

# LOWER BODY MOBILITY PROGRAM



[WWW.LACOUVEEGOALTENDING.COM](http://WWW.LACOUVEEGOALTENDING.COM)



# LACOUVEE GOALTENDING



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# ABOUT ME



**HEY GOALIES!**

**MY NAME IS CONNOR LACOUVEE, I AM A  
PROFESSIONAL GOALIE WITH EXPERIENCE IN  
NCAA, ECHL, AHL, & EUROPE.**

**OVER THE PAST TWO YEARS, I HAVE BEEN  
RUNNING GOALIE DEVELOPMENT PROGRAMS  
ON AND OFF THE ICE.**

# PLEASE READ:



- I AM NOT A LICENSED STRENGTH & CONDITIONING COACH
- THIS IS NOT MEDICAL ADVICE
- DO THIS PROGRAM AT YOUR OWN RISK
- THESE EXERCISES SHOULD BE PAIN FREE
- THIS PROGRAM IS FOR GOALIES 12 & UP
- PLEASE WATCH AND READ ALL EXERCISE TUTORIALS BEFORE ATTEMPTING



# **FLEXIBILITY VS MOBILITY**

**MOBILITY AND FLEXIBILITY ARE RELATED CONCEPTS IN PHYSICAL FITNESS AND HEALTH, BUT THEY REFER TO DIFFERENT ATTRIBUTES AND CAPACITIES OF THE BODY.**





# **FLEXIBILITY**

**FLEXIBILITY IS THE ABILITY OF A MUSCLE OR GROUP OF MUSCLES TO LENGTHEN PASSIVELY THROUGH A RANGE OF MOTION.**

**IT IS SPECIFICALLY ABOUT THE CAPABILITY OF YOUR MUSCLES AND CONNECTIVE TISSUES, LIKE LIGAMENTS AND TENDONS, TO STRETCH.**

**FLEXIBILITY IS A COMPONENT OF MOBILITY BUT IS LIMITED TO THE PASSIVE QUALITIES OF MUSCLES AND CONNECTIVE TISSUE**





# MOBILITY

**MOBILITY, ON THE OTHER HAND, IS A BROADER CONCEPT THAT REFERS TO THE ABILITY OF A JOINT TO MOVE ACTIVELY THROUGH A RANGE OF MOTION.**

**IT INVOLVES BOTH THE MUSCULAR SYSTEM AND THE ARTICULAR (JOINT) SYSTEM AND INCLUDES ASPECTS OF FLEXIBILITY, STRENGTH, AND THE NERVOUS SYSTEM CONTROL:**





# THE 3 COMPONENTS OF THIS PROGRAM

**PNF STRETCHING**

**FUNCTIONAL RANGE  
CONDITIONING (FRC)**

**SELF MYOFASCIAL RELEASE  
(SMR)**





# PNF STRETCHING

**PNF STRETCHING INVOLVES THE FOLLOWING PHASES:**

- **STRETCH: THE MUSCLE GROUP TO BE STRETCHED IS EXTENDED TO ITS MAXIMUM LENGTH BUT WITHOUT CAUSING PAIN.**
- **CONTRACT: AFTER THE INITIAL STRETCH, THE MUSCLE BEING STRETCHED IS ISOMETRICALLY CONTRACTED FOR SEVERAL SECONDS, WHERE THE MUSCLE TRIES TO CONTRACT WHILE NOT ACTUALLY MOVING (THE JOINT IS STABILIZED AND DOESN'T CHANGE POSITION). THE CONTRACTION IS TYPICALLY HELD FOR ABOUT 5-6 SECONDS.**
- **RELAX: THE MUSCLE CONTRACTION IS FOLLOWED BY A BRIEF RELAXATION.**
- **INCREASED STRETCH: THE MUSCLE IS THEN STRETCHED AGAIN, OFTEN TO A GREATER EXTENT THAN THE INITIAL STRETCH, TAKING ADVANTAGE OF A TEMPORARY INCREASE IN RANGE OF MOTION. THIS IS USUALLY HELD FOR ABOUT 10 TO 30 SECONDS.**





# FRC

**FUNCTIONAL RANGE CONDITIONING (FRC), IS A COMPREHENSIVE SYSTEM OF MOBILITY AND JOINT CONTROL TRAINING, PRIMARILY FOCUSED ON IMPROVING THE FUNCTIONAL RANGE OF MOTION AND JOINT HEALTH.**

## **KEY COMPONENTS OF FRC**

- **CONTROLLED ARTICULAR ROTATIONS (CARS): THESE ARE SLOW, DELIBERATE MOVEMENTS AT THE OUTER LIMITS OF JOINT MOTION. THE PURPOSE IS TO MAXIMIZE THE ROTATIONAL RANGE OF MOTION OF THE JOINTS.**
- **PROGRESSIVE AND REGRESSIVE ANGULAR ISOMETRIC LOADING (PAILS AND RAILS): THESE TECHNIQUES ARE USED TO EXPAND THE RANGE OF MOTION.**
- **FUNCTIONAL MOBILITY DEVELOPMENT: THE TRAINING IS DIRECTED AT NOT ONLY INCREASING THE RANGE OF MOTION BUT ALSO TEACHING THE NERVOUS SYSTEM HOW TO CONTROL THE NEWLY ACQUIRED RANGES ACTIVELY.**





