RIDGEWOOD HIGH SCHOOL WOMEN'S SOCCER
2016 GOALKEEPER PRE-SEASON FITNESS REQUIREMENTS

The keeper position is primarily lateral/quick movements, combined with explosive power; however, endurance is also significant as you are expected to play a full 80 to 100 minutes ready to make a save at any point of the match. Below are the following fitness tests for this upcoming pre-season.

Man U – 10 laps to qualify and play at freshman or J.V
        11 laps to qualify at Varsity

240 Yard Shuttle – Instead of running the Cooper test, I will have the keepers run the shuttle test. This year I am doing 240 yards 6 laps (20 yards down and back). You will be asked to perform the run twice with a 3-4 minute rest in between the runs. I am also making a new standard for the shuttle run. Please wear cleats to this test. We will run it on the soccer field at BF or RHS depending on location.

Under 70 seconds to Qualify and play at JV or Freshman
Under 65 seconds to qualify for Varsity

Push-Up Test – The Push up test is the newest addition to the fitness testing for all keepers. As keepers you need to have exceptional upper body strength in order to maintain possession of the ball and to protect yourself from collisions. You will be asked to perform 30 FULL pushups in a minute. This is not impossible! This is totally doable! If you work on push-ups from now until pre-season you should have no problems doing this! This test is to see where you are in regards to strength. You only need to exceed 30 push-ups to qualify there are no Varsity, JV or Freshman standards.

IMPORTANT!
All goalkeepers must pass this test during the first week of preseason or risk being eliminated from the roster for the 2016 season based upon test scores and evaluation of technical and tactical abilities **(SEE EVALUATION SHEET INCLUDED IN YOUR SUMMER PACKET).** No goalkeeper can compete in scrimmages or games until this test is passed in its entirety.

Sarah Volkomer
Goalkeeper Coach
Ridgewood High School
Women's Soccer