip and forearm strength – helps secure the ball on powerful shots and wet conditions.

TRUNK

1	Prone Cobra	2 × 60 seconds	GK: Posterior chain activation – back extensors and glutes are essential for dive recovery and powerful distribution steps.
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DAY 4 – MAX VELOCITY, LATERAL COD & LOWER STRENGTH

Top Speed + Absolute Strength

SPEED – MAX VELOCITY · LATERAL COD

1	Tempo 50's	8 × 1	GK: Aerobic base. 75% effort. Builds the conditioning to maintain explosive reactions in minute 80+.
2	Carioca Quick Step	4 × 10 yards each direction	GK: Hip mobility + lateral coordination. Used when tracking wide crosses while maintaining goal angle awareness.
3	Lateral Power Shuffle	4 × 10 yards each direction	GK: Explosive lateral movement – the exact pattern used to adjust to a redirected shot.
4	Lateral Shuffle	4 × 10 yards each direction	GK: Base lateral speed. Maintain low athletic stance – GKs who stand up lose 0.3–0.5 seconds of reaction time.
5	Crossover Run	4 × 10 yards each direction	GK: Cross-step speed – the fastest lateral GK movement for covering wide post saves. Drive with the crossing leg.

STRENGTH – LOWER BODY (POWER)

SS	1A. Sumo Squat	3 × 10	GK: Wide stance mirrors GK set position width. Targets hip adductors + glutes critical for lateral push power.
SS	1B. Hip Thrusts	3 × 10	GK: Glute drive for explosive forward projection – the power source for angle-closing runs and distribution steps.
2	Walking Lunge	3 × 10 each leg	GK: Single-leg strength + dynamic balance. Trains deceleration control while keeping hips low and stable.
3	Swiss Ball Leg Curls	3 × 20	GK: Hamstring endurance and injury prevention. High rep range builds the posterior chain resilience for full sessions.
4	Heel Walks	3 × 50 yards	GK: Shin + dorsiflexion strength – protects ankles during hard landings and improves shin-over-toe dive mechanics.

TRUNK – FULL INTEGRATION

1	Plank	1 × 60 seconds	GK: Anti-extension stability.
2	Side Plank	1 × 30 seconds each side	GK: Lateral core stability for wide dives.
3	Prone Cobra	1 × 60 seconds	GK: Posterior chain activation and upper back endurance.

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PHASE 2 – MONTH 2 · DEVELOPMENT

Single-leg stability, change-of-direction power, and increased strength volume. Phase 2 is where you stop relying on two legs and start demanding the same power from each side independently – exactly how goalkeepers dive, push, and recover in a game.

DAY 1 – UNILATERAL PLYOMETRICS & UPPER BODY STRENGTH

Single-Leg Power + Push/Pull Volume

PLYOMETRICS – UNILATERAL + CHANGE OF DIRECTION

1	Pogo Jumps + Linear Pogo Jumps	2 × 10 sec · 2 × 10 yards	GK: Bilateral → linear progression. Drive forward as well as vertical – applies to angle closes.
2	Single Leg Linear Pogos	1 × 10 yards each leg	GK: Single-leg ankle power. Your dive push-off leg must generate explosive force alone – this trains exactly that.
3	Single Leg Lateral Pogos	1 × 10 yards each leg (down & back)	GK: Lateral single-leg bounce – the pushing-leg mechanics in a wide diving save. Stay tall and controlled.
4	Single Leg Broad Jump (land 2)	2 × 4 each leg	GK: Push off one leg, stick a two-foot landing. Trains explosive dive initiation + safe landing control.
5	Single Leg Lateral Broad Jump (land 2)	2 × 4 each leg	GK: Lateral version of the save dive mechanics. Stick it – no wobble. Absorb with both knees bent.
6	Skater Jumps	4 × 4 each direction	GK: Continuous lateral single-leg bounds. Replicates the power and control of a repeated wide save sequence.
7	Sprinter Step Ups	4 × 8 each leg	GK: Explosive knee drive – trains the step mechanics of initiating from set position into a sprint.

