

St. Albert Soccer

Falcons

Soccer Workout

December- March

"The image of a CHAMPION is someone who is bent over drenched in sweat to the point of exhaustion – when no one else is watching."

The workout program is considered "voluntary". However, it is in your best interest to complete this program to the best of your ability.

These workouts are to help you excel with Soccer and being prepared for Spring is the key to a successful season!

Falcons Soccer Training

Now is the time to start getting physically fit for the upcoming season. If you want go further and do better in Soccer, it all starts with being disciplined enough to get into shape and work on your game. Being a High School soccer player is a privilege, treat it as one. Come into the season physically fit, mentally prepared, and technically sound!

The off-season program combines four different components to provide you with the tools necessary to become the best soccer player that you are capable of becoming.

Attached is a calendar that outlines training schedule for the Preseason. If you follow the schedule, you will be ready to play in March.

COMPONENTS:

- Technique
- Cardiovascular
- Strength
- Agility & Plyometrics

Breaking It Down

TECHNIQUE

This is a daily task of getting touches on the ball. You need to have at least two offensive moves mastered at speed. Positionally, you need to have those appropriate skills mastered.

You need to play as much as possible. I cannot stress this enough.

Other things you should do: juggle, kick against a kick wall, coerver touches, and play with friends in a pickup game, etc...

CARDIOVASCULAR

This component is divided into 3 levels. For success follow the program as it is written. By following this progression you will be ready and fit enough to compete at this level come March.

You will ALL start at Level. 1 If you feel like you can do more...push yourself harder!

The calendar in this packet will have your weekly workout schedule.

STRENGTH

(Weight lifting in PE can cover this requirement)

You have the choice of either Body Weight (BW) circuits or Free Weight (FW) circuits. Change it up between BW and FW.

If you complete the FW circuits you will see a gain in muscular strength and endurance.

The BW circuits will tone your muscles as well as help you to gain muscular endurance.

BW circuits are the **minimum** amount of strength training you should be doing.

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AGILITY & PLYOMETRICS

You will need an agility/running ladder and some cones.

If you can't get a hold of a ladder you can use chalk and draw one in your driveway.

You could supplement the exercises that we have given you with jumping rope also.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
(Week 1) 30 LEVEL 1 - A Free Weight Circuit #1 2x10 OR Body Weight Circuit #1 3x10	31 LEVEL 1 B TECHNIQUE 1 AGILITY 1 PLYOMETRICS 1 CORE 1	1 LEVEL 1 - C Free Weight Circuit #2 2x10 OR Body Weight Circuit #2 3x10	2 LEVEL 1-D TECHNIQUE 2 AGILITY 2 PLYOMETRICS 2 CORE 2	3 Cardio Circuit 1 Free Weight Circuit #3 2x10 OR Body Weight Circuit #3 3x10	4 TEST PUSH-UPS & SITUPS AGILITY 3 PLYOMETRICS 3 CORE 3
(Week 2) 6 TEST 300yrd. Shuttle Free Weight Circuit #1 2x10 OR Body Weight Circuit #1 3x10	7 TEST ILLINOIS AGILITY & PRO-AGILITY LEVEL 1 - B AGILITY 1 PLYOMETRICS 1 CORE 1	8 LEVEL 1 - C Free Weight Circuit #2 2x10 OR Body Weight Circuit #2 3x10	9 TEST JUGGLING & LEVEL 1-D TOUCH TEST AGILITY 2 PLYOMETRICS 2 CORE 2	10 Cardio Circuit 1 Free Weight Circuit #3 2x10 OR Body Weight Circuit #3 3x10	11 AGILITY #3 PLYOMETRICS #3 CORE #3
(Week 3) 13 LEVEL 1 - A Free Weight Circuit #1 2x10 OR Body Weight Circuit #1 3x10	14 COOPER TEST TECHNIQUE 1 AGILITY 1 PLYOMETRICS 1 CORE 1	15 LEVEL 1 - C Free Weight Circuit #2 2x10 OR Body Weight Circuit #2 3x10	16 LEVEL 1-D TECHNIQUE 2 AGILITY 2 PLYOMETRICS 2 CORE 2	17 Cardio Circuit 1 Free Weight Circuit #3 2x10 OR Body Weight Circuit #3 3x10	18 AGILITY #3 PLYOMETRICS #3 CORE #3
(Week 4) 20 LEVEL 1 - A Free Weight Circuit #1 2x10 OR Body Weight Circuit #1 3x10	21 LEVEL 1 - B TECHNIQUE 1 AGILITY 1 PLYOMETRICS 1 CORE 1	22 LEVEL 1 - C Free Weight Circuit #2 2x10 OR Body Weight Circuit #2 3x10	23 LEVEL 1-D TECHNIQUE 2 AGILITY 2 PLYOMETRICS 2 CORE 2	24 Cardio Circuit 1 Free Weight Circuit #3 2x10 OR Body Weight Circuit #3 3x10	25 AGILITY #3 PLYOMETRICS #3 CORE #3

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
(Week 5) 27 LEVEL 1 – A Free Weight Circuit #1 2x10 OR Body Weight Circuit #1 3x10	28 LEVEL 1 – B TECHNIQUE 1 AGILITY 1 PLYOMETRICS 1 CORE 1	29 LEVEL 1 – C Free Weight Circuit #2 2x10 OR Body Weight Circuit #2 3x10	30 LEVEL 1-D TECHNIQUE 2 AGILITY 2 PLYOMETRICS 2 CORE 2	Jul 1 Cardio Circuit 1 Free Weight Circuit #3 2x10 OR Body Weight Circuit #3 3x10	2 TEST PUSH-UPS & SITUPS AGILITY 3 PLYOMETRICS 3 CORE 3
(Week 6) 4 TEST 300 yrd. Shuttle Free Weight Circuit #1 3x8 OR Body Weight Circuit #1 3x12	5 TEST ILLINOIS AGILITY & LEVEL 2 – B PRO-AGILITY AGILITY 1 PLYOMETRICS 1 CORE 1	6 LEVEL 2 – C 120's: 4 - two min. rest - 4 Free Weight Circuit #1 3x8 OR Body Weight Circuit #1 3x12	7 TEST JUGGLING & TOUCH TEST LEVEL 2-D AGILITY 2 PLYOMETRICS 2 CORE 2	8 Cardio Circuit 2 Free Weight Circuit #1 3x8 OR Body Weight Circuit #1 3x12	9 AGILITY 3 PLYOMETRICS 3 CORE 3
(Week 7) 11 LEVEL 2 – A Free Weight Circuit #1 3x8 OR Body Weight Circuit #1 3x12	12 COOPER TEST TECHNIQUE 1 AGILITY 1 PLYOMETRICS 1 CORE 1	13 LEVEL 2 – C 120's: 6 - two min. rest - 4 Free Weight Circuit #1 3x8 OR Body Weight Circuit #1 3x12	14 LEVEL 2-D TECHNIQUE 2 AGILITY 2 PLYOMETRICS 2 CORE 2	15 Cardio Circuit 2 Free Weight Circuit #1 3x8 OR Body Weight Circuit #1 3x12	16 AGILITY 3 PLYOMETRICS 3 CORE 3
(Week 8) 18 LEVEL 2 – A Free Weight Circuit #1 3x8 OR Body Weight Circuit #1 3x12	19 LEVEL 2 – B TECHNIQUE 1 AGILITY 1 PLYOMETRICS 1 CORE 1	20 LEVEL 2 – C 120's: 8 - two min. rest - 2 Free Weight Circuit #1 3x8 OR Body Weight Circuit #1 3x12	21 LEVEL 2-D TECHNIQUE 2 AGILITY 2 PLYOMETRICS 2 CORE 2	22 Cardio Circuit 2 Free Weight Circuit #1 3x8 OR Body Weight Circuit #1 3x12	23 AGILITY 3 PLYOMETRICS 3 CORE 3
(Week 9) 25 LEVEL 2 – A Free Weight Circuit #1 3x8 OR Body Weight Circuit #1 3x12	26 LEVEL 2 – B TECHNIQUE 1 AGILITY 1 PLYOMETRICS 1 CORE 1	27 LEVEL 2 – C 120's: 10 in a row Free Weight Circuit #2 3x8 OR Body Weight Circuit #2 3x12	28 LEVEL 2-D TECHNIQUE 2 AGILITY 2 PLYOMETRICS 2 CORE 2	29 Cardio Circuit 2 Free Weight Circuit #3 3x8 OR Body Weight Circuit #3 3x12	30 TEST PUSH-UPS & SITUPS AGILITY 3 PLYOMETRICS 3 CORE 3

