**2015 Scott County Boys’ Soccer**

**Summer Fitness & Conditioning Workout**

This training program will help you come into tryouts and preseason ready to go. The goal of this fitness and conditioning program is to prepare you for the season and the pre-season conditioning test. It is the player’s responsibility to find the time to complete the training each week and prepare themselves to arrive at tryouts in shape and ready to play. Players will not be able to practice until they have met the condition requirements. Remember: What you do when no one is looking prepares you for when they are. See everyone at tryouts on the July 15 on the turf field (8:00 - 10:00pm).

It is the player’s responsibility to:

* Stretch appropriately before the fitness/ condition activity
* Listen to their body
* Maintain proper hydration
* Treat weekends as rest days, enjoy them
* Train out of the heat of the day, training in the morning or evening would be ideal

All activities should begin with a 5-10 minute warm up. You can vary the warm up for a normal soccer warm up, static stretch, dynamic stretch, or a slow jog.

**Week 1**

**Mon, Wed, and Fri**

1.5 to 2.5 mile jog (easy to moderate pace about 8 ½ minute miles)

10 X 50 yard sprints

Weight Room or Body Circuit (See Attached)

**Tuesday/Thursday**

Ball skills activity (at least 30 minutes)

Agility / Plyometric (See attached for activities- Tues: Choose 5/ Thurs: Choose different 5)

**Core Workout:**

M: 15 sit ups, 15 crunches, 3 X 10sec planks

T: 1 minutes heel lifts (6inches off ground), 15 crunches, 3 X 15 sec planks

W: 25 Sit ups, 20 crunches, 3 X 15 sec planks

TH: 40 crunches, 25 Leg raises, 2 x 15 Jackknives, 3 x 20sec planks

F: 30 Sit ups, 2 X 15 Toe touches, 3 X 25sec planks

**Week 2**

**Mon, Wed, and Fri**

Endurance: 2 miles (8 min per mile pace)

10 X 80 yard sprints

Weight Room or Body Circuit ( See Attached)

**Tuesday/Thursday**

Ball skills activity (at least 30 minutes)

Agility / Plyometric (See attached for activities- Tues: Choose 5/ Thurs: Choose different 5)

**Core Workout:**

M: 25 sit ups, 2 x 25 crunches, 3 X 30 sec planks

T: 1 minutes heel lifts (6 inches off ground), 35 crunches, 30 Leg raises, 3 X 15 sec planks

W: 50 Sit ups, 30 crunches, 3 X 35 sec planks

TH: 40 Leg raises, 2 x 30 Jackknives, 3 x 40sec planks

F: 55 Sit ups, 3 X 25 Toe touches, 3 X 45sec planks

**Week 3**

**Mon, Wed, and Fri**

Endurance: 2.5 to 3 miles (7 ½ min per mile pace)

15 X 30 yard sprints

Weight Room or Body Circuit (See Attached)

**Tuesday/Thursday**

Ball skills activity (at least 30 minutes)

Agility / Plyometric (See attached for activities- Tues: Choose 5/ Thurs: Choose different 5)

**Core Workout:**

M: 55 sit ups, 45 crunches, 3 X 40 sec planks

T: 1 minutes heel lifts (6inches off ground), 55 crunches, 3 X 40 sec planks

W: 50 Sit ups, 50 crunches, 3 X 45 sec planks

TH: 50 Leg raises, 2 x 30 Jackknives, 3 X 40 sec planks

F: 50 Sit ups, 2 X 30 Toe touches, 3 X 45 sec planks

**Week 4**

**Mon, Wed, and Fri**

Endurance: 2 miles (7 min/ mile pace)

5 X 40 yd Sprints

5 x 50 yd Sprints

Weight Room or Body Circuit ( See Attached)

**Tuesday/Thursday**

Ball skills activity (at least 30 minutes)

Agility / Plyometric (See attached for activities- Tues: Choose 5/ Thurs: Choose different 5)

**Core Workout:**

M: 60 sit ups, 65 crunches, 3 X 40 sec planks

T: 1 minutes heel lifts (6inches off ground), 65 crunches, 3 X 30 sec planks

W: 75 Sit ups, 60 crunches, 3 X 45 sec planks

TH: 50 Leg raises, 2 x 30 Jackknives, 3 X 40 sec planks

F: 100 Sit ups, 2 X 30 Toe touches, 3 X 55 sec planks

**Week 5**

**Mon, Wed, and Fri**

Endurance: 2 – 3 miles jog (7 1/2 mile pace)

10 X 20yd (Concentrate on speed)

Weight Room or Body Circuit (See Attached)

**Tuesday/Thursday**

Ball skills activity (at least 30 minutes)

Agility / Plyometric (See attached for activities- Tues: Choose 5/ Thurs: Choose different 5)

**Core Workout:**

M: 105 sit ups, 100 crunches, 85 sec planks

T: 1 minutes heel lifts (6inches off ground), 150 crunches, 95 sec planks

W: 50 Sit ups, 50 leg raises, 50 crunches, 110 sec planks

TH: 150 crunches, 50 leg raises, 115 sec planks

F: 125 Sit ups, 75 crunches, 55 leg raises, 120 sec planks

Pre-run test at tryouts/ Final 2 mile run test for players making the team the first morning of two-a-days. Any player making the team must complete the run test in the allowed time. Those not making it will have additional conditioning until they are able to make the run time.