STRENGTH – UPPER BODY (VOLUME)

SS	1A. Close Grip Push Ups	5 × 10	GK: Narrow grip increases tricep demand – builds the arm extension power used in full-reach saves.
SS	1B. Rope Inverted Row	5 × 10	GK: Rope pull = grip + upper back strength. Closer to real ball-catching mechanics than bar rows.
2	Pike Push Ups	3 × 8	GK: Overhead shoulder strength. Trains the muscle group responsible for high ball punching and cross catching.
3	Staggered Grip Pull Ups	4 × 10 each way	GK: Unilateral pulling strength. Each hand works independently – builds the asymmetric arm strength used in one-handed saves.
4	Head Bangers	3 × 10	GK: Extreme lat strength – the pulling muscles that draw the body to the ball in a diving save.

TRUNK

1	Hanging Knee Raise	3 × 10	GK: Hip flexor strength + hanging grip endurance. Builds the core compression that protects you in mid-air collisions.
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DAY 2 – ACCELERATION, COD & LOWER BODY STRENGTH

Speed Mechanics + Leg Volume

SPEED – ACCELERATION · LINEAR COD

1	Half Kneeling Arm Pump	2 × 5 seconds	GK: Arm drive mechanics for acceleration. Your arms set the rhythm for your feet – GKs with poor arm drive lose 0.2 sec off the start.
2	Wall Starts	4 × 5 seconds	GK: Acceleration position – forward lean + driving knees. This is your angle-closing burst posture.
3	Lateral Wall Sprint	6 × 2 each side	GK: Lateral acceleration from a wall. Directly trains the push-off force of a cross-step to a wide ball.
4	2-Point Starts	6 × 1 (10 yd sprint + 10 yd decel)	GK: Increased volume from Phase 1. Your acceleration should be crisper and your decel more controlled.
5	2-Point Stop & Go's	4 × 1 (every 5 yds for 20 yds)	GK: Multi-stop deceleration builds the brake strength to hold a 1v1 position without momentum carrying you forward.
6	Y-Cut Drill	4 × 1 each direction	GK: Read and react to a Y-shaped path. Exactly replicates reacting to a ball deflection or attacker cutting inside.

STRENGTH – LOWER BODY (VOLUME)

SS	1A. Bulgarian Split Squat	5 × 10 each leg	GK: The most GK-specific strength exercise that exists. Trains the exact single-leg position of a diving save with rear foot elevated.
SS	1B. Lateral Monster Walks	5 × 5 yards Hip Circle Band	GK: Hip abductor overload – trains the muscles that resist knee caving during hard lateral shuffles and jump landings.
2	Reverse Lunge	3 × 10 each leg	GK: Backward step trains deceleration mechanics – the same body position used to track a ball over your shoulder.
3	Sumo Squat	3 × 10	GK: Wide stance = set position stance. Inner thigh + glute dominant. Keep chest up – same posture as GK ready position.
4	Buddy Hamstring Curl	3 × 10	GK: More controlled than Phase 1. Slower eccentric on the way down – this is where the real strength builds.
5	Plantar & Dorsi Flexion	2 × 20 each	GK: Full ankle joint health. Plantar = push-off power. Dorsi = landing absorption. Both matter every time you dive.

TRUNK

1	Side Plank	3 × 30 seconds each	GK: Up from 2 sets in Phase 1. Lateral core endurance to hold body position in repeated wide save sequences.
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PHASE 2 – MONTH 2 · DAYS 3 & 4

Box jumps are introduced in Day 3 as a landmark moment in the program – the first time you're measuring a maximum vertical effort and sticking a controlled landing. Day 4 introduces resisted/assisted COD for speed quality in both directions.

