**SBRHS Soccer Summer Conditioning**

WEEK 1 (July 8-12)

Day Initial Exercises

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| Mon | \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_ | -**RUN** one mile under 9.5 min  -**CRUNCHES** (25 reps/3 sets)  -**BENCH** (See FIFA 11+ step 7) 40 seconds/3 times  -**SIDEWAYS BENCH** (FIFA 11+ step 8) 30 seconds/3 times  -**PUSH UPS** (10 reps/3 sets)  -**JUGGLE** (15 minutes) \*\*\*with feet, not just knees!!\*\*\* |
| Tues | \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_ | -**FIFA 11+** (all level 1) check out videos on site  <http://f-marc.com/11plus/exercises/>  -**SPRINTS** (25 yards/5 times/2 minute rest between sets)  Go all out!!! |
| Wed | \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_ | -**RUN** 1 mile (9.5 minutes or less)  -**CRUNCHES** (25 reps/3 sets)  -**PUSH UPS** (10 reps/3 sets)  -**BALL WORK**: Be sure to use both your strong and weak foot and keep ball close and controlled  >>**X JOG**/**SPRINT** (soccer field or equivalent)   |  | | --- | | A C  A B D C  A B D C  A B D C  A B D C  A D B C  A D B C  A D B C  A D B C  A C |   Start/finish  X-JOG explanation  *1. With ball, jog A*  *2. Sprint B (keep ball controlled)*  *3. Jog C*  *4. Sprint D* |
| Thurs | \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_ | **-FIFA 11+** (level 1: all)  **PLYOMETRICS** (See PLYOS explanation sheet at the end of this document)  -**BALL WORK** (15 minutes)  >>Work on smooth transitions, moving ball around obstacles  (Footwork: Dribbling with ball close, change directions: mix it up: rake, pull through, outside of foot, inside of foot, shot fake, etc.) When changing directions also change direction in which you are turning (sometimes to the right, sometimes to left) |
| Fri | \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_ | -**RELAXED RUN**: Run 25 minutes at your own pace.  -**JUGGLE** 15-20 minutes (Shooting for 30+ touches by pre-season)  \*\*\*with feet, not just knees |

Week 2 (July 15-19)

Day Initial Exercises

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| Mon | \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_ | -**RUN** one mile under 9 min  -**CRUNCHES** (25 reps/3 sets)  -**BENCH** (See FIFA 11+ step 7) 45 seconds/3 times  -**SIDEWAYS BENCH** (FIFA 11+ step 8) 35 seconds/3 times  -**PUSH UPS** (10 reps/3 sets)  -**JUGGLE** (15 minutes) \*\*\*with feet!!\*\*\* |
| Tues | \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_ | -**FIFA 11+** (all level 2) check out videos on site  <http://f-marc.com/11plus/exercises/>  -**SPRINTS** (25 yards/7 times/1 minute rest between sets)  Go all out!!! |
| Wed | \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_ | -**RUN** 1.5 miles (13.5 minutes or less)  -**CRUNCHES** (30 reps/3 sets)  -**PUSH UPS** (12 reps/3 sets)  -**BALL WORK**: Be sure to use both your strong and weak foot and keep ball close and controlled  >>**X jog/sprint with ball**  **(2 rotations)** |
| Thurs | \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_ | **-FIFA 11+** (level 2: all)  **PLYOMETRICS** (See PLYOS explanation sheet at the end of this document)  -**BALL WORK** (15 minutes)  >>Work on smooth transitions, moving ball around obstacles  (Footwork: Dribbling with ball close, change directions: mix it up: rake, pull through, outside of foot, inside of foot, shot fake, etc.) When changing directions also change direction in which you are turning (sometimes to the right, sometimes to left) |
| Fri | \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_ | -**RELAXED RUN**: Run 25 minutes at your own pace.  -**JUGGLE** 15-20 minutes (Shooting for 30+ touches by pre-season)  \*\*\*with feet, not just knees  -2 SHUTTLE RUNS WITH BALL  >>10,20, 40 SHUTTLE RUNS   1. Sprint 10 yards 2. Jog back to start 3. Sprint 20 4. Jog back to start 5. Sprint 40 6. Jog back to start   = 1 shuttle run |

