

# UCSD MEN'S SOCCER

## Day 1

- Dynamic Warm-Up** 5x up stairs/on ground: rockers (rock back, roll forward w legs out & touch toes x10), Hurdle Stretch R/L, 90/90 Hip Stretch, Kneeling Hip Flexor Stretch, St. leg Hamstring Stretch, Quad Stretch, Walking RDL, Butt Kicks, High Knees
- Shoulder Stability** Standing (bent-over) Y's, T's, & W's x 12 each
- Glute Act/Strength** SL Hip Bridge FEET on Bench 2 x 15 each
- Conditioning** See Conditioning Sheet

Order	Max	Exercise	Set	2-Aug		9-Aug		16-Aug	
				Week 4 wt	Week 4 reps	Week 5 wt	Week 5 reps	Week 6 wt	Week 6 reps
1	#N/A	<b>Clean Complex</b> RDL-Pull-High Pull-Clean-Front Squat	1	x	x3ea	x	x3ea	x	x3ea
2	#N/A	<b>Hang Clean</b>  Pair with below	1	x	3	x	3	x	3
			2	x	3	x	3	x	3
			3	x	3	x	3	x	3
			4	x	3	x	3	x	3
			5	x	3	x	3	x	3
			6	x	3	x	3	x	3
3	#N/A	<b>Front Split Squat</b>  Pair with below	1	x	6e	x	6e	x	6e
			2	x	6e	x	6e	x	6e
			3	x	6e	x	6e	x	6e
			4	x	6e	x	6e	x	6e
			5	x	6e	x	6e	x	6e
			6	x	6e	x	6e	x	6e
4	#N/A	<b>Tuck Jump</b>	1	x	x5	x	x6	x	x7
5	#N/A	<b>SL SB Leg Curl</b>  Pair with below	1	x	8e	x	8e	x	8e
			2	x	8e	x	8e	x	8e
			3	x	8e	x	8e	x	8e
6	#N/A	<b>Lat Pulldowns</b>	1	x	6	x	6	x	6
			2	x	6	x	6	x	6
			3	x	6	x	6	x	6

## Day 2

- Dynamic Warm-Up** Jump Rope 3 Minutes, Knee Hugs, Lateral Lunge, Figure 4, Lunge and Twist, Leg Swings x 10 each
- Shoulder Stability** Prone - 'W' Press x 15 each x 2 sets
- Glute Act/Strength** MB Hip Bridge ( MB between knees)
- Conditioning** See Conditioning Sheet

Order	Max	Exercise	Set	Week 4 wt		Week 5 wt		Week 6 wt	
				x	Week 4 reps	x	Week 5 reps	x	Week 6 reps
1	#N/A	<b>Jerk Complex</b> Shoulder Press-Push Press-Push Jerk-Split Jerk	1	x	3e	x	3e	x	3e
2	#N/A	<b>Split Jerk</b>  Pair with below	1	x	3	x	3	x	3
			2	x	3	x	3	x	3
			3	x	3	x	3	x	3
			4	x	3	x	3	x	3
			5	x	3	x	3	x	3
			6	x	1	x	1	x	1
3	#N/A	<b>Bulgarian Split Squat</b>  Pair with below	1	x	6e	x	6e	x	6e
			2	x	6e	x	6e	x	6e
			3	x	6e	x	6e	x	6e
			4	x	6e	x	6e	x	6e
			5	x	6e	x	6e	x	6e
			6	x	6e	x	6e	x	6e
4	#N/A	<b>Split Squat Jump</b>	1	x	4e	x	5e	x	6e
5	#N/A	<b>SL Back Ext</b>  Pair with below	1	x	6e	x	6e	x	6e
			2	x	6e	x	6e	x	6e
			3	x	6e	x	6e	x	6e
6	#N/A	<b>BW Circuit</b> BW Squats-Lunges-Squat Jumps-Burpee-Pushup x 10 reps each x the # of sets	1	x	1	x	2	x	3
			2						
			3						

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## Day 3

**Dynamic Warm-Up** Jumping Jacks x 25, Split Jacks x 25, Mountain Climbers x 20, Speed Ladder

**Shoulder Stability** Int/Ext Rotation ADD/ABD (Arm next to your side and Elbow up at 90°)

**Glute Act/Strength** Step downs (stand on 12" box, lower heel - tap on ground and stand back up)

**Conditioning** See Conditioning Sheet

Order	Max	Exercise	Set	2-Aug		9-Aug		16-Aug	
				Week 1 wt	Week 1 reps	Week 2 wt	Week 2 reps	Week 3 wt	Week 3 reps
1	#N/A	<b>CG Snatch Complex</b> RDL-Bent Row-Pull-High Pull-CG Snatch	1	x 5e		x 5e		x 5e	
2	#N/A	<b>CG Snatch</b> <b>CG = Close Grip (Clean Grip)</b> Pair with Below	1	x 3		x 4		x 5	
			2	x 3		x 4		x 5	
			3	x 3		x 4		x 5	
			4	x 3		x 4		x 5	
			5	x 3		x 4		x 5	
3	#N/A	<b>SL Pickups</b> <b>Reps = Steps each leg</b> Pair with Below <b>GO HEAVIER EACH WEEK</b>	1	x 8e		x 7e		x 6e	
			2	x 8e		x 7e		x 6e	
			3	x 8e		x 7e		x 6e	
			4	x 8e		x 7e		x 6e	
			5	x 8e		x 7e		x 6e	
4	#N/A	<b>Vert Jump</b>	1	x 5		x 5		x 5	
5	#N/A	<b>SL DB RDL</b> Pair with Below	1	x 5e		x 6e		x 7e	
			2	x 5e		x 6e		x 7e	
			3	x 5e		x 6e		x 7e	
6	#N/A	<b>BB Bentover Rows</b>	1	x 12		x 10		x 8	
			2	x 12		x 10		x 8	
			3	x 12		x 10		x 8	