

6-WEEK FITNESS PLAN TO ELITE GOALKEEPING

TRAIN LIKE A PRO GOALKEEPER



A Step-by-Step Guide to Professional Goalkeeper Fitness

BY GROUNDGLORY.COM



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About the Author

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With over two decades in elite football, Kristian is more than just a goalkeeper—he's a dedicated goalkeeping expert always looking to expand his knowledge and skillset.

Now a goalkeeping coach, he shares his expertise with aspiring goalkeepers, goalkeeping coaches, and parents of young goalkeepers through his website, [Ground Glory](https://GroundGlory.com).

Offering invaluable tips and professional insights, drills and strategies, and mental preparation for goalkeepers of all ages and skill levels, Kristian is your guide to goalkeeping excellence.

**Welcome, Future Elite
Goalkeepers!**

You're about to embark on a transformative journey that will elevate your game to new heights. Whether you're an aspiring young talent or a seasoned professional, this eBook is designed to provide you with a comprehensive, goalkeeper-specific gym training program that focuses on all the essential aspects of goalkeeping fitness.

Why This Program?

Goalkeeping in football is not just about making spectacular saves; it's a multi-faceted role that demands a unique set of physical and mental attributes. Strength, power, agility, quick reflexes, and even kinesthetic awareness are all crucial elements that contribute to your performance between the sticks.

That's why we've created this 6-Week Gym Training Program for Goalkeepers: **Train Like A Professional Goalkeeper** — a program that doesn't just focus on one aspect of fitness but aims to offer a holistic approach to goalkeeper training.

Who is this Program for?

This program is designed for goalkeepers who are serious about taking their game to the next level. Whether you're an aspiring young talent or a seasoned veteran, or an amateur looking to become a professional goalkeeper, this 6-week gym training guide offers a comprehensive approach to physical and mental development.

So, if you're looking to improve your **strength, agility, speed, explosivity, balance, mental focus, and overall goalkeeping**, you've come to the right place. This program is your roadmap to becoming the goalkeeper every team dreams of having.

What to Expect?

Over the next six weeks, you'll be engaged in a meticulously designed training regimen that will challenge you in various ways:

- **Strength Training:** Build the muscle mass that helps you make those powerful dives and high catches.
- **Power and Explosiveness:** Improve your ability to launch yourself across the goal with exercises that focus on fast-twitch muscle fibers.
- **Agility and Speed:** Enhance your quickness and ability to change direction swiftly.
- **Core and Balance:** Strengthen your core muscles for better control and stability in the air and on the ground.

Each week will have a specific focus, and the exercises will become progressively more challenging as you advance through the program.

How to Use This eBook?

- **Schedule:** The program is designed for you to train 3-4 times a week, keeping in mind that you may also have team practices and matches.
- **Duration and When:** Each gym session should last between 45-60 minutes and is ideally done before or after team training.
- **Tracking & Checklists:** We've included tables and checklists for you to track your progress before, during, and after training.

Final Thoughts Before We Dive In

This program is not just a set of exercises; it's a roadmap to becoming an elite goalkeeper. Commit to it, give it your all, and watch how it transforms not just your game, but also your confidence and presence on the field.

So, are you ready to take the first step towards becoming the best goalkeeper you can be?

Let's get started!



Important to Read This

6-Week Fitness Plan To Elite Goalkeeping

Before diving into the rigorous 6-week program, let's go over some fundamental fitness principles that are crucial for your training journey.

Hydration: Prevents fatigue and improves performance. Drink 2-3 liters of water daily, add electrolytes during intense workouts.

Focus on Form: Prevents injuries and maximizes effectiveness. Start with lighter weights, use mirrors to check form. Instead of using heavy weights and losing form, focus on making the weights you are using heavy.

Consult a Professional: Personalized guidance and injury prevention. Book a few sessions with a certified trainer.

Nutrition: Fuels performance and speeds up recovery. Balanced diet rich in protein, fats, and carbs.

Rest and Recovery: Prevents overtraining and promotes muscle growth. Get 7-8 hours of sleep, incorporate rest days. Don't skip stretching & mobility days.

Mental Preparation: Enhances focus and reduces anxiety. Use visualization and mindfulness techniques. *Remember, discipline beats motivation.*

Consistency: Yields long-term results. Set goals, track progress, and celebrate small wins.

Use Common Sense: Preparing a one-fit-all program is difficult. If you're not used to lifting weights, find alternative exercises to the difficult ones, e.g. Power Cleans, Snatch, Deadlift, etc.

Use YouTube and Google: If you're unsure about how to perform specific exercises, a simple "How To [Name of Exercise]" on Google or YouTube will help you.

Week 1

WEEK 1

DAY 1 WORKOUT

(Strength & Explosiveness)

- ☐ **10min - Warm-Up:** e.g. Jogging, Cycling, Rowing, etc.