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
(Week 10) 1	2	3	4	5	6
TEST 300 yd. Shuttle Free Weight Circuit #1 3x10 OR Body Weight Circuit #1 3x12	TEST ILLINOIS AGILITY & LEVEL 3 - B PRO-AGILITY AGILITY 1 PLYOMETRICS 1 CORE 1	LEVEL 3 - C Free Weight Circuit #2 3x10 OR Body Weight Circuit #2 3x12	TEST JUGGLING & TOUCH TEST LEVEL 3-D PLYOMETRICS 2 AGILITY 2 CORE 2	Cardio Circuit 2 Free Weight Circuit #3 3x10 OR Body Weight Circuit #3 3x12	AGILITY 3 PLYOMETRICS 3 CORE 3
8	9	10	11	12	13
LEVEL 3 - A Free Weight Circuit #1 3x10 OR Body Weight Circuit #1 3x12	COOPER TEST TECHNIQUE 1 AGILITY 1 PLYOMETRICS 1 CORE 1	LEVEL 3 - C Free Weight Circuit #2 3x10 OR Body Weight Circuit #2 3x12	LEVEL 3-D TECHNIQUE 2 AGILITY 2 PLYOMETRICS 2 CORE 2	Cardio Circuit 2 Free Weight Circuit #3 3x10 OR Body Weight Circuit #3 3x12	AGILITY 3 PLYOMETRICS 3 CORE 3
15	16	17	18	19	20
Easy 3 mile run Free Weight Circuit #1 3x10 OR Body Weight Circuit #1 3x12	LEVEL 3 - B TECHNIQUE 1 AGILITY 1 PLYOMETRICS 1 CORE 1				
22	23	24	25	26	27

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Technical Training

This component of our off-season training will work on the technical foot skills and touch you will need to have good ball control. It will insure that your touch is accurate and precise.

Technique 1:

Juggling - Juggle for 20 minutes or until you break your current consecutive touch record.

Ball Work – Complete the circuit a minimum of two times before moving on. Perform each component for 30 seconds before trying the next one. Push yourself to move faster each time.

1. Step-ups
2. Step-ups (3 forward, 3 back)
3. Pendulum
4. Pendulum with roll back (touch, touch, touch, roll)
5. Rollovers (3 right, 3 left)
6. Rollover w/cut (right, right, cut, left, left, cut)
7. Pendulum w/ rollover (touch, touch, roll)

Cone Weaves – Complete the circuit a minimum of three times. Perform each component down and back on a ten cone weave. Try to get through a quickly as possible.

1. Both feet
2. Right only
3. Left only
4. Icky Shuffle (Out, Cut)
5. Double Icky (Out, Out, Cut)
6. Double Rollover (right, right, cut, left, left, cut)
7. Lateral Weave (roll, pull back, touch, touch)

Technique 2:

Juggling - Juggle for 20 minutes or until you break your current consecutive touch record.

Partner Volley Passes (Peles or Brazilians)

Part One: You will need to partners to toss you the balls. The three of you will be set in a "V" shape with the two passers at the top of the V and the person doing the volleys will be at the point. Passer #1 will toss you the ball at the appropriate height and you will volley it to passer #2. Passer#2 will then toss you the ball and you will volley it back to passer #1. You will continue this pattern until you complete ten quality volleys. DO NOT COUNT BAD VOLLEYS! You will not improve if you except medial work – work toward perfection.

Foot

- 5volleys left

-5 volleys right

Thigh

- 5 volleys left

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- 5 volleys right
- Chest
- 5 volleys left
 - 5 volleys right

Part Two: You will still need two partners to pass to. This time you will be lined up in a straight line with about 5 yards between each other. The tossers are on the ends and the person doing the volleys is in the middle. Passer # 1 tosses the ball to the person doing the volleys, who is facing passer #1. You have two touches to volley it to passer # 2 who is behind you. You must use the appropriate surface as your first touch and the second is a foot volley. You will be completing a 180° volley pass each time.

- Foot
- 10 volleys
- Thigh
- 10 volleys
- Chest
- 10 volleys

If you do not understand the footwork exercises you can use Google to search.

"Everyone wants to win a championship once the season starts. The key is to want to win them in the off-season."

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CARDIOVASCULAR TRAINING

This component of our off-season program focuses on conditioning of the cardiovascular system.

- The preferred program described here is based upon working at a soccer field with 120 x75 yard dimensions. You may have to adjust the workout to suit your location.
- If you have to adjust your training, be sure that the distances are very close to the preferred program.
- Focus on good sprinting form.
- Be sure to properly warm-up before each session.

Recommended weekly mileage minimum. You will need to plan and schedule this on your own. Most of your cardiovascular training has mileage calculated for you. You can subtract that mileage from your weekly minimum, but will need to complete the rest throughout the week.

Weekly Mileage

Week 1 : 6 miles

Week 2 : 6 miles

Week 3 : 8 miles

Week 4 : 8 miles

Week 5: 10 miles

Week 6: 10 miles

Week 7: 12 miles

Week 8: 12 miles

Week 9: 15 miles

Week 10: 15 miles

Week 11: 17 miles

Week 12: 17 miles

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Level1 : Wk 1 - Wk 4

Level 1 will be done for the first 5 weeks of the program. For some of you it may be easy. Push yourself to get better times, or take shorter breaks in between sprints. Pushing yourself now will make things easier when you start level 2.

