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**Boys Soccer**

**2018**

Summer Conditioning & Skill Program

The Blue Devil’s Summer Conditioning Program is designed to develop a strong fitness base along with a fundamental ball awareness that will prepare us for the great challenges that lie ahead of us!  With an incredibly challenging schedule ahead of us, we must each do our part in making certain that we achieve the highest degree of success as a team. The best teams and players work year-round to be their best. Below are some general guidelines for the programs to help you best prepare you for the upcoming season.

Westfield Soccer

Fitness Guidelines

**1. Each workout should begin with a dynamic warm up to best prepare the body and end with flexibility.**

**2. This conditioning program is comprised of 5 fitness areas. Which are speed, agility, plyometric, cardiovascular endurance, and strength/muscular conditioning. Each fitness component is represented on the calendar. Go to the calendar and see what drills has to be completed for that day. When that is determined go to each fitness component drill sheet and pick two drills and complete the drill the number of times listed on the calendar.**

**3.  The best way to stay on track with a workout program is to work out with a motivated partner.**

**4. Taking accountability is the first step in becoming a better teammate. You can become a better teammate by pushing yourself on the days you don’t want to get out of bed.**

**5. Listen to your body. There are numerous days of REST throughout the workout calendar that are design to allow the body to recover. Don’t be afraid to ICE BATH. Seek proper medical attention if you have an injury.**

**6. Playing soccer is always the best way to get soccer fit**

**7. June, July, and August are hard so your November can be easy when it really matters**

**Ball and Speed Program**

**It is important that you go through the entire program without pause other than at planned rest intervals.**

**1 min** Jog while dribbling ball, changing direction and speed. Do this in a confined space where many

changes are necessary.

**1 min** Foot juggling with no spin on the ball.

**1 min** Throw ball up and collect with the foot; then move off quickly. repeat using both feet - laces, inside, and outside of foot.

**1 min** Thigh juggling

**1 min** Throw ball up and collect with the thigh and settle to feet; then move off quickly. Repeat using

both thighs and both feet.

**1 min** Head juggling.

**1 min** Throw ball up, jump and collect with chest, settle ball to your feet and move off quickly. Repeat.

**2 min** Combined juggling using 12 parts of body: head, both shoulders, chest, both thighs, outside,

inside and instep of both feet.

**2 min** Starting in a sitting position, throw ball up, get up and collect the ball before it hits the ground,

settle it to your feet and move off quickly. Repeat using head, chest, both thighs, both feet in

that order to collect the ball.

**Speed and Endurance**

Set a marker about **25 yards** from a starting point

1. Sprint dribble to marker (leave ball there)

2. Sprint backward to starting point

3. Sprint to ball

4. Collect ball and sprint dribble back to starting point.

**Rest -**  by walking for 30 seconds: Keep hands on hips or head

**Side Shuffles** Set ball on ground to your left and set a marker out to your right about 10

yards. Move 10 times from side to side, using the slide method of moving **without** crossing legs.

**Rest -**  by walking for 30 seconds: Keep hands on hips or head

**From the starting point**

1. Pass the ball to the 25-yard marker

2. Sprint to ball

3. Collect ball and return to starting line

4. Make 3 passes

**Rest**  by walking for 30 seconds: Keep hands on hips or head

**Figure 8’s** Dribble in a figure-8 pattern, using just the inside of both feet for 10 figure 8's,

then use the outside of both feet for 10 more. The markers you dribble around

should be 10 to 15 yards apart. As you dribble around one marker, accelerate to

the other as if you were beating an opponent.

