

# BHS Soccer

## Pre-Season Training Phase #3

Mondays – Upper Body Workout #3 and Cardio of Choice

Tuesdays – Technical Session and Track Workout

Wednesdays – Lower Body Workout #3 and Cardio of Choice

Thursdays – Technical Session and Speed/Agility Workout

Fridays – Technical Session, Core Workout and Cardio of Choice

### Upper Body #1: Phase 3

<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. -&gt;<a href="#">see video</a></p>	Do 1 Rep of each exercise, bounce from one position to the other. Repeat the set x3.
Dynamic chest. (Dumbbells) 20lbs-30lbs	<p>Step forward to lunge position, whilst rotating the arm out straight behind you. Return to start position and repeat other arm other leg. -&gt;<a href="#">see video</a></p>	-Do 20 reps opposite arm, opposite leg x2 sets. -Do 20 reps same arm, same leg x2 sets
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) -&gt;<a href="#">see video</a></p>	Do 10 reps x2 sets on each arm, rest once you've done both arms. Then complete 2nd set.
Dynamic chest. (Dumbbells) 20lbs-30lbs	<p>Step forward and lunge whilst moving the dumbbell up over your head. Return to start and do opposite side. -&gt;<a href="#">see video</a></p>	-Do 20 reps opposite arm, opposite leg x2 -Do 20 reps same arm same leg x2
Dynamic bicep curls (Dumbbells) 30lbs-40lbs	<p>Step forward whilst raising the dumbbells straight out in front with a slight bend. Return to start and repeat other side. -&gt;<a href="#">see video</a></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) 15lbs-30lbs (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. -&gt;<a href="#">see video</a></p>	Do 10 reps each side x3 sets

### Upper body #2: Phase 3

<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. -> <a href="#">see video</a>	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. -> <a href="#">see video</a>	Do 10 reps x3 sets.
Narrow chin up. (Body weight)	Knuckles facing in, fast up slow back down. -> <a href="#">see video</a>	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. -> <a href="#">see video</a>	Workout for a minute.
Medicine ball slams. (Medicine ball) 15lbs-20lbs	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. -> <a href="#">see video</a> NOTE: use medicine balls not slam balls.	12 reps right forward, 12 reps left forward. x2 sets
Single leg medicine ball slams. (Medicine ball) 15lbs-20lbs	Balance on one foot whilst bouncing the medicine ball around your body. -> <a href="#">see video</a> NOTE: use medicine balls not slam balls.	15 reps each leg x3 sets.

**Lower body: Phase 3**

<b><u>Exercise</u></b>	<b><u>Details</u></b>	<b><u>Set/Reps</u></b>
Squats (Dumbbells) 20lbs-30lbs	Normal Wide Narrow Feet turned in Feet turned out Right foot split Left foot split Internal External -> <a href="#">see video</a>	Do each exercise twice in one set. 3x18
Cleans (Barbell) 30lbs-50lbs	Normal Forwards Backwards Side Rotation in/out -> <a href="#">see video</a>	Do each exercise twice in one set. 3x10
Multi directional lunge. (Dumbbells) body weight-25lbs	-> <a href="#">see video</a>	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. -> <a href="#">see video</a>	10 each leg. x3 sets
Single leg multi directional hops. (Dumbbells) body weight-25lbs-35lbs	-> <a href="#">see video</a>	Do the exercise in one direction then the other. x3 sets
VMO exercise. (Medicine ball) body weight-15lbs-35lbs	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 #3 Technical sessions and Track Workout

### Warm up (15 minutes)

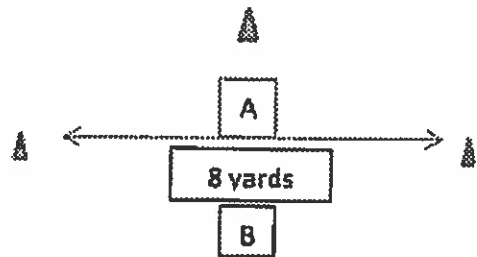
- 1, 2, 3 juggling game with partner.
- Player (A) throws the ball to player (B) and says a number between 1 and 3.
- Player (A) has to then take that many touches and pass it back to player (B) while saying a new number between 1 and 3.
- Keep "Horse" score. First one to E loses.
- Rules – cannot say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

### Dynamic Stretches

- See attached warm up sheets with weight program.

### Partner Triangle Drill Turning Drill:

- 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 inside of his foot, taking his first touch towards the front side of the cone. 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.



### Track Attack: (Advanced)

#### Track Attack Run:

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

200 meters x 3 – Sprint 200/jog 200 and repeat.

400 meters x 2 – Sprint and 1 MINUTE REST.

800 meters x 1 – Sprint and Complete.

## Thursday-Phase #3 Technical Session and Speed Workout

### Warm Up (20 minutes)

Simple passing drills with a partner.

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

### Dynamic Stretches (10 minutes)

- See attached Warm Up Sheet

### Fitness Technical Drill (20 minutes)

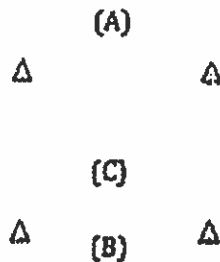
(AI) In a 10x 10 yd grid Player (A) and Player (B) have a ball, Player (C) is working for 1 minute. Player (A) plays the ball anywhere in to the square and Player (C) has to work hard to keep it in the square and play it back to Player (A) in two touches. As soon as Player (C) passes the ball to Player (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.