A. Down the ladder

- Run ten 100 yard sprints, resting 30 seconds between each sprint
- Rest 2 minutes
- Run eight 80 yard sprints, resting 25 seconds between each sprint
- Rest 1:30 minutes
- Run six 60 yard sprints, resting 20 seconds between each sprint
- Rest 1 minute
- Run four 40 yard sprints, resting 10 seconds between each sprint
- Rest 30 seconds
- Run two 20 yard springs, resting 5 seconds between each sprint
- Rest 15 seconds
- Run a 10 yard sprint
- Rest 3 minutes

B. 2 mile run

(Tempo Pace – push yourself to get the best time)

C. Pyramid x 2

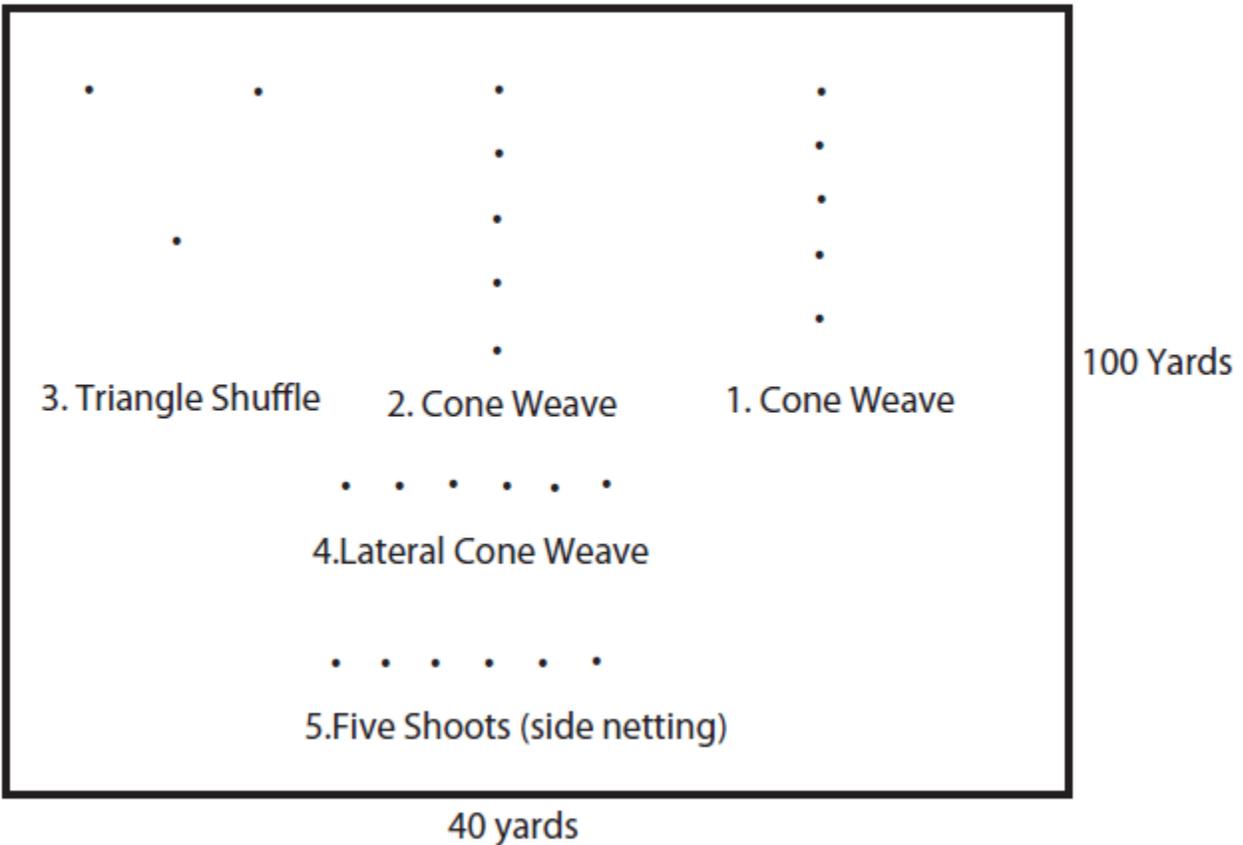
- Sprint to 18 and back, rest 5 seconds
- Sprint to 18 and back twice, rest 10 seconds
- Sprint to 18 and back three times, rest 15 seconds
- Sprint to 18 and back four times, rest 25 seconds
- Sprint to 18 and back three times, rest 15 seconds
- Sprint to 18 and back twice, rest 10 seconds
- Sprint to 18 and back
- Rest 3 minutes and repeat

D. Fartlek

- 5 min. warm-up pace
 - 1 min. quick pace followed by 2 min. relaxed pace X5
 - 10min. cool down pace
- (This is a 30min. run and approximately 3 miles)

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Cardio Circuit 1



This circuit will be run through as many times as possible in 5 minutes. Take a two and a half minute break and then repeat. You will do the circuit 3 times total. You will follow this circuit counter clock-wise starting from #1 moving through to #5. You will sprint from one station to the next and when you complete your last shot on #5 you sprint all the way back to #1. Here is an explanation of each station:

Station 1: 6 cones – right foot only down, left foot only back x2

Station 2: 6 cones – icky shuffle down and back x2

Station 3: Starting at back right cone. Sprint to the point, back pedal to left back cone, side shuffle to back right cone x 5

Station 4: Lateral Cone Weave down back x2

Station 5: Shoot five balls 15 yards out from goal. Aim for side netting (make sure to shoot at both side nets).

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Level 2: Wk 5 - Wk 8

These are different exercises with the same concept – building cardio endurance and working on sprint recovery time. You will do this level for 4 weeks. Perfect it, exceed it, OWN IT!!!

A. Declining pyramid

- Sprint 60 yards 6 times, resting 15 seconds between each sprint
- Rest 1 minute
- Sprint 40 yards 6 times, resting 10 seconds between each sprint
- Rest 45 seconds
- Sprint 20 yards 6 times, resting 8 seconds between each sprint
- Rest 30 seconds
- Sprint 10 yards 6 times, resting 4 seconds between each sprint
- Rest 3 minutes

B. 3 mile run (Tempo Pace – push yourself to get the best time)

C. 120's

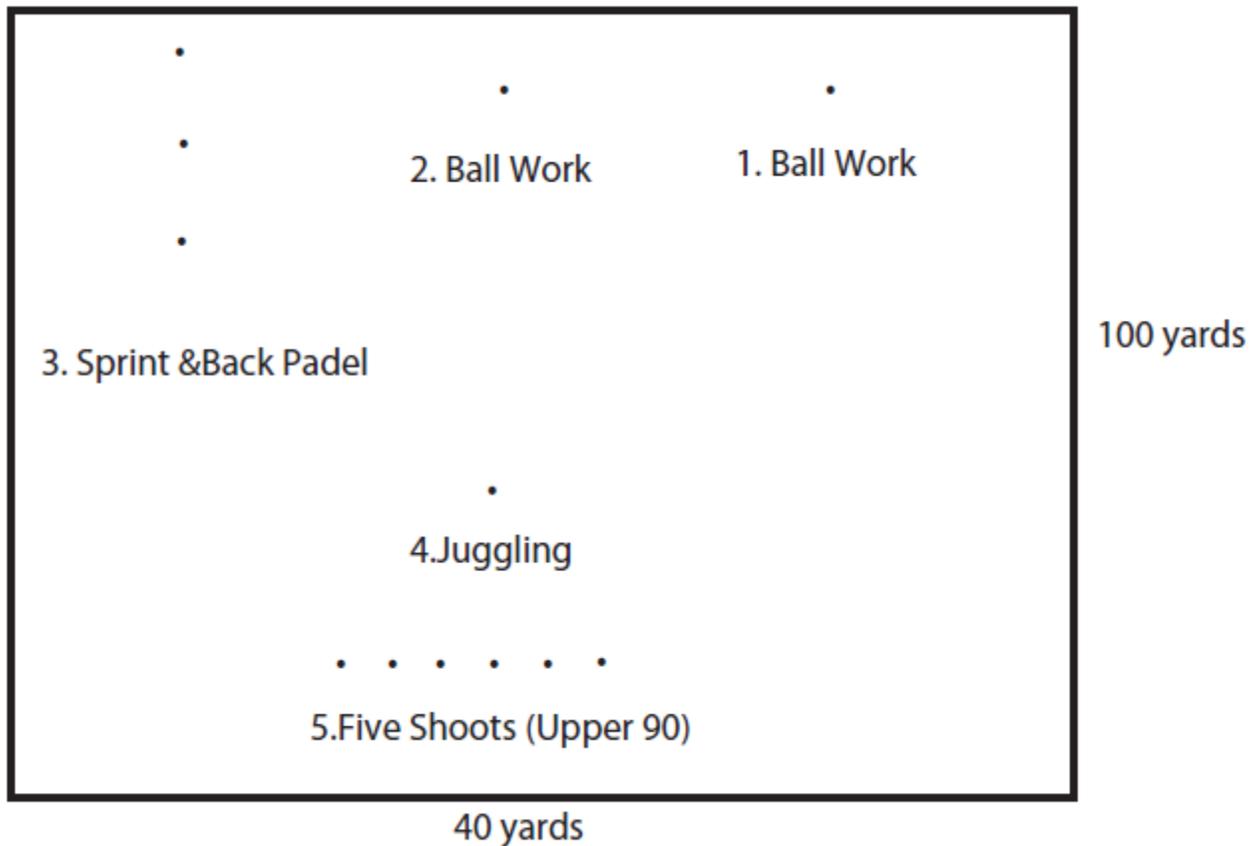
- Sprint 120 yards (full field) in 20 seconds; get back to start in the remaining 40 sec. (check calendar for repetitions)