-
- ☐ **3x8 - Squat**

Weight: Set 1: _____ Set 2: _____ Set 3: _____

- ☐ **3x8 - Deadlift**

Weight: Set 1: _____ Set 2: _____ Set 3: _____

- ☐ **3x12 - Box-Jumps**

Weight (optional): Set 1: _____ Set 2: _____ Set 3: _____

- ☐ **3x12 - Calf-Raises**

Weight: Set 1: _____ Set 2: _____ Set 3: _____

Core

- ☐ **3x45s - Plank**

- ☐ **3x30s - Russians Twists**

DAY 2 WORKOUT

(Upper Body Strength & Stability)

☐ **10min - Warm-Up:** e.g. Jogging, Cycling, Rowing, etc.

☐ **3x8 - Bench Press**

Weight: Set 1: _____ Set 2: _____ Set 3: _____

☐ **3xMAX - Push-Ups**

☐ **3x10 - Shoulder Press**

Weight: Set 1: _____ Set 2: _____ Set 3: _____

☐ **3xMAX - Pull-Ups**

Weight (optional): Set 1: _____ Set 2: _____ Set 3: _____

☐ **3x10 - Dumbbell Rows**

Weight: Set 1: _____ Set 2: _____ Set 3: _____

Core

☐ **3x30s - Bicycle Crunches**

☐ **3x15 - Leg Raises**

DAY 3 WORKOUT

(Stretching & Mobility)

- ☐ **10min - Warm-Up:** e.g. Dynamic stretching, Leg Swings, Arm Circles, etc.
-
- ☐ **3x10 each - Hip Circles** - Stand on one leg, lift the other knee to 90 degrees and make circles with your hip. This helps in opening up the hip joint, which is crucial for goalkeepers.
 - ☐ **3x10 each - Ankle Rolls** - Lift one foot off the ground and roll your ankle clockwise and then counter-clockwise. This helps in preventing ankle injuries.
 - ☐ **3x10 each - Thoracic Rotations** - In a quadruped position (on all fours), place one hand behind your head and rotate your elbow towards the opposite wrist, then rotate upwards. This helps in improving upper back mobility.
 - ☐ **3x30s each - Quad Stretch** - While standing, pull one heel towards your glutes, keeping the knees together. This helps in stretching the front of the thigh.
 - ☐ **3x30s each - Groin Stretch** - In a wide stance, shift your weight to one side, bending one knee and stretching the opposite leg. This stretch is essential for goalkeepers as they often have to make wide-leg saves.
 - ☐ **3x30s each - Hamstring Stretch** - Sit on the ground, extend one leg out and bend the other leg so the sole of the foot is against the inner thigh of the extended leg. Lean forward to stretch the hamstring of the extended leg.
 - ☐ **3x30s each - Butterfly Stretch** - Sit on the ground, bring the soles of your feet together and let your knees drop out to the sides. Push gently on your knees with your elbows for a deeper stretch.
 - ☐ **3x30s each - Shoulder Stretch** - Extend one arm across your body and use the other arm to push it closer to your chest. This helps in stretching the shoulder muscles.
 - ☐ **3x30s each - Wrist Flexor & Extensor Stretch** - Extend one arm out with the palm facing up, and use the other hand to gently pull the fingers down. Repeat with the palm facing down.

DAY 4 WORKOUT

(Agility, Speed & Core)

- ☐ **10min - Warm-Up:** e.g. Jogging, Cycling, Rowing, etc.
-

- ☐ **3x1min - Ladder/Cone Drills - Straight** - Explode through the ladder and walk or jog back to the starting position for 1 min. Focus on quality over quantity.

- ☐ **3x1min - Ladder/Cone Drills - Sideways** - Explode through the ladder one side at a time and walk or jog back to the starting position for 1 min. Focus on quality over quantity.

- ☐ **3x1min - Ladder/Cone Drills - Zig-Zag** - Zig-Zag through the ladder one side at a time and walk or jog back to the starting position for 1 min. Focus on quality over quantity.

- ☐ **3x7m, 14m, 21m, 30m - Sprinting Drills** - Sprint 7 meters, 14 meters, 21 meters and 30 meters. Walk or jog back to the starting position after each sprint.
-

Core

- ☐ **3x45s - Plank**
- ☐ **3x30s each - Side-Plank**

Week 2

WEEK 2

DAY 1 WORKOUT

(Power & Lower Body Strength)

- ☐ **10min - Warm-Up:** e.g. Jogging, Cycling, Rowing, etc.
-

- ☐ **3x8 - Power Cleans**

Weight: Set 1: _____ Set 2: _____ Set 3: _____

- ☐ **3x8 - Snatch**

Weight: Set 1: _____ Set 2: _____ Set 3: _____

- ☐ **3x12 - Leg Press**

Weight: Set 1: _____ Set 2: _____ Set 3: _____

- ☐ **3x12 - Hamstring Curls**

Weight: Set 1: _____ Set 2: _____ Set 3: _____

- ☐ **3x12 - Jump Squats**

Weight (optional): Set 1: _____ Set 2: _____ Set 3: _____

Core

- ☐ **3x15 - V-Ups**

- ☐ **3x30 - Sit-Ups**

DAY 2 WORKOUT

(Upper Body Power & Strength)

