

BHS Boys Soccer

Pre-Season Soccer Training and Workout Program

This program is designed to prepare players for the upcoming high school soccer season. This program should be started 4-5 months prior to the start of the soccer season. This is a 5 day per week training program. Proper conditioning and training in the off-season will help to eliminate injuries, and lead to peak performance during the season.

Phase 1: August – September

Phase 2: October – November

Phase 3: December – January

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 with 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: 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 orward. 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).

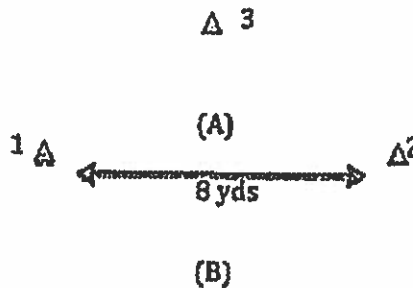
Dynamic Injury Prevention Stretches (5-10 minutes)

- 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.

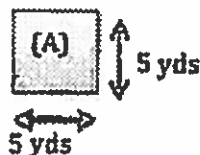


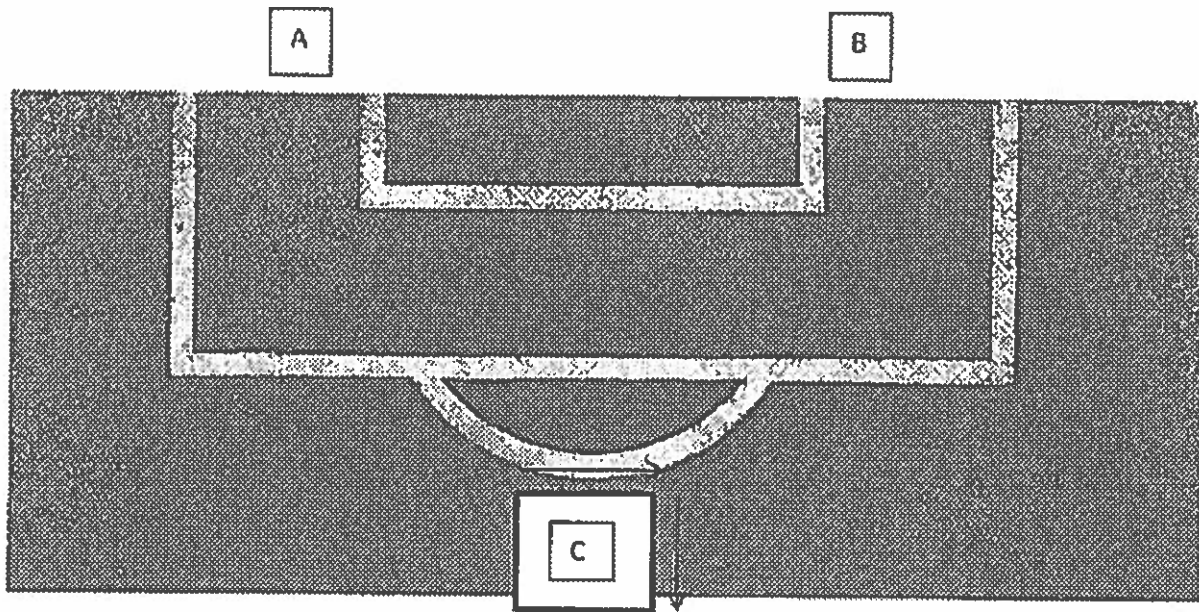
Long Passes with partner (both feet). (12 minutes)

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)

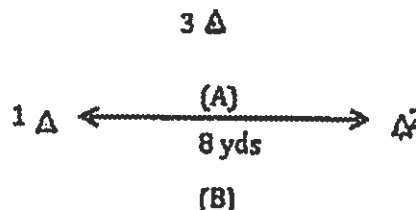
1. Walking juggling (5 minutes)
2. Left foot juggling only (5 minutes)
3. Right foot juggling only (5 minutes)