D. Fartlek

- 5 min. warm-up pace
- 1 min. jog > 30 sec. sprint > 30 sec. walk x 10
- 10 min. cool down

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Cardio Circuit 2:



This circuit will be run through as many times as possible in 5 minutes. Take a 2 and a half minute break and then repeat. You will do the circuit 3 times total. You will follow this circuit counter clock-wise starting from #1 moving through to #5. You will sprint from one station to the next and when you complete your last shot on #5 you sprint all the way back to #1. Here is an explanation of each station:

Station 1: Rollover w/cut x10

Station 2: Pendulum with roll back x10

Station 3: Start at BACK cone and sprint to MIDDLE cone >backpedal to BACK cone >sprint to TOP cone>backpedal to MIDDLE cone>sprint to TOP cone>backpedal to BACK cone x2

Station 4: Juggle feet only 25 consecutive or 45 seconds, which ever happens first.

Station 5: Shoot five balls 15 yards out from goal. Aim for upper 90 (make sure to shoot at both corners).

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Level 3: Wk 12 - Wk 9

This is the highest level. It means you have mastered both level 1 and level 2. You have been training for 9 out of 12 weeks at this point. You have 4 weeks to work at this level before you finish the training.

A. Short pyramid

- Sprint 25 yards and back
- Rest 5 seconds
- Sprint 25 yards and back twice
- Rest 10 seconds
- Sprint 25 yards and back three times
- Rest 15 seconds
- Sprint 25 yards and back twice
- Rest 10 seconds
- Sprint 25 yards and back
- Rest 3 minutes

B. 4 mile run

(tempo pace – push yourself to get your best time)

C. 40's x 2

- Start at the half. Sprint to one end line > Sprint to opposite end line> Sprint back to half
- Complete this sprint (totals two field lengths) in 40 seconds.
- Rest for 1 min and 30 seconds before starting the second one

D. Mean 6

- The outer perimeter of the field is divided into 6 sections (2 end lines, corner – half, half – opp. corner)Start in one corner and run the following progression consecutively concluding once you have done a full sprint around the entire perimeter of the field.
- Jog 1 section - Sprint 1 sections
- Jog 1 section – Sprint 2 sections
- Jog 1 section – Sprint 3 sections
- Jog 1 section – Sprint 4 sections
- Jog 1 section – Sprint 5 sections
- Jog 1 section – Sprint 6 sections

"The more you discipline yourself, the less you'll be disciplined by others."

STRENGTH TRAINING

Our Strength Training work outs consist of the following components:

BODY WEIGHT EXERCISES

FREE WEIGHT EXERCISES

CORE CONDITIONING

BODY WEIGHT EXERCISES

These exercises can be performed anywhere and any time since no machines or equipment is necessary. If possible, you should do more free weight circuits than body weight circuits. Refer to the calendar to see which circuits are recommended for that week.

Legs

1. Body Squat

Stand straight up with your hands clasped together behind your neck and feet shoulder width apart. Squat as if you were going to sit in a chair while keeping your back straight and chest out.

Stop at the point where the top of your thighs are parallel to the ground and then return to the starting position.

2. Burpee

Begin in a normal standing position with your arms by your side. Squat and place both hands on the ground outside of your legs. Shift your weight to your hands as you kick both feet back, extending the legs fully.

Complete on push-up and then quickly bring both legs back under your body to the squat position with weight remaining on your hands. Then jump from the squat position as high as you can, extending your arms overhead.

3. Calf Raise

From a standing position and hands clasped together behind your head, raise your heels as high off the ground as possible with weight on the balls of your feet, and then return heels to ground.

4. Jumping Knees to Chest (Jump KC)

From a standing position, hop twice and then jump while flexing the knees and bringing them as near to the chest as possible at the top of your jump. Hop twice and repeat.

5. Lunge

From a standing position, with hands touching the hips or behind the head, stride as far as possible with one leg, then flex the knee of that leg while keeping the other foot in place. Gradually shift your weight to the flexed leg until it is fully flexed. Push off with the flexed leg to return that leg to starting position, and then repeat with the other leg.

6. Split Squat

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Begin with one foot forward and one foot back and place both hands clasped together behind your head. Squat down until the knee of your back leg is close (not touching) to the ground and the knee of your front leg is flexed at 90 degrees. Complete the required repetitions, then switch legs and repeat.

7. Split Squat Jump

From a split squat position, squat down and jump into the air while bringing one leg forward and the other back (like scissors). You will land in a split squat position. Continue jumping while reversing the position of each leg. Jump as high as possible.

8. Squat Jump

This is similar to the squat, except that when you squat down, you then jump as high as possible, land in the squat position and jump again.

9. Mountain Climber

Start from a wide push up position. Bring your right knee up under your body to the chest while keeping the left leg in the extended position, both hands on the ground and your head up. Return to starting position and then repeat with the left leg. This should be done rapidly like running in place with your hands on the ground.

Arms

1. Dips

Use a chair and place both hands on the edge of the seat with body facing away from chair. Legs are extended out and away with weight mostly on heels. Dip your weight down until your Triceps are parallel with the seat of the chair and the extend arms back to starting position.

2. Push-up

Lay flat on your stomach with hands placed on the floor just outside of your chest. While keeping your entire body straight, push up off the floor with the hands lifting the body off the ground until both arms are extended and feet are still touching the floor. Flex your arms, keep your entire body straight and stop when your chest is about 4 inches from the floor, then return to the extended position. Your entire body should move off the floor at the same rate.

3. Wide Push-up

This is similar to the normal push up with the exception that your hands should be placed as far apart as possible.

FREE WEIGHT EXERCISES

Chest Exercises

1. Dumbbell Bench Press

Start by lying with your back on a flat bench. Hold dumbbells directly above your shoulders, with your arms straight, and both feet on the floor. Inhale as you lower the dumbbells to

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parallel with your chest, and then exhale as you press the weight back up to starting position.

2. Straight Arm Pullover

Lie on your back on a flat bench; hold a dumbbell, elbows bent, and head beyond the end of the bench. Lower the weight past your head, and then pull the weight back to the starting position

3. Dumbbell Fly

Lie on back on a flat bench. Hold dumbbells in each hand, with elbows bent, and DB just above the shoulders. Move the DB's away from each other and lower them, then return to the starting position.

Back Exercises

1. Supported Dumbbell Row

Lean over a bench, stabilizing yourself with one knee and hand (on the same side of your body). Hold a dumbbell by your straight leg, then lift you elbow so your tricep is parallel with you back. Return to starting position.

