

2015 Summer Workout Exercises

"By failing to prepare, you prepare to fail." - Benjamin Franklin

Warm-up :: Summer Set

Jogs (2), Kicks (2), Lunges (2), High Skips (1), Butt Kicks (1), High Knees (1), Shuffles (1), Shoulder bumps (1), Backward Shuffle (1)

Jog :: easy jogging pace to end and back

Kicks :: easy jog to disc, swing right leg forward like a kick and back as far as possible, repeat alternating legs, jog back to starting disc

Lunges :: jog to disc, take a large step forward with right leg and form a right angle with knee, left leg knee should not touch grass, repeat alternating legs, jog back to starting disc

High Skips :: every step should be an explosion up, driving leg up

Butt Kicks :: kick heels up to hit your butt every step

High Knees :: while jogging, drive knees up every step keeping your back straight up

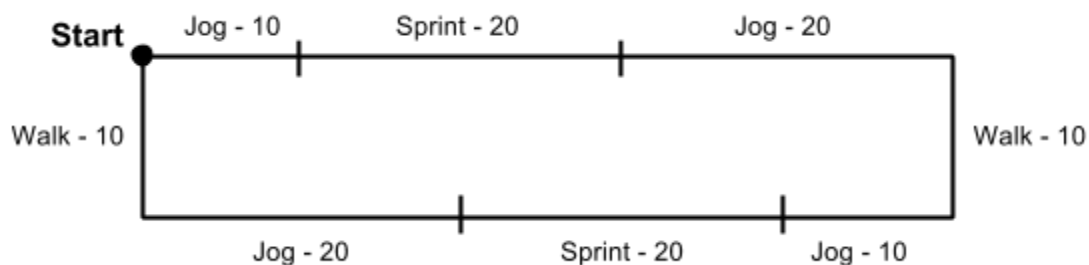
Shuffles :: jog to disc, shuffle sideways around your partner and return to your disc, repeat at every disc

Shoulder Bumps :: same as Shuffles except partner will challenge each other like going for a header, should work to land on both feet with good balance

Backward Shuffle :: starting on right side of disc take a couple backward shuffles, pivot on outside foot opening up hips in opposite direction and repeat, should work on proper pivoting and keeping hips low

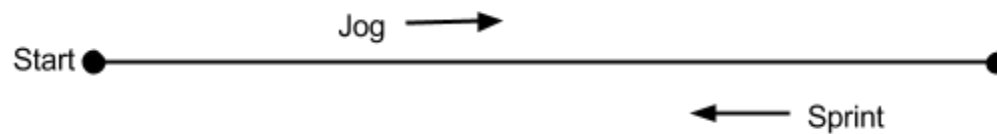
Conditioning

The Striker :: 3 sets x 10 laps



**Start each sprint with 3-4 explosive steps trying and sprint through the end

The Midfielder :: 3 sets x 6 laps



Place two discs 40 yards apart. Start by jogging to end disc, turning and sprinting to starting disc. Focus on 3-4 hard explosive steps to start sprint and tight turns around discs

The Runner ::

Make a square 66 yards on a side. Jog around the square.

6.75 = 1 mile

10 laps = 1.5 miles

13 laps = 2 miles

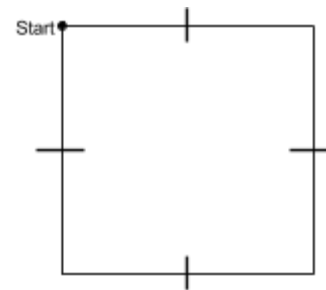
The Ladder ::

Create a 40x40 yard square with a disc in middle of each side. Start by jogging to first middle disc and then run the following pattern:

Sprint 1 disc - Jog 1 disc - Sprint 2 discs - Jog 2 discs

Continue to pattern to 5 and then work back down to 1

Finish each sprint by sprinting through the final disc



World Cups ::

Use the length of a soccer field (or mark off a 100 yard stretch). Sprint to other end in 18 seconds or less, turn and jog back within 42 seconds. Rest for 45-60 seconds and repeat. Start with 5 sprints and then work more sprints in.

Plyometric Workouts

Plyo Workout A

Knees to Chest, Squat Jumps, Scissors Jumps (2 x 20 secs) - focus on height

Forward/Back, Lateral Hops (2 x 20 secs - both, right only, left only) - focus on speed

Square Hops (2 x twice around square per pattern)

Zig Zags (2 x 7-8 yd line - both, right, left)

Plyo Workout B

Forward/Back, Lateral Hops (2 x 20 secs - both, right only, left only) - focus on speed

Up-Up-Back-Back (2 x 20 secs - both, right only, left only)
“W” drill (3 x each side)

Ladder Workout

- 1 Foot in each square
- 2 Feet in each square
- Forward Hops
- Lateral Hops
- Hop Scotch
- Icky Shuffle
- Scissors

