

BHS Soccer

Pre-Season Training Phase #1

Mondays – Upper Body Workout #1 and Cardio of Choice

Tuesdays – Ball Skills and Track Workout

Wednesdays – Lower Body Workout #1 and Cardio of Choice

Thursdays – Ball Skills and Speed/Agility Workout

Fridays – Core Workout and Cardio of Choice

Upper Body #1: Phase 1

<u>Exercise</u>	<u>Details</u>	<u>Set/Reps</u>
Plyometric hand press ups. (Body weight)	Normal. Normal hands turned out. Normal hands turned in. Wide. Narrow. Split right forward. Split left forward. Rotation in. Rotation out. -> see video	Do 1 Rep of each exercise, bounce from one position to the other. Repeat the set x3.
Dynamic chest. (Dumbbells) 12lbs-20lbs	Step forward to lunge position, whilst rotating the arm out straight behind you. Return to start position and repeat other arm other leg. -> see video	-Do 20 reps opposite arm, opposite leg x2 sets. -Do 20 reps same arm, same leg x2 sets
Medicine ball press ups. (Body weight)	One arm on the medicine ball, one on the floor in normal press up position. As you do the motion of the press up roll the arm out straight in front of you and return (superman), then go out to the side (crucifix) -> see video	Do 10 reps x2 sets on each arm, rest once you've done both arms. Then complete 2nd set.
Dynamic chest. (Dumbbells) 12lbs-20lbs	Step forward and lunge whilst moving the dumbbell up over your head. Return to start and do opposite side. -> see video	-Do 20 reps opposite arm, opposite leg x2 Do 20 reps same arm same leg x2
Dynamic bicep curls (Dumbbells) 20lbs-30lbs	Step forward whilst raising the dumbbells straight out in front with a slight bend. Return to start and repeat other side. -> see video	Do 15-20 reps x3 sets.
Walking press ups (Body weight)	Walk forward whilst in the prone position. Once the number of reps are completed repeat backwards	Do 10 reps going forward, 10 going backwards. x3 sets
Back, abs and obliques. (Dumbbells) 10lbs-20lbs (Can be done wth no weight)	The arm going over your head is hitting the oblique's and the arm going directly across the body is hitting abs. Whilst both are moving the back. -> see video	Do 10 reps each side x3 sets

Upper body #2: Phase 1

<u>Exercise</u>	<u>Details</u>	<u>Sets Re p s</u>
Wide Chin ups. (Body weight)	Start with knuckles facing out, arms as wide as you can go. Lift up with a rotation of the leg across the body, do one each side. Then lift the leg up in front of the body one each side. -> see video	Do a 8-12 reps x3 sets.
Plyometric press ups	Moving from right/left, explode out of the press up position lifting both arms and legs off the ground. -> see video	Do 10 reps x3 sets.
Narrow chin up. (Body weight)	Knuckles facing in, fast up slow back down. -> see video	6-10 reps x3 sets.
Triceps Dip. (Body weight)	Fast up, slow down.	12-15 reps x3 sets.
Star crunch. (Body weight)	*Test* how many can you do in a minute. -> see video	Workout for a minute.
Medicine ball slams. (Medicine ball) 10lbs-15lbs	Feet in the split position, slam the medicine ball in front/left/right. Then change the split so the other foot is in front and repeat. -> see video NOTE: use medicine balls not slam balls.	12 reps right forward, 12 reps left forward. x2 sets
Single leg medicine ball slams. (Medicine ball) 10lbs-15lbs	Balance on one foot whilst bouncing the medicine ball around your body. -> see video NOTE: use medicine balls not slam balls.	15 reps each leg x3 sets.