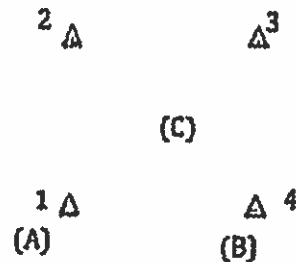
(AII) In a 10 x 10 yd grid Player (A) and Player (B) have a ball each, Player (C) is working for 1 minute. Player (A) plays the ball in to the grid; Player (C) retrieves the ball and plays it back within two touches, Player (A) then shouts a number out. Player (C) sprints to the cone that is assigned 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)



### Positional Drills: (30-45 minutes)

- If you are a defender please focus on 1 v 1 and 2v2 defending as highlighted in previous workouts in phase 1 and 2.
- If you are a striker please focus on finishing as highlighted in previous workouts in phase 1 and 2.
- If you are a winger please focus on crossing and finishing as highlights in previous workouts in phase 1 and 2.

## Speed workout

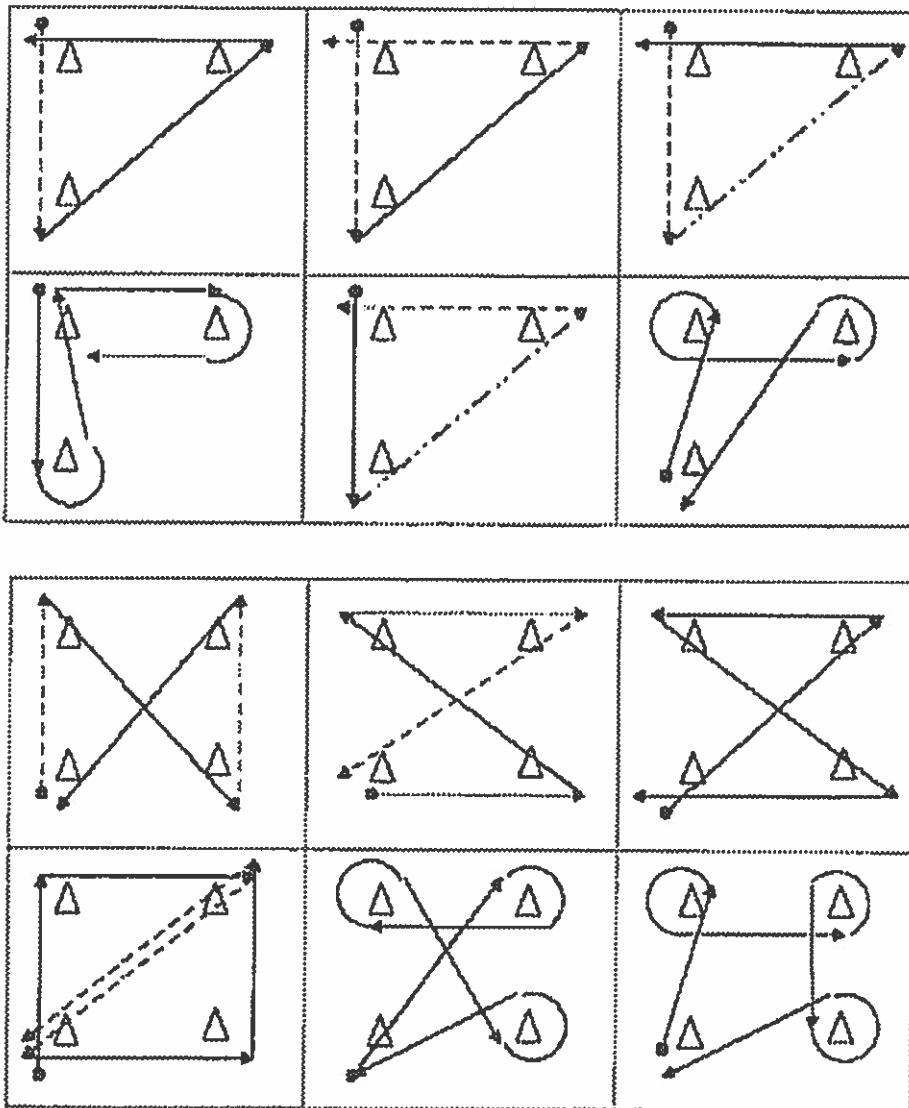
Choose two 3-cone drills and repeat 3 times

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:



### Friday-Phase #3 Ball Skills and Positional Drills

#### Warm Up (20 minutes)

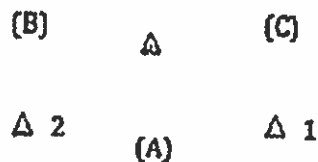
1. 10 minutes jogging and passing the ball with a partner
2. 10 minutes juggling the ball in the air with a partner. 2 touch max.

#### Dynamic Injury Prevention Stretches (5-10 minutes)

- See attached Warm Up Sheet.

**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



#### Positional Drills: (30-45 minutes)

- If you are a defender please focus on 1 v 1 and 2v2 defending as highlighted in previous workouts in phase 1 and 2.
- If you are a striker please focus on finishing as highlighted in previous workouts in phase 1 and 2.
- If you are a winger please focus on crossing and finishing as highlights in previous workouts in phase 1 and 2.