2. Lat Pull Down

Use the lat machine, grasp bar with hands wider than shoulder width apart. Have your palms face away from you. Pull bar down to upper chest and then extend arms again.

3. DB Shoulder Shrug

Hold DBs with thumbs facing forwards. Shrug your shoulders up to the highest possible point, and then lower the DB's back to the starting position.

Shoulder Exercises

1. Overhead Press

Start with DB's supported at shoulder level in front of your body. Press the weight overhead into a straight-arm position, and then lower the weight to your starting position.

2. Lateral Raise

Hold DB's in each hand. Start with hands at sides; lift the weight out away from your body, and upward. Keep your arms fairly straight, raise weight to shoulder level.

3. DB Front Raise

Lift DB out in front of your body. Keep arms straight, raise to shoulder level and back down.

Arm Exercises

1. DB Curl

Sit on a bench, holding DB's, with arms straight down by sides. Raise weight to shoulders by moving your elbow joint. Then lower the weight back to the starting position.

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2. Triceps Extension

Sit and hold a DB over your head with both hands. Slowly lower the weight behind your head. Then push your hands back up to the starting position.

3. Bench Dips

With your feet out, stabilize yourself on a bench by balancing on your palms. Lower your body weight by bending at your elbows. Lower yourself as far as possible. Then extend your arms and push your body weight back up.

4. Wrist Curl

Sit on exercise bench with your forearms on the bench, and your wrists just beyond the end of the bench. Lift the DB by moving only your forearms and wrist. Then lower the weight back.

Leg Exercises

1. Squat

Stand holding a barbell across your shoulders and upper back. Keep your back straight and bend your knees and hips until your thighs are parallel to the ground. Return to a standing position.

2. Lunge

Stand while holding a DB in each hand. Take a large step forward with one leg. Bend at the knee and lower body weight so thigh is parallel with the floor. Try to keep your knee directly above your foot. Extend your leg and step back to the starting position.

3. Step Up

Start standing, holding DB's in both hands. Place one foot on the step in front of you; lift yourself up using your hip and leg muscles. Then step back down. Alternate feet each time you step up.

4. Knee Extension

Sit at the machine with the padded exercise bar resting on your shins. Extend your legs at the knee joint, pushing the weight until it is parallel with the floor. Allow your legs to bend and return to the starting position.

5. Leg Curl

Sit at the machine with your legs straight and your calves resting against the exercise pad. Bend your knees and pull your lower legs to your thighs, then extend your legs.

6. Calf Raise

From a standing position, position a barbell across your upper back/shoulders, raise your heels as high off the ground as possible with weight on the balls of your feet, and then return heels to ground.

CORE CONDITIONING

Core Exercises

1. Anchor Holds

Sit on the ground with legs extended. Simultaneously raise legs and arms so that you are balanced on your bottom with knees locked out and legs fully extended in air. Raise them as high as you can maintain balance.

2. Crossover Crunch (X-Crunch)

Lay flat on your back with hands clasped together behind your neck, legs straight and feet off the ground. To begin the exercise, lift your head off the ground also. Simultaneously flex your knees and raise your upper body off the ground, flexing at the waist. Twist your upper body and touch your right elbow to your left knee and then return to starting position. The next time, raise up, twist and touch your left elbow to your right knee. This is one rep. Do not allow your feet or head to touch the ground during the exercise.

3. Flutter Kick

Lay flat on your back with your arms by your side. Begin with your feet six inches off the ground. Keeping your legs straight, kick your feet up and down at a steady pace. Do not allow your feet to touch the ground during the exercise. The count for this exercise is: 123=1; 123=2; 123=3...etc. Your counting should keep the rhythm with your kicks.

4. Superman

Lie face down, with your legs and arms stretched out. In one smooth movement, lift your arms and legs up into the "Superman" position. Your arms, head, and feet should be as high off the ground as possible with your back arched. Hold, then return to the start position.

5. Full Sit-up

Lay flat on your back with your shoulder blades touching the floor, knees flexed and both feet flat on the floor. The arms are folded across and remain against the chest or rib cage with no gap between the forearms and the chest or rib cage when raising the upper body. One repetition consists of raising the upper body from the starting position until the elbows or forearms touch the thighs and then returning to the starting position with the shoulder blades touching the floor. No bouncing or arching of the lower back is allowed, and the buttocks will remain in the constant contact with the deck throughout the exercise. An assistant may hold the feet or legs below the knees in whatever manner is most comfortable for the participant. Kneeling or sitting on the feet is permitted.

6. Jackknife

Lay flat on your back with arms extended overhead on the floor. Legs should also be extended on the floor. Flex at the waist and simultaneously bring your legs up without flexing at the knees to meet your upper body halfway. Your goal is to touch your chest to your legs without flexing at the knee. Arms should remain away from the body extended outside of the legs.

7. Russian Twists

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Sit on ground with knees bent, feet off the ground and balanced on your bottom (leaning back 45 degrees). Keep back straight and rotate arms from right to left touching the ground each time. Add a medicine ball or dumbbell weight for added difficulty.

8. Reverse Crunch with Hip Lift

Lay flat on your back with arms folded across your chest. Elbows should be touching chest and hands should be touching your chest. Your legs should be extended with your heels about 2 inches off the ground. Flex your knees until they touch your chest and then extend them up toward the ceiling until your hips leave the ground and then return to starting position. It is important to bring legs all the way up so that your hips leave the ground.

9. Side to Side

Sit in an "L" position with your legs extended in front of you. Touch your toe with your fingers and then fallback diagonally to the right, extending your arms back over your head. Then lift yourself up again, touch your toes, and down diagonally to the left.

10. V-twist

Sit on the floor, keep feet together and lift them about 4 inches off the floor. Knees can be slightly flexed. Extend both arms straight ahead with hands close to the knees. Twist your body at the waist, swinging both feet as far as possible to your left while swinging both arms as far as possible in the opposite direction. Your upper body should be twisting in the opposite direction as the lower body. Feet should not touch the ground during exercise.

11. Scoop Abs

Start in anchor hold position (lean back 45 degrees with legs up, and knees locked out). Pretend your feet are the tip of a shovel and scoop them down along the ground until legs are fully extended again and return to starting position.

12. Hip Rock n Raise

Lay on your back with your legs in a butterfly position. Lift your hips and legs up off the ground. Keep your legs in the butterfly position. Then bring your lower body back to the floor.

13. Plank

Lie face down on mat resting on the forearms, palms flat on the floor. Push off the floor, raising up onto toes and resting on the elbows. Keep your back flat, in a straight line from head to heels. Tilt your pelvis and contract your abdominals to prevent your rear end from sticking up in the air.

14. Fifer Scissors

Extend one leg as straight as possible slightly above the floor, and the other leg straight up to point to the ceiling. With each second bring legs down so that each one will take the position of the other leg. So there will always be one leg that is straight to the ceiling, one leg straight, and parallel to the floor.

15. Side Bridge

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This is a side plank. Balance on forearm and edge of feet . Make sure your elbow is directly under your shoulder joint. Make a straight downward line from your shoulders > hips>knees> ankles.

16. Legs Raises

Lie on back, bend at the waist, and extend legs fully. Raise hips off ground and keep legs straight. Then lowers hips back to the floor.