- ☐ **10min - Warm-Up:** e.g. Jogging, Cycling, Rowing, etc.
-

- ☐ **3x10 - Medicine Ball Slams**

Weight: Set 1: _____ Set 2: _____ Set 3: _____

- ☐ **3xMAX - Pull-Ups**

- ☐ **3x12 - Dips**

Weight (optional): Set 1: _____ Set 2: _____ Set 3: _____

- ☐ **3x12 - Triceps Pushdown**

Weight: Set 1: _____ Set 2: _____ Set 3: _____

- ☐ **3xMAX - Plyo Push-Ups**
-

Core

- ☐ **3x30s - Bicycle Crunches**

- ☐ **3x30s - Russian Twists**

DAY 3 WORKOUT

(Stretching & Mobility)

- ☐ **10min - Warm-Up:** e.g. Dynamic stretching, Leg Swings, Arm Circles, etc.
-
- ☐ **3x10 each - Hip Circles** - Stand on one leg, lift the other knee to 90 degrees and make circles with your hip. This helps in opening up the hip joint, which is crucial for goalkeepers.
 - ☐ **3x10 each - Ankle Rolls** - Lift one foot off the ground and roll your ankle clockwise and then counter-clockwise. This helps in preventing ankle injuries.
 - ☐ **3x10 each - Thoracic Rotations** - In a quadruped position (on all fours), place one hand behind your head and rotate your elbow towards the opposite wrist, then rotate upwards. This helps in improving upper back mobility.
 - ☐ **3x30s each - Quad Stretch** - While standing, pull one heel towards your glutes, keeping the knees together. This helps in stretching the front of the thigh.
 - ☐ **3x30s each - Groin Stretch** - In a wide stance, shift your weight to one side, bending one knee and stretching the opposite leg. This stretch is essential for goalkeepers as they often have to make wide-leg saves.
 - ☐ **3x30s each - Hamstring Stretch** - Sit on the ground, extend one leg out and bend the other leg so the sole of the foot is against the inner thigh of the extended leg. Lean forward to stretch the hamstring of the extended leg.
 - ☐ **3x30s each - Butterfly Stretch** - Sit on the ground, bring the soles of your feet together and let your knees drop out to the sides. Push gently on your knees with your elbows for a deeper stretch.
 - ☐ **3x30s each - Shoulder Stretch** - Extend one arm across your body and use the other arm to push it closer to your chest. This helps in stretching the shoulder muscles.
 - ☐ **3x30s each - Wrist Flexor & Extensor Stretch** - Extend one arm out with the palm facing up, and use the other hand to gently pull the fingers down. Repeat with the palm facing down.

DAY 4 WORKOUT

(Agility, Speed & Core)

- ☐ **10min - Warm-Up:** e.g. Jogging, Cycling, Rowing, etc.
-

- ☐ **3x1min - Ladder/Cone Drills - Straight** - Explode through the ladder and walk or jog back to the starting position for 1 min. Focus on quality over quantity.

- ☐ **3x1min - Ladder/Cone Drills - Sideways** - Explode through the ladder one side at a time and walk or jog back to the starting position for 1 min. Focus on quality over quantity.

- ☐ **3x1min - Ladder/Cone Drills - Zig-Zag** - Zig-Zag through the ladder one side at a time and walk or jog back to the starting position for 1 min. Focus on quality over quantity.

- ☐ **3x7m, 14m, 21m, 30m - Sprinting Drills** - Sprint 7 meters, 14 meters, 21 meters and 30 meters. Walk or jog back to the starting position after each sprint.
-

Core

- ☐ **3x1min - Plank**
- ☐ **3x30s each - Side-Plank**
- ☐ **3x30s - Mountain Climbers**

Week 3

WEEK 3

DAY 1 WORKOUT

(Kinesthetic Awareness, Coordination & Explosivity)

- ☐ **10min - Warm-Up:** e.g. Jogging, Cycling, Rowing, etc.
-

- ☐ **3x10 - Balance Ball Squats**

Weight (optional): Set 1: _____ Set 2: _____ Set 3: _____

- ☐ **3x12 each - Medicine Ball Rotations**

Weight: Set 1: _____ Set 2: _____ Set 3: _____

- ☐ **3x6 each - Single Leg Deadlift**

Weight: Set 1: _____ Set 2: _____ Set 3: _____

- ☐ **3x6 - Nordic Hamstring**

- ☐ **3x12 - Jump Squats**

Weight (optional): Set 1: _____ Set 2: _____ Set 3: _____

Core

- ☐ **3x40s - Russian Twists**

- ☐ **3x40 - Bicycle Crunches**

DAY 2 WORKOUT

(Lower Body Strength & Explosive Power)

☐ **10min - Warm-Up:** e.g. Jogging, Cycling, Rowing, etc.