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

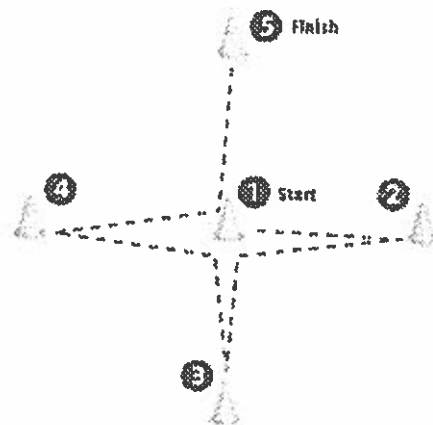
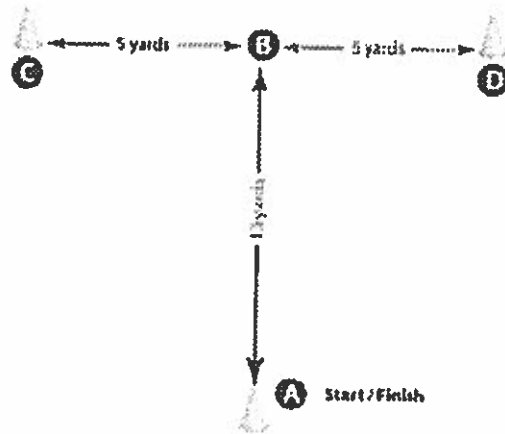
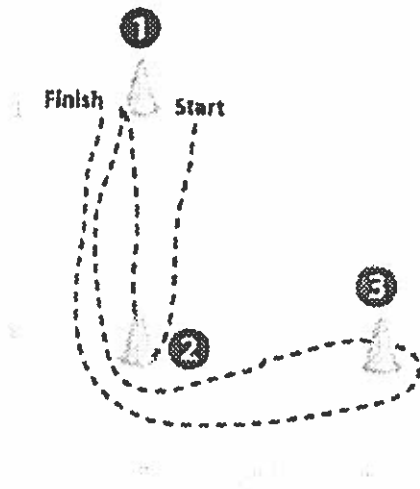
Choose two 3-cone drills and repeat 3 times

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:



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

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

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)

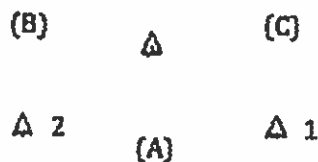
1. 1,2,3 juggling game with partner
 - a. Player (A) throws the ball to player (B) and says a number between 1 and 3, Player (A) has to then take that many touches and pass it back to player (B) while saying a new number between 1-3.
 - b. Keep "HORSE" score. First one to E loses.
 - c. Rules:
 - i. 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)

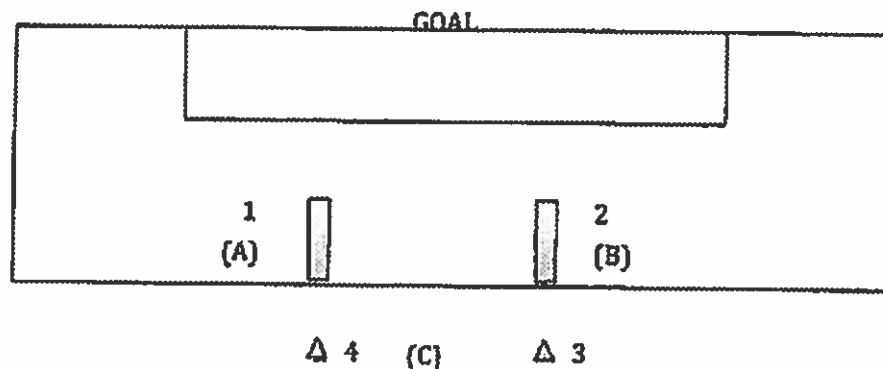
- See attached Warm Up Sheet.

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)

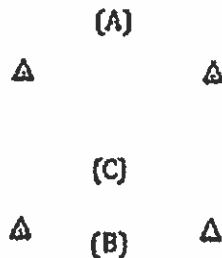
(AI) In a 10x 10 yd grid Player (A) and Player (B) have a ball, Player (C) is working for 1 minute. Player (A) plays the ball anywhere in to the square and Player (C) has to work hard to keep it in the square and play it back to Player (A) in two touches. As soon as Player (C) passes the ball to Player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

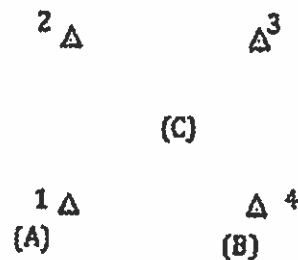
(AII) In a 10 x 10 yd grid Player (A) and Player (B) have a ball each, Player (C) is working for 1 minute. Player (A) plays the ball in to the grid; Player (C) retrieves the ball and plays it back within two touches, Player (A) then shouts a number out. Player (C) sprints to the cone that is assigned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

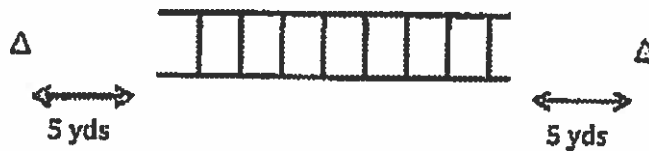
1. Start at PK spot, take a touch to the side and hit target with power. Don't worry about placement, concentrate on striking the ball clean, with no spin and keep it low.
2. After 10 shots go back 5 yards.
3. After 10 shots go back 5 yards.