WEEK 3 (JULY 22-26)

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| Mon | \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_ | -**RUN** 1.5 mile under 13 min  -**CRUNCHES** (30 reps/3 sets)  -**BENCH** (See FIFA 11+ step 7) 50 seconds/3 times  -**SIDEWAYS BENCH** (FIFA 11+ step 8) 40 seconds/3 times  -**PUSH UPS** (10 reps/3 sets)  -**JUGGLE** (15 minutes) \*\*\*with feet!!\*\*\* |
| Tues | \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_ | -**FIFA 11+** (all level 2) check out videos on site  <http://f-marc.com/11plus/exercises/>  -**SPRINTS** (25 yards/7 times/1 minute rest between sets)  Go all out!!! |
| Wed | \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_ | -**RUN** 2 miles (16 minutes or less)  -**CRUNCHES** (35 reps/3 sets)  -**PUSH UPS** (15 reps/3 sets)  -**BALL WORK**: Be sure to use both your strong and weak foot and keep ball close and controlled  >>**X jog/sprint with ball**  **(3 rotations)** |
| Thurs | \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_ | **-FIFA 11+** (level 2: all)  **PLYOMETRICS** (See PLYOS explanation sheet at the end of this document)  **-3 SHUTTLE RUNS WITH BALL**  >>10,20, 40 SHUTTLE RUNS   1. Sprint 10 yards 2. Jog back to start 3. Sprint 20 4. Jog back to start 5. Sprint 40 6. Jog back to start   = 1 shuttle run |
| Fri | \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_ | -**RELAXED RUN**: Run 30 minutes at your own pace.  -**JUGGLE** 15-20 minutes (Shooting for 30+ touches by pre-season)  \*\*\*with feet, not just knees  -**BALL WORK** (15 minutes)  >>Work on smooth transitions, moving ball around obstacles  (Footwork: Dribbling with ball close, change directions: mix it up: rake, pull through, outside of foot, inside of foot, shot fake, etc.) When changing directions also change direction in which you are turning (sometimes to the right, sometimes to left) |

WEEK 4 (JULY 29 – AUG 2)

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| Mon | \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_ | -**RUN** 2 miles under 16 min  -**CRUNCHES** (40 reps/3 sets)  -**BENCH** (See FIFA 11+ step 7) 50 seconds/3 times  -**SIDEWAYS BENCH** (FIFA 11+ step 8) 40 seconds/3 times  -**PUSH UPS** (10 reps/3 sets)  -**JUGGLE** (15 minutes) \*\*\*with feet!!\*\*\* |
| Tues | \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_ | -**FIFA 11+** (all level 2) check out videos on site  <http://f-marc.com/11plus/exercises/>  -**SPRINTS** (25 yards/7 times/1 minute rest between sets)  Go all out!!! |
| Wed | \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_ | -**RUN** 2.5 miles (20 minutes or less)  -**CRUNCHES** (40 reps/3 sets)  -**PUSH UPS** (15 reps/3 sets)  -**BALL WORK**: Be sure to use both your strong and weak foot and keep ball close and controlled  >>**X jog/sprint with ball**  **(4 rotations)** |
| Thurs | \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_ | **-FIFA 11+** (level 2: all)  **PLYOMETRICS** (See PLYOS explanation sheet at the end of this document)  **-4 SHUTTLE RUNS WITH BALL**  >>10,20, 40 SHUTTLE RUNS   1. Sprint 10 yards 2. Jog back to start 3. Sprint 20 4. Jog back to start 5. Sprint 40 6. Jog back to start   = 1 shuttle run |
| Fri | \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_ | -**RELAXED RUN**: Run 32 minutes at your own pace.  -**JUGGLE** 15-20 minutes (Shooting for 30+ touches by pre-season)  \*\*\*with feet, not just knees  -**BALL WORK** (15 minutes)  >>Work on smooth transitions, moving ball around obstacles  (Footwork: Dribbling with ball close, change directions: mix it up: rake, pull through, outside of foot, inside of foot, shot fake, etc.) When changing directions also change direction in which you are turning (sometimes to the right, sometimes to left) |