Circuit Training

Each circuit consists of 2-3 sets of each exercise. Refer to the calendar to see which circuit and how many repetitions to do. You may choose either body weight **OR** free weight, although free weight is recommended. Level up on weights for the Free Weight Circuit as needed. If it is not hard to lift the last two repetitions then you need to add more weight. Always do the exercises in order. Do not rest for more than one minute between groups. (Circuit 1/Week 1 Example: Start with group 1, do burpee x10, Dips x10, reverse crunch x10, rest 30seconds, repeat, rest, move on to group 2...group 3)

Body Weight Circuits

Circuit 1

Group 1: Burpee, Dip, Reverse Crunch w/ Hip Lift
Group 2: Body Squat, Pushups, Supermans
Group 3: Split Squat Jump, Calf Raise, Wide Push-up, X Crunch

Circuit 2

Group 1: Mountain Climber, Pushups, Flutter Kick
Group 2: Squat Jump, Wide Pushup , Jump KC, Leg Raise
Group 3: Jump KC, Calf Raise, Dips, Side to Side

Circuit 3

Group 1: Lunge, calf raise, Wide Pushup, Side Bridge
Group 2: Burpee, Dips, Superman
Group 3: Split Squat, Mountain climber, Push-up, Anchor Holds

Free Weight Circuits

Circuit 1

Group 1: DB Curl, Squat, Legs Raises
Group 2: Lunge, DB Bench Press, DB Row, V-Twist
Group 3: Lateral Raise, Knee Extension, DB fly's, Side to Side

Circuit 2

Group 1: Triceps extension, Lunge, Russian Twists
Group 2: Step Up, DB Row, Side to Side

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Group 3: DB Front Raise, Squat, Straight arm pullover, Legs Raises

Circuit 3

Group 1: Superman, Russian Twists, Bench Dips, Heel Raise

Group 2: V-Twist, Wrist Curl, Step up

Group 3: Squat, DB Bench Press, Calf Raises, Legs Raises

Core Circuits

Do 2 sets of 25 of each of the exercises. Follow the core schedule on the calendar.

Core 1

1. Full Sit Up
2. X-Crunch
3. Hip Rock n Raise
4. Superman

Core 2

1. Scoop Abs
2. Plank
3. Jackknife
4. Full Sit-up

Core 3

1. Fifer Scissors
2. X Crunch
3. Hip Rock n Raise
4. Plank

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Slalom Run

- Begin on the right side of the ladder.
- Place your left foot into the first square.
- Place your right foot into the same square.
- Take the left foot out of the square and place it on the outside left of the ladder.
- Advance right foot to the second square.
- Follow with the left foot.
- Take right foot out and place it on the outside right of the ladder
- Continue with this pattern.
- This one can also be performed backwards.

	3L		9L		15L		21L	
1L,2R	4R,5L	7L,8R	10R,11L	13L,14R	16R,17L	19L,20R	22R,23L	
Both feet	6R		12R		18R		24R	

Out-In (2 feet)

- Begin with both feet straddling the ladder.
- Step into the first square with your left foot.
- Then follow with the right foot into the first square.
- Step out with your left foot.
- Follow by stepping out with your right foot.
- Alternate lead foot next time you go through ladder.
- This can also be done backwards.

L	3L	7L	11L	15L	19L	23L
1L,2R	5L,6R	9L,10R	13L,14R	17L,18R	21L,22R	25L,26R
R	4R	8R	12R	16R	20R	24R

Out-In (1 foot)

- Begin with both feet straddling the ladder.
 Step into the first square with your left foot.
 Move right foot forward one square, but keep it outside of the ladder.
 Step into the second square with the right foot.
 Move left foot forward one square, but keep it outside of the ladder.

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Step into the third square with the left foot.

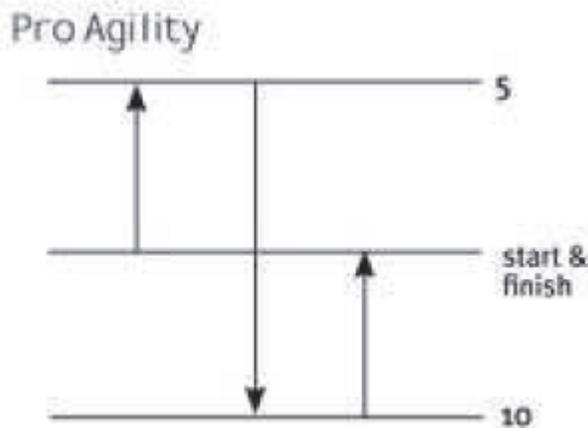
L	3L	5L	9L	11L	15L	17L
1L	4R	7L	10R	13L	16R	19L
R	2R	6R	8R	12R	14R	18R

AGILITY DRILLS:

Penalty area shuttle run x 3 (72 yds x 5)

- Start on the goal line.
- Sprint to the goal-area line and back (12 yds)
- Then to the penalty spot and back (36 total)
- Then to the 18 and back (72 total)
- Rest 45 seconds then repeat four more times
- Be sure to run in a straight line back and forth

Pro Agility Drill



1. Start at the middle line as shown in the diagram.
2. Sprint to the right line and touch it with your right hand.
3. Push off forcefully and sprint back across the middle to the left line and touch that line with your left hand.
4. Sprint back to the right, finishing at the middle line.

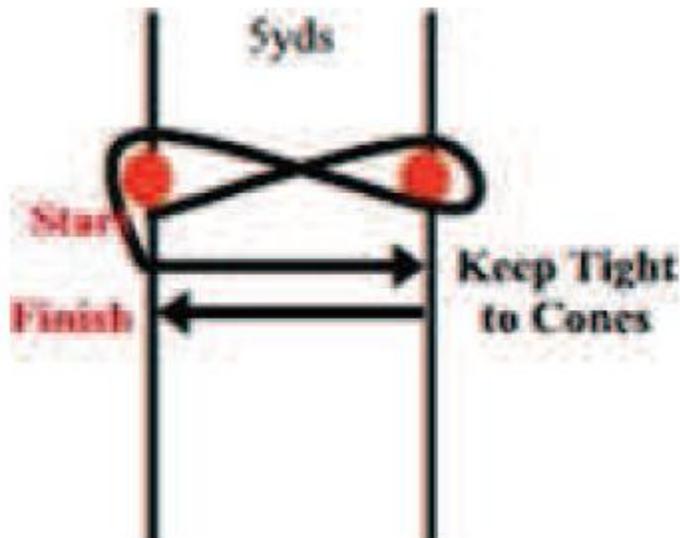
Key Points:

- When running to the right, always touch the line with your right hand and running to the left always touch the line with your left hand. This insures that you will push off with opposite feet.
- Make sure you touch the line with your hand.
- Stay low when changing directions.

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- Run in a straight line.
- Chop your steps as you slow momentum to get to line, then drive out when you change directions

Nebraska Agility Drill

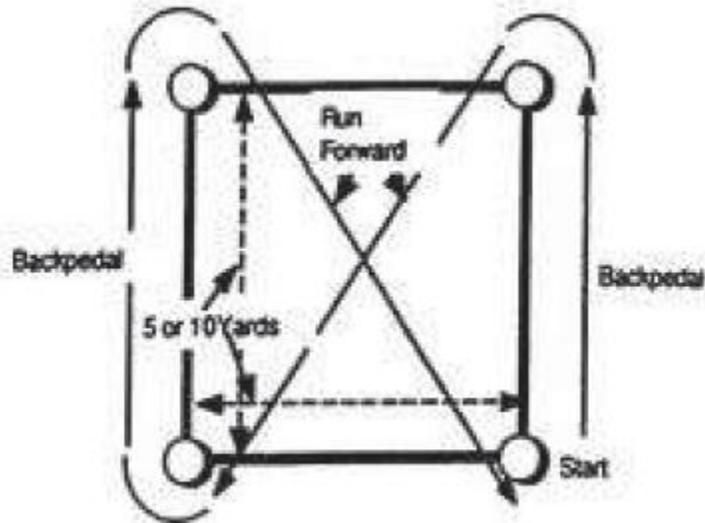


1. From the starting position above, sprint to the first cone and make a right hand turn.
2. Return to the starting line and go around the second cone with a left-hand turn.
3. Run to the five yard line and touch it with your fingers, then backpedal across the starting line to finish.

