Breck School Boys' Soccer 2018 Summer Conditioning Plan

Options for each type of activity are offered so you can vary your training. You can also try different options to find what you prefer, and what challenges you. 7-day schedule as follows:

Day 1 – Flexibility, Balance, Speed/Agility, Strength/Power, Core Training

Dynamic warmup

Select at least two activities from each category

Day 2 – Conditioning – Interval Training

Dynamic warmup

Select at least two activities from the conditioning list

Cool-down, static stretches

Day 3 - Flexibility, Balance, Speed/Agility, Strength/Power, Core Training

Dynamic warmup

Select at least two activities from each category

Day 4 – Conditioning – Interval Training

Dynamic warmup

Select at least two activities from the conditioning list

Cool-down, static stretches

Day 5 - Flexibility, Balance, Speed/Agility, Strength/Power, Core Training

Dynamic warmup

Select at least two activities from each category

Day 6 – Aerobic Conditioning – 45 minutes

Select from: running, high-pace bicycling, Fartlek (jogging, interspersed with occasional sprints and calisthenics)

Day 7 – day off

Conditioning – Interval Training Options

- 8 sets of 2 minute runs at 75% of full speed; 1 minute fast walks between sets
- 6 – 200 yard sprints with 60 second rests between sprints
- 10 – 100 yard sprints with 30 second rests between sprints
- Sprints: 10 yards and back, 20 yards and back, 30 yards and back – 5 sets with 45 second rests between sets
- 4 – 400 yard sprints with 2 minute rests between sprints
- 3 – 300 yard sprints with 90 seconds rest between sprints
- 10 sets of 30 second jog – 20 second run – 10 second sprint

Flexibility Options

- Walkout (see example) – 6 reps
- Spiderman crawl (see example) – 5 on each leg
- Low, slow carioca (see example) – 16 steps (4 cycles)
- Overhead squat (see example) – 2 sets of 10 reps

Balance Options

- Lunge and reach (see example) – 3 sets of 3 each leg
- Lunge and twist (see example) – 3 sets of 3 each leg
- Lunge with overhead reach (see example) – 3 sets of 3 each leg

Speed/Agility Options

- Speed ladder basic - 2 sets of 6 drills
- Falling starts – Fall forward, catch yourself at the last moment and accelerate over 10-15 yards – 5 reps
- Get-up starts – Get up quickly from various sitting/laying positions and accelerate 10-15 yards – 5 reps
- Partner resistance starts – 5 reps

Strength/Power Options

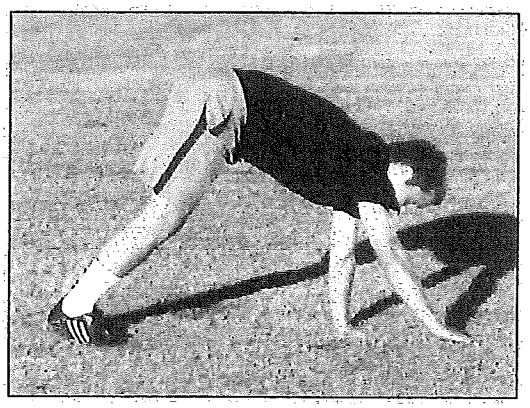
- Incline pull-ups - 3 sets of 10 reps with 1 minute rest between sets
- Push-ups (chest all the way to the ground) - 3 sets of 15 reps with 1 minute rest between sets
- Lightweight dumbbell multi-directional lunge and reach – 3 sets of 10 reps with 1 minute rest between sets
- Squat jumps (exploding jump from squat position) – 3 sets of 10 reps with 1 minute rest between sets

Core Training Options

- Body plank – 3 x 1 minute, with 30 second rests between
- Superman raise – 2 sets of 12
- Rotational crunch – 2 sets of 15
- Straight leg raises (heels 6 inches off ground) – 3 x 45 seconds, with 15 second rests between

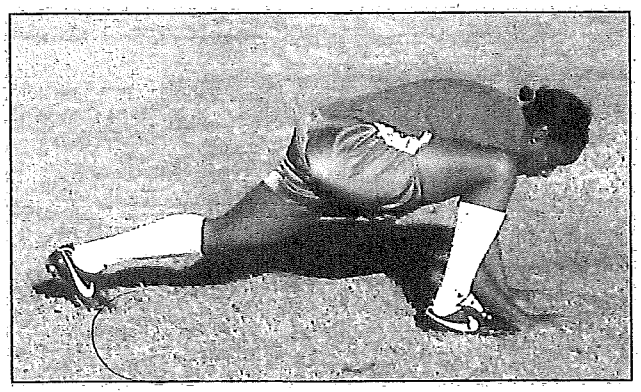
Walkout

Stand with your feet together and bend forward to place your hands on the ground. Gradually walk your hands out with short steps until they reach a point just past your head. This should put your body in a straight line position. While maintaining a tight core and straight legs, slowly walk your feet back up as close as you can to your hands. Repeat the sequence by walking your hands out again (6 repetitions).



