

# SOCCER SUMMER CONDITIONING

## WEEK 1

| DAY 1  | DAY 2   | DAY 3                                   | DAY 4  | DAY 5   |
|--|---|---|--|---|
| <p><b><u>Dynamic Warm-up</u></b><br/>Ex: High Knees, Butt Kicks, Shuffle<br/>A-Skips, B-Skips, Power Skips<br/>2 x 15 yards each</p> <p><b><u>Wall Drills:</u></b><br/>Wall March 2 x 10<br/>Knee Drives 2 x 10<br/>Troop Hops:<br/>1 pop 2 x 10<br/>2 pops 2 x 10</p> <p><b><u>Field Sprints:</u></b><br/>20 yard sprint x 4 (walk back)<br/>40 yard sprint x 4 (walk back)<br/>60 yard sprint x 4 (walk back)</p> <p><b><u>Long Tempo Sprints:</u></b><br/>110's (FB field) x 10<br/>16sec sprint/1:15min recovery</p> | <p><b><u>Dynamic Warm-up</u></b><br/>GET WARMED UP!</p> <p><b><u>Plyo's:</u></b><br/>Triple long jump (3 jumps) x 4<br/>Full recovery after each set</p> <p><b><u>Position Starts:</u></b><br/>Belly, Pushup position, Back<br/>Seated, Backwards, 1 Knee R/L<br/>Lateral 1 Knee R/L, Both Knees<br/>(10 sprints total) x 15 yards each<br/>Walk back recovery</p> <p><b><u>Timed Mile:</u></b></p> | <p>Recovery Day<br/>Swim or do Yoga</p> | <p><b><u>Dynamic Warm-up</u></b><br/>GET WARMED UP!</p> <p><b><u>Wall Drills:</u></b><br/>Wall March 2 x 10<br/>Knee Drives 2 x 10<br/>Troop Hops:<br/>1 pop 2 x 10<br/>2 pops 2 x 10</p> <p><b><u>Field Sprints:</u></b><br/>20 yard sprint x 4 (walk back)<br/>40 yard sprint x 4 (walk back)<br/>60 yard sprint x 4 (walk back)</p> <p><b><u>Full Field Laps x 6</u></b><br/>1:15 per lap<br/>2 min rest between laps</p> | <p><b><u>Dynamic Warm-up</u></b><br/>GET WARMED UP!</p> <p><b><u>Pro Agility Test (5-10-5) x 4</u></b><br/>Full Recovery between each set</p> <p><b><u>Transition Sprints: 15-20-15 (yards)</u></b><br/>Carioca/Sprint/Carioca x 4<br/>Sprint/Backpedal/Sprint x 4<br/>Shuffle/Sprint/Shuffle x 4<br/>Backpedal/Sprint/Backpedal x 4<br/>Jog Back Recovery</p> <p><b><u>Shuttle Sprints:</u></b><br/>(6 cones/5yds apart-str line)<br/>5 x 25 yard shuttles (6 cones)<br/>Sprint to a cone-sprint back -sprint to next<br/>36 sec sprint/45sec rest</p> |
| <b>STRETCH</b>   | <b>STRETCH</b>  | <b>STRETCH</b>                          | <b>STRETCH</b>   | <b>STRETCH</b>  |
| <i>Weeks 2 -8</i>  | <i>Weeks 2 -8</i>   |   | <i>Weeks 2 -8</i>  | <i>Weeks 2 -8</i>   |
| <b><u>Wk 2</u></b><br>Add 1 rep to Field Sprints/Tempo Sprints   | <b><u>Wk 2</u></b><br>Add 5 yards to position starts (20yd)   |   | <b><u>Wk 2</u></b><br>Add 1 rep to Field Sprints/Field Laps  | <b><u>Wk 2</u></b><br>Add 1 rep to Transition/Shuttle Sprints   |
| <b><u>Wk 3</u></b><br>Add 1 rep to Field Sprints/Tempo Sprints   | <b><u>Wk 3</u></b><br>Add 5 yards to position starts (25yd)   |   | <b><u>Wk 3</u></b><br>Add 1 rep to Field Sprints/Field Laps  | <b><u>Wk 3</u></b><br>Add 1 rep to Transition/Shuttle Sprints   |
| <b><u>Wk 4 - "Back Off Week"</u></b><br>Go back to week 1 volume (reps)  | <b><u>Wk 4 - "Back Off Week"</u></b><br>Go back to week 1 distance (15yd)   |   | <b><u>Wk 4 - "Back Off Week"</u></b><br>Go back to week 1 volume (reps)  | <b><u>Wk 4 - "Back Off Week"</u></b><br>Go back to week 1 volume (reps)   |
| <b><u>Wk 5</u></b><br>Increase 1 rep from Wk 3 (7/13 reps)   | <b><u>Wk 5</u></b><br>Increase 5 yards from wk 3 (30yd)   |   | <b><u>Wk 5</u></b><br>Increase 1 rep from Wk 3 (7/9 reps)  | <b><u>Wk 5</u></b><br>Increase 1 rep from Wk 3 (7/8 reps)   |
| <b><u>Wk 6</u></b><br>Increase 1 rep from Wk 5 (8/14 reps)   | <b><u>Wk 6</u></b><br>Increase 5 yards from wk 5 (35yd)   |   | <b><u>Wk 6</u></b><br>Increase 1 rep from Wk 5 (8/10 reps)   | <b><u>Wk 6</u></b><br>Increase 1 rep from Wk 5 (8/9 reps)   |
| <b><u>Wk 7</u></b><br>Increase 1 rep from Wk 6 (9/15 reps)   | <b><u>Wk 7</u></b><br>Increase 5 yards from wk 6 (40yd)   |   | <b><u>Wk 7</u></b><br>Increase 1 rep from Wk 6 (9/11 reps)   | <b><u>Wk 7</u></b><br>Increase 1 rep from Wk 6 (9/10 reps)  |
| <b><u>Wk 8 - "Back Off Week"</u></b><br>Go back to week 1 volume (reps)  | <b><u>Wk 8 - "Back Off Week"</u></b><br>Go back to week 1 distance (15yd)   |   | <b><u>Wk 8 - "Back Off Week"</u></b><br>Go back to week 1 volume (reps)  | <b><u>Wk 8 - "Back Off Week"</u></b><br>Go back to week 1 volume (reps)   |