# **SELF-MYOFASCIAL RELEASE**

## **(SMR)**

**SMR IS A TECHNIQUE USED TO ALLEVIATE MUSCLE TIGHTNESS, SORENESS, AND INFLAMMATION, AND TO INCREASE JOINT RANGE OF MOTION.**

- **SMR OFTEN INVOLVES THE USE OF TOOLS LIKE FOAM ROLLERS, LACROSSE BALLS, OR MASSAGE STICKS TO APPLY PRESSURE TO SPECIFIC POINTS ON YOUR BODY, AIDING IN THE RECOVERY OF MUSCLES AND ASSISTING IN RETURNING THEM TO NORMAL FUNCTION.**

### **HOW SELF-MYOFASCIAL RELEASE WORKS**

- **THE "MYOFASCIAL" PART OF THE TERM REFERS TO THE MUSCLE TISSUES (MYO) AND THE CONNECTIVE TISSUES (FASCIA) THAT SURROUND AND INTEGRATE WITH MUSCLES. FASCIA IS AN EXTENSIVE NETWORK OF CONNECTIVE TISSUE THAT ENVELOPS AND CONNECTS YOUR MUSCLES, BONES, NERVES, AND BLOOD VESSELS ACROSS THE BODY.**
- **THE THEORY BEHIND SMR IS THAT BY APPLYING GENTLE, SUSTAINED PRESSURE ON THE SOFT TISSUES ONE CAN STIMULATE THE STRETCH REFLEX IN MUSCLES AND LOOSEN UP RESTRICTED FASCIA, THEREBY IMPROVING MOBILITY AND MUSCLE FUNCTION.**



# PROGRAM & SCHEDULE

THIS PROGRAM HAS 3 SEPARATE  
DAYS TO IT.

IT IS DESIGNED TO BE  
COMPLETED 6 DAYS A WEEK, FOR  
ONE MONTH.

## SCHEDULE

MON	TU	WED	TH	FRI	SAT	SUN
FRC	PNF	SMR	FRC	PNF	SMR	OFF



# PROGRAM & SCHEDULE

(CLICK THE LINK FOR VIDEO)

**FRC** CONTROLLED, SLOW, PURPOSEFUL REPS. FORM IS KEY,  
DON'T SACRIFICE IT.

**EXERCISE**

**VIDEO**

**SETS & REPS**

**HIP CARS**

**CLICK HERE**

**2X4**

**1/2 KH THREAD  
THE NEEDLE**

**CLICK HERE**

**2X8**

**COSSACK GET  
UPS**

**CLICK HERE**

**2X8**

**90/90 SWIVELS**

**CLICK HERE**

**2X8**

**90/90 BACK HIP  
ER**

**CLICK HERE**

**2X8**

**90/90 BACK HIP  
IR**

**CLICK HERE**

**2X8**

**90/90 BACK HIP  
FLOW**

**CLICK HERE**

**2X5**



# PROGRAM & SCHEDULE

**PNF**

**HOLD STRETCH 2-3 MINS, FLEX TARGET MUSCLE 5-10'S,  
FLEX ANTAGONIST MUSCLE 5-10'S, RELAX INTO STRETCH.**

**EXERCISE**

**VIDEO**

**SETS & REPS**

**BUTTERFLY**

**[CLICK HERE](#)**

**1X3**

**LUNGE**

**[CLICK HERE](#)**

**1X3**

**MIDDLE SPLITS**

**[CLICK HERE](#)**

**1X3**

**PANCAKE**

**[CLICK HERE](#)**

**1X3**

**FROG**

**[CLICK HERE](#)**

**1X3**

**90/90 FRONT HIP**

**[CLICK HERE](#)**

**1X3**

**90/90 BACK HIP**

**[CLICK HERE](#)**

**1X3**



# PROGRAM & SCHEDULE

**SMR**

USE LACROSSE BALL OR FOAM ROLLER. HIT TARGET MUSCLE FOR 30-60 SECONDS

**EXERCISE**

**VIDEO**

**SETS & REPS**

**FOOT**

**[CLICK HERE](#)**

**1X 30-60'S**

**TFL**

**[CLICK HERE](#)**

**1X 30-60'S**

**GLUTE**

**[CLICK HERE](#)**

**1X 30-60'S**

**QUAD**

**[CLICK HERE](#)**

**1X 30-60'S**

**GROIN**

**[CLICK HERE](#)**

**1X 30-60'S**

**BACK**

**[CLICK HERE](#)**

**1X 30-60'S**

**HIP FLEXOR**

**[CLICK HERE](#)**

**1X 30-60'S**



# PROGRESSIONS

INCREASE REPS + SETS

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
FRC	LISTED	+2 REPS	LISTED REPS+ 1 SET	+2 REPS & + 1 SET
PNF	LISTED	+1 REP	LISTED REPS+ 1 SET	+1 REPS & + 1 SET
SMR	30'S	30'S	60'S	60'S



# CONGRATULATIONS!

AWESOME JOB COMPLETING THE PROGRAM.

IF YOU ENJOYED IT, PLEASE TAG ME ON  
SOCIAL MEDIA @LACOUVEEGOALTENDING

HERE ARE LINKS TO ADDITIONAL  
PROGRAMS: TRAINING PROGRAMS

AND TO MY WEBSITE:

LACOUVEE GOALTENDING





# CONTACT ME

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