

BHS Soccer

Pre-Season Training Phase #2

Mondays – Upper Body Workout #2 and Cardio of Choice

Tuesdays – Technical Session and Track Workout

Wednesdays – Lower Body Workout #2 and Cardio of Choice

Thursdays – Technical Session, Quick Feet and Speed/Agility Workout

Fridays – Technical Session, Core Workout and Cardio of Choice

Upper Body #1: Phase 2

<u>Exercise</u>	<u>Details</u>	<u>Set/Reps</u>
Plyometric hand press ups. (Body weight)	<p>Normal. Normal hands turned out. Normal hands turned in. Wide. Narrow. Split right forward. Split left forward. Rotation in. Rotation out. ->see video</p>	Do 1 Rep of each exercise, bounce from one position to the other. Repeat the set x3.
Dynamic chest. (Dumbbells) 15lbs-25lbs	<p>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</p>	<p>-Do 20 reps opposite arm, opposite leg x2 sets. -Do 20 reps same arm, same leg x2 sets</p>
Medicine ball press ups. (Body weight)	<p>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</p>	Do 10 reps x2 sets on each arm, rest once you've done both arms. Then complete 2nd set.
Dynamic chest. (Dumbbells) 15lbs-25lbs	<p>Step forward and lunge whilst moving the dumbbell up over your head. Return to start and do opposite side. ->see video</p>	<p>-Do 20 reps opposite arm, opposite leg x2 -Do 20 reps same arm same leg x2</p>
Dynamic bicep curls (Dumbbells) 25lbs-35lbs	<p>Step forward whilst raising the dumbbells straight out in front with a slight bend. Return to start and repeat other side. ->see video</p>	Do 15-20 reps x3 sets.
Walking press ups (Body weight)	<p>Walk forward whilst in the prone position. Once the number of reps are completed repeat backwards</p>	Do 10 reps going forward, 10 going backwards. x3 sets
Back, abs and obliques. (Dumbbells) 12lbs-25lbs (Can be done with no weight)	<p>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</p>	Do 10 reps each side x3 sets

Upper body #2: Phase 2

<u>Exercise</u>	<u>Details</u>	<u>Sets/Reps</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) 12lbs-18lbs	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) 12lbs-18lbs	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 2

<u>Exercise</u>	<u>Details</u>	<u>Set/Reps</u>
Squats (Dumbbells) 15lbs-25lbs	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) 25lbs-40lbs	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-12lbs	-> see video	Do the exercise in one direction then the other. x3 sets
VMO exercise. (Medicine ball) body weight-12lbs-30lbs	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 #2 Technical Session and Track Workout

Warm-Up (15 minutes)

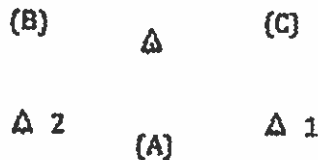
1. 1,2,3 juggling game with partner
 - a. Player (A) throws the ball to player (B) and says a number between 1 and 3, Player (A) has to then take that many touches and pass it back to player (B) while saying a new number between 1-3.
 - b. Keep "HORSE" score. First one to E loses.
 - c. Rules:
 - i. Cannot say the number too late
 - ii. Cannot give a bad pass
 - iii. Cannot take more or less touches than the player states.

Dynamic Injury Prevention Stretches (5-10 minutes)

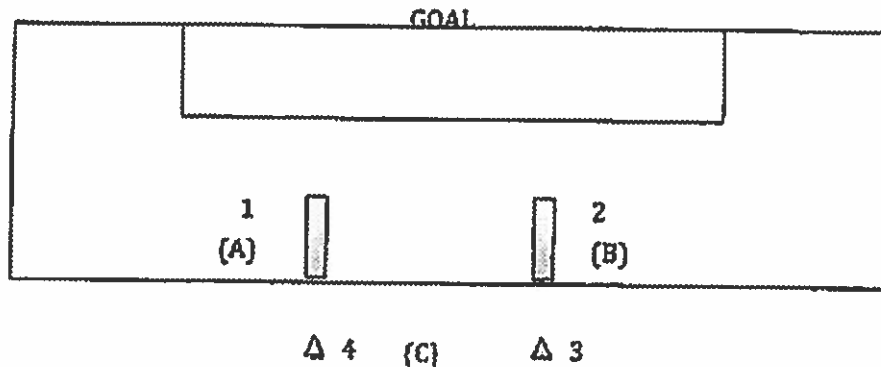
- See attached Warm Up Sheet.

Technical-Nike Drill: (15 minutes): Player (B) and (C) have a ball each. Player (A) side shuffles to the outside of cone 1 where Player (C) passes him a crisp ball on the floor, Player (A) then plays a 1-2 around cone 1. Player (A) then side shuffles to the outside of cone 2 where Player (B) passes him a crisp ball on the floor, Player (A) then plays a 1-2 around cone 2. This is repeated.

