**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)

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| A CA B D CA B D CA B D CA B D CA D B CA D B C A D B CA D B CA 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 RUNS1. 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 RUNS1. 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 RUNS1. 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 RUNS1. 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