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:

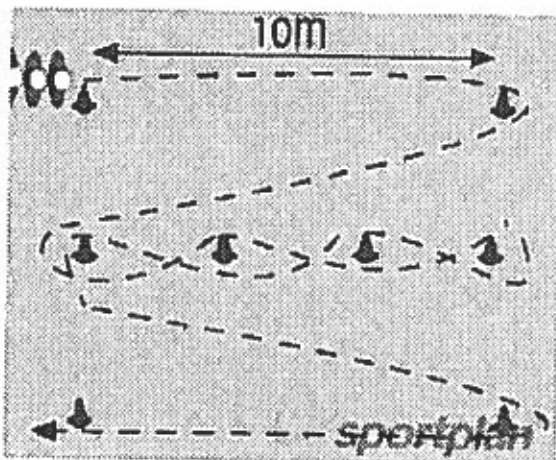
1. Two feet in each
2. One in foot in each
3. One foot in one foot out to the side.
4. Hop Right foot (High)
5. Hop Left foot (High)
6. Hop Right foot (Quick)
7. Hop Right foot (Quick)
8. Forward 2, Back 1
9. Lateral 2 feet (facing right)
10. Lateral 2 feet (facing left)
11. Lateral 2 feet in/out (facing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

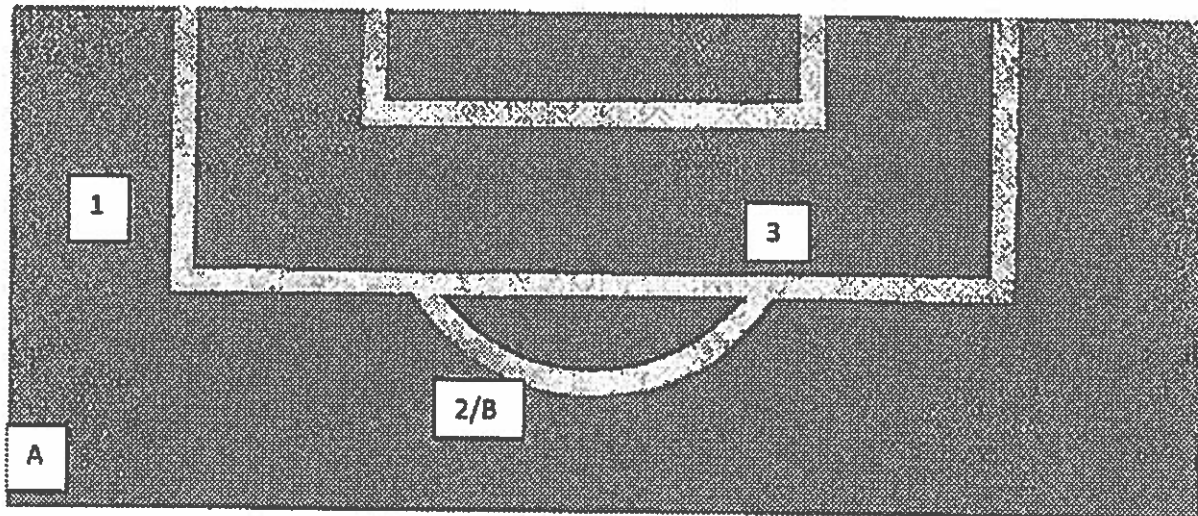
Illinois Speed and Agility Drill: (15 minutes) Set up a 10 yd x 10 yd grid (cones 1-4) and three center cones 1.5 1.5 yds apart. Player (A) dribbles the ball from cone 1 around cone 2 then weaves through the three center cones and around cone 3 and continue dribbling toward and around cone 4 then weave 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.



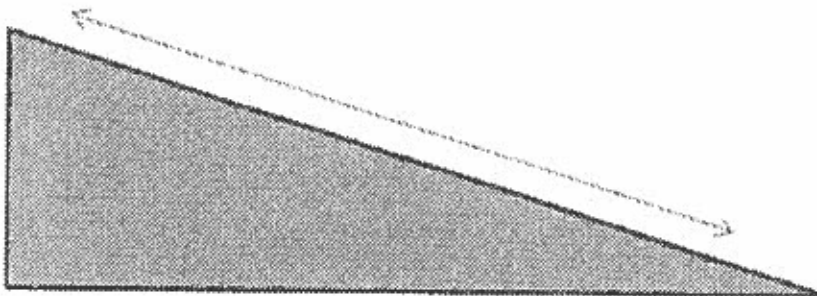
Continue workout on next page.



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.



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. ->see video</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. ->see video</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) ->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) 20lbs-30lbs	<p>Step forward and lunge whilst moving the dumbbell up over your head. Return to start and do opposite side. ->see video</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. ->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) 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. ->see video</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. -> 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) 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. -> 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) 15lbs-20lbs	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 3

<u>Exercise</u>	<u>Details</u>	<u>Set/Reps</u>
Squats (Dumbbells) 20lbs-30lbs	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) 30lbs-50lbs	Normal Forwards Backwards Side Rotation in/out -> see video	Do each exercise twice in one set. 3x10
Multi directional lunge. (Dumbbells) body weight-25lbs	-> 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-25lbs-35lbs	-> see video	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)