1. Inside of the foot
2. Outside of the foot



Shooting Drill:



Player (A) passes to player (B) who plays to player (C). Player (A) comes to close down player (C) and gives him passive defending. Player (C) dribbles to cone 3 performs a turn then dribbles to cone 4 and performs a turn. Now Player (C) attacks player (B) who is between the two manikins (1 and 2). Player (C) beats Player (B) and gets a shot off on goal.

Focus on:

1. Quick sharp turns.
2. Playing at game pace
3. Finishing with the correct technique
4. Deception on the shot.

Track Attack Run (Advanced) :

100 meters x 3 – Sprint straight/jog bend/sprint straight/jog bend.

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

400 meters x 2 – Sprint and 1.30 min MINUTE REST.

800 meters x 1 –Sprint and Complete.

- **As you can see reps have been increased and rest time decreased.**

Thursday -Phase #2 Technical and Quick Feet/Speed Session

Warm Up (20 minutes)

Simple passing drills with a partner.

1. 2 Touch (control with the inside of the foot) 10-15yds away (5 mins)
2. 2 Touch (control with the outside of the foot) 10-15yds away (5 mins)
3. 1 touch 5-10yds away (5 mins)
4. Chip in to chest 3 touch maximum 15-20yds away (5 mins)

Dynamic Stretches (10 minutes)

- See attached Warm Up Sheet

Fitness Technical Drill (20 minutes)

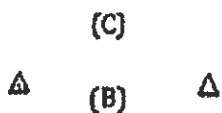
(AI) In a 10x 10 yd grid Player (A) and Player (B) have a ball, Player (C) is working for 1 minute. Player (A) plays the ball anywhere in to the square and Player (C) has to work hard to keep it in the square and play it back to Player (A) in two touches. As soon as Player (C) passes the ball to Player (A), Player (B) passes the ball in to the square for Player (C) to keep in the grid and return in two touches. This process repeats for 1 minute before changing positions. Each player works in the middle for a minute and does two reps.

2. Player (C) passes the ball back in one touch.

(AII) In a 10 x 10 yd grid Player (A) and Player (B) have a ball each, Player (C) is working for 1 minute. Player (A) plays the ball in to the grid; Player (C) retrieves the ball and plays it back within two touches, Player (A) then shouts a number out. Player (C) sprints to the cone that is assigned that number and back to the middle where Player (B) passes a ball into the grid and then shouts a number. This process is repeated for a minute before changing positions. Each player works in the middle for a minute and does two reps.

2. Player (C) passes the ball back in one touch.

(AI)



(AII)



Shooting drill (both feet) (20 Minutes) 10 balls per set, alternate with partner, repeat as many times as possible in 20 minutes.

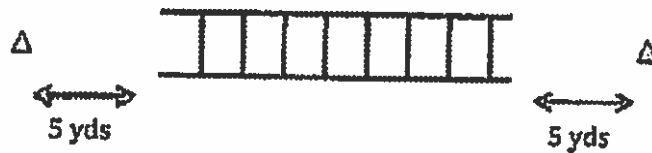
1. Start at PK spot, take a touch to the side and hit target with power. Don't worry about placement, concentrate on striking the ball clean, with no spin and keep it low.
2. After 10 shots go back 5 yards.
3. After 10 shots go back 5 yards.

Quick Feet: (24 minutes)

Using a speed ladder or cones perform each one of the drills for two minutes each. Concentrate on 50% in to the ladder, quick skill performance and sprinting 80%-90% out of the ladder to the cone.

Skill:

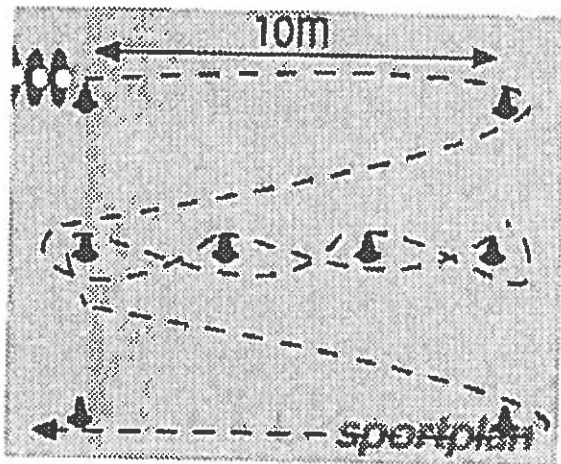
1. Two feet in each
2. One in foot in each
3. One foot in one foot out to the side.
4. Hop Right foot (High)
5. Hop Left foot (High)
6. Hop Right foot (Quick)
7. Hop Right foot (Quick)
8. Forward 2, Back 1
9. Lateral 2 feet (facing right)
10. Lateral 2 feet (facing left)
11. Lateral 2 feet in/out (facing right)
12. Lateral 2 feet in/out (facing left)



Cool Down (15 minutes)

- Partner stretching/jogging/dynamic movements

Additional Agility Drills



Along with the quick feet, add agility poles (weave in and out)

- Make sure to get low around the poles
- Quick feet around the poles
- Explosive couple of yards

Friday-Phase #2 Speed Drills, Crossing and Finishing and Track Workout

Warm Up (20 minutes)

1. 10 minutes jogging and passing the ball with a partner
2. 10 minutes juggling the ball in the air with a partner. 2 touch max.

