

# Hebron Soccer Workout

General “Weekly” Training suggestions for cardio, muscle strength, coordination, & technique

This [Video Link](#) Explains Some of the exercises (E) **that follow**:

## Monday: (Directions Ep. 2)

**TABATA** (20 Sec. On, 10 Sec. Off x 8 for each Exercise)

(Each exercise in a given **Tabata** workout lasts only four minutes, but it's likely to be one of the longest four minutes you've ever endured. The structure of the program is as follows:)

- Work out hard for 20 seconds
- Rest for 10 seconds
- Complete 8 rounds

OR try this [10 minute workout link for Soccer Players](#) (can use this on alternate weeks from Tabata)

- E1. Incline Pushup
- E2. Body Weight Squat
- E3. Body Weight Russian Twist
- E4. Mountain Climbers
- E5. Dips
- E6. Lunges

Cardio & Agility: (consider trying [HomeCourt “Sports at Home Link](#) ... free trial until May 31st)  
..... My youngest son is trying out **HomeCourt** and it keeps him seriously engaged!!!

Run/Walk 20-30 min.

- Getting Outside is Important, but if you can't stay inside!

## Tuesday: (Search and learn any Exercise that you Don't Know; Many are in Video Link Attached)

Note: **SS means Super Set**; Ex. Do E1. And E2. Back to Back and then rest

- E1. Line Hops (4x12 Each Side)
- E2. Single Leg RDL Hold (4x20 Secs. Each Side)
  
- E3. Bench Split Squat Jumps (4x12 Each Leg)
- E4. B. Split Squat Hold (4x20 Secs. Eac Leg)
  
- E5. Scap. Push Ups (4x15)  
SS
- E6. Lateral and Front Raises Holding Weights (4x12)
  
- E7. Bench Hip Lift (4x20)  
SS
- E8. Bicycle Kicks (4x25)

Stretching/Elongation of Muscles:

- [Yoga for Soccer Players Link](#):

# Hebron Soccer Workout

General “Weekly” Training suggestions for cardio, muscle strength, coordination, & technique

## Wednesday:

Warm-Up –

1. Body Squats 2x20
2. Russian Twists 2x20

...or alternate in this 10 minute [Fast Footwork for Soccer Link](#) part I of “Train Like a Pro”..soccer ball needed...

- E1. Burpees (5x25 Secs.)
- E2. Scissors Kicks (5x25 Secs.)
- E3. Pogo Jumps (5x25 Secs.)
- E4. Push-Ups (5x25 Secs.)
- E5. Split Squat Jumps (5x25 Secs.)
- E6. Mountain Climbers (5x25 Secs.)

Cardio:

Run/Walk 20-30 min.

- Getting Outside is Important, but if you can't stay inside!

## Thursday:

Mobility Circuit

Notes:

1. Each Exercise Should be Performed One after the Other
2. Perform As Many “Total Sets” as desired

- E1. Hip 90/90 Hold (Each Side 15 Sec. Hold)
- E2. Crucifix Each Side x8
- E3. Scorpion Each Side x8
- E4. Prone Eagle x10
- E5. Ankle Rockers x15
- E6. Deep Spider Man (Each Side 15 Sec. Hold)
- E7. Wall Slide x10

Cardio:

Bike/Run/Jog/Walk  
30-40 Mins

## Friday:

Warm-Up

... alternate in this 10 minute [Fast Footwork for Soccer Link](#) part II of “Train Like a Pro”...soccer ball needed

or

*TABATA* (20 Sec. On, 10 Sec. Off x 8 for each Exercise)

- E1. Incline Pushup
- E2. Body Weight Squat
- E3. Body Weight Russian Twist

# Hebron Soccer Workout

General “Weekly” Training suggestions for cardio, muscle strength, coordination, & technique

- E4. Mountain Climbers
- E5. Dips
- E6. Lunges

Cardio:

Run/Walk 20-30 min.

- Getting Outside is Important, but if you can't stay inside!

## Saturday:

(Search and learn any Exercise that you Don't Know; Many are in Video Link Attached)

Note: SS means Super Set; Ex. Do E1. And E2. Back to Back and then rest

- E1. Line Hops (4x12 Each Side)
- E2. Single Leg RDL Hold (4x20 Secs. Each Side)

- E3. Bench Split Squat Jumps (4x12 Each Leg)
- E4. B. Split Squat Hold (4x20 Secs. Eac Leg)

- E5. Scap. Push Ups (4x15)
- SS
- E6. Lateral and Front Raises Holding Weights (4x12)

- E7. Bench Hip Lift (4x20)
- SS
- E8. Bicycle Kicks (4x25)

Stretching/Elongation of Muscles:

- Yoga: <https://www.youtube.com/watch?v=bJoON3H1Fq0>

**Sunday: REST!**

**Additional references videos for “positional training”:**

### Midfielders

[Individual Training drills Link](#) for Midfielders

[Training drills Link](#) for a Central Midfielder ... **social distancing required**

### Forwards

[Goal scoring drills link](#) for forwards ... **social distancing required**

[10 turning moves Link](#) for forward

### Goalkeeping

<https://www.stargoalkeeper.com/activities>

### Defenders

[Individual Training drills Link](#) for Defenders

[Individual Training drills Link2](#) for Defenders