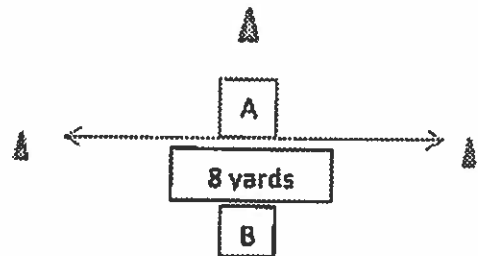
- 1, 2, 3 juggling game with partner.
- Player (A) throws the ball to player (B) and says a number between 1 and 3.
- Player (A) has to then take that many touches and pass it back to player (B) while saying a new number between 1 and 3.
- Keep "Horse" score. First one to E loses.
- Rules – cannot say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

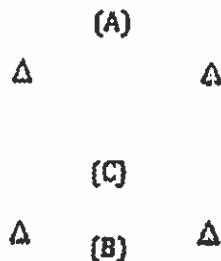
(AI) In a 10x 10 yd grid Player (A) and Player (B) have a ball, Player (C) is working for 1 minute. Player (A) plays the ball anywhere in to the square and Player (C) has to work hard to keep it in the square and play it back to Player (A) in two touches. As soon as Player (C) passes the ball to Player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

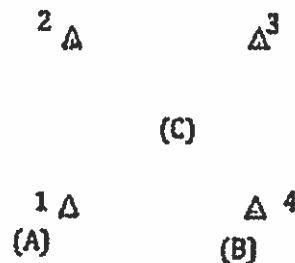
(AII) In a 10 x 10 yd grid Player (A) and Player (B) have a ball each, Player (C) is working for 1 minute. Player (A) plays the ball in to the grid; Player (C) retrieves the ball and plays it back within two touches, Player (A) then shouts a number out. Player (C) sprints to the cone that is assigned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

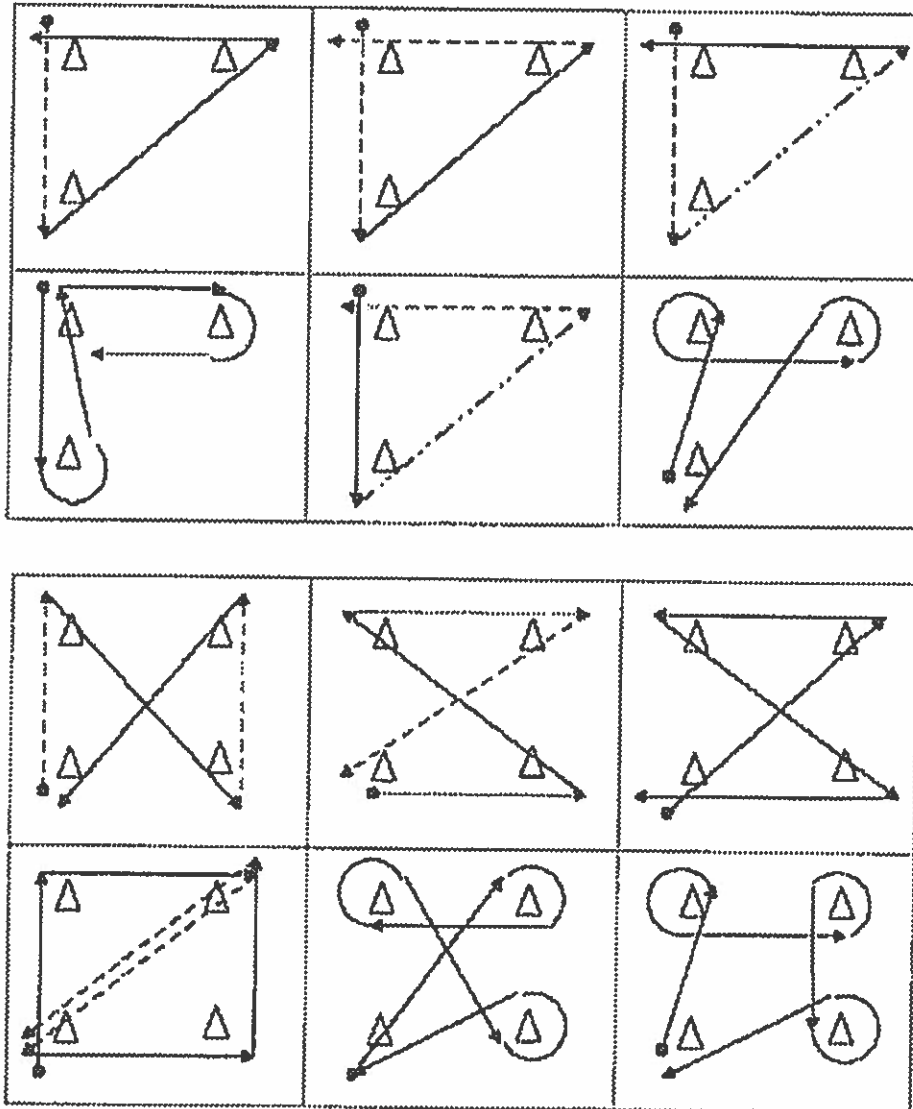
Choose two 3-cone drills and repeat 3 times

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)

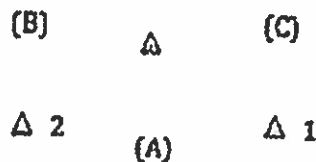
1. 10 minutes jogging and passing the ball with a partner
2. 10 minutes juggling the ball in the air with a partner. 2 touch max.