**Strength and Power Sample Guide Sheet**

**Strength Week 1 and week 2**

**Exercise Sets Reps**

Biceps 2 15

Quad extensions 4 15

Triceps 2 15

Hamstring curls 4 15

Shoulder Press 2 15

Calf raises 4 15

Back rows 2 15

Bench Press 2 15

Abdominal Crunches weighted 6 15

**Strength Week 3, 5, and 6**

**Exercise Sets Reps**

Biceps 3 20

Quad extensions 4 20

Triceps 3 20

Hamstring curls 4 20

Shoulder Press 3 20

Calf raises 4 20

Back rows 3 20

Bench Press 3 20

Abdominal Crunches weighted 6 20

**Strength Week 7, 8 , and 9**

**Exercise Sets Reps**

Biceps 3 25

Quad extensions 4 25

Triceps 3 25

Hamstring curls 4 25

Shoulder Press 3 25

Calf raises 3 25

Back rows 3 25

Bench Press 3 25

Abs 6 25

**Power Week 1 and 4**

**Exercise Sets Reps**

Biceps 3 8

Quad extensions 3 8

Triceps 3 8

Hamstring curls 3 8

Shoulder Press 3 8

Calf raises 3 8

Back rows 3 8

Bench Press 3 8

Abdominal Crunches weighted 6 8

**Power Weeks 5 and 7**

**Exercise Sets Reps**

Biceps 2 6

Quad extensions 2 6

Triceps 2 6

Hamstring curls 2 6

Shoulder Press 2 6

Calf raises 2 6

Back rows 2 6

Bench Press 2 6

Abdominal Crunches weighted 6 6

**Power Week 9 and 10**

**Exercise Sets Reps**

Biceps 1 10

Quad extensions 1 10

Triceps 1 10

Hamstring curls 1 10

Shoulder Press 1 10

Calf raises 1 10

Back rows 1 10

Bench Press 1 10

Abs 6 10

**Muscle Endurance Sample Guide Sheet.**

**This sample sheet is done with only your body weight**

**Muscle Endurance Week 1**

**Exercise Sets Reps**

Triceps Dips 2 25

Lunges 3 26

Push ups 2 25

Body Squats 2 30

Super Mans 2 25

Abdominal Crunches 6 40

Pull ups 2 10

**Muscle Endurance Weeks 3,5,10**

**Exercise Sets Reps**

Triceps Dips 2 30

Diagonal Lunges 3 36

Push ups 3 30

Body Squats 3 30

Super Mans 2 50

Abdominal Crunches 6 40

Pull ups 2 10

**Muscle Endurance Week 6 and 7**

**Exercise Sets Reps**

Triceps Dips 1 30

Lunges 2 15

Push ups 1 50

Body Squats 2 40

Super Mans 1 40

Sit-ups 6 20

Pull ups 1 15

**Speed Drills**

**Shuttles - http://youtu.be/sPStoFtmzGA**

* Put a marker down it indicate your starting point
* Player places cone (marker) at 5, 10, 15, 20, & 25 yard line. Players run to 5 and back to 10 and back, and so on.
* Perform as fast as you can
* Rest for 45 seconds. Repeat 6 to 8 times based upon your fitness level

**Stinkettes**

* Set a marker 40 yards out.
* Run out and back 6 times (300 yards total)
* Rest for 1 minute
* Repeat 3-5 times

**Stinkers**

* Set a marker 40 yards out
* Run out and back three times (240 yards total)
* Go for the best time on each one
* Rest for 1 minute
* Repeat 3-5 times

**120’S**

* Run hard from one end of the soccer field to the other.
* Work to jog back to the starting point in 45 seconds or less.
* Rest and additional 30 seconds
* Repeat 8-10 times based on fitness

**Backwards to Forward Sprints**

* Place markers 10, 20, and 30 yards apart
* Place a cone down as a starter cone. Backpedal to the 10 yard cone and sprint forward to the starter cone.
* Sprint forward to the 20 yard cone. Backpedal to the starter cone.
* Sprint forward to the 30 yard cone.
* Repeat 5 times.

**Directional Shape Sprints**

* Select any shape you want and represent that shape with cones and give them numbers. Vary the distances between the cones in which you are sprint.

4

2

3

* For example place four cones in a diamond shape and give them numbers. 1, 2,3 and 4,
* Start at cone one and sprint to the cones in order.