(2 mile run test times- JV player 15 minutes, Varsity players 14 minutes)

**Agility/Activities**

All athletes can benefit from these agility drills to help improve coordination, speed, power and specific sports skill. Use these drills to perfect your foot speed and refine your sports technique.

**1.** [**Lateral Plyometric Jumps**](http://sportsmedicine.about.com/od/Lower-Body-Exercises/qt/Lateral-Plyometric-Jumps.htm)

Lateral plyometric jumps help build dynamic power, coordination and balance by using just an athlete's body weight. This advanced exercise is a must for any athlete who needs lateral power and coordination. Start small, and slowly build up the height of the barrier. This exercise should only be performed after a thorough warm up.

**2.** [**Shuttle Runs**](http://sportsmedicine.about.com/od/sampleworkouts/a/shuttlerun.htm)

The shuttle run is a standard agility and speed drill used by athletes who play stop-and-go sports.

* Set up a source with two markers about 25 yards apart or set up a ladder at different distances, 10-15-20/ 5-10-5/ 20/30/40
* Choose one or alter movement- side-to-side, forward-backward run, or forward-touch- and return runs.

The shuttle run is an easy way to add some high intensity drills into a basic exercise program while you build speed, stamina and endurance.

**3.** [**Speed Ladder Agility Drills**](http://erclk.about.com/?zi=8/38xo)

The speed ladder is a simple piece of portable equipment that can be used to perform the following agility drills:

* **Forward Running, High-Knee Drill**: This drill is great for improving foot speed and coordination for all field sport athletes. Run with high knees forward through the ladder, touching every ladder space. Land on the balls of the feet and drive forward with your arms.
* **Lateral Running, Side-to-Side Drill**: The lateral movement of this drill is great for court-sports and improves knee and ankle stability as well. Keep a low center of gravity and step side-to-side through the ladder one foot at a time. Touch in each rung of the ladder with both feet. Land on the balls of the feet and repeat right to left and left to right.

**4.** [**Dot Drills**](http://erclk.about.com/?zi=8/2s7C)

Dot Drills develop dynamic leg strength and increase knee and ankle strength and stability. This is a great agility drill for anyone who plays field or racket sports or those who need to make quick changes of direction and landings, such as skiers and basketball players.

**How to Do Dot Drills**

* Use a Dot Drill Mat or place small "X" marks with tape in a on the ground in a pattern of a Five on a Dice.
* Begin with a warm up and jump from dot to dot with both feet at a time.
* Progress to one foot hopping and follow a specific jump pattern

**5.** [**Plyometric Jump Box Drills**](http://erclk.about.com/?zi=8/38xq)

Plyometric box jump drills are a great way to build explosive power and foot speed. The most common plyometric box drill include hops, jumps and bounding movements. Another popular plyometric box drill is jumping off one box and rebounding off the floor and onto another, higher box. These exercises typically increase speed and strength and build power.

**6.** [**Plyometric Agility Hurdles**](http://erclk.about.com/?zi=8/38xp)

Athletes often use [plyometric jumping exercises](http://sportsmedicine.about.com/od/sampleworkouts/a/Plyometrics.htm) to build power and speed, improve coordination and agility and effectively improve sports performance. Using a set of small hurdles for bounding on one or both feet can improve agility and foot speed in any field-sport athlete.

**How to Use Plyometric Agility Hurdles**

* Set up several small agility hurdles at 2 feet increments.
* Start with legs shoulder-width apart, jump upward and forward to clear each hurdle landing lightly on the balls of the feet.
* Immediately upon landing jump again, driving forward with your arms.
* Repeat several repetitions.
* Repeat the drill on only the right foot and then only the left foot.
* As you improve, move the hurdles farther apart.

**7.** [**Forward - Backward Sprints**](http://sportsmedicine.about.com/od/runningworkouts/a/speeddrills.htm)

[Sprint training](http://sportsmedicine.about.com/od/sampleworkouts/a/30sec_sprints.htm) is a sure way to develop foot speed and agility for any athlete who needs explosive speed and quickness.

**How to Do Forward - Backward Sprints**

* Set up two markers about 10 yards apart.
* After a [good warm up,](http://sportsmedicine.about.com/od/sampleworkouts/qt/SkipTwist.htm) sprint forward from the first cone to the far cone.
* Stop at the far cone and run or jog backwards to the start.
* Stop and quickly accelerate in a sprint back to the far cone.
* Repeat for ten repetitions.

**8.** [**Tuck Jumps**](http://sportsmedicine.about.com/od/sampleworkouts/qt/Tuck_Jumps.htm)

Tuck jumps are simple drills that improve agility and power.

**How to Do Tuck Jumps**

* Stand with feet shoulder width and knees slightly bend
* Bend your knees and powerfully jump straight up bringing your knees toward your chest while in midair.
* Grasp your knees quickly with your arms and let go,
* Upon landing immediately repeat the next jump.