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.

Additional Fitness Tests, Agility Drills, Warm-Up, and Cool- Down Routines

Cardio Workouts:

During Pre-season we will be conducting at least two of the cardio workouts. We strongly advise you to not only be familiar with them but also excel and perform to your maximum potential. The coaches will have targets for each individual player, of where you should be reaching.

All three tests will be performed 2 times during each phase. By the end of the summer you should have completed each test 6 times.

120s

This is soccer related running. During each phase you should perform one without a ball and one with. To be able to run on the soccer field, sprint from end line to end line (120yards), jog back without stopping. Should perform this 10 times.

Without a ball: 18 seconds sprint from one end line to the other, the remaining of the minute to get back (42 seconds) x10

With a ball: 23 seconds dribble/sprint from one end line to the other, the remaining of the minute to get back (47 seconds) x10

Beep Test

In order to prepare for this you will need to have access to an mp3 player of some sort (iPod or iPhone being ideal). You will need to download the best test off of iTunes or YouTube, some type of way so that you can listen to it while you run.

The length of the run is 20meters; it is a constant run back and forth – starting out slow and progressing, as the levels progress – and it will improve endurance as well as recover time, which is very vital in the game of soccer. The idea of this run is to make it continuous without having to stop, so you must maintain the correct speed so you will meet the line at the same time as the beep. By the time pre-season is here you should be all reaching level 14.

Arsenal

The Arsenal test is taken from the English professional club Arsenal and is a fairly simple workout but will give you the endurance you need to last an entire 90 minutes. During this workout you must push yourself as hard as you possibly can, trying to maintain consistent, and gaining quick recover time.

During this test you will, first, round off the corners of the field by two yards with a few cones. If you do not have access to a field but have access to a track that will work too. Remember, we will be doing this on a regulation size field 120x80 so don't go out to a smaller field and expect that to be good enough. At least walk it off and get it close to the right size.

You will run as many laps around the field or track as you can in the span of 6 minutes with a recovery time of 3 minutes. Once the 3 minutes is up you will do this

cycle again. By the end you will have gone through the entire cycle 4 times – 4 times running around the field/track as many times within 6 minutes and 4 rest periods after each set of running. During Phase I you should aim for 4 laps each set of 6 minutes, for Phase II the aim should be 4.5, and for Phase III you should aim for 5 laps within the 6 minutes of running.

Additional Tests

6-Grid

Includes a series of sprints and a jog. A soccer field will be divided into 6 grids, as shown below.

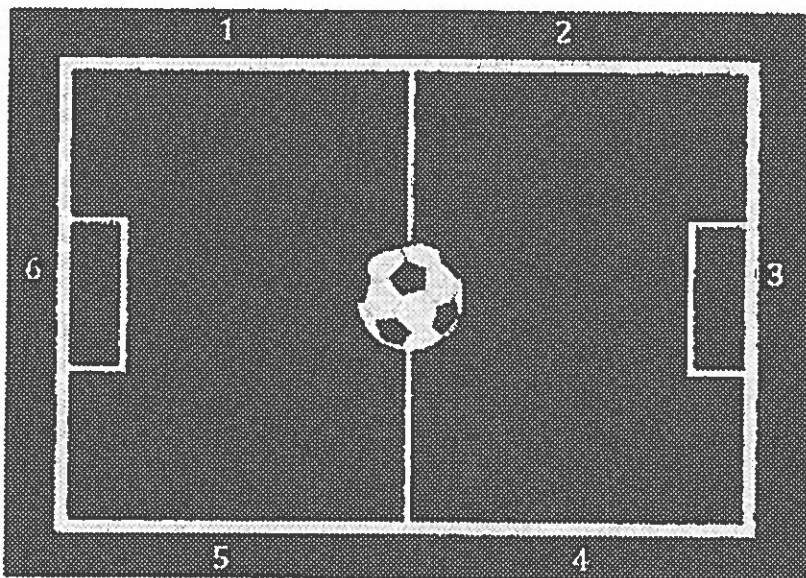
Stage 1:

- Sprint 1, jog 5 (return to start)
- Sprint 2, jog 4 (return to start)
- Sprint 3, jog 3 (return to start)
- Sprint 4, jog 2 (return to start)
- Sprint 5, jog 1 (return to start)
- Sprint 6

3 minute Rest

Stage 2:

- Sprint 6, jog 6 (return to start)
- Sprint 5, jog 1 (return to start)
- Sprint 4, jog 2 (return to start)
- Sprint 3, jog 3 (return to start)
- Sprint 2, jog 4 (return to start)
- Sprint 1, jog 5 (return to start)



Treadmill – The Hill Sprinter

For this cardio workout you will require a treadmill. This is a very good fat burning, increasing and decreasing the heart rate to perform to maximum cardio vascular potential.