Key Points:

- Pass as close to the cones as possible without knocking them over.
- Be sure to touch the line with your hand.
- Keep your weight forward as you backpedal.
- Stay low and keep feet moving quickly as you turn around the cone.

Comeback Cone Drill

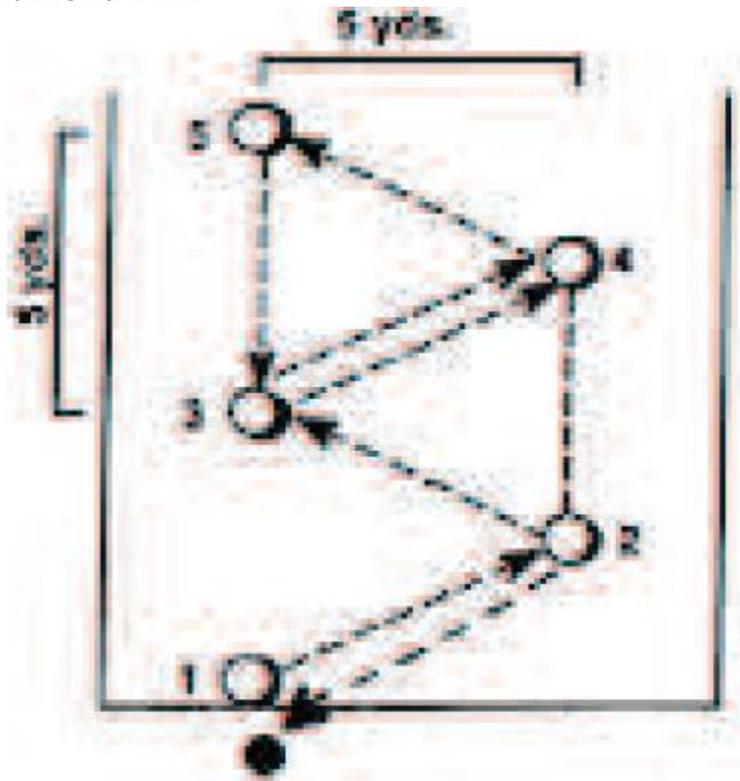


1. Start on the right side of the square and backpedal to first cone.
2. At the first cone, sprint diagonally to the second cone.
3. Backpedal to the third cone.
4. At the third cone, sprint diagonally to the fourth cone.

Key Points:

- Keep weight forward during backpedal
- Focus on quick change of direction followed by good acceleration.

Diamond Drill

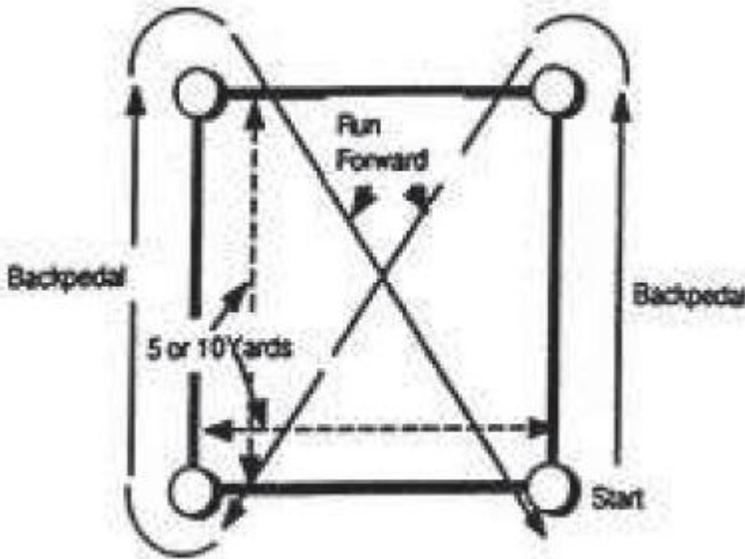


1. Begin at cone 1 with your shoulders parallel to the line of direction.
2. Sprint to cones 2,3,4 & 5. (Quick acceleration and deceleration)
3. Backpedal from cone 5 to 3, sprint to cone 4. Backpedal from cone 4 to 2 and finally turn and spring back to cone 1

Key Points:

- Run in straight lines.
- Do not round corners.
- Run full speed and focus on rapid acceleration and deceleration.
- This drill can be varied by changing direction from left to right.

Four Corner Drill

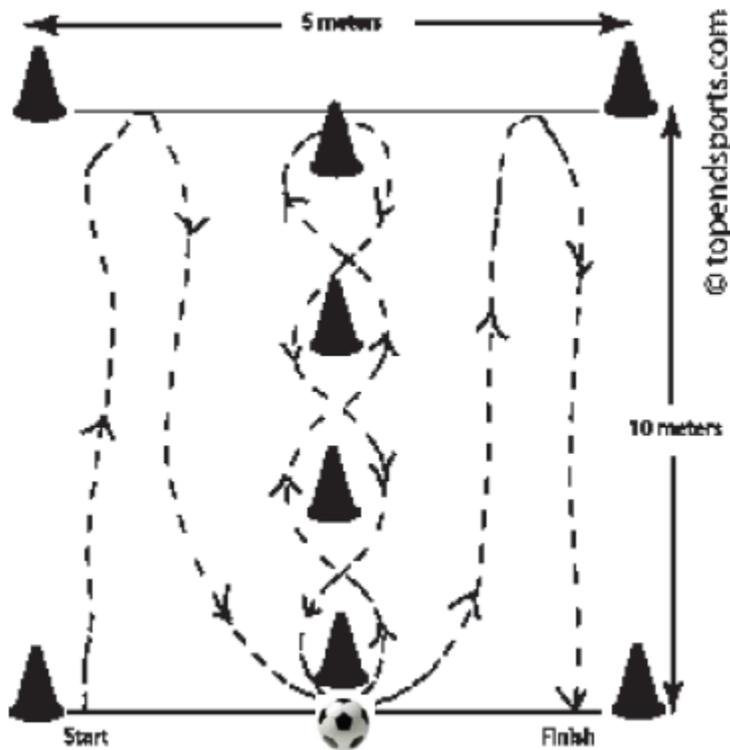


1. Start on the right side of the square and run forward.
2. At the first cone, make a reverse pivot by throwing your right shoulder clockwise.
3. Carioca to the next cone.
4. Reverse pivot and backpedal to the next cone.
5. Reverse pivot and shuffle to the finish.

Key Points:

- Do not cross feet during shuffle.
- Focus on rapid acceleration and deceleration.

Illinois Agility Drill



1. Player starts on stomach behind the left cone
2. Ball will start behind the middle cone
3. At start, sprint **around** the first cone, and back to the ball at the middle cone
4. Dribble in and out of the middle cones and back, leaving the ball at the first middle cone
5. Sprint **around** the far right cone and back to finish.
6. (Follow arrows).

Key Points:

- Focus on rapid acceleration in the long straights
- Control body weight when rounding the cones.
- Quick tight movements when weaving in the middle.
- Can be done with or without the ball.

