

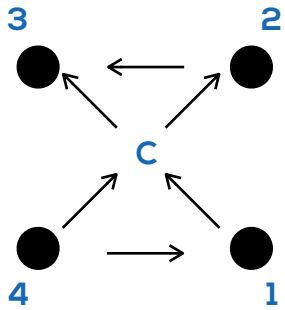


# WASHINGTON RUSH Goalkeeper Testing



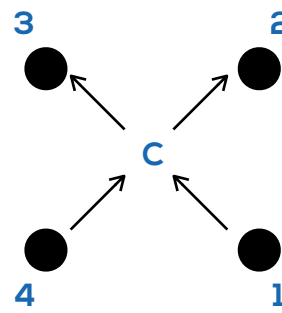
## USMNT Jump Test

- 5 Jumping Patterns
- Each pattern is done 7 times
- At the end of the 7th rep, immediately transition to the next pattern
- Record time. Objective is 55 seconds
- Box is 3ft x 3ft



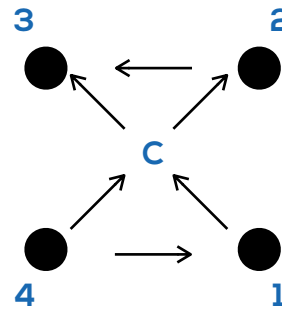
### Pattern #2

- Entire pattern is done on Rt foot only.
- Start on 1, jump to C, 2, 3, C, 4, 1
- That is "One" rep



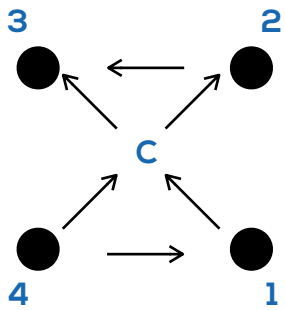
### Pattern #1

- Start with Rt foot on 1, Lt foot on 4.
- Jump to middle bringing feet together, land at C, then jump putting your feet back out to 2 & 3.
- Then go backwards in the same pattern, still facing forward, until you land in the same place you started.
- That is "One" rep



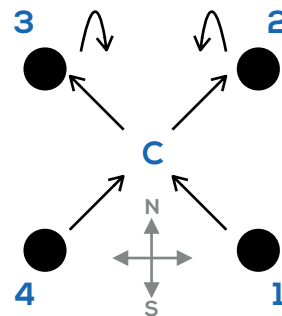
### Pattern #3

- Entire pattern is done on only Lt foot
- Same as #2 but with left foot!



### Pattern #4

- Entire pattern is done with BOTH FEET TOGETHER
- Same pattern as #2/3 but with both feet together.



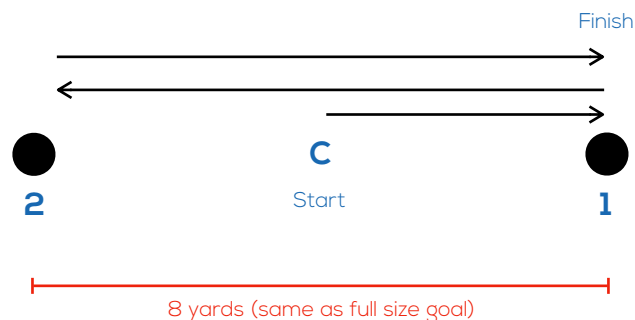
### Pattern #5

- The pattern is the same as #1, EXCEPT, you always face the way you are going.
- When you land on cones 2/3 while going North, jump up and spin so you then land Rt Foot on 3, Lt Foot on 2, facing South.
- Continue jumping feet together to C, then to 4/1, jump up and spin, landing back on 4/1 so you land Rt foot on 1, Lt foot on 4.
- This is "One" rep

Time: \_\_\_\_\_

## How FAST are YOU? Test

- Use two cones 8 yards apart. Full size goal is the same.
- GK starts in the center (C), run to the Rt (1), run to the Lt (2), and back across to (1). Record time.
- Run the same test in the opposite direction, starting to Lt (2) first. Record time.



Time #1: \_\_\_\_\_

Time #2: \_\_\_\_\_

## JUMPMAN Test

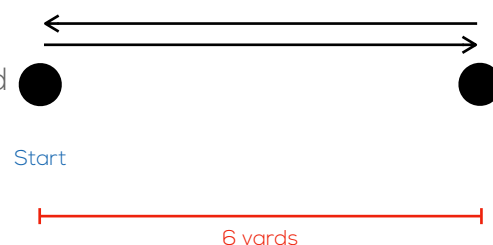
- Use the appropriate sized goal for your age. 11v11 (8' tall), 9v9 (7' tall), 7v7 (6'6" tall)
- Objective: Standing with two feet on the ground, jump up and put wrists on or above the crossbar. If you succeed you continue to jump until you fail to achieve wrists on or above the crossbar.
- Record if you succeeded and what your streak was.
- EXAMPLE. If you completed only one successful attempt, you would have succeeded, and your streak is 1.

Succeed: Y or N

Streak: \_\_\_\_\_

## Get UP! Test

- Set two cones six yards apart, or use goal line and six yard line on field.
- GK starts on goal line with ball in hand and collapse dives to ground and gets back up. GK moves to next cone, collapse dives on other side of body and gets back up.
- GK continues between two cones diving and getting up for 60 seconds.
- GK records the total number of completed dives.



# of Reps: \_\_\_\_\_