WEEK 5 (AUG 5-9)

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| Mon | \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_ | -**RUN** 2.5 miles under 20 min  -**CRUNCHES** (45 reps/3 sets)  -**BENCH** (See FIFA 11+ step 7) 50 seconds/3 times  -**SIDEWAYS BENCH** (FIFA 11+ step 8) 40 seconds/3 times  -**PUSH UPS** (10 reps/3 sets)  -**JUGGLE** (15 minutes) \*\*\*with feet!!\*\*\* |
| Tues | \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_ | -**FIFA 11+** (all level 3) check out videos on site  <http://f-marc.com/11plus/exercises/>  -**SPRINTS** (25 yards/7 times/1 minute rest between sets)  Go all out!!! |
| Wed | \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_ | -**RUN** 2.5 miles (20 minutes or less)  -**CRUNCHES** (45 reps/3 sets)  -**PUSH UPS** (15 reps/3 sets)  -**BALL WORK**: Be sure to use both your strong and weak foot and keep ball close and controlled  >>**X jog/sprint with ball**  **(4 rotations)** |
| Thurs | \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_ | **-FIFA 11+** (level 2: all)  **PLYOMETRICS** (See PLYOS explanation sheet at the end of this document)  **-5 SHUTTLE RUNS WITH BALL**  >>10,20, 40 SHUTTLE RUNS   1. Sprint 10 yards 2. Jog back to start 3. Sprint 20 4. Jog back to start 5. Sprint 40 6. Jog back to start   = 1 shuttle run |
| Fri | \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_ | -**RELAXED RUN**: Run 34 minutes at your own pace.  -**JUGGLE** 15-20 minutes (Shooting for 30+ touches by pre-season)  \*\*\*with feet, not just knees  -**BALL WORK** (15 minutes)  >>Work on smooth transitions, moving ball around obstacles  (Footwork: Dribbling with ball close, change directions: mix it up: rake, pull through, outside of foot, inside of foot, shot fake, etc.) When changing directions also change direction in which you are turning (sometimes to the right, sometimes to left) |

**WEEK 6 CAMP WEEK (INFO TO FOLLOW)**

**FIRST DAY OF TRY OUT**

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| **IF YOU COMPLETED THE CONDITIONING PROGRAM, YOU ARE READY!!!**  -**TIMED MILE** (TIME DOCUMENTED)  -**FIFA 11+** (STRENGTH DOCUMETED)  -**SHUTTLE RUN** (TIME DOCUMENTED)  -**JUGGLING** (NUMBERS DOCUMENTED) |

**SECOND DAY OF TRY OUTS**

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| **-TIMED TWO MILE** (TIME DOCMENTED)  **-TIMED 40 METER** (TIME DOCUMENTED)  -**TIMED 100 METER** (TIME DOCUMENTED)  **-X SPRINT/JOG**  **-MORE TBA** |

PLYOMETRICS

jump higher run faster throw farther

*Stretch thoroughly before any plyometrics exercises.*

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*5 Dot* • • - start in middle, feet together

- jump forward and backward fast

-30 sec/3 reps

- 30 to 45 seconds. 3-5 sets.

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*Lateral Jumps* - go back and forth

- one foot at a time (quick feet)

- feet together (as fast as possible)

- 2 times each, 30 seconds, 3-5 sets

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*Side Lunge Jump* - jump as far side-to-side as you can

- only your outside foot touches the ground

- one leg might be stronger than other so give yourself room to move

L R - as soon as you land push back to the other way

- 2 times, 30 seconds, 3-5 sets.

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*Forward Lunge Jump* - jump as far as you can springing

- as soon as you land, push off the landing

foot into another lunge jump

-go for distance and height

- 10 lunges (3-5 sets) *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*Big Square Jump*

- 3x clockwise, 3x counterclockwise

- any time forward or backward use both feet

- moving left was right foot

- moving right use left foot

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*Quick Feet* - run in place

- small steps as fast as you can

- 30 seconds, 3-5 sets

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*High Knees* - run in place

- pull knee to chest

- 1 minute, 3 sets