PLYOMETRICS

Use a running/agility ladder to perform these exercises. Some of these may also be performed on bleachers, stairs or plyometric boxes, if available. I'm asking that you do each of these exercises **at least 2x** before moving on to the next one. These exercises should be done with focus on **power**, not speed. Landing technique is also very important. Make sure you are bending your knees to absorb the shock from landing.

Power Hops

Hop with both feet through the ladder. Ankles should be touching, weight on the balls of the feet. Maintain good balance and rhythm. Focus on jumping high and landing with proper

1B	2B	3B	4B	5B	6B	7B	8B	9B
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Ice Skater (one foot)

- Begin with your left foot in the first square and your right foot outside the square on the right.
- Hop with both feet placing the right foot in the second square the same time the left foot is outside the square on the left.
- Repeat this pattern as you move forward on the ladder.
- Begin with both feet outside on the right of the ladder.

	2L		4L		6L	
1L	2R	3L	4R	5L	6R	
	1R		3R		5R	

Ice Skater (two feet)

- Hop with both feet and land with left foot in the first square.
- Hop with both feet to the outside left of the ladder.
- Hop with both feet and land with the right foot in the second square.
- Keep alternating forward on the ladder.

	3B		7B		11B	
2L	4R	6L	8R	10L	12R	14L
1B		5B		9B		13B

One Foot

- Hop on your right foot through the ladder.
- Repeat with the left foot.
- Focus on soft landing

Skip Two

- From a squatting position, jump over two squares landing in the same position.

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- Repeat down the ladder.
- Jump as high as possible each time, using your arms to help with momentum.
- As you land with both feet, be sure to flex your knees to absorb force and keep a steady rhythm.

Two Out, Two In

- Begin with both feet in the first square.
- Hop with both feet landing outside of the first square.
- Hop with both feet landing inside the second square.
- Hop with both feet landing outside the second square.
- Continue the pattern forward on the ladder.
- Maintain a good rhythm.

Knee tucks

- Begin with both feet in the first square.
- Flex your knees and jump as high as possible, tucking the knees up to your chest.
- Land in the second square with both feet.
- As you land, flex your knees to absorb force and then repeat down the ladder.

Single leg jumps

- Begin standing with both feet in the first square.
- Flex your right knee and jump as high as possible into the second square.
- Flex your right knee while landing on it to absorb force, and then repeat down the ladder with a constant rhythm.
- Repeat with the left leg.

Forward Two/Back One

- Begin with both feet in the first square.
- Jump as high as possible to the third square.
- Hop back to the second square.
- Jump as high as possible to the fourth square.
- Hop back to the third square.
- Continue with same pattern.
- Jump high when you go forward and hop softly backward.
- Maintain a good rhythm.
- You can also do this one with one leg at a time.

Lateral Hops

- Begin standing in the first square facing to the left.
- Hop with both feet down the ladder as fast as possible facing in this direction.
- Be sure that both feet touch the floor in each square.
- Continue facing in the same direction and hop back in the other direction.
- After completion of this, perform exercise using the forward two/back one pattern.

Lateral Jumps

- This is the same as number Lateral Hops except you are jumping high instead of hopping.
- Flex your knees each time you land and push off again.
- Be sure that both feet land in each square at the same time.
- Perform this in both directions.

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- Maintain a good rhythm.
- After completion of this, perform exercise using the forward two/back one pattern.

Agility Circuits

Circuit 1

- Pro Agility Drill – 3x
- Nebraska Agility Drill – 3x
- Foot Ladders 1-5 – 2x each
- IL Agility Drill – 3x w/ball

Circuit 2

- Diamond Drill – 3x
- Four Corner Drill – 3x
- Comeback Cone Drill – 3x
- Penalty Area Shuttle Run – 3x

Circuit 3

- Foot Ladders 1-5 – 2x each
- Penalty Area Shuttle Run – 3x

Plyometric Circuits

Circuit 1

- Forward 2, back 1 – 2x
- Lateral hops – 2x
- Lateral jumps – 2x

Circuit 2

- Squat jumps – 2x
- 2 out, 2 in – 2x
- Knee tucks – 2x
- Single leg jumps – 2x

Circuit 3

- Ice Skater (1 foot) – 2x
- One footed hops, both feet – 2x each
- Power Hops – 2x
- Ice Skater (2 feet) – 2x

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Fitness Testing

These are the fitness tests you will be responsible for during preseason training. Test yourself!

TECHNIQUE:

Touch Test

- Cones will be set in a "V" formation, 5 yards apart from the point of the "V". Person being tested will start at the point while there are two ball tossers 5 yards out at the top of the "V".
- The tester will sprint forward and volley the ball back to the tosser on the right using all of the right side of the body. They will then back pedal to the start and sprint toward the person on the left performing the same volley using only the left side of the body.
- The tester will continue sprint > backpedal> sprint from side to side until they have consecutively completed all of the volleys successfully on each side. The ball must return to tosser's hands to count.
- The order is: foot volley, thigh to foot volley, chest to foot volley, header, jumping header.
- You will have 2 minutes to complete the test accurately and consecutively. You may start over as many times as needed within the 2 minutes.

Juggling

- You will have 3 minutes to get a minimum of 50 consecutive juggles. Ball has to start at feet, and touches must be consecutive.

CARDIOVASCULAR:

Cooper 12 Minute Run

- You will have 15 minutes to get 7 laps on the track. The distance will be measured in intervals of 1/8(i.e. 7 3/8 laps)

300 Yd Shuttle

- You will run two 300 yd shuttles, with a 5 minute break in between. This is testing your recoverytime. Both times will be averaged and recorded. The standard is 1 minute and 5 seconds (1.05)
- Beginning from the goal line, sprint to the cone (60 yds) and back to start line.
- Repeat 1 ½ more times (300 yds), maintain your top speed as much as possible (down, back, down,back, down)

STRENGTH:

Push-Up Test

- You will complete 30 perfect push-ups. You must use correct form: body must stay straight; bottom must stay down; and be sure to come down far enough that your upper arm is parallel to the ground. You will be cut off if form breaks.

Sit-Up Test

- You must complete 75 perfect sit-ups consecutively. You will be in regular sit up position, with somebody holding your feet. Arms will be at side (not on chest), fingertips must drag the ground. You will have to come up so that your chest touches thighs and shoulders hit the ground when going back down.

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AGILITY:

Pro Agility

- You will have 5.50 seconds to complete the test. You must touch every cone or it will not count. You will be tested going right and left. (refer to test details in agility section)

IL Agility w/ Ball

- You must complete the drill in 19.50 seconds from start to finish. (refer to test details in agility section)

Fitness Standards:

Returning Players– By now you should have a good Idea what it will take to be competitive, let's stick with the program and have an outstanding season! Help the First year players expect more.

First Year Players – Use the standards as your guide. While I cannot place individual expectations on you, it is expected that you will do your part to help raise our team average in each test. If you do not work out through the summer, it will be obvious when you arrive for preseason.

A Little Advice...

Only test yourself on designated times throughout the summer. Once at the beginning to set goals for yourself, and once in the middle to see how you are progressing. Testing yourself weekly or biweekly will only frustrate you and take time away from the real work you should be doing. Learn how to mentally prepare yourself for the test and what you need to be thinking throughout to perform at a high level. Be confident and push comfort zones; it is the only way to improve.

2013 Fall/Winter Results ...for Motivation:

<i>Spring 2012</i>	Sit-up	Push- up	Cooper Run	300 yd Shuttle	ProAgility	IL Agility w/ball	Juggling
High Score			Laps		R L		