☐ **3x10 - Squats**

Weight: Set 1: _____ Set 2: _____ Set 3: _____

☐ **3x12 - Box Jumps**

Weight (optional): Set 1: _____ Set 2: _____ Set 3: _____

☐ **3x8 each - Single Leg Hamstring Curls**

Weight: Set 1: _____ Set 2: _____ Set 3: _____

☐ **3x15 - Kettlebell Swings**

Weight: Set 1: _____ Set 2: _____ Set 3: _____

Core

☐ **3x1min - Plank**

☐ **3x10 - Hanging Leg Raises**

DAY 3 WORKOUT

(Stretching & Mobility)

- ☐ **10min - Warm-Up:** e.g. Dynamic stretching, Leg Swings, Arm Circles, etc.
-
- ☐ **3x10 each - Hip Circles** - Stand on one leg, lift the other knee to 90 degrees and make circles with your hip. This helps in opening up the hip joint, which is crucial for goalkeepers.
 - ☐ **3x10 each - Ankle Rolls** - Lift one foot off the ground and roll your ankle clockwise and then counter-clockwise. This helps in preventing ankle injuries.
 - ☐ **3x10 each - Thoracic Rotations** - In a quadruped position (on all fours), place one hand behind your head and rotate your elbow towards the opposite wrist, then rotate upwards. This helps in improving upper back mobility.
 - ☐ **3x30s each - Quad Stretch** - While standing, pull one heel towards your glutes, keeping the knees together. This helps in stretching the front of the thigh.
 - ☐ **3x30s each - Groin Stretch** - In a wide stance, shift your weight to one side, bending one knee and stretching the opposite leg. This stretch is essential for goalkeepers as they often have to make wide-leg saves.
 - ☐ **3x30s each - Hamstring Stretch** - Sit on the ground, extend one leg out and bend the other leg so the sole of the foot is against the inner thigh of the extended leg. Lean forward to stretch the hamstring of the extended leg.
 - ☐ **3x30s each - Butterfly Stretch** - Sit on the ground, bring the soles of your feet together and let your knees drop out to the sides. Push gently on your knees with your elbows for a deeper stretch.
 - ☐ **3x30s each - Shoulder Stretch** - Extend one arm across your body and use the other arm to push it closer to your chest. This helps in stretching the shoulder muscles.
 - ☐ **3x30s each - Wrist Flexor & Extensor Stretch** - Extend one arm out with the palm facing up, and use the other hand to gently pull the fingers down. Repeat with the palm facing down.

DAY 4 WORKOUT

(Upper Body Strength & Core)

- ☐ **10min - Warm-Up:** e.g. Jogging, Cycling, Rowing, etc.
-

- ☐ **3x10 - Bench Press**

Weight: Set 1: _____ Set 2: _____ Set 3: _____

- ☐ **3xMAX - Pull-Ups**

Weight (optional): Set 1: _____ Set 2: _____ Set 3: _____

- ☐ **3xMAX - Dips**

Weight (optional): Set 1: _____ Set 2: _____ Set 3: _____

- ☐ **3x10 - Shoulder Press**

Weight: Set 1: _____ Set 2: _____ Set 3: _____

Core

- ☐ **3x15 - V-Ups**

- ☐ **3x30 - Sit-Ups**

Week 4

WEEK 4

DAY 1 WORKOUT

(Power & Explosivity)

- ☐ **10min - Warm-Up:** e.g. Jogging, Cycling, Rowing, etc.
-

- ☐ **3x8 - Power Cleans**

Weight: Set 1: _____ Set 2: _____ Set 3: _____

- ☐ **3x12 - Medicine Ball Slams**

Weight: Set 1: _____ Set 2: _____ Set 3: _____

- ☐ **3x8 - Snatch**

Weight: Set 1: _____ Set 2: _____ Set 3: _____

- ☐ **3x8 each - Single Leg Box Jump**

Weight (optional): Set 1: _____ Set 2: _____ Set 3: _____

- ☐ **3x12 - Jump Squats**

Weight (optional): Set 1: _____ Set 2: _____ Set 3: _____

Core

- ☐ **3x45s - Russian Twists**

- ☐ **3x45s - Bicycle Crunches**

DAY 2 WORKOUT

(Upper Body Strength, Stability & Power)

☐ **10min - Warm-Up:** e.g. Jogging, Cycling, Rowing, etc.