Lower body: Phase 1

<u>Exercise</u>	<u>Details</u>	<u>Set/Reps</u>
Squats (Dumbbells) 10lbs-20lbs	Normal Wide Narrow Feet turned in Feet turned out Right foot split Left foot split Internal External -> see video	Do each exercise twice in one set. 3x18
Cleans (Barbell) 20lbs-30lbs	Normal Forwards Backwards Side Rotation in/out -> see video	Do each exercise twice in one set. 3x10
Multi directional lunge. (Dumbbells) body weight-20lbs	-> see video	Do the exercise in one direction then the other. x3 sets
Ball strike technique. (Medicine ball, barbell)	Lunge across your mid-line, with the foot turned externally. Then drive the opposite knee up whilst driving the weight over the knee. -> see video	10 each leg. x3 sets
Single leg multi directional hops. (Dumbbells) body weight-10lbs-15lbs	-> see video	Do the exercise in one direction then the other. x3 sets
VMO exercise. (Medicine ball) body weight-15lbs-20lbs	Take a stride across your mid line and turn your foot internally, lower like you were doing a lunge and rotate over the leg that is forward.	3x10 reps

Tuesday-Phase #1 Ball Skills and Track Workout

Warm-Up: (15 minutes)

1. Jogging 5 minutes with the ball
2. Juggling 5 minutes free
3. Juggling 5 minutes with feet (3 HI-3Lo).

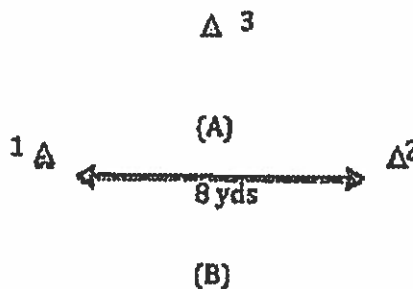
Dynamic Injury Prevention Stretches (5-10 minutes)

- See attached Warm Up Sheet.

Partner Triangle Technical Drill (15 minutes)

Directions: Three cones placed in a triangle, distance between cones 1-2 is 8 yards, and from Player (A) to cone 3 is 4 yards. Player (A) starts the ball in the center then checks to cone 1 and back to the center, upon arriving to the center, the ball is served to him from Player (B). Player (A) makes the return pass then checks to cone 2 and back, returns pass, then back peddles to cone 3 and back to return pass. The skill is always performed upon returning to the center of the triangle. Each partner performs skills for one-minute while other serves, then switch.

1. One touch pass, ball on the ground.
2. Volley inside foot
3. Volley with laces
4. Thigh, volley
5. Chest, volley
6. Headers.

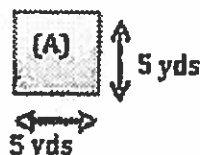


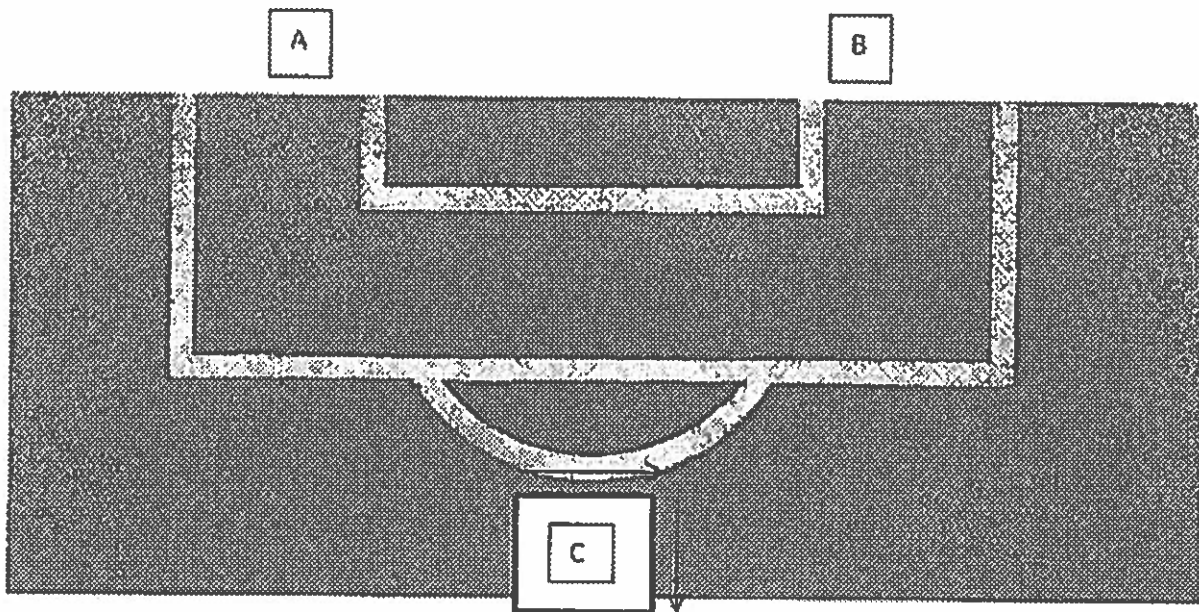
Long Passes with partner (both feet). (12 minutes)