DAY 3 – BILATERAL PLYOMETRICS & UPPER BODY STRENGTH

Box Jumps + Upper Push Variety

PLYOMETRICS – BILATERAL FOUNDATION

1	Pogo Jumps	2 × 10 seconds	GK: Activate ankle spring. Short, sharp, efficient – no wasted energy in every ground contact.
2	Lateral Line Hops	2 × 10 seconds	GK: Lateral ankle stiffness. Every millisecond you save in ground contact is a millisecond faster to the ball.
3	Squat Jumps	2 × 10 seconds	GK: Pure vertical jump output – train this like you're timing a cross. Max height, clean landing.
4	Alternating Lunge Jumps	2 × 10 seconds	GK: Explosive alternate leg drive – dive recovery pattern. One leg pushes while the other absorbs.
5	Skater Jumps	4 × 4 each side	GK: Increased quality from Phase 1. Each rep = one diving save push-off. Stick and hold for 1 second.
6	Box Jump	10 × 1	GK: Max effort each rep – this is your cross-timing jump. Full reset between reps. Land softly in athletic position.

STRENGTH – UPPER BODY (PUSH VARIETY)

SS	1A. Wide Grip Push Ups	5 × 10	GK: Wide grip = chest-dominant. Builds the pectoral strength for wide-reach saves and powerful goal kick plant.
SS	1B. Prone Blackburns	5 × 10	GK: Shoulder health exercise – protects the joint that takes the most stress in goalkeeping from repeated catching and throwing.
2	Neutral Grip Pull Ups	3 × Max reps	GK: Neutral grip = most natural and strongest pull position. Develops the full lat for secure ball catching.
3	Staggered Push Ups	4 × 10	GK: One hand forward, one back – trains unilateral pressing strength for one-arm save contact scenarios.
4	Wall Walks	3 × 5	GK: Full shoulder girdle strength and overhead stability. Trains the shoulder complex from every angle.

TRUNK

1	Sprinter Sit Ups	3 × 20	GK: Hip flexor + core integration with opposite arm drive. Builds the rotational core control for quick set position resets.
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DAY 4 – MAX VELOCITY, LATERAL COD & LOWER STRENGTH

Top Speed + Tempo Strength

SPEED – MAX VELOCITY · LATERAL COD

1	High Knee Run + Lateral High Knee	2 × 10 yds each	GK: Running mechanics primer. Knee height = stride power. Also trains lateral knee drive for crossover step speed.
2	Butt Kick Run + Lateral Butt Kick	2 × 10 yds each	GK: Hamstring activation + sprint cycle mechanics. Fast hamstring pull = faster step recovery after diving.
3	A Skips + B Skips	2 × 10 yards each	GK: Sprint mechanics drills. A = knee up. B = extend and claw. Perfect mechanics here = faster max speed in games.
4	Straight Leg Bounds	2 × 20 yards	GK: Hip flexor power at extension. Develops the hip drive that powers angle-closing runs in sweeper-keeper situations.
5	Build Ups	4 × 1 (20 yards to top speed)	GK: Progressive acceleration to max velocity. Your fastest sprint in a game is always a build-up – practice it that way.
6	Assisted/Resisted Crossover Run	2 × 5 yards and back	GK: Resisted = build strength in crossover. Assisted = overspeed neural training. Both teach your body to be faster.
7	Assisted/Resisted Lateral Shuffle	2 × 5 yards and back	GK: Resisted lateral shuffle = stronger push-off leg. Assisted = faster lateral neural speed. GK-essential movement pattern.

STRENGTH – LOWER BODY (TEMPO)

SS	1A. Tempo Squat [4 4 X]	5 × 10	GK: 4 sec down · 4 sec hold · explode up. Trains eccentric control + explosive concentric – exactly how a diving save works mechanically.
SS	1B. Monster Walks	5 × 5 yards fwd & rev <i>Hip Circle Band</i>	GK: Forward = hip flexor activation. Reverse = glute activation. Both are needed for powerful diving save initiation.
2	Bulgarian Split Squat	3 × 8 each leg	GK: Slightly fewer reps than Day 2 – go deeper. Increase range of motion for more dive range.
3	Single Leg Hip Thrusts	3 × 10 each leg	GK: Unilateral glute power – the single most important muscle for explosive dive initiation from one leg.
4	Plantar & Dorsi Flexion	2 × 20 each	GK: Ankle joint maintenance. Consistent ankle health = consistent landing safety across every training day.

