

Warm up and Cool Down : should be player led

Soccer is a game of multiple sprints, explosive power and multi-directional movement. Understanding what it takes to excel physically on the field is essential if one is to design an effective program. Since the average length of high intensity play lasts less than one minute, a circuit type program can be very useful, especially during the **in-season**. The following program is useful to develop the speed-endurance, power and the functional strength that the soccer athlete will need on the playing field. They are also fun and will add variety to traditional strength training.

Prior to all training I recommend a dynamic warm-up, which consists of various running mechanic drills and dynamic flexibility. This should take about 10-15 minutes, coaches decision

Dynamic Warm-up Sample:

Jog forward and backwards-20 yards/meters x 3

Lateral Shuffle-20 yards/meters each way x 3

Forward Skip-20 yards x 3

Backwards Skip-20 yards/meters x 3

Cariokas-20 yards/meters x 3

High Knees-20 yards/meters x 3

Butt Kickers-20 yards/meters x 3

Quadriceps stretch x 5

Lateral lunge stretch x 10

Airplane-balance on one foot and touch the ground, keep the other leg parallel to the ground,10 to 15 seconds

Cross-over lunge stretch

Straight leg high kick

Try this workout 2-3x/week. You can use it for a couple of weeks or just use it when you need it. Hopefully this program will give you some other ideas. I do these with the team sessions that I work with; I just change them up a lot. **Make sure you insist on your**

players stretching their calves often, it will reduce the incidence of some shin splints.

Perform 2-3 passes (ball) with about 30 seconds in between. These are tough when done right. Have fun.

An entire team can perform this with enough equipment. Try pairing players up then moving them from station to station;

Soccer Circuit

45 seconds work

15 seconds rest

Equipment Needed:

Soccer Balls

Cones, Bibs and Mini-Hurdles, if available

IMAGINATION

- 1) Lateral "Quick Step" on ladder
- 2) Lateral Lunge and Reach with Medicine Ball
- 3) Push-ups on soccer ball, one & two hand
- 4) Soccer Ball Standing Trunk Twist
- 5) Foot switches on soccer ball
- 6) Soccer Ball Overhead Smashes
- 7) Soccer Ball Hamstring Curls: abs work
- 8) Split Squat Cycle Jump

PS: Play Hard, Play Smart

