

Pro		Goalie		Postural Coordination and Agility		FHIT Performance	
Workout 1				Workout 2			
Exercise	Sets	Reps	Notes	Exercise	Sets	Reps	Tempo
Band Hip Up/Down	3	8		Bosu Standing Wall Ball	3	30 sec	
Crease Hurdles	3	2	each way	1 Knee Down Hurdle Jump Over	3	6	each way
rest				rest			
SB Knee Balance	3	30 sec		Goalie Shuttle	4	1	each way
Wall Throws w/ Shuffle	3	4	each way	Juggle/Wall Juggle	3	30 sec	
rest				rest			
Pivot Lateral Bound	2	20 yd		Band Pivots	3	15 yd	
Ball Drop w/ Knee Slap	2	10		Up/Downs on Bosu	3	8	each leg
rest				rest			
Frog Hop w/ Lateral Bound	2	5	each way	1 Leg Box Drop Hold	2	6	each leg
1 Knee Down Lateral Push	2	5	each way	Double Ball Wall Throw	2	15	
rest				rest			
Prehab				Prehab			
Exercise	Sets	Reps	Notes	Exercise	Sets	Reps	Notes
None				None			