TRUNK

1	Seated Twists	3 × 40	GK: Rotational core endurance. GKs rotate constantly – on every throw, every kick, every aerial challenge. Build the endurance to do it all game.
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PHASE 3 – MONTH 3 · PERFORMANCE

Peak power. Peak speed. Peak strength. Phase 3 combines everything from the first two phases into advanced, high-output movements. Half-kneeling box jumps, approach jumps, ground starts, reaction drills, and med ball power work. This is the phase where training matches the demands of elite goalkeeper performance.

DAY 1 – ADVANCED UNILATERAL PLYOMETRICS & UPPER BODY STRENGTH

Peak Power + Tempo Push

PLYOMETRICS – UNILATERAL + CHANGE OF DIRECTION

1	SL Linear + Lateral Pogos	2 × 10 yards each leg	GK: Both directions, both legs. This is your complete ankle spring test – the foundation of every save starts here.
2	SL Broad + SL Lateral Broad (land 2)	2 × 4 each leg	GK: Maximum single-leg distance in both directions. Push to your limit – controlled landing each time.
3	Ascending Skater Jumps	2 × 10 yards each direction	GK: Progressive lateral bounds that grow with each rep. Train your legs to produce more force the further you travel.
4	SL Broad to 90° Broad (outside leg)	4 × 1 each leg	GK: Change direction mid-air. This is the exact mechanics of a redirect save – push, pivot, and drive at a new angle.
5	Single Leg Box Jump (land 2)	4 × 1 each leg	GK: Max effort from one leg, land with two. Mirrors the push-off of a diving save landing on the box safely.
6	Half Kneeling Box Jump	4 × 1 each leg	GK: Start kneeling, explode to box. Exactly trains the recovery-to-explosion pattern after a keeper goes to ground.

STRENGTH – UPPER BODY (TEMPO + PLYOMETRIC)

SS	1A. Tempo Push Ups [4 4 X]	5 × 10	GK: Slow down, explode up. Maximum muscle fiber recruitment. Every rep should feel like the most powerful push-up you've done.
SS	1B. Supinated Inverted Row	5 × 10	GK: Palms facing up = max bicep + lower lat activation. Builds the pull strength for two-handed catches on powerful shots.
2	Lateral Plyo Push Ups	3 × 10	GK: Explosive lateral movement in the upper body – trains the arm reaction speed to get hands to a wide ball.
3	Wide Grip Pull Ups	3 × Max reps	GK: Widest grip = greatest lat width stretch. Develops the pulling power that brings your body to a wide cross.
4	Dips	3 × 10	GK: Phase 3 dips = heavier and stronger than Phase 1. Controlled descent – protect those shoulders all season.

TRUNK

1	Stir the Pot	3 × 10 each direction	GK: On a stability ball – circular plank motion demands anti-rotation in every direction. Builds the three-dimensional core control for mid-air body position.
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DAY 2 – ACCELERATION, REACTION COD & LOWER BODY STRENGTH

Ground Starts + Peak Leg Power

SPEED – ACCELERATION · LINEAR COD (REACTION)