☐ **3xMAX - Pull-Ups**

Weight (optional): Set 1: _____ Set 2: _____ Set 3: _____

☐ **3xMAX - Push-Ups**

☐ **3xMAX - Dips**

Weight (optional): Set 1: _____ Set 2: _____ Set 3: _____

☐ **3x10 - Dumbbell Rows**

Weight: Set 1: _____ Set 2: _____ Set 3: _____

☐ **3x10 - Shoulder Press**

Weight: Set 1: _____ Set 2: _____ Set 3: _____

Core

☐ **3x1min - Plank**

☐ **3x10 - Hanging Leg Raises**

DAY 3 WORKOUT

(Stretching & Mobility)

- ☐ **10min - Warm-Up:** e.g. Dynamic stretching, Leg Swings, Arm Circles, etc.
-
- ☐ **3x10 each - Hip Circles** - Stand on one leg, lift the other knee to 90 degrees and make circles with your hip. This helps in opening up the hip joint, which is crucial for goalkeepers.
 - ☐ **3x10 each - Ankle Rolls** - Lift one foot off the ground and roll your ankle clockwise and then counter-clockwise. This helps in preventing ankle injuries.
 - ☐ **3x10 each - Thoracic Rotations** - In a quadruped position (on all fours), place one hand behind your head and rotate your elbow towards the opposite wrist, then rotate upwards. This helps in improving upper back mobility.
 - ☐ **3x30s each - Quad Stretch** - While standing, pull one heel towards your glutes, keeping the knees together. This helps in stretching the front of the thigh.
 - ☐ **3x30s each - Groin Stretch** - In a wide stance, shift your weight to one side, bending one knee and stretching the opposite leg. This stretch is essential for goalkeepers as they often have to make wide-leg saves.
 - ☐ **3x30s each - Hamstring Stretch** - Sit on the ground, extend one leg out and bend the other leg so the sole of the foot is against the inner thigh of the extended leg. Lean forward to stretch the hamstring of the extended leg.
 - ☐ **3x30s each - Butterfly Stretch** - Sit on the ground, bring the soles of your feet together and let your knees drop out to the sides. Push gently on your knees with your elbows for a deeper stretch.
 - ☐ **3x30s each - Shoulder Stretch** - Extend one arm across your body and use the other arm to push it closer to your chest. This helps in stretching the shoulder muscles.
 - ☐ **3x30s each - Wrist Flexor & Extensor Stretch** - Extend one arm out with the palm facing up, and use the other hand to gently pull the fingers down. Repeat with the palm facing down.

DAY 4 WORKOUT

(Agility, Speed & Core)

- ☐ **10min - Warm-Up:** e.g. Jogging, Cycling, Rowing, etc.
-

- ☐ **3x1min - Ladder/Cone Drills - Straight** - Explode through the ladder and walk or jog back to the starting position for 1 min. Focus on quality over quantity.

- ☐ **3x1min - Ladder/Cone Drills - Sideways** - Explode through the ladder one side at a time and walk or jog back to the starting position for 1 min. Focus on quality over quantity.

- ☐ **3x1min - Ladder/Cone Drills - Zig-Zag** - Zig-Zag through the ladder one side at a time and walk or jog back to the starting position for 1 min. Focus on quality over quantity.

- ☐ **3x7m, 14m, 21m, 30m - Sprinting Drills** - Sprint 7 meters, 14 meters, 21 meters and 30 meters. Walk or jog back to the starting position after each sprint.
-

Core

- ☐ **3x1min - Plank**
- ☐ **3x30s each - Side-Plank**
- ☐ **3x30s - Mountain Climbers**

Week 5

WEEK 5

DAY 1 WORKOUT

(Plyometric & Explosive Power)

- ☐ **10min - Warm-Up:** e.g. Jogging, Cycling, Rowing, etc.
-

- ☐ **3x15 - Box Jumps**

Weight (optional): Set 1: _____ Set 2: _____ Set 3: _____

- ☐ **3x10 - Depth Jumps**

- ☐ **3x10 - Plyo Push-Ups**

- ☐ **3x10 - High-Knees Jumps**

- ☐ **3x10 - Jump Squats**
-

Core

- ☐ **3x45s - Russian Twists**

- ☐ **3x45s - Bicycle Crunches**

DAY 2

WORKOUT

(Agility, Speed & Core)

- ☐ **10min - Warm-Up:** e.g. Jogging, Cycling, Rowing, etc.
-

- ☐ **3x1min - Ladder/Cone Drills - Straight** - Explode through the ladder and walk or jog back to the starting position for 1 min. Focus on quality over quantity.

- ☐ **3x1min - Ladder/Cone Drills - Sideways** - Explode through the ladder one side at a time and walk or jog back to the starting position for 1 min. Focus on quality over quantity.

- ☐ **3x1min - Ladder/Cone Drills - Zig-Zag** - Zig-Zag through the ladder one side at a time and walk or jog back to the starting position for 1 min. Focus on quality over quantity.

- ☐ **3x30s - Resistance Band Runs** - Attach a resistance band to a stationary object and run against the resistance.
-

Core

- ☐ **3x1min - Plank**
- ☐ **3x30s each - Side-Plank**
- ☐ **3x15 - Leg Raises**

DAY 3 WORKOUT

(Core, Stability & Balance)

- ☐ **10m - Warm-Up:** e.g. Jogging, Cycling, Rowing, etc.

