

# G5 Special Report: Goalies ONLY

*Top 5 exercises for flexibility, strength and speed.*



**READ THIS FIRST!**

**YOU MUST GET YOUR PHYSICIAN'S APPROVAL BEFORE ATTEMPTING THESE EXERCISES.**

These exercise recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program, or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy active individuals 14 years of age and older with their guardian's consent, or athletes 18 years and older.

The information in this report is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is well maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The workouts in this book are not intended as a substitute for any exercise routine or treatment that may have been prescribed by your physician.

- Don't perform any exercise without proper instruction. Always do a warm-up prior to strength training and interval training or games.
- See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including this one. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.
- You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old

Neither Maria Mountain nor Revolution Sport Conditioning shall be held liable for any injuries, which may be incurred as a result of including these exercises in your current workout routine.

AND THEN READ THIS...

Neither this manual, nor the video portion of the *G5 Special Report* may be duplicated without the written consent of Maria L. Mountain.

## Welcome to the G5 Special Report

What you have in your hands is my top five goalie-specific exercises or drills for mobility, stability, strength and stamina that address the specific needs of hockey goalies.

Contrary to popular belief, goalies can do better than exactly what the skaters do. Just like a quarterback in football can do better with some specific modifications to the program that his offensive linemen do.

But I hope you also appreciate that goalies do not need an entirely different program than the rest of the team. They still need to be exceptional athletes first and foremost.

What I am sharing with you today is not a detailed program, it is a 'Top 5 List' of exercises that you can sprinkle into your current off-ice training program. Try adding one exercise from each category for the next 2-4 weeks, then switch to a different exercise from each category for 2-4 weeks and so on. See and appreciate how some small changes can make a big difference.

### G5: Movement

Here are the five movement exercises that I think can really help a goalie not only move better on the ice, but reduce their risk of injury. I don't need to tell you that goaltending can take its toll on your hips and back, so adding some of these specific stretches will help reduce that wear and tear while improving your performance on the ice.

Exercise	Purpose	Volume
½ Kneeling Groin + Rotation	Improve practical mobility for those reaching saves with your leg extended.	10 each
Standing Groin + Rotation	Improve practical mobility for those reaching saves with your leg extended.	10 each
Supine Hip Internal Rotation	Wider butterfly flare.	10 reps with a 5 second hold

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Hamstring + Rotation	Better hip mobility and less wear and tear on your lower back.	10 each
Seated Hip Internal Rotation	Wider butterfly flare.	10 repetitions with a 5 second hold

### G5: Stability

Have you ever met a pitcher who didn't do extra work on his shoulders – making sure the rotator cuff got a little extra love every day? I have. I met quite a few of them when I worked in the Fowler Kennedy Sport Physio Clinic where they were patients 😊

Your hips are similar to a pitcher's shoulder. You need to pay some extra attention to the 'rotator cuff' muscles that control and stabilize the femur and that is what you will find in the G5: Stability list below.

Exercise	Purpose	Volume
Kneeling Balance	Stability in the hip	45-60 seconds each
Eccentric Adductor	Teach groins to lengthen under tension – reduce groin strains	5 each – lower for 5 seconds.
Butterfly Flow	Hip flexibility and control	Do 3 each way – go as slowly as you can with control
Squat Lateral + Leg Lift	Hip stability and flexibility	5 on each side - hold 3s
Side-Lying Hip Internal Rotation	Activation/strengthen hip internal rotators to improve stability at the hip.	10 each side – hold 2 seconds at the top

### G5: Strength

Strength is the foundation for your speed and power. It is the most changeable portion of the power equation, so even if we do not increase the speed of application, just by increasing the amount of force you can produce, you will move faster on the ice.

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What it also means is that you will use less energy to make your routine saves, which means more gas in the tank as the game wears on.

Exercise	Purpose	Volume
BG 'C' Cuts	Multiplanar strength in hip.	5-8 each way; each leg
Seated Hip Circles	Multiplanar strength in hip.	5-8 each way; each leg – very slowly
DB Squat Lateral	Leg strength for lateral pushes and teaching the groins to lengthen under tension to reduce the risk of groin strain.	3 sets of 8 each way
½ Kneeling Crease Push	Leg strength for lateral pushes.	2-3 sets of 8-12 each
DB Goblet Squat	Leg strength and lengthening the groins under tension to reduce the risk of groin strain.	3 sets of 8-12

## G5: Speed

This is what everyone is after ultimately – some make the mistake of trying to leap right to the speed without having the movement, stability or strength. That usually results in an injury.

Let me be very clear – we are not trying to mimic your on-ice movements. We are trying to get similar muscle actions and you want to be careful that you are not developing bad habits – like letting your arms swing around as you do some of the movements.

So imagine that you have your glove and stick, imagine where the play is developing and make the movements explosive.

Exercise	Purpose	Volume
Four Corner Lateral Push	Speed around the crease, picking up foot and pushing	4-6 sets of 15 seconds – with 60 seconds of rest

		between
V-Drill Read & React	Agility around the crease with a cognitive challenge	4-6 sets of 15 seconds with 60 seconds of rest between
AL: Pivot Drill	Practice staying loaded in your legs and getting quick lateral movements	4-6 sets of 15-30 seconds with 60-90 seconds of rest between.
Single Knee Recovery	Explosive out of knee down position	2-3 sets of 3 each side
Double Knee Recovery – <i>start with your knees on a cushion, Airex pad or BOSU to get some height.</i>	Pop back up to feet from knee down position	2-3 sets of 3

You will notice that there is lots of rest called for between sets in the agility drills, this is a great opportunity to work on your juggling, stickhandling or core training. Do not just sit around looking at the clock.

## The Last Ingredient

Now the last thing to do is take action. I laughed so hard the other day when a customer bought one of my step-by-step off-ice goalie training programs and emailed me to say 'I registered for the program, what do I do now?'

Well, not be a smart Alec - - but... *do the work!* Trust me, there are lots of goalies out there who have a good idea of what they should be doing to stop more pucks, but they still let their team down night after night because they fail to take action.

These are some very small things you can do to make your game much better – even if you just pick one exercise and start with that.

Happy Training!

*Martin L. Montclair*

## About The Coach...



Hockey Strength and Conditioning Coach Maria Mountain, MSc specializes in off-ice training for hockey goalies. She is the owner of Revolution Sport Conditioning located in London, Ontario, Canada.

She has shared her expertise with collegiate athletes as the head strength coach to the men's and women's hockey, basketball, volleyball and track and field teams at Western University.

You have seen some of Maria's clients competing at the Olympics, in the NHL, MLB, AHL and CFL. Her career highlights include watching her client hoist the Stanley Cup for the Anaheim Ducks, Jeff Francis pitching for the Colorado Rockies in the World Series and Figure Skaters Tessa Virtue and Scott Moir win the Olympic Gold medal in Vancouver 2010.

Her goal is to help athletes perform and win at the very highest level by designing effective training systems that will also reduce the athlete's risk of injury leading to a long and productive career.

Maria has posted hundreds of goalie specific off-ice training videos and articles for you at [www.goalietrainingpro.com](http://www.goalietrainingpro.com)

Maria's programs have been featured here...

**Maria and her programs have been seen in and on**