1	Half Kneeling Arm Pump	2 × 5 seconds	GK: Activate sprint arm mechanics. Your arms drive the rhythm – consistent arm pump = consistent acceleration.
2	Ground Starts	4 × 10 yards	GK: Start from the ground, sprint 10 yards. Directly replicates getting up off the ground after a save and exploding into position.
3	Lateral Ground Starts	4 × 10 yards	GK: Get up, go lateral. The most common post-save scenario for a goalkeeper. No hesitation – explode on the first step.
4	Falling Starts	4 × 10 yards	GK: Fall forward from a lean, catch yourself and sprint. Trains the forward fall that starts every goalkeeper's angle close.
5	2-Point Starts	4 × 10 yards	GK: Reinforce acceleration mechanics from a standing GK position. This should be noticeably faster than Phase 1.
6	2-Point Stop & Go's	4 × 1 (every 5 yds for 20 yds)	GK: Multiple hard stops – trains the change-of-direction deceleration needed in a penalty box scramble.
7	Y-Cut Drill with Reaction	4 × 1 each direction	GK: Now with a visual/audio reaction cue – someone calls the direction. Trains decision-making under speed pressure.

STRENGTH – LOWER BODY (PEAK STRENGTH)

SS	1A. Decel Step Ups	5 × 5 each leg	GK: Step up explosively, decelerate on the way down with control. Trains the braking strength that protects your knees in hard set-position holds.
SS	1B. SL Glute Bridge (opposite tucked)	5 × 5 each leg	GK: Single-leg glute bridge with the other leg tucked. Maximum glute isolation – directly powers dive push-off mechanics.
2	Elevated Reverse Lunge	3 × 6 each leg	GK: Rear foot elevated = greater hip flexor stretch + single-leg demand. Deeper range = more dive flexibility and strength.
3	Broad Jumps	4 × 10 yards	GK: Max horizontal power – same mechanics as a ball-strike dive. Drive forward, land with control, reset immediately.
4	SL Hamstring Curl	3 × 8 each leg	GK: Single-leg version of the buddy curl – maximum unilateral hamstring strength to protect against non-contact injuries during explosive movements.
5	Plantar & Dorsi Flexion	2 × 20 each	GK: Ankle health maintenance. Never skip this – keep the joints that take every dive landing healthy and mobile.

TRUNK

1	Seated Dead Bug	5 × 5 each side	GK: Anti-rotation + hip flexor control from a seated position. Demands the same core-to-extremity control used when punching or tipping a ball in mid-air.
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3 PHASE 3 – MONTH 3 · DAYS 3 & 4

Med ball work and approach box jumps in Day 3 represent the highest power output exercises in the entire program. Day 4 introduces the Pro Shuttle — a timed agility test that directly measures your lateral change-of-direction capability as a goalkeeper.

DAY 3 – BILATERAL PLYOMETRICS, MED BALL & UPPER BODY STRENGTH Absolute Power + Explosive Upper

PLYOMETRICS – BILATERAL FOUNDATION + MED BALL

1	Pogo Jumps + Squat Jumps	2 × 10 seconds each	GK: Reactive + explosive combo primer. Pogos activate the ankle spring; squat jumps prime the full power chain.
2	Seated Box Jump	10 × 1	GK: Start seated — eliminate the stretch reflex. Maximum force from a dead start. This is exactly what a save from a standing position requires.
3	Approach Box Jump	10 × 1	GK: 3-step approach into max jump. Uses elastic loading for peak power — trains the run-up mechanics for timing a cross.
4	Lateral Broad Jump	4 × 1 each side	GK: Bilateral wide lateral leap — the physical mechanics of a diving save at full stretch. Max distance. Hard stick.
5	Lateral Box Jump	4 × 1 each side	GK: Lateral jump onto a surface — trains the lift-off and landing control for a diving save with a barrier behind you.
6	Med Ball Side Toss	8 × 1 each side	GK: Rotational power — directly trains the lateral hip and trunk explosion used in side-volleys and goal kick driven power.
7	Kneeling Side Slam	8 × 1 each side	GK: From kneeling, slam med ball laterally. Trains rotational trunk power from a recovery position — same mechanics as getting up from a save.