1

* Mix up your order in which you are running to.

**Hill Sprints**

* Find a hill. Start at the bottom of the hill and sprint up to the top and walk down.
* This can be done sprinting forward or sprinting backwards.

**Downhill Sprints**

* Find a hill with a slight incline. Be cautious of A hill that are too steep.
* Stand at the top and sprint down to the bottom and continue sprinting 15 yards after the bottom. **Stadium Stairs or other stairs**
* Start at the bottom of a set of stairs and sprint up to the top.
* This also can be done by sprinting to the top of the stairs in a lateral motion. Start facing the

**Interval Sprints**

* Use the soccer field or large area of field to cover.
* Sprint for 15 seconds, jog for 10 seconds, and walk for 20. Repeat 10 times.
* Change the direction you are sprinting and the direction you are walking.

**12,3,6,9 Sprints**

* Use the numbers on a clock 12, 3, 6, and 9 as directional sprints.
* 12= forward sprint 3=lateral run to the right 6=lateral run to the left and 9=equal backwards run.
* Start out by calling a number. Example call 12 (sprint forward) then call 9 (Sprint backwards) call 3 (Sprint to the right) and etc… Mix up the numbers as often as you would like.

**Towing sprints**

* Sprint forward by dragging a weighted sled or some type of weighted object. If working with a partner this can be done with a resistant band around one person hips as your partner is holding you back. Vary the resistances that is being applied.

**Agility Drills**

**Agility shape sprints**

4

3

2

1

* Make any shape you want to incorporate forward

Runs, back pedaling, and side shuffles. For example

* Set four cones in a rectangle shape 15 yards apart.
* Start at cone 1 and lateral shuffle to cone 2 then sprint to cone 3 lateral shuffle to cone 4.
* Vary the distance between the cones.

**Stadium stairs**

* Find a stair case or stadium
* Perform a lateral sprint up the stairs.
* Switch sides every set.-

E

**Lateral runs to a sprint.**

A

* Use 5 cones and arrange them in a stair case pattern.
* Start at cone A. Start out by quickly shuffling laterally to cone B then sprint to cone C then Laterally shuffle to D and finish out by sprinting to E
* Vary the drill by setting the cones 10, 20, 30, 40, and 50 yards apart. These drills also can be used by substituting lateral shuffle with a backward sprints etc.

**Speed Ladders**

* Use an agility ladder to Create different agility and speed patterns.

**Figure 8**

* Set two cones 30 yards apart. Start at one cone sprint to the inside of the opposite cone go around the cone and sprint back to the start cone.
* This drill can be performed sprinting backwards as well.

**Position Techniques**-

* Based on your positioning different techniques should be worked on.
* Defense- Work on defensive shuffling. Forcing the opponent to both sides
* Mid field- Work on sprinting to a cone and turning with the ball and accelerating to open space. As well as defensive of shuffling.
* Forwards- work on checking hard to the ball and turning. Also work on directional sprints with and without the ball.

**Lateral Quick feet**

* Set up 8 markers. Quickly step through the markers as quickly as you can. Drive the foot up and quickly down to accelerate through the drill.

**Beep or Yo-Yo Test** You’ll need to download a beep test app. Test is conducted by players running from one cone to the next and back (typically 15 yards apart), in a certain amount of time.

**Plyometrics**

**Tuck Jumps - http://youtu.be/2rGfPkEHPHg**

* Stand with your feet shoulder width a part. Stick your arms out in front of you and jump straight up and hit your knees to your hands.
* Repeat 15 times

**Standing Long Jumps- http://youtu.be/cTJ1pB4bqG8**

* Start with your feet behind a set marker. Squat down and explode as far forward as you can by swinging your arms forward.
* Repeat 15 times
* This can be done laterally as well.

**Single leg hops -**

* Start out by standing on one foot. Squat down and explode forward as far as you can. Repeat with the same leg.
* Repeat 10 times each leg

**Box Jumps - http://youtu.be/opuA4Ej2GDs**

* Find a box or something that is elevated. Stand in front of the box and jump squat up so you land on top of the box. Increase the height of the box.