Each sprint and increase of incline you are looking to match the first run. Should be aiming for around 5minute mile pace/12 mph.

0% incline: 1 minute 30 seconds jog – 1-minute sprint.

3% incline: 1 minute 30 seconds jog – 1-minute sprint.

6% incline: 1 minute 30 seconds jog – 1-minute sprint.

9% incline: 1 minute 30 seconds jog – 1-minute sprint.

12% incline: 1 minute 30 seconds jog – 1-minute sprint.

Repeat this two times. Looking to hit the third.

100s Club

This cardio workout is designed to exceed a players sprint and recovery expectations. This would cover a 100-yard distance. By the end start of preseason you will be expected to attain above the 12.6 mark.

How it works:

22 seconds sprint to get to the end line, 38 seconds back.

21 seconds sprint to get to the end line, 39 seconds back.

20 seconds sprint to get to the end line, 40 seconds back.

19 seconds sprint to get to the end line, 41 seconds back.

18 seconds sprint to get to the end line, 42 seconds back.

17 seconds sprint to get to the end line, 43 seconds back.

16 seconds sprint to get to the end line, 44 seconds back.

15 seconds sprint to get to the end line, 45 seconds back.

14 seconds sprint to get to the end line, 46 seconds back.

13 seconds sprint to get to the end line, 47 seconds back.

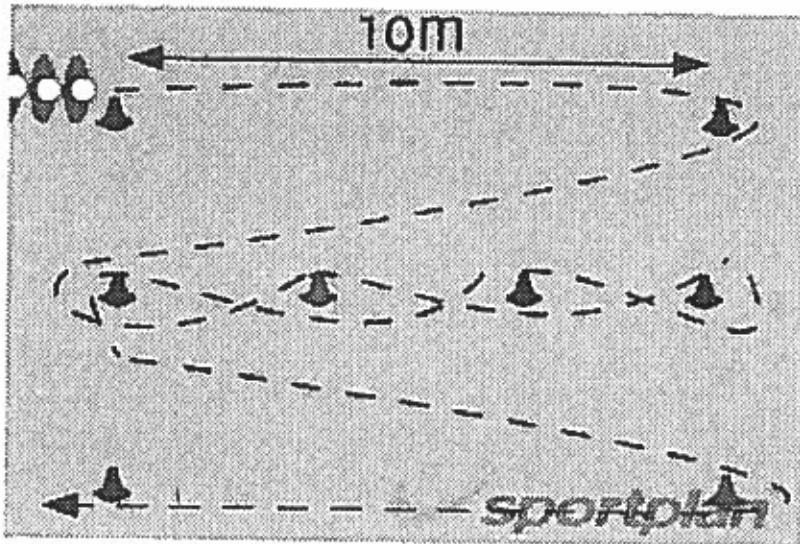
12 seconds sprint to get to the end line, 48 seconds back.

The time will stay at 12 seconds, and you will continue to sprint to see how long you can go.

“How low can you go?”

Illinois Test

This specific cardio is designed to test a player's speed and agility.
See image.



Technical work/Fitness

Proposed outcome: Decreased muscle soreness/functional endurance

Split into groups of 3

P1 and P2 perform specific skills, P3 player performs a 80 yard sprint recovery run at 60-70% pace

Once P3 returns, P1 runs, and P2 and P3 perform skill.

P1 ← 10yds → P2 P3 40 yards

Partner skills

1. 2 touch passing
2. Juggle; 3 touch maximum
3. Headers
4. 1 touch passing
5. 2 touch passing (outside of foot for prep touch/inside foot pass)

Repeat the above cycle 3 times (15 runs per player x 80 yards)

There should be no time delay or interruption in the transition form run to skill.

Short – Sharp Sprints

Proposed Outcome: Increased ability to maintain work at a high intensity, to simulate game demands over a prolonged period of time.

Work time: 5 seconds Recovery Time: 15 seconds

- 20 second cycle /3 cycles per minute
- Set up flags as below

. 5 yards . C1 20 yards . C2 5 yards .

On whistle. Group 1 sprints from C1 to C2, 5 yards recovery and line up on C2.

After 5 seconds, whistle blows and second group performs the same; 5 seconds later group 3, 5 seconds later group ' repeat process back from C2 to C1 for 8 minutes continuously.

After 8 minutes, 2 minutes rest, set up the cycle below.

. 5 yards . C1 40 yards . C2 5 yards .

5 second intervals as above. 8 minutes then 2 minute rest.

3rd Cycle is a repeat of cycle 1.

Emphasize quick start over 5 yards and maintain speed over 20/40 yards consistently at 80-90% of max pace.