Descriptions :: work balance first in hops/jumps, work speed/height second

Knees to Chest :: jump as high as possible, pulling knees to chest, keep back straight, minimize time spent on ground

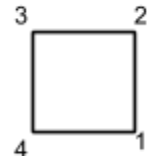
Squat Jumps :: squat down till thighs are parallel to ground, explode up, land softly back into squat position and immediately explode back up

Scissors Jumps :: start in lunge position with one foot in front and other behind, jump up and switch leg position and repeat minimizing amount of time on ground

Forward/Back Hops :: stand behind a disc, hop forward and back immediately

Lateral Hops :: stand to the side of a disc with feet together, jump over to other side and return immediately

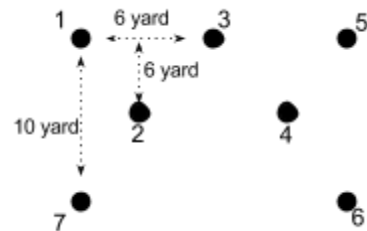
Square Hops :: arrange four disc in a square about 1 yard apart (shown). Hop the following patterns: 1-2-3-4-1, 1-4-3-2-1, 1-3-2-4-1, 1-4-2-3-1



Zig Zags :: place discs in a line about 7-8 yards long. Start on one side of line and hop back and forth along line. Turn and return hopping to your starting disc

Up-Up-Back-Back :: place two discs about 1 foot apart. Start behind discs and hop between discs, in front, backward between, and backward behind, repeat

“W” Drill :: arrange discs like diagram. Start at 1 and sprint backward to 2. Go around the outside of 2 and sprint forward to 3, round on outside, sprint backward to 4, round on outside, sprint forward to 5, turn around and sprint forward to 6. Repeat starting at 5 and ending at 7.



1 foot in Each :: sprint forward through ladder placing once foot in each square, end with 6 yd sprint

2 feet in Each :: sprint forward through ladder placing both feet in each square, end with 6 yd sprint

Forward Hops :: starting behind ladder, hop into each square, end with 6 yd sprint

Lateral Hops :: start with on your right, hop right into each square, end with a turn and 6 yd sprint. Do same thing starting with ladder on your left and hopping left

Hop Scotch :: straddle the first square, hop placing both feet into first square, hop placing both feet straddling second square, hop placing both feet into second square, and so forth

Icky Shuffle :: start with both feet to right of first square, place left foot in, place right foot in, place left foot out, place right foot into next square, place left foot in, place right foot out, place left foot in next square, and so forth

Scissors :: turn sideways with one foot in first square and other outside. Hop sideways to next square switching feet

Technical Workouts

Technical A

2-Man Technical Warm-up (2 x 20 passes each foot)

Figure 8 Dribbling (2 x 4 Figure 8's)

2-Touch Juggling

Technical B

Slalom Dribbling (2 sets each)

Figure 8 Dribbling (2 sets each)

2-Touch Juggling

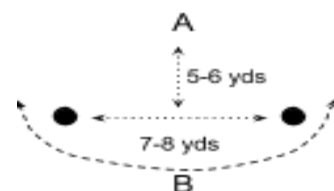
Technical C

2-Man Passing (2 x 20 passes each foot)

2-Touch Juggling

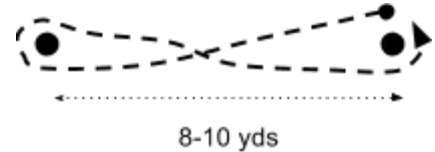
Descriptions :: work on proper technique, speed is not important - quality is

2-Man Technical Warm-up :: place two discs about 7-8 yards apart, A stands with ball about 5-7 yards out in front of center of discs, B runs around discs and goes through the



following skills: 1-touch pass, roll between discs and pass back, instep volley, laces volley, chest/thigh volley

Figure 8 Dribbling :: place two discs 8-10 yards apart. Start on side of disc and dribble to other other disc switching sides. Turn around the disc using the turns below. Go to other side of disc to complete Figure 8 and work other foot. Turns should be tight around discs. When around a disc, a longer touch should be used for separation. Turns: outside of foot, inside of foot, step over, Cruyff, pull back



2-Touch Juggling :: partners juggle 2-touch working to a cumulative goal of 200 touches

Slalom Dribbling :: line of 7 discs laid out about 1 yard between. Dribble through discs using only the stated parts below. At end of discs, turn and continue slalom dribbling back. Parts: inside feet only, outside feet only, right foot only, left foot only, roll

2-Man Passing :: partners stand about 8-10 yards apart hitting the following passes. Passes: two-touch (inside both feet, right foot only, left foot only, rolls), one-touch, 180 degree turn, touch behind 90 degree turn

Core Workout

Go through all exercises before going through a second set. After both sets are completed, go through a Cobra stretch and Superman twice holding for 5-7 seconds.

Crunches (30 sec)

Gut Busters (30 sec)

Russian Twists (30 sec)

Push-ups (25x)