Lakeshore Soccer Club Goalkeeper Annual Periodisation Plan 2017-2018

	Meso-Cycle	1	2	3	4	5	6
Training Type	Strength & Conditioning work load	Winter Part 1	Winter Part 2	Pre Season	Season Part 1	Season Part 2	Recovery & Personal Plans

Date of Week Commencing	November				December				January					Febuary			March				April			May				June				July				August				September				October				
	6	13	20	27	4	11	18	25	1	8	15	22	29	5	12	19	26	5	12	19	26	2	9	16	23	30	7	14	21	28	4	11	18	25	2	9	16	23	30	6	13	20	27	3	10	17	24	1	8	15	22	29
Tactical/ Psycological — Goalkeeping Training Focus		Combination	Combination	Differentation of situation	Differentation of situation	Space/ Time	xmas	xmas	Space/ Time	Stability	Stability	Reactions	Reactions	Adaptations simple	Adaptations complex	Rhythm	Evaluation to identify requirements for pre-season	Combination	Differentation of situation	Space/ Time	Stability	Reactions	Adaptations	Rhythm	Evaluation to identify progress	Differentation of situation	Space/ Time	Stability	Reactions	Adaptations	Rhythm	Combination	Differentation of situation	Space/ Time	Stability	Evaluation to identify progress	Adaptations	Rhythm	Combination	Differentation of situation	Space/ Time	Stability	Reactions	Adaptations								
Technical — Main Exercise's		Set position	Set position	Change of position	Change of position	Traveling in the box			Traveling in the box	Catching	Catching	Rebound	Rebound	Diving	Diving	Deviation	T	Set position	Change of position	Traveling in the box	Catching	Rebound	Diving	Deviation	T	Change of position	Traveling in the box	Catching	Rebound	Diving	Deviation	Set position	Change of position	Traveling in the box	Catching	T	Diving	Deviation	Set position	Change of position	Traveling in the box	Catching	Rebound	Diving					T	T		
Physical — Main Exercise's		5 min fartlek run	1 - Squat 2 - Alternate leg lunges 3- Press ups	1 - Falling Starts 2 - lateral hurdle Acceleration	1 - Walk out press up 2 - Split Squat Jump 3 - Hop out	5 min fartlek run	xmas	xmas	5 min fartlek run	1 - Squat 2 - Alternate leg lunges 3- Press ups	1 - Falling Starts 2 - lateral hurdle Acceleration	1 - Walk out press up 2 - Split Squat Jump 3 - Hop out	5 min fartlek run	1 - Squat 2 - Alternate leg lunges 3- Press ups	1 - Falling Starts 2 - lateral hurdle Acceleration	1 - Walk out press up 2 - Split Squat Jump 3 - Hop out	T	1 - Squat 2 - Alternate leg lunges 3- Press ups	1 - Falling Starts 2 - lateral hurdle Acceleration	1 - Walk out press up 2 - Split Squat Jump 3 - Hop out	5 min fartlek run	1 - Squat 2 - Alternate leg lunges 3- Press ups	1 - Falling Starts 2 - lateral hurdle Acceleration	T	1 - Squat 2 - Alternate leg lunges 3- Press ups	1 - Falling Starts 2 - lateral hurdle Acceleration	1 - Walk out press up 2 - Split Squat Jump 3 - Hop out	5 min fartlek run	1 - Squat 2 - Alternate leg lunges 3- Press ups	1 - Falling Starts 2 - lateral hurdle Acceleration	1 - Walk out press up 2 - Split Squat Jump 3 - Hop out	5 min fartlek run	1 - Squat 2 - Alternate leg lunges 3- Press ups	1 - Falling Starts 2 - lateral hurdle Acceleration	T	5 min fartlek run	1 - Squat 2 - Alternate leg lunges 3- Press ups	1 - Falling Starts 2 - lateral hurdle Acceleration	1 - Walk out press up 2 - Split Squat Jump 3 - Hop out	5 min fartlek run	1 - Squat 2 - Alternate leg lunges 3- Press ups	1 - Falling Starts 2 - lateral hurdle Acceleration	1 - Walk out press up 2 - Split Squat Jump 3 - Hop out					T	T		
Physical — Intensity (% of 1RM or HR)		90	60	110	60	90	xmas	xmas	90	60	110	60	90	60	110	60	T	60	110	60	90	60	110	60	T	60	110	60	90	60	110	60	90	60	110	T	90	60	110	60	90	60	110	60					T	T		
Physical — Sets x Reps (Time (Secs)		2	3x15	3x10	3x10	2			2	3x15	3x10	3x10	2	3x15	3x10	3x10	T	3x15	3x10	3x10	2	3x15	3x10	3x10	T	3x15	3x10	3x10	2	3x15	3x10	3x10	2	3x15	3x10	T	2	3x15	3x10	3x10	2	3x15	3x10	3x10								
Physical — Rest Between Sets		4 min	1 min	1 min	1 min	4 min			3 min	1 min	1 min	1 min	3 min	1 min	1 min	1 min	T	1 min	1 min	1 min	2.5 min	1 min	1 min	1 min	T	1 min	1 min	1 min	3 min	1 min	1 min	1 min	3 min	1 min	1 min	T	3 min	1 min	1 min	1 min	3 min	1 min	1 min	1 min								
Physical — Core Isolation Ex's		Plank / Side Plank / Scissors							V- Ups / Jackknifes / Upper Circle Crunches X 2								Figure 8's / Bent Knee Windscreen Wipers / Mountain Climbers								V-Ups / Canoe Crunch / 1 Down 2 up / Crunch & twist								Seated Ab Circles x 2 / Heels to Heavens / Plank																				
Physical — Sets x Reps or Time (Secs)		30	30	45	45	60			30	30	30	45	45	60	60	60	T	45	45	45	60	60	60	60	T	30	30	45	45	45	60	60	60	45	45	T	30	30	45	45	45	60	60	45								
Physical — Rest Between Sets		30-60s							30-60s								30-60s								30-60s												30-60s															

Week No	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52
Goalkeeper team visits — Games																										FU17	FU15	MU15	MU16	MU10	FU10	MU11	FU11	MU12	FU12	MU15	FU15	FU16		FU17	FU15	MU15										
Goalkeeper team visits — Training																													FU16	MU14	FU14	MU13	FU13	FU16	FU17	FU16			MU14	FU14											
																													MU15	MU16	MU10	FU10	MU11	FU11	MU12	FU12	FU17				MU13	FU13									
																															MU14	FU14	FU15	MU13	FU13					MU14	FU14										
U8-18 group training	X	✔	✔	✔	✔	✔	X	X	✔	✔	✔	✔	✔	✔	✔	✔	✔	✔	✔	✔	✔	✔	✔	✔	✔	X	X	✔	X	✔	✔	✔	X	X	✔	✔	✔	✔	✔	✔	✔	X	X	X	X	X	X	X	X	X	X	X
U13-18 elite group training	X	✔	✔	✔	✔	✔	X	X	✔	✔	✔	✔	✔	✔	✔	✔	✔	✔	✔	✔	✔	✔	✔	✔	✔	✔	✔	✔	✔	✔	✔	✔	✔	✔	✔	✔	✔	✔	✔	✔	✔	✔	✔	✔	X	X	X	X	X	X	X	X

Subject to change depending on match schedule

254.5

	No Training
	Season
	Season End
	Pre-season preperations
	Intro/Reminder of Exercise Techniques
	Recovery/Taper Wk
	Fitness Testing/ Evaluations
	Aerobic Endurance
	Speed Endurance + Speed
	Strength Endurance
	Strength