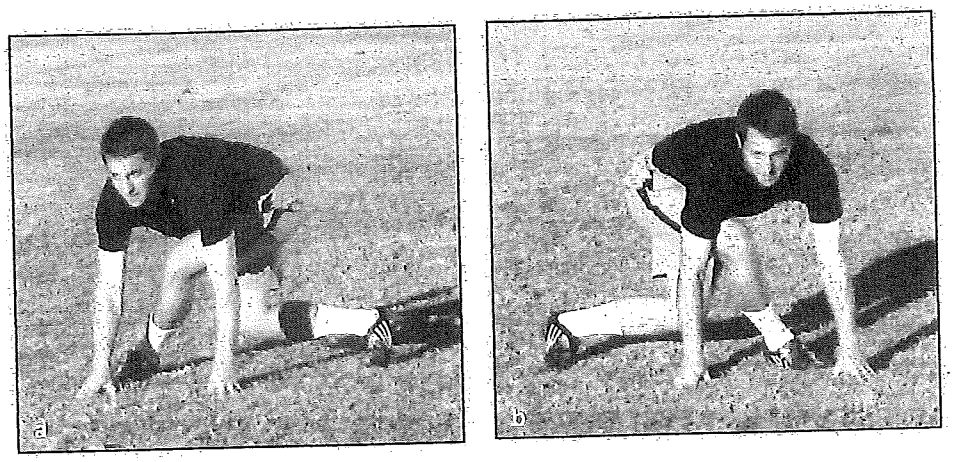
Spiderman Crawl

Start with your body in a push-up position on your hands and toes. Bring one foot up to the outside of the corresponding hand while attempting to place the elbow as close as possible to the ground, keeping the back knee off the ground. Repeat on the other leg by crawling forward on hands and feet. Perform 5 stretches on each leg, holding for 6 seconds.



Low and Slow Carioca

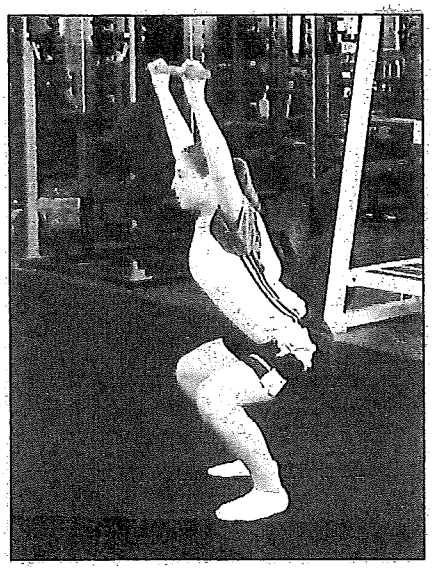
Take a wide stance with your feet wider than shoulder width. Place your hands on the ground and begin a basic carioca (grapevine) stepping pattern *(a)* while holding each step for 3 to 5 seconds. Try to keep your hips as low as possible and your head up, eyes looking forward. Continue for 16 steps (4 cycles), moving in both directions *(b)*.



Overhead Squat

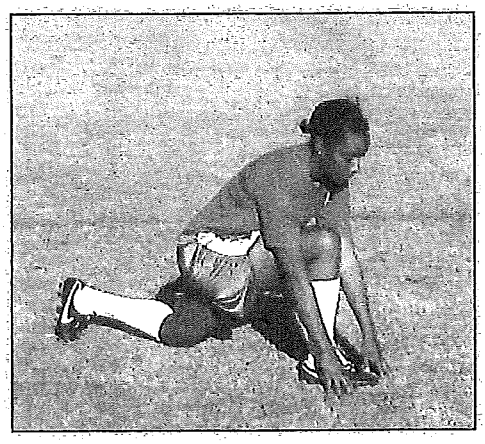
This exercise is intended to develop hip, knee, ankle, upper-back, and shoulder mobility as one coordinated movement. It can be performed as a warm-up or within a training session.

Stand with your feet parallel and wider than shoulder width. Hold on to a lightweight bar or broomstick using a wide grip and locking your arms. Lift the bar over your head. Squat down as low as possible while keeping the bar overhead. Be conscious of keeping your feet flat throughout the entire movement. Perform 2 or 3 sets of 10 repetitions.



Lunge and Reach, Lunge and Twist, Lunge with Overhead Reach

Stand tall with feet together. Begin by taking a long step forward, striking the ground with a heel-toe landing. As the foot makes contact, lean and reach forward for the front toes, keeping your arms elongated. Pause for a count, and then push back to the starting position. Repeat three to five times for each leg. Add a lateral step (side step) and rotational step (turn and rotate on a 45-degree angle backward) to work in different planes. I sometimes add a light medicine ball to help increase the speed of movement and activate core musculature.



Above examples from:
Complete Conditioning for Soccer, by Greg Gatz