-
- ☐ **3x10 each - Single Leg Squats**

Weight: Set 1: _____ Set 2: _____ Set 3: _____

- ☐ **3x10 - Stability Ball Jack-Knife**

- ☐ **3x10 - Stability Ball Hamstring Curls**

- ☐ **3x8 each - Single Leg Stability Ball Hip Thrust**

Core

- ☐ **3x15 - V-Ups**

- ☐ **3x30 - Sit-Ups**

- ☐ **3x45s - Mountain Climbers**

- ☐ **3x45s - Russian Twists**

DAY 4 WORKOUT

(Stretching & Mobility)

- ☐ **10min - Warm-Up:** e.g. Dynamic stretching, Leg Swings, Arm Circles, etc.
-
- ☐ **3x10 each - Hip Circles** - Stand on one leg, lift the other knee to 90 degrees and make circles with your hip. This helps in opening up the hip joint, which is crucial for goalkeepers.
 - ☐ **3x10 each - Ankle Rolls** - Lift one foot off the ground and roll your ankle clockwise and then counter-clockwise. This helps in preventing ankle injuries.
 - ☐ **3x10 each - Thoracic Rotations** - In a quadruped position (on all fours), place one hand behind your head and rotate your elbow towards the opposite wrist, then rotate upwards. This helps in improving upper back mobility.
 - ☐ **3x30s each - Quad Stretch** - While standing, pull one heel towards your glutes, keeping the knees together. This helps in stretching the front of the thigh.
 - ☐ **3x30s each - Groin Stretch** - In a wide stance, shift your weight to one side, bending one knee and stretching the opposite leg. This stretch is essential for goalkeepers as they often have to make wide-leg saves.
 - ☐ **3x30s each - Hamstring Stretch** - Sit on the ground, extend one leg out and bend the other leg so the sole of the foot is against the inner thigh of the extended leg. Lean forward to stretch the hamstring of the extended leg.
 - ☐ **3x30s each - Butterfly Stretch** - Sit on the ground, bring the soles of your feet together and let your knees drop out to the sides. Push gently on your knees with your elbows for a deeper stretch.
 - ☐ **3x30s each - Shoulder Stretch** - Extend one arm across your body and use the other arm to push it closer to your chest. This helps in stretching the shoulder muscles.
 - ☐ **3x30s each - Wrist Flexor & Extensor Stretch** - Extend one arm out with the palm facing up, and use the other hand to gently pull the fingers down. Repeat with the palm facing down.

Week 6

WEEK 6

DAY 1 WORKOUT

(Strength & Power)

- ☐ **10min - Warm-Up:** e.g. Jogging, Cycling, Rowing, etc.
-

- ☐ **3x8 - Deadlifts**

Weight: Set 1: _____ Set 2: _____ Set 3: _____

- ☐ **3x10 - Medicine Ball Slams**

Weight: Set 1: _____ Set 2: _____ Set 3: _____

- ☐ **3x10 - Bench Press**

Weight: Set 1: _____ Set 2: _____ Set 3: _____

- ☐ **3xMAX - Plyo Push-Ups**

- ☐ **3xMAX - Pull-Ups**
-

Core

- ☐ **3x45s - Russian Twists**

- ☐ **3x45s - Bicycle Crunches**

DAY 2 WORKOUT

(Agility, Speed & Core)

- ☐ **10min - Warm-Up:** e.g. Jogging, Cycling, Rowing, etc.
-

- ☐ **3x1min - Ladder/Cone Drills - Straight** - Explode through the ladder and walk or jog back to the starting position for 1 min. Focus on quality over quantity.

- ☐ **3x1min - Ladder/Cone Drills - Sideways** - Explode through the ladder one side at a time and walk or jog back to the starting position for 1 min. Focus on quality over quantity.

- ☐ **3x1min - Ladder/Cone Drills - Zig-Zag** - Zig-Zag through the ladder one side at a time and walk or jog back to the starting position for 1 min. Focus on quality over quantity.

- ☐ **3x30s - Resistance Band Runs** - Attach a resistance band to a stationary object and run against the resistance.
-

Core

- ☐ **3x1min - Plank**
- ☐ **3x40s each - Side-Plank**
- ☐ **3x30s - Leg Raises**

DAY 3 WORKOUT

(Stretching & Mobility)