**9.** [**Stair Running**](http://sportsmedicine.about.com/od/sampleworkouts/qt/StairRunning.htm)

While not technically an agility drill, running stairs is a great way to develop quickness and foot speed while getting an excellent [interval workout](http://sportsmedicine.about.com/od/tipsandtricks/a/Intervals.htm).

Running stairs provides a cardiovascular benefit similar to that of running and is a great way to build sprint power. Many athletes train at a stadium of a local outdoor stair way with about a hundred steps.

Begin by walking one step at a time. Avoid running stairs on your first workout or you may experience [delayed muscle soreness](http://sportsmedicine.about.com/cs/injuries/a/doms.htm). Do no more than two stair workouts a week. By week three you can begin running, perhaps two steps at a time. Use the return to the bottom as your rest interval, and then do another set. Work up to about ten sets per workout.

Reference: <http://sportsmedicine.about.com/od/sampleworkouts/tp/AgilityDrills.htm>

10. **300 Yard Shuttle**- The shuttle is set up 25 yards apart. The objective is to move between the cones or lines as quickly as possible 12 complete trips. Try to complete the 300 yd shuttle in 65sec or less.

25 yds

12 Complete Trips

11. **Star Run**- Place cones in a 5 yd circle around a center cone. The object is to touch the five outer cones with your hand returning to the middle cones. Repeat 5 times with a 30 sec break between reps.

Repeat

Start/Finish

12. **Cardinal Weave**- 10 cones (5 each side) are set in two rows 5 to 10 yards apart with 5-10 yds between the rows. Start on one side weaving the second cone in the opposite row. See diagram below. Complete 5 sets with a 30 sec rest between reps.

5 to 10 yards apart

5 to 10 yards apart

Start

Finish

13. **Half Scale**- There are two scales a lower scale and a higher scale. Pick one:

Lower scale

10 X 20 yd sprints, 8 X40 yd sprints, 6 X 60 yd sprints, 4 x 80 yd sprints, and 2 x 100 yd sprints.

Upper Scale

10 X 100 yd sprints, 8 X 80 yd sprints, 6 X 60 yd sprints, 4 X 40 yd Sprints, and 2 X 20 yd sprints

**Body Circuit Workout**

Complete each exercise for 1 minute with a 45 second to rest in-between reps. Complete the circuit 2 two three times with a 5 minute rest between sets.

5 to 10 minute Warm up/stretch

Body circuit:

1. Jumping Jacks (Touch hands at top and don’t tap feet together)
2. Squats (Hands behind head)
3. Lunges (Alternate legs)
4. Bench or chair Dips
5. Mountain Climbers
6. Squat Jumps
7. Wall sits (Back flat against wall, knees bent at 90 degree angle, arms straight out in front of you)
8. One legged Squats (switch legs at 30 seconds)
9. Up- downs (Jump, hands on ground, extend legs into push up position, legs back to chest, jump, and repeat)
10. Push-ups (Hand position can vary, Keep a flat back)
11. Step ups (step up and down off of a 1ft to 2 ft box, bench, or chair)(Switch lead foot at 30 sec)
12. Bear Crawl

**Ball Movement Techniques**

1 - FOUNDATION (QUICK FEET) - Ball in-between feet taping ball back & forth with inside of foot. Be on toes, supple touches w/knees bent. 1minute time

Prog: 2 minutes non-stop

Prog: directional (forward, backward, side ways)

Prog: combine w/other BMT’s

2 – BASE OR BASE SYSTEM – Touching ball alternating between inside of foot and outside. Can be done stationary & moving. Do as many and as fast as possible.

Prog: directional

Prog: Both Feet

Prog: combine w/other BMT’s

3 – HAPPY FEET – Touching ball with sole of foot and half rolling foot away from ball and pulling it to opposite foot then immediately doing same with other foot. Great for building feel and suppleness with ball.

Prog: Bouncing on toes in a quick manner

Prog: combine w/other BMT’s

4 – PULL N PUSH (PNP) – Sole of foot on ball away from body in front. Pull ball toward body then push it back out with laces of foot, then catch with sole again, repeat. Do as fast as possible while staying actively on toes.

Stationary single foot, then both feet

Prog: Directional

Prog: Geg (pull ball in and push back out with inside of foot)

Prog: Triangle (This will be more of a pull, push to opposite foot, push out)

Prog: Cruyff (Pull ball in & back behind leg, then push to side behind opposite leg)

Prog: Combine w/other BMT’s

5 – TOE TAPS (TT) – While hopping on one foot, take other foot and tap ball with sole of foot. Alternate after every 10 taps with opposite foot. Try to go as fast as possible while not moving ball. Stay loose and relaxed with knees bent.

Prog: Directional (forward, backward, circle)

Prog: Brazilian (With sole of foot on ball, tap ball to side to opposite foot and catch with opposite foot and immediately tap back to other foot, repeat. Try to do as fast as possible.

Prog: Brazilian Directional

Adv: Brazilian 1 Footed Backwards..

5- SOLE ROLL (WALK DA DOG)

6 – THE V

7 – STEP OVER

8 – SCISSORS

10 – MARADONNA