

# **SOCCER SUMMER CONDITIONING PROGRAM**

Monday	Shuttles
Tuesday	Weights and Plyometrics
Wednesday	Endurance
Thursday	Weights and Plyometrics
Friday	Shuttles

## **GENERAL:**

(M-T-W-T-F)

(After every workout)

Crunches Maximum in 1 minute

Record your score

Push ups Maximum in 1 minute

Record your score

## **STRETCHING / FLEXIBILITY**

(M-T-W-T-F)

Warm Up before you stretch - 3 to 5 minutes of low intensity exercise to warm the body core temp.

Stretch before during and after any type of intense physical activity

Stretch the entire body

Perform each stretch with proper form

Stretch slowly and with control

Hold each stretch for 10 to 30 seconds

Perform each stretch 1 to 3 times per work out

## **SHUTTLES**

(Mon & Fri)

(Record your time)

S-1:  $10-10 \times 3 = 1$  set = 180 yards 3 sets Total yards = 540

(Record your time)

S-2:  $20-20 \times 3 = 1$  set = 360 yards 3 sets Total yards = 1080

(Record your time)

S-3:  $10-20-30 \times 3 = 1$  set = 360 yards 3 sets Total yards = 1080

(Record your time)

S-4:  $10-10 \times 3 = 1$  set = 60 yards +

$20-20 \times 3 = 1$  set = 360 yards +

$10-20-30 \times 3 = 1$  set = 360 yards

This equals 1 set = 780 yards 2 sets Total yards = 1560

(Record your time)

S-5  $60-90 \times 2 = 1$  set = 600 yards 3 sets Total yards = 1800

(Record your time)

S-6  $60-120 \times 2 = 1$  set = 720 yards 3 sets Total yards = 2160

## **WEIGHTS (weights optional)**

(Tue & Thur)

10 reps = 1 set / do 3 sets of 10

Activity

Shoulder Shrugs

Squats

Row / Curls

Leg lifts

Chin ups

Stairs

Dips

Hamstrings

## **PLYOMETRIC PROGRAM**

(Tue & Thur)

Use a line 15 yards long

Do 3 Sets (One set is 1 through 10) each of the 10 exercises

Jog back to the starting point after each exercise

Take a one-minute break between sets

The feet **MUST** stay together for #'s 1,2,3,4 and 7

1. Slalom jumps back and forth down the line. Small quick jumps
2. Knees to chest maximum height jumping down the line
3. Facing the line, jump forward then back doing as many as possible moving quickly down the line.
4. Same as #3 but facing other direction
5. Hop on right foot going down the line. Go for maximum height
6. Hop on left foot going down the line. Go for maximum height
7. Long jump down the line. Go for maximum distance. Feet must stay together the whole time
8. Lunge walk down the line
9. Slalom run. Long stride, arc and jump. (I.e. speed skater)
10. Sprint backwards to end of line; turn and sprint backwards to start of line

## **ENDURANCE PROGRAM**

(Wednesday)

Week One: Timed  $\frac{1}{2}$  mile run Stretch / walk for 15 minutes Timed  $\frac{1}{4}$  mile run  
Record your time

Week Two: Timed  $\frac{1}{2}$  mile run Stretch / walk for 5 minutes Timed  $\frac{1}{4}$  mile run  
Record your time

Week Three: Timed  $\frac{1}{2}$  mile run Stretch / walk for 3 minutes Timed  $\frac{1}{4}$  mile run / walk 5 minutes Timed  $\frac{1}{4}$  mile run  
Record your time

Week Four: Timed 1 mile run Stretch / walk for 5 minutes Timed  $\frac{1}{4}$  mile run  
Record your time.

Week Five: Timed 1 mile run Stretch / walk 3 minutes Timed  $\frac{1}{4}$  mile  
Record your time

Week Six: Timed 1 mile run Stretch / walk 5 minutes Timed ½ mile run  
Record your time

Week Seven: Timed 1.5 mile run Stretch / walk 5 minutes Timed ½ mile run  
Record your time

Week Eight: Timed 1.5 mile run Stretch / walk 5 minutes Timed 1 mile run  
Record your time

Week Nine: Timed 2 mile run Stretch / walk 5 minutes Timed ½ mile run  
Record your time

Week Ten: Timed 2 mile run Stretch / walk 5 minutes Timed 1 mile run  
Record your time

## **TECHNIQUE**

Ball work - juggling - dribbling - heading - shooting - passing

## **TACTICS**

Find somewhere to play and learn from the game / opponents / teammates

## **FAILING TO PREPARE IS PREPARING TO FAIL.**

Discipline is not what we do to you, Rather  
Discipline is what we do for you

*Are YOU self disciplined?*