

**Good Luck!!**

## **Spring And Summer Skill/Conditioning Program**

Complete this section 2 times per week!!!!

### **Ball Control and Agility**

1 minute – Jog while dribbling ball with quick touches, changing direction and speed. Do this in a confined space where many changes and touches are necessary.

1 minute – Head juggling.

1 minute – Throw ball up, jump and while you are in the air trap the ball with your head, settle the ball to your feet, and move off quickly – repeat.

1 minute – Thigh juggling.

1 minute – Throw ball up, jump and while you are in the air trap the ball with your chest, settle the ball to your feet, and move off quickly – repeat.

1 minute – Foot juggling with no spin on the ball.

2 minutes – Starting in a sitting position, throw ball up, get up and stop the ball before it hits the ground, settle it to your feet, and move off quickly – repeat using head, chest, each thigh, each foot in that order to trap the ball.

### **Technical Speed, Pure Speed and Endurance**

1. Dribble in a figure “8”, use just the inside of your feet for 6 figure “8’s”, 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 as if you were beating an opponent. As you round the marker, use quick touches to improve technical speed.
2. Rest by walking for 30 seconds.
3. Set a marker out about 25 yards from a starting point:
  - a. Sprint dribble to marker.
  - b. Sprint backwards to starting point.
  - c. Sprint to ball.
  - d. Collect ball and sprint dribble back to starting point.
4. Rest by walking for 30 seconds.
5. Set ball on the 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. Move as quickly as you can.
6. Rest by walking for 30 seconds.
7. To 10 yard marker and back: two leg explosive jumps. To marker and back: single leg explosive hopping. Left foot first, then right, out and back.
8. Rest by walking for 30 seconds.
9. Karioka (lateral running criss-crossing legs) to 10 yard marker and back. Move 10 times from side to side as quickly as possible.
10. Rest by walking for 30 seconds.

11. From the starting point:
  - a. Pass the ball to the 25 yard marker.
  - b. Sprint to the ball.
  - c. Collect ball and accelerate to starting line.
  - d. Make 3 passes.

### **Strength and Flexibility**

60 jumps – Two foot jumping forward and backward over the ball.

15 figure "8's" – Standing position with legs spread and knees straight, roll the ball with your hands in a figure "8" pattern around your legs.

60 jumps – Two foot jumping side to side over the ball.

15 roll arounds – Sitting position with legs extended, roll the ball with your hands around the soles of your feet and then back around your back.

60 jumps – Throw the ball up in the air, jump, and catch the ball, and throw it back up before you hit the ground. Remember to "hang" in the air.

30 sit-ups – Touch the ball on the ground over your head and back up and touch your toes.

60 touch and jumps – Start in a standing position with the 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.

30 push-ups

### **Shooting and Heading**

For this section of the exercise, a soccer kick wall, the side of a gymnasium, a tennis wall, racquetball court, etc., will be necessary.

1. Technique work: Get 5 to 7 yards from the wall and shoot the ball first time at the wall making sure the foot is pointed, knee is over the ball, center of your foot is striking the center of the ball, and that all the power is derived from a quick snapping motion of the lower leg. (2 minutes)
2. First time shooting with power: Back off 20 yards and shoot the ball first time at the wall. Strike the ball as hard as you can regardless of the bounce, height, speed, etc., that the ball comes to you. Pick a spot on the wall to shoot at each time and keep the ball low. (6 minutes)
3. Trapping and shooting: again at 20 yards, strike the ball with power, and as it comes off the wall, trap in cleanly and quickly fire another shot at the wall. The point of the drill is to develop a sound clean trap and quick, hard shot. (6 minutes)
4. From one to two yards away, first time head juggling against the wall. (1 minute)
5. Back off between 5 and 7 yards, throw the ball up against the wall and as it comes off head with power getting your entire body into the heading motion. (2 minutes)
6. Get within 5 yards of the wall – toss the ball against the wall to force you to jump to head the ball back at the wall. Catch the ball after you have headed it each time. Make sure your toss forces you to the peak of your jump. Remember your technique and head with power. (3 minutes)

**This entire fitness program should take 45 minutes to an hour. It is important that you go through the entire program without pause other than at planned rest intervals.**

## **Spring And Summer Fitness Shuttles/Exercises**

Pick 1 twice per week!!!! Do different ones each week!!!!

### **40-Yard Shuttles**

- two markers 40 yards apart
- up and back three times (total of 240 yards)
- work interval 45 seconds
- rest interval 45 seconds
- start at 6 sets work up to 10
- extra rest every three (15 seconds extra rest) so after 3, 6 and 9

### **50-Yard Cone Drill**

- six markers at ten yard intervals
- 10 and back, 20 and back, 30 and back, 40 and back, 50 and back (total of 300 yards)
- work interval – 1 minute
- rest interval – 1 minute
- start at 6 sets work up to 8
- extra rest every three (15 seconds extra rest) so after 3 and 6

### **Super Set**

- 120 yards sprint in 18 seconds
- 120 yards back in 30 seconds
- rest interval on the line 25 seconds
- 40 yard shuttle (45 seconds to 47 seconds work)
- rest interval 1:15
- five complete sets

### **Jingle Jangle**

- two markers 10 yards apart
- up and back 10 times (200 yards)
- work interval 50 - 55 seconds
- rest interval – 1 minute
- start at 8 sets work up to 10
- extra rest every three (15 seconds extra rest) so after 3, 6 and 9

### **20 Minute Fartleck**

- a Fartleck is varying your running speeds between a walk a jog and a sprint
- can be done on a field, track or treadmill

## **Lateral Speed and Agility Development Spring And Summer Program**

Complete 1 Lateral Speed and Agility Block per week!!!!

### *General Information:*

1. *This should be a major portion of your program for the summer as the game is played in multi-directions. Your ability to decelerate, stop momentarily, and re-accelerate will be critical to your success on the field.*
2. *Time yourself on the drills to be sure you are improving each week.*
3. *Perform the warm-up described below before each Lateral Speed and Agility session.*

### **Lateral Speed and Agility – Dynamic Warm-Up**

(20 – 30 yard distance on field/track)

(5 – 10 minutes) Functional Stretches

(10 minutes) Active Warm-up:

- a. "S" run (forward/backward) \*work arms in overhead, cross body, or alternation swinging fashion as you move
- b. Carioca
- c. Skip (forward/backward)
- d. Alternation Step & Touch (forward lunge and touch foot with opposite hand each step)
- e. Diagonal plant and cut
- f. 360 run (turn while you run)
- g. Sprint to Backpedal
- h. Backpedal to Sprint
- i. Lateral shuffle (10 yards) to sprint
- j. Carioca (10 yards) to sprint

(5 minutes) Footwork Drills

(Speed ladder/line on the ground)  
Do single/double foot movements  
4 – 5 drills repeat twice

Starts: (10 yard distance working fast hands and feet)

Repeat each start twice

1. Soccer start (athletic position)
2. Staggered stance
3. Balanced start (off one leg)
4. Lateral start (lead foot stepping first)
5. Crossover start (back foot crossing over front foot)
6. Back step (drop right/left foot back, turn and accelerate)