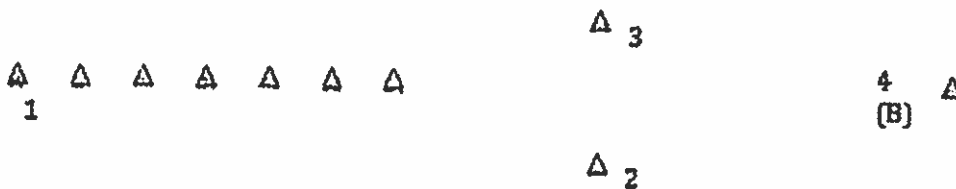
Dynamic Injury Prevention Stretches (5-10 minutes)

- See attached Warm Up Sheet.

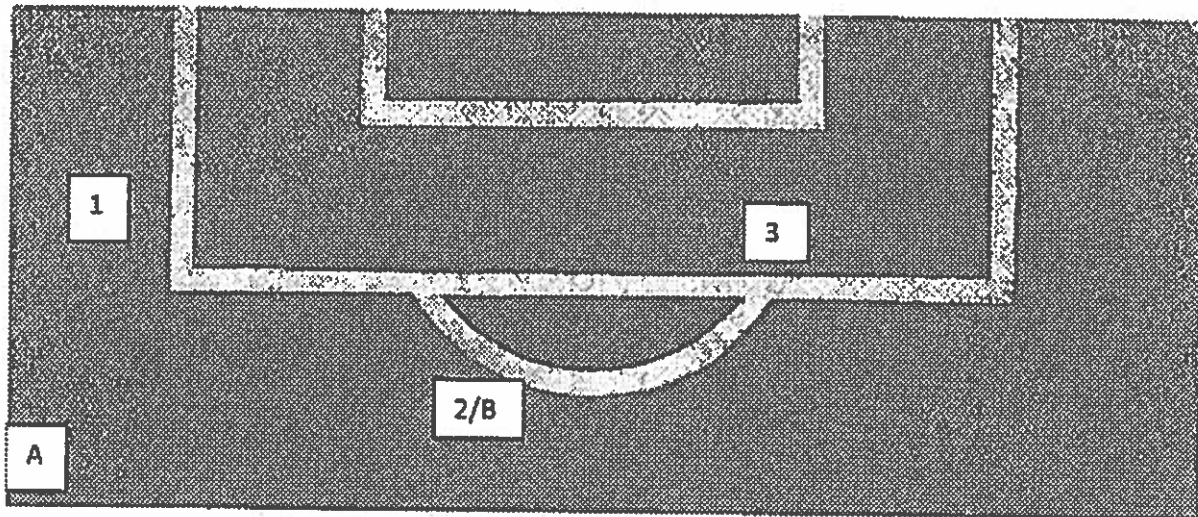
Illinois Speed and Agility Drill: (15 minutes) Set up a 10 yd x 10 yd grid (cones 1-4) and three center cones 1.5 yds apart. Player (A) dribbles the ball from cone 1 around cone 2 then weaves through the three center cones and around cone 3 and continue dribbling toward and around cone 4 then weave through the center cones again and finish at cone 1. Work for 2 minutes while your partner rests. Switch. Do three sets each.



In and Out Sprint Drill: (15 minutes) Player (A) starts at cone 1 and weaves in and out of the cones, spaced 1.5 yds apart, after last cone spring to outside of cone 2. Player (B) is standing by cone 4 and plays the ball on the ground to player (A) as he arrives on the outside of cone 2. Player (A) plays the ball back one touch then make a recovery job back to cone one. Repeat process but to cone 3 on opposite side. Work for 2 minutes then switch. Do two sets each.



Continue workout on next page.



Crossing and finishing (30-45 mins): Player (A) begins with a ball, 5 yards wide of the outside edge of the 18 yard box, 25 yards from the end line. Player (A) dribbles at speed toward cone 1, execute any 1v1 move, goes around the outside cone toward the end line, where he crosses the ball for player (B). Practice crossing balls both on the ground and in the air. Player (B) begins by cone 2 and makes a bent run around cone 3 then moves into a finishing position 6-12 yards out from goal and scores. Both players job back starting positions and repeat 10 times, this is one set. Switch roles. Each player does three sets of finishing per side.

Sprint Workout (Hill Sprints):

Equipment needed: 5 cones and an estimated 45 degree hill. 5 cones 10 yards apart – Sprints decrease from 12/10/8/6/4 and repeat x 2. Light jog back to the start.