- ☐ **10min - Warm-Up:** e.g. Dynamic stretching, Leg Swings, Arm Circles, etc.
-
- ☐ **3x10 each - Hip Circles** - Stand on one leg, lift the other knee to 90 degrees and make circles with your hip. This helps in opening up the hip joint, which is crucial for goalkeepers.
 - ☐ **3x10 each - Ankle Rolls** - Lift one foot off the ground and roll your ankle clockwise and then counter-clockwise. This helps in preventing ankle injuries.
 - ☐ **3x10 each - Thoracic Rotations** - In a quadruped position (on all fours), place one hand behind your head and rotate your elbow towards the opposite wrist, then rotate upwards. This helps in improving upper back mobility.
 - ☐ **3x30s each - Quad Stretch** - While standing, pull one heel towards your glutes, keeping the knees together. This helps in stretching the front of the thigh.
 - ☐ **3x30s each - Groin Stretch** - In a wide stance, shift your weight to one side, bending one knee and stretching the opposite leg. This stretch is essential for goalkeepers as they often have to make wide-leg saves.
 - ☐ **3x30s each - Hamstring Stretch** - Sit on the ground, extend one leg out and bend the other leg so the sole of the foot is against the inner thigh of the extended leg. Lean forward to stretch the hamstring of the extended leg.
 - ☐ **3x30s each - Butterfly Stretch** - Sit on the ground, bring the soles of your feet together and let your knees drop out to the sides. Push gently on your knees with your elbows for a deeper stretch.
 - ☐ **3x30s each - Shoulder Stretch** - Extend one arm across your body and use the other arm to push it closer to your chest. This helps in stretching the shoulder muscles.
 - ☐ **3x30s each - Wrist Flexor & Extensor Stretch** - Extend one arm out with the palm facing up, and use the other hand to gently pull the fingers down. Repeat with the palm facing down.

DAY 4 WORKOUT

(Conditioning & Core)

☐ **10min - Warm-Up:** e.g. Jogging, Cycling, Rowing, etc.

☐ **3x1min - Rowing Machine** - 85-100% intensity.

☐ **3x30s - Battle Ropes** - 85-100% intensity.

Core

☐ **3x1min - Plank**

☐ **3x45s each - Side-Plank**

☐ **3x15 - V-Ups**

☐ **3x45s each - Russian Twists**

Congratulations!

- Now What?

Your Next Steps After Completing the 6-Week Gym Training Program for Aspiring Professional Goalkeepers

Completing this 6-week gym training regimen is a monumental achievement, but it's just the beginning of your journey to becoming a top-tier professional goalkeeper.

Here's how to maintain your progress and set the stage for future success:

Reevaluate Your Objectives: After completing this intensive 6-week goalkeeper training program, take a moment to assess your progress. Identify areas of improvement and set new, challenging goals for your ongoing development.

Mix Up Your Routine: To prevent workout stagnation and continue making gains, diversify your exercise regimen. Introduce new movements or modify existing ones to keep your muscles engaged and responsive.

Join a Goalkeeping Community: Networking with other aspiring or professional goalkeepers can provide invaluable insights and motivation. Online forums, social media groups, or local clubs are great places to start.

Consult a Professional: If possible, consult with a certified fitness trainer or a specialized goalkeeping coach for personalized advice tailored to your unique needs and goals.

Stay Informed: Keep up-to-date with the latest goalkeeping techniques, training methods, and equipment. Subscribe to reputable blogs, podcasts, or newsletters in the field. A great place to start is at GroundGlory.com.

Template: Create Your Own Work-Out Plan

DAY __ WORKOUT

Main Focus: (_____)

☐ __ **min** - **Warm-Up:** e.g. _____, _____, _____ etc.

☐ __ **X** __ - _____
Weight: Set 1: _____ Set 2: _____ Set 3: _____

☐ __ **X** __ - _____
Weight: Set 1: _____ Set 2: _____ Set 3: _____

☐ __ **X** __ - _____
Weight: Set 1: _____ Set 2: _____ Set 3: _____

☐ __ **X** __ - _____
Weight: Set 1: _____ Set 2: _____ Set 3: _____

☐ __ **X** __ - _____
Weight: Set 1: _____ Set 2: _____ Set 3: _____

☐ __ **X** __ - _____
Weight: Set 1: _____ Set 2: _____ Set 3: _____

Core

☐ __ **X** ____ - _____

☐ __ **X** ____ - _____

☐ __ **X** ____ - _____

☐ __ **X** ____ - _____

Template: Pre-Training Checklist

Pre-Training Check List

Equipment Check:

- ☐ *Training Shoes*
- ☐ *Workout Clothes*
- ☐ *Water Bottle*
- ☐ *Towel*
- ☐ *Weightlifting Gloves (if needed)*
- ☐ *Resistance Bands (if needed)*
- ☐ *Medicine Ball (if needed)*
- ☐ *Stopwatch/Timer*
- ☐ *Notebook/Training Log*

Mental Preparation:

- ☐ *Review Today's Workout Plan*
- ☐ *Set Clear Goals for the Session*
- ☐ *Visualize Successful Execution*

Physical Preparation:

- ☐ *Ensure Adequate Hydration*
- ☐ *Have a Light Snack (if needed)*
- ☐ *Perform Dynamic Warm-up*

Template: Post- Training Reflection

Post-Training Reflection

DATE: __ / __ - ____

Workout Summary:

- *Duration:* ____ min
- *Exercises Completed:* ____

Performance Review:

