

LOWER BODY MOBILITY PROGRAM



LACOUVEE GOALTENDING

WWW.LACOUVEEGOALTENDING.COM



— THE PROGRAM

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ABOUT ME



HEY GOALIES!

My name is **Connor LaCouvee**. I'm a professional goalie with experience in the **NCAA, ECHL, AHL & Europe**.

Over the past few years I've been running goalie development programs both on and off the ice — helping goalies move better, feel better, and last longer in the crease.

NCAA

ECHL

AHL

EUROPE

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 describe **different attributes and capacities** of the body.

Understanding the difference is the key to training the right thing. This program targets both.



FLEXIBILITY

Flexibility is the ability of a muscle or group of muscles to **lengthen passively** through a range of motion.

It's specifically about the capability of your muscles and connective tissues — like ligaments and tendons — to stretch.

Flexibility is a **component of mobility**, but it's limited to the passive qualities of muscles and connective tissue.



MOBILITY

Mobility is the broader concept: 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 nervous-system control**.

That's why this program trains more than just stretching.



THE 3 COMPONENTS

PNF **STRETCHING**

01

Contract-relax stretching to unlock new passive range.

FUNCTIONAL RANGE **CONDITIONING**

02

FRC — active joint control & rotational range.

SELF-MYOFASCIAL **RELEASE**

03

SMR — release tissue tension and aid recovery.



PNF STRETCHING

1 • STRETCH

The target muscle is extended to its maximum length — without pain.

2 • CONTRACT

Isometrically contract the stretched muscle for about 5-6 seconds. The joint stays stable and doesn't move.

3 • RELAX

Follow the contraction with a brief relaxation.

4 • INCREASED STRETCH

Stretch again — usually deeper than the first — and hold for 10 to 30 seconds.



FRC

Functional Range Conditioning is a comprehensive system of **mobility and joint-control training**, focused on improving functional range of motion and joint health.

CONTROLLED ARTICULAR ROTATIONS (CARS)

Slow, deliberate movements at the outer limits of joint motion to maximize rotational range.

PAILS & RAILS

Progressive and regressive angular isometric loading, used to expand range of motion.

FUNCTIONAL MOBILITY

Teaches the nervous system to actively control the new range you build.



SELF-MYOFASCIAL RELEASE

SMR is a technique used to ease muscle tightness, soreness, and inflammation — and to increase joint range of motion.

It uses tools like **foam rollers, lacrosse balls, or massage sticks** to apply pressure to specific points on the body, helping muscles recover and return to normal function.

WHAT "MYOFASCIAL" MEANS

"Myo" is the muscle tissue; "fascia" is the connective tissue that surrounds and integrates with muscle. Fascia is an extensive network connecting your muscles, bones, nerves, and blood vessels across the body.

WHY IT WORKS

Applying gentle, sustained pressure on soft tissue stimulates the stretch reflex and loosens restricted fascia — improving mobility and muscle function.

SCHEDULE

This program has **3 separate days**. It's designed to be completed **6 days a week, for one month**.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
FRC	PNF	SMR	FRC	PNF	SMR	OFF

 **FRC**  **PNF**  **SMR**  **REST**

FRC Functional Range Conditioning — active joint control.

PNF Contract-relax stretching for new passive range.

SMR Self-myofascial release & tissue recovery.

FRC EXERCISES

#	EXERCISE	SETS × REPS	VIDEO
01	Cossack Get-Ups	2 × 4	▶ WATCH
02	½ KH Thread the Needle	2 × 8	▶ WATCH
03	Hip CARs	2 × 8	▶ WATCH
04	90/90 Swivels	2 × 8	▶ WATCH
05	90/90 Back Hip ER	2 × 5	▶ WATCH
06	90/90 Back Hip IR	2 × 8	▶ WATCH
07	90/90 Back Hip Flow	2 × 8	▶ WATCH
08	Ankle Dorsiflexion CARs	2 × 8	▶ WATCH
09	Adductor Rockbacks	2 × 8	▶ WATCH

Controlled, slow, purposeful reps. Form is key — don't sacrifice it. Tap any exercise to watch the tutorial.

PNF EXERCISES

#	EXERCISE	SETS × REPS	VIDEO
01	Middle Splits	1 × 3	▶ WATCH
02	Lunge	1 × 3	▶ WATCH
03	Butterfly	1 × 3	▶ WATCH
04	Pancake	1 × 3	▶ WATCH
05	Frog	1 × 3	▶ WATCH
06	90/90 Front Hip	1 × 3	▶ WATCH
07	90/90 Back Hip	1 × 3	▶ WATCH
08	Couch Stretch	1 × 3	▶ WATCH

Hold the stretch 2–3 mins. Flex the target muscle 5–10s, then the antagonist 5–10s, then relax deeper into the stretch.

SMR EXERCISES

#	EXERCISE	SETS × REPS	VIDEO
01	Glute	1 × 30-60s	▶ WATCH
02	TFL	1 × 30-60s	▶ WATCH
03	Foot	1 × 30-60s	▶ WATCH
04	Quad	1 × 30-60s	▶ WATCH
05	Groin	1 × 30-60s	▶ WATCH
06	Back	1 × 30-60s	▶ WATCH
07	Hip Flexor	1 × 30-60s	▶ WATCH
08	Adductor	1 × 30-60s	▶ WATCH
09	Calf / Soleus	1 × 30-60s	▶ WATCH

Use a lacrosse ball or foam roller. Work each target muscle for 30-60 seconds.

— LEVEL UP

PROGRESSIONS

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
FRC	As listed	+1 set	+1 rep / set	+2 reps & +1 set
PNF	As listed	+1 rep	+1 rep	+2 reps
SMR	30s	30s	60s	60s

INCREASE REPS + SETS

Build gradually. Only add volume when your current reps feel clean and controlled. Quality of movement beats quantity every time.

CONGRATS!

Awesome job completing the program. If you enjoyed it, tag me on social **@lacouveegoaltending** – I love seeing your work.

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