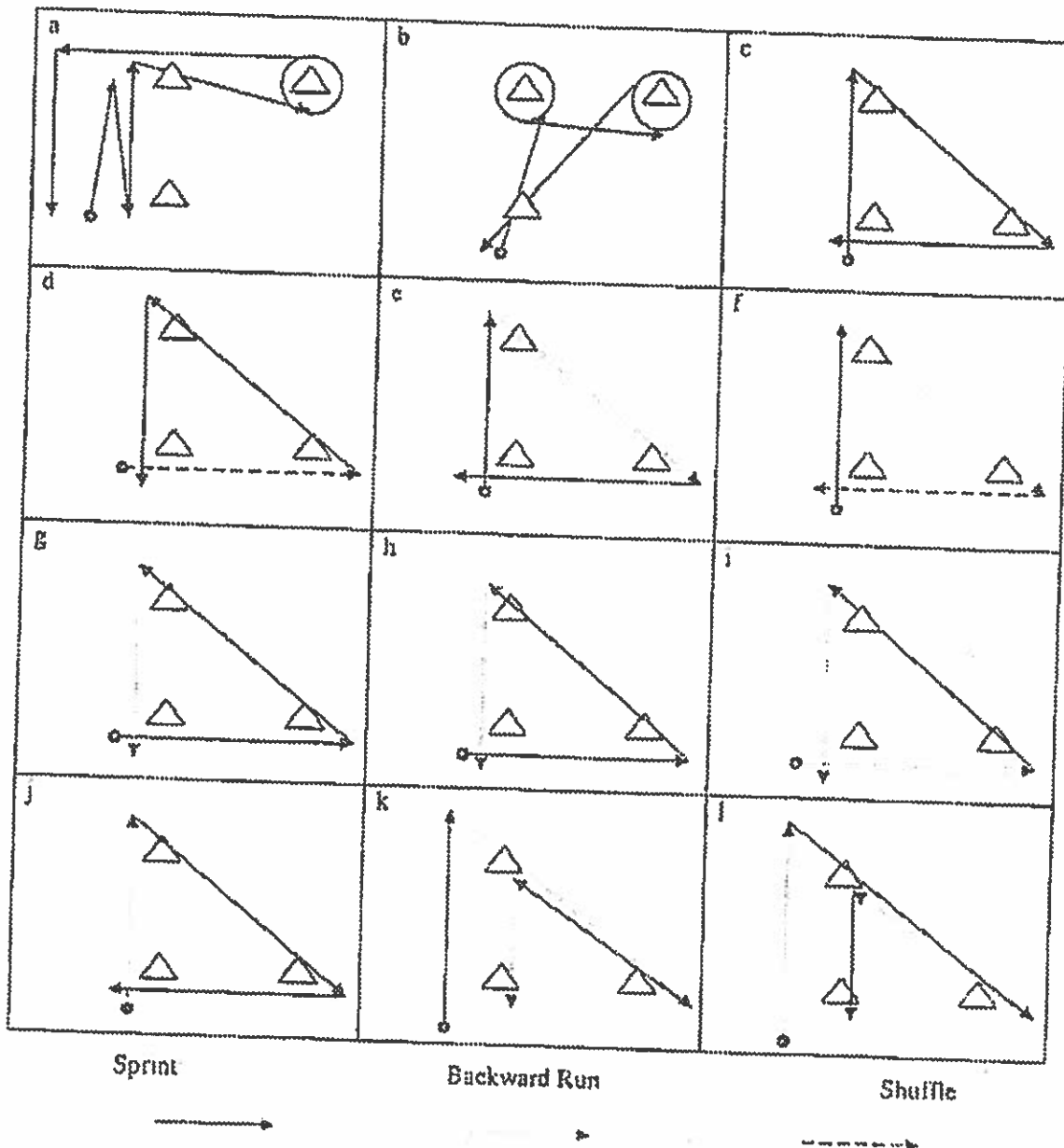
Alternate Sprints option:

10 yards – x 12 / 20 yards – x 10 / 30 yards – x 8 / 40 yards – x 6 / 60 yards – x 4 / 80 yards – x 2

After each sprint jog back to the start line, stop and go. This ensures that we work on explosive speed and maximum pace.