- *Strengths Today:* _____
- *Areas for Improvement:* _____
- *Adjustments Needed for Next Session:* _____

Physical Feedback:

- *Energy Levels (1-10):* _____
- *Muscle Soreness (1-10):* _____
- *Any Injuries or Strains:* _____

Mental Feedback:

- *Motivation Levels (1-10):* _____
- *Focus Levels (1-10):* _____
- *Overall Satisfaction (1-10):* _____

Template: Weekly Progress Tracker

WEEKLY PROGRESS TRACKER

Week Number ____

Strength Progress:

- ☐ *Increase in Weights Used*
- ☐ *More Reps Completed*
- ☐ *Improved Form & Technique*

Endurance Progress:

- ☐ *Longer Duration Without Fatigue*
- ☐ *Increased Cardio Intensity*

Flexibility/Mobility Progress:

- ☐ *Improved Range of Motion*
- ☐ *Less Muscle Tightness*

Core Stability Progress:

- ☐ *Longer Plank Duration*
- ☐ *Improved Balance in Stability Exercises*

Notes: _____

Template: Nutrition Log

NUTRITION LOG

DATE: __ / __ - __

Breakfast:

- **Food:** _____
- **Calories:** _____
- **Macros** - Carbs: _____ Protein: _____ Fats: _____

Lunch:

- **Food:** _____
- **Calories:** _____
- **Macros** - Carbs: _____ Protein: _____ Fats: _____

Dinner:

- **Food:** _____
- **Calories:** _____
- **Macros** - Carbs: _____ Protein: _____ Fats: _____

Snacks:

- **Food:** _____
- **Calories:** _____
- **Macros** - Carbs: _____ Protein: _____ Fats: _____

Water Intake: _____ *liters*

Supplements Taken: _____

The Final Save: Embracing Your Goalkeeping Future

6-Week Fitness Plan To Elite Goalkeeping

Dear *Goalkeeper*,

As you close this chapter of your training, I want you to take a moment to look back at the progress you've made. You might not see immediate results but putting that extra work in will elevate you miles ahead of your competition in the long run.

Stay Anchored to Your Goal: Goalkeeping is as much about mental strength as it is about physical prowess. Stay committed to your training regimen, and remember why you started this journey in the first place.

Make Physical Training a Regular Part of Your Life: Physical training isn't just about enhancing your goalkeeping skills—it's a lifestyle choice that boosts energy, focus, and happiness. By committing to regular workouts, you're investing in both your game and overall well-being. It's more than just a routine; it's a pathway to a healthier, more vibrant life. Embrace it and see the transformative effects on and off the field.

Discipline Beats Motivation: Motivation can be fleeting, but discipline remains steadfast. On days when energy wanes and motivation is scarce, it's discipline that will carry you forward. By setting clear goals and adhering to a structured workout plan, you eliminate the uncertainty that often leads to surrender. Remember, it's not about waiting for the right mood; it's about commitment and consistency. When motivation falls short, let discipline guide you.

Trust Your Instincts and Abilities: Lastly, always believe in your capabilities. With every save and every leap, know that you have the power to change the course of a match. Trust in your training, your instincts, and most importantly, in yourself.

*I Hope to see you around! - **Kristian***

Frequently Asked Questions

Q: How often should goalkeepers train in the gym?

A: This program recommends 3 days of gym training per week, in addition to your regular football training and matches.

Q: What are the best gym exercises for goalkeepers?

A: Exercises that focus on lower body strength, upper body stability, and core strength are crucial for goalkeepers.

Q: How can gym training improve goalkeeper performance?

A: Gym training can enhance your strength, power, and agility, which are key attributes for a goalkeeper.

Q: Are there any specific gym workouts for soccer goalkeepers?

A: Yes, this program is designed specifically for soccer goalkeepers, focusing on the unique demands of the position.

Q: Can I combine this gym program with my regular football training?

A: Yes, this program is designed to complement your regular football training, not replace it.

Q: What should goalkeepers eat before and after a gym training session?

A: A balanced meal rich in protein and carbohydrates is recommended before and after training to fuel performance and aid recovery.

Q: Can I combine this gym program with my regular football training?

A: Yes, this program is designed to complement your regular football training, not replace it.

Elevate Your Goalkeeping Gym Game

Dive into the world of professional goalkeeping with guidance from those who've walked the path.

Penned by Kristian Thomsen, a seasoned goalkeeper with over two decades in elite football, this book unveils exclusive insights into the gym routines that shaped his illustrious career.

Within these pages, you'll discover:

Elite-Level Training: A detailed 6-week training regimen crafted specifically for ambitious goalkeepers.

Tools for Success: Comprehensive templates, checklists, and trackers to ensure you train with purpose and precision.

Personalized Pathway: A straightforward guide to tailor a workout plan that aligns with your unique needs.

Embark on your journey to goalkeeping excellence with this invaluable resource.