Directions: Player (A) stands in one 5x5 yard grid, player (B) stands in another 5x5 yard grid. Player (A) strikes the ball Player (B) in the opposing grid who takes a touch inside the grid and strikes the ball back to Player (A).

Strike the ball with no spin/driven/flat trajectory/back spin.

1. 20 yds apart-driven balls for 4 minutes to feet
2. 30 yds apart-driven balls for 4 minutes to feet
3. 40 yds apart-driven flighted balls for 4 minutes to chest/feet.





Shooting Drill Directions:

Partner (A) positions himself on one side of the goal post and player (B) stands on the other side. Player (C) is positioned in a 10x10 yard grid on the edge of the penalty box. Player (A) drives the ball in to the box where player (C) has only one touch inside the box before getting his shot off. Player (B) then drives the ball in where player (C) repeats. This carries on for 2 minutes and on a rotation between A, B and C. Next round feeder can use opposite foot and also vary the serve on ground or in the air.

Track Attack Run:

100 meters x 2 – Sprint straight/jog bend/sprint straight/jog bend.

200 meters x 2 – Sprint 200/jog 200 and repeat.

400 meters x 1 – Sprint and 2 MINUTE REST.

800 meters x 1 –Sprint and Complete.

Thursday- Phase #1 Ball Skills and Speed Workout

Warm up: (15 minutes)

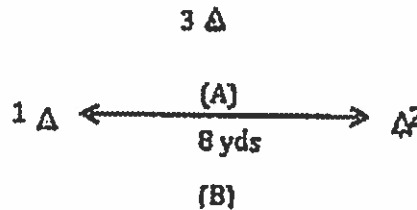
1. Walking juggling (5 minutes)
2. Left foot juggling only (5 minutes)
3. Right foot juggling only (5 minutes)

Dynamic Injury Prevention Stretches (5-10 minutes)

- See attached Warm Up Sheet.

Partner Triangle Turning Drill: (20 minutes) Player (A) starts in the middle between cones 1 and 2. He checks away with the ball to cone 3 and back to starting position where he receives the ball on the ground with the inside of this foot, taking first touch towards the front side of cone 1. Dribble around cone 1 and pass back to Player (B). Repeat to opposite side (cone 2) with opposite foot. Player (A) works for 1.5 minutes performing skill 1, while player (B) serves. Switch roles. Then do skill 2 in the same manner and so on.

1. On the ground inside foot
2. On the ground outside foot
3. In the air inside foot
4. In the air outside foot
5. Mixed service chest and head.
- 6.



Defending and Attacking 1v1/2v2 (depending on numbers):

1. Player (A) plays the ball in to player (B) and closes the ball down at game speed. Player (A) defends passively (No tackling) working on his body position, getting low and quick feet movements when defending.
2. Player (A) plays the ball in to player (B) and closes the ball down at game speed. Player (A) defends 1v1 and tries to win the ball or force Player (B) outside of the grid.
3. Change defender vs. attacker. Keep points for every time the defender wins the ball.



When defending concentrate on:

1. Closing the ball down at game pace.
2. Getting low and "touch tight" (arms length).
3. Show one-way (make it obvious/surf board)
4. Front foot moves first
5. Be patient (make the attacker make the first move)
6. Use your body to cut off the path of the attacker.

Continue on to next page for speed workout.

Speed workout

Choose two 3-cone drills and repeat 3 times

Then...

Choose two 4-cone drills and repeat 3 times

The speed workouts are very important and soccer related. During the end of season interviews a lot of you would agree explosive movements would improve your game immensely. Being quick over the first couple of yards is key to winning that extra ball.

Examples:

