



10 questions to Christian Weigl



- You've worked with goalkeepers like Oliver Baumann, Marc-André ter Stegen and Gregor Kobel. All outstanding keepers. What connected these players athletically? What sets them apart?
- Would you say that these skills are innate? To what extent can they be trained?
- From what age do you think targeted strength training makes sense?
- The technique push-off is very important for goalkeepers. From your experience: How high can a top goalkeeper jump in isolation?
- What is your opinion on the subject of isolated runs off the pitch?
- You often see goalkeepers do a splits-like movement in 1-on-1 situations. Is this something you can train in the gym?
- What is your experience on the subject of a goalkeeper's sprinting ability? Does a goalkeeper need to be able to put on a full sprint?
- Regeneration is becoming more and more crucial. What are your recommendations on this?
- What can you recommend to goalkeeper coaches as an athletic program?
- Goalkeepers as personalities: How have you experienced the keepers you have worked with? What kind of characters are they?



Coordination

Coordinative skills

Orientation ability in space

Balance skills / proprioception

Responsiveness

Differentiation ability

Rhythmization ability

Coordinative requirements

Time pressure

Precision

Complexity

Organisation

Load

Variability



“ I DON'T THINK LIMITS.
USAIN BOLT

“ SOME PEOPLE WANT IT TO HAPPEN,
SOME WISH IT WOULD HAPPEN,
AND OTHERS MAKE IT HAPPEN.
MICHAEL JORDAN

“ IF YOU WANT TO PERFORM AT THE
HIGHEST LEVEL, THEN YOU HAVE TO
PREPARE AT THE HIGHEST LEVEL.
TOM BRADY

MOBILITY





Reaction speed - Training example