STRENGTH – UPPER BODY (PLYOMETRIC FOCUS)

SS	1A. Plyo Push Ups	5 × 10	GK: Explosive upper body push — hands leave the ground. Trains the reactive arm extension speed for reaction saves at close range.
SS	1B. Prone ITY's	5 × 3 each way	GK: I / T / Y positions = complete rotator cuff and rear deltoid strengthening. Shoulder longevity for a full goalkeeper career.
2	Close Grip Pull Ups	3 × Max reps	GK: Narrow grip demands more bicep — the pulling muscles most used in close-range save security and ball retention.
3	Clapping Push Ups	3 × 10	GK: Max explosive push output. Your hands have to leave the ground — the same reflex-speed your arms need to get to a driven ball.
4	Plank Press Ups	3 × 10	GK: From plank to push-up position and back. Trunk + shoulder stability while the body is moving — trains save-to-recovery transitions.

TRUNK

1	Sprinter Sit Ups	3 × 20	GK: Fast, rhythmic hip flexor drive. Opposite arm and knee together — builds the rotational coordination for quick post-save recovery steps.
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DAY 4 – MAX VELOCITY, SHUTTLE SPEED & LOWER BODY STRENGTH Peak Speed + Tempo Power

SPEED – MAX VELOCITY · LATERAL COD + SHUTTLES

1	Power Skips	4 × 10 yards (2 height · 2 distance)	GK: Back from Phase 1 with full power output. These should be noticeably more explosive after 3 months of training.
2	High Knee + Butt Kick Run	2 × 10 yards each	GK: Sprint primer. Lock in mechanics before pushing to top speed — quality movement creates quality speed.
3	A Skips + B Skips	2 × 10 yards each	GK: Sprint cycle mechanics. B skips train the hamstring pawback — the fastest part of the ground contact cycle.
4	Straight Leg Bounds	2 × 20 yards	GK: Hip flexor power from extension. Develop the hip drive that gives GKs elite angle-closing range.
5	Single Leg High Knee	4 × 10 yards each side	GK: Single-leg hopping with knee drive. Unilateral speed mechanics — builds the asymmetric leg strength that makes your crossover step lethal.
6	Build Ups	4 × 1 (20 yards to top speed)	GK: This should be your fastest build-up yet. 3 months of training = measurably faster top speed. Time yourself and track it.
7	Pro Shuttle	2 × 1 each direction	GK: 5-10-5 change of direction test. A GK benchmark — measures lateral deceleration, cut, and acceleration. Time every run.
8	Short Shuttle	2 × 1 each direction	GK: Shorter version — tests your first-step quickness and ability to change direction at maximum speed in a tight space.
9	Lateral Short Shuttle	2 × 1 each direction	GK: Pure lateral speed test. This directly measures your post-to-post coverage speed. Track your times across the program.

STRENGTH – LOWER BODY (TEMPO + LATERAL)

SS	1A. Tempo Sumo Squat [4 4 X]	5 × 10	GK: Wide stance + tempo control. Slow descent, pause, explode. Builds the lateral hip power base for the final phase of the program.
SS	1B. Lateral Monster Walks	5 × 5 yards Hip Circle Band	GK: After 3 months, this should feel significantly stronger. Your hips should drive lateral movement without the knees caving at all.
2	Decel Step Ups	3 × 10 each leg	GK: Increased reps from Day 2. Control every rep on the descent — this is where the real GK landing mechanics are being trained.
3	Lateral Lunge	3 × 10 each leg	GK: Drive wide and low — same body position as a wide dive. Inner thigh and glute dominant. Don't let the knee cave inward.
4	Plantar & Dorsi Flexion	2 × 20 each	GK: Final week of the program — your ankles have taken 12 weeks of impact. This is your maintenance and protection protocol. Never skip it.

TRUNK

1	Hanging Knee Raise	3 × 10	GK: Program finisher. Grip strength + hip flexor power + full core compression. After 3 months, this should feel dramatically easier than week 1 — that's your proof of progress.
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PROGRESS TRACKING – MEASURE YOUR DEVELOPMENT

Track These 4 Numbers: Record at the start of Month 1, end of Month 1, and end of Month 3. Improvement across all four measures = your athleticism as a goalkeeper is measurably better.