**Drop Jumps - http://youtu.be/YZ\_kyKsPVIw**

* Stand on top of a box. Drop down and explode straight up once your feet touch the ground
* Repeat 15 times.

**Cross Bar taps**

* Stand under a soccer goal and start at one end of the goal and jump up and touch the cross bar. Travel the length of the bar.
* Repeat 5 times.

**Skaters - http://youtu.be/M-g9oGcSH0E**

* Start out on one foot then leap to the opposite foot in a skating motion. Travel 10 yards.
* Repeat 5 times

**Headers to a sprint**

* Take three step and explode up for a head. Once you land sprint 10 yards.
* Change your direction you sprint.

**Split squat jumps-** **http://youtu.be/tslt-QLh0fk**

* Start in a lunge position. Explode up out of your lunge position and land into a lunge with the opposite leg.
* Repeat 15 times

**180 Jumps-** **http://youtu.be/XggGPMDLmjo**

* Start facing one direction jump squat up and turn 180 degrees in the air face the opposite direction.
* Repeat for 30seconds

**Ball Get Ups**

* Start out by sitting on your butt with a soccer ball in your hands. Start out by throwing the ball in the air as high as you can and stand up as quickly as you can to try and catch the ball before it bounces.

**Lateral Jumps - http://youtu.be/1f30cvv30xQ**

* Squat jump lateral to either side then sprint 5 yards. Repeat this process sprinting 5 yards until you reach 30 yards.

**5 Yard Box Drill**

<https://www.youtube.com/watch?feature=player_embedded&v=OFiP71oQO7c>

**Slalom Race**

<http://www.youtube.com/watch?feature=player_embedded&v=WCRMazGFZ9k>

**Lateral Shuffling Cutting Drill**

<http://www.youtube.com/watch?feature=player_embedded&v=kG-OrWd5KCg>

**Cross Over Stabilize**

<http://www.youtube.com/watch?feature=player_embedded&v=8limxKXboGs>

**Distance Runs**

**Fartlek Run**

* Fartlek’s are interval runs
* Set a total time for your and break it down by intervals.
* For example, Total of 15 min run. 5 min of the run is a steady pace. The other five is broken down into intervals. Jog for 1 minute, Sprint for 30 seconds, walk for 30 seconds and finish the run with a 5 min run.

**High Tempos runs**

* Running at a higher tempo for the duration of your run.

**Hill Runs**

* Select a route with multiple hills. Example. Watchung Reservation is PERFECT!!!!!!

**Steady runs**

* Build endurance by running at a steady pace for a longer period of time.

**1 Miles Intervals**

* Run the first mile at a steady pace. Second mile should be done the fastest. Third mile should be completed within 20 seconds of your Second mile.

**¼ Mile run –** 1 lap around track at full speed, recover for 90 seconds and repeat

**SOCCER TESTING GUIDE**

|  |  |  |  |
| --- | --- | --- | --- |
|  | 1st test | 2nd Test | 3rd Test |
| **Squats**  Record as many squats as you can in one minute. |  |  |  |
| **Push-Ups**  Record as many pushups as you can in one minute. |  |  |  |
| **40 Yard dash**  Set two cones 40 yards. Start at cone A and sprint to cone B. Record your time. |  |  |  |
| **1.5 mile test**.  Run 1.5 miles as fast as you can and record your time. |  |  |  |
| **Beep or Yo-Yo Test**  Download a Beep Test app on your iPhone/droid and follow the directions. |  |  |  |
| **Figure 8 Test**  Two cones 10 yards apart, dribble in a figure 8 pattern around cones, 1 point for every cone you pass  Continue for 1 min |  |  |  |
| **Juggling Test**  1min Juggling with feet only |  |  |  |
| **4x 400**  Run 400yds (1 time around track)  Take 45sec break  Repeat 3 times record all four times |  |  |  |