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## **Soccer Conditioning Program:**

### **Dynamic Warm-Up:**

Forward Run while dribbling the ball

Backward Run while pulling the ball w/ the bottom of the foot (warms up hamstrings more)

High Knees w/ ball held overhead

Butt Kicks w/ ball held at chest

Lunge Walk w/ ball in hands performing rotation, shoulder press or holding ball at chest

Quick Skips w/ ball held at chest

Cariocca w/ ball held at chest (lateral running criss-crossing legs to 15 yard marker and back) Move 10 times from side to side as quickly as possible (5 sets up and back) – 1min

Frankenstein Walks w/ ball touch to toes

Power Skips w/ ball overhead press

Bounding w/ ball overhead press

Partner warm-up: Toe touches on ball (30 secs), scoop to hands w/ feet and perform throw in to partner. Partner does push-ups, jumping jacks, or ankle hops in place while toe touches are being performed. Partner must trap the ball to his/her feet when receiving the throw in.

15 figure 8's – Standing position with legs spread and knees straight, roll the ball with your hands in a figure 8 pattern through your legs – 1 min

### **Agility, Technical Speed, Endurance Drills:**

Cone Drills can be performed while dribbling the ball where appropriate. If speed is essential for conditioning then they can alternate sets, one w/ the ball and one w/o the ball.

Ladder Drills could be performed w/ ball in hands and doing chest passes w/ partner.

2-3 juggles, kick ball high in air (5-10 yards), sprint after ball, trap it smoothly as it hits the ground, and sprint off for 5 yards – 2 min

2-3 juggles, kick ball high in air, jump up in air, and while you are in the air trap ball with your head as your body is coming back down, settle ball with feet and sprint off 5 yards – 2 min

2-3 juggles, kick ball backwards over your head, chase after and settle as it hits the ground, move off 5 yards with speed – 2 min

Dribble in a figure “8”, use just the inside of your feet for six figure “8s, then use the outside of both feet for 6 more. The markers you dribble around should be 15 yards apart. As you dribble around one marker, accelerate to the other marker as if you were beating an opponent. As you round the marker use quick touches to improve technical speed. – 2 min

Rest by walking 30 sec.

Set a marker out about 25 yards from starting point and do the following: 3 times – 1 min

- Sprint dribble to marker.
- Sprint backwards to starting point (w/out the ball)
- Sprint to ball.
- Collect ball and sprint dribble back to starting point

Rest by walking for 30 seconds.

Same as #1 except you juggle the ball on the way down to the first marker, then sprint dribble back, all in a figure 8 format. 2 sets of 6 figure 8s. Reverse direction for 2<sup>nd</sup> set – 2 min

Rest by walking 30 seconds.

From a starting point: - 1’

- pass the ball to a 25 yard marker
- sprint to the ball
- collect ball and sprint dribble back to starting point.
- Make 3 passes

### **Strengthening:**

Squats performed while touching the ball to the ground

Forward and Lateral Lunges w/ ball in hands performing rotation, shoulder press or holding ball at chest.

Ball Push-ups – 10-15 one hand off ball, one hand on ball. Alternate hands and also perform w/ both hands on ball to isolate triceps.

### **Balance:**

Single Leg could be performed while holding ball and touching down to the ground. Also could be done w/ partner and incorporate throw-in's back and forth.

**Plyometrics:**

I would add a dribble w/ the ball for 10-15 yds after performing any of the plyometrics exercises.

Could also perform throw in or pass to partner after the plyometrics exercise. Partner must trap the ball to his/her feet.

30-60 jumps – Two foot jumping forward and backward over or, beside the ball – 1 min

30-60 jumps – Throw ball in air, jump in air, catch ball in air and throw it back into air before you land on ground again. Try to “hang” in air as long as you can – 1 min

60 touch & jumps – Start in a standing position with ball in your hands, touch ball on the ground by bending at the knees so thighs are parallel to the ground and then vigorously extend jumping high with ball over your head. Don't just bend over and touch the ground, get your rear end as low as possible – 1 min

To 15 yard marker and back – 1 min

- Two leg explosive jumps
- Right leg jumps only
- Left leg jumps only