TEST	MONTH 1 START	MONTH 1 END	MONTH 3 END	GK APPLICATION
Pro Shuttle (5-10-5)	_____ sec	_____ sec	_____ sec	Post-to-post coverage speed + COD quality
Box Jump (max height)	_____ inches	_____ inches	_____ inches	Cross-catching vertical leap + explosive power
Pull Ups (max reps)	_____ reps	_____ reps	_____ reps	Upper body pulling strength for ball security
Build Up Sprint (20 yds)	_____ sec	_____ sec	_____ sec	Max velocity for sweeper-keeper range

GOALKEEPER SUPERSET GUIDE

Supersets (SS) are two exercises done back-to-back with minimal rest between them, then rest 60–90 seconds before repeating. They increase training density and develop the conditioning to stay explosive in late-game situations.

PHASE 1 SUPERSET FORMAT

- Complete 1A · rest 10 sec · complete 1B
- Rest 60–75 seconds
- Repeat for all sets listed
- Focus: build the pattern, not the pace

PHASE 2 SUPERSET FORMAT

- Complete 1A · no rest · complete 1B
- Rest 60 seconds between supersets
- Increase quality, not just completion
- Focus: single-leg control + volume

PHASE 3 SUPERSET FORMAT

- Complete 1A · no rest · complete 1B
- Rest 45–60 seconds max
- Maximum effort on every set
- Focus: peak output + mental toughness

REST PERIODS & PROGRAMMING NOTES

PLYOMETRIC REST GUIDELINES

- **Pogo hops / line hops:** 30–45 sec between sets
- **Squat jumps / skater jumps:** 45–60 sec between sets
- **Box jumps (max effort):** 60–90 sec between reps — full reset each time
- **Power skips / bounds:** Walk back = rest. 60 sec minimum between sets.
- **Med ball (Phase 3):** 45–60 sec between sets
- If form breaks down — rest longer. Never sacrifice quality for speed.

SPEED SESSION GUIDELINES

- **Acceleration sprints:** Full recovery between reps — 60–90 sec walk-back rest
- **Tempo 50's:** 30–45 sec between reps — these are sub-max conditioning
- **COD drills:** 45–60 sec between reps — quality of cut matters more than speed
- **Shuttle tests:** 2–3 min between timed runs — full CNS recovery for accurate results
- If you're still breathing hard — you haven't fully recovered. Wait.

PROGRAM NOTES & GK SEASON INTEGRATION

SCENARIO	RECOMMENDED ADJUSTMENT
In-season (games 1-2x/week)	Reduce to 2 days/week (Day 1 + Day 2). Remove speed days to preserve legs for games. Focus on strength maintenance.
Pre-season (4-8 weeks before start)	Full 4-day program. Prioritize Phase 1 or Phase 2 depending on your current fitness level.
Off-season (no games)	Complete 3-phase program in full. This is the best time to build the physical foundation that shows up in-season.
GK training sessions conflict with workout days	Do bodyweight strength training in the morning, GK sessions in the evening (min 6-hr gap). On game day — no bodyweight training.
Soreness after Phase 1 Week 1	Normal. Reduce sets by 1 on all exercises for that day. Add an extra rest day. Do not skip — active recovery (light walk, stretching) is better than full rest.
Can't do pull ups yet	Substitute with assisted pull ups (band) or jumping pull ups with slow eccentric descent. 5 jumping pull ups = 1 strict pull up in time.

THE STANDARD AT JUST4GK

Every goalkeeper who completes all three phases of this program will be stronger, faster, and more explosive than when they started — because this program is built on the exact physical qualities that make a goalkeeper exceptional. But the program doesn't make you better. Showing up every day, executing every rep with intention, and refusing to cut corners is what makes you better. This is the work that happens before the spotlight. The saves that look effortless in games are built in training like this. Now go do the work.

— COACH JERIMY · JUST4GK