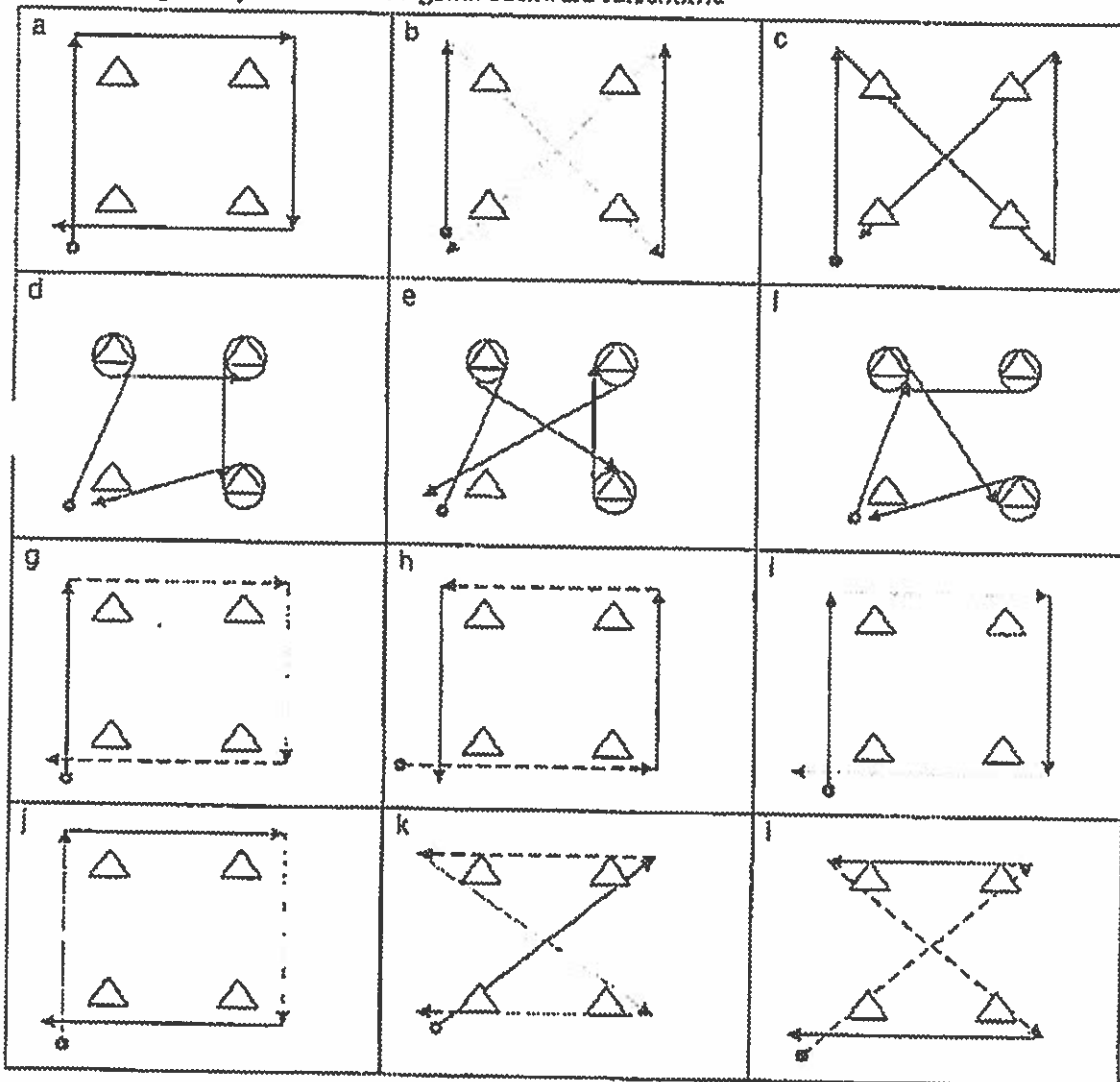
3 CONE DRILLS

- a. 3 cone agility drill (combine drill)
- b. Sprint/around/sprint/around/sprint
- c. Sprint/sprint/sprint
- d. Shuffle/sprint/sprint
- e. Sprint/backward run/sprint
- f. Sprint/backward run/shuffle
- g. Shuffle/sprint/backward run
- h. Sprint/sprint/backward run
- i. Backward run/sprint/backward run
- j. Backward run/sprint/shuffle
- k. Sprint/backward run/sprint/backward run
- l. Backward run/sprint/backward run/sprint



4 CONE DRILLS

- a. Sprint/sprint/sprint
- b. Sprint/diagonal backward run/sprint/diagonal backward run
- c. Backward run/diagonal sprint/backward run/diagonal sprint
- d. Sprint/around/sprint/around/sprint/around/sprint
- e. Sprint/around/diagonal sprint/around/sprint/around/diagonal sprint
- f. Diagonal sprint/around/sprint/around/diagonal sprint/around/sprint
- g. Sprint/shuffle/backward run/shuffle
- h. Shuffle/sprint/shuffle/sprint
- i. Sprint/backward run/sprint/backward run
- j. Backward run/sprint/backward run/sprint
- k. Diagonal sprint/shuffle/diagonal backward run/shuffle



Warm Up (10 yds each)

Cradles/toe touches
Quad pull into forward lunge + twist
Knee hug into backward lunge + OH reach
Alternating lateral lunge
World's greatest
Straight leg kicks
Backwards open hip skip
Shuffle + arm swing
High knee carioca
High knees
Butt kicks
Power skip
Shuffle-Shuffle-Sprint x2
Sprint-Backpedal-Sprint x2

Cool Down Stretch (x:20ea)

Standing

Feet together touch toes
Feet out wide (middle/right/left)

Seated

Butterfly
Right foot out/Left foot/Both feet reach down
Right over left, knee to shoulder/Left over right

Half Kneeling

Hip Flexor + OH reach (R/L)

Standing

Quad Stretch (R/L)
Saigon Squat