



Soccer Workout Plan Canterbury Varsity Boys Soccer

Month 1

The first month is meant to help get you into shape and begin developing fundamental speed and agility techniques. This is a three-day per week program, with the first day focusing on strength, the second on speed and agility, and the third on endurance.

Day 1

- Back Squats: 3x12-20
- Romanian Deadlifts: 3x12-20
- Dumbbell Bench Press: 3x12-20
- Pull-Ups: 3xMax
- Standing Military Press: 3x12-20

Day 2

10-15 minutes of speed and agility technique drills

- Sprint to Lateral Shuffle: 3x30 meters (switch sides every 5 meters)
- Sprint to Backpedal: 3x30 meters
- Standing Long Jump: 1x5
- Counter-Movement Jump: 1x5 (stick landing)

Day 3

Do each exercise with a med ball. Perform each for 30 seconds and repeat the circuit three times.

- Clean and Press
- Chest Pass
- Overhead Throw
- Twist and Throw
- Med Ball Squat (hold ball in front)
- Med Ball Romanian Deadlift (hold ball in front)
- Med Ball Lunges (hold ball in front)
- Med Ball Crunches (hold ball over chest)
- Med Ball Leg Raises (hold ball between feet)
- Half-field Game: 20-30 minutes



Months 2-3

The program during months two and three expands to five days per week. Three days are devoted to strength and metabolic conditioning, and the other two days focus on speed, agility and plyometrics.

Day 1

- [Back Squats](#): 3x12-20
- [Romanian Deadlifts](#): 3x12-20
- [Dumbbell Bench Press](#): 3x12-20
- [Pull-Ups](#): 3xMax
- [Standing Military Press](#): 3x12-20
- Sprints: 10x30 with 20 seconds walking recovery between sprints

Day 2

10-15 minutes of speed and agility technique drills

- Sprint to [Lateral Shuffle](#): 3x30 meters (switch sides every 5 meters)
- Sprint to Backpedal: 3x30 meters
- Standing Long Jump: 1x5
- [Counter-Movement Jump](#): 1x5 (stick landing)

Day 3

Do each exercise with a med ball. Perform each for 30 seconds and repeat the circuit three times.

- [Clean and Press](#)
- Chest Pass
- Overhead Throw
- Twist and Throw
- Med Ball Squat (hold ball in front)
- Med Ball Romanian Deadlift (hold ball in front)
- Med Ball Lunges (hold ball in front)
- Med Ball Crunches (hold ball over chest)
- Med Ball Leg Raises (hold ball between feet)
- Half-field Games: 20-30 minutes

Day 4

10-15 minutes of speed and agility technique drills

- Sprint to Lateral Shuffle: 3x30 meters (switch sides every 5 meters)
- Sprint to Backpedal: 3x30 meters
- Standing Long Jump: 1x5



- Counter-Movement Jump: 1x5 (stick landing)

Day 5

Do each exercise with your body weight. Perform each for 30 seconds and sprint for 30 seconds between exercises. Repeat the circuit three times.

- Squats
- Front Lunges
- Reverse Lunges
- Side Lunges
- Inchworms
- Walk on Toes
- Walk on Heels
- Wheelbarrows
- Bear Crawl
- Push-Ups
- Pull-Ups
- Dips

Month 4

This phase also is also based on a five-day plan. However, the exercises are more complex and the workouts are more difficult to accomplish to promote increased fitness levels.

Day 1

- Hang Clean: 3x6 @ 60% (above knees)
- Front Squats: 3x8-12 @ 70%
- Back Raises: 3x15-20
- Incline Dumbbell Press: 3x8-12
- Single-Arm Dumbbell Rows: 3x8-12 each arm
- Seated Military Press: 3x8-12
- Sprints: 2x10x20 meters with 20 seconds walking recovery between sprints and 5 minutes recovery between sets

Day 2

10-15 minutes of speed and agility technique drills

- Sprint to Lateral Shuffle: 3x30 meters (switch sides every 5 meters)
- Sprint to Backpedal: 3x30 meters
- Standing Long Jump: 1x5
- Counter-Movement Jump: 1x5 (stick landing)



Day 3

- Dumbbell Bench Press: 3x12-15
- Dips: 3xMax
- Pull-Ups: 3xMax
- 3-in-1 Shoulders: 3x12-15
- Sprints:
 - 1x20 meters, 10 seconds recovery
 - 1x40 meters, 20 seconds recovery
 - 1x60 meters, 40 seconds recovery
 - 1x80 meters, 60 seconds recovery
 - 2x100 meters, 60 seconds recovery
 - 1x80 meters, 60 seconds recovery
 - 1x60 meters, 40 seconds recovery
 - 1x40 meters, 20 seconds recovery
 - 1x20 meters

Day 4

10-15 minutes of speed and agility technique drills

- Sprint to Lateral Shuffle: 3x30 meters (switch sides every 5 meters)
- Sprint to Backpedal: 3x30 meters
- Standing Long Jump: 1x5
- Counter-Movement Jump: 1x5 (stick landing)

Day 5

- Back Squats: 3x12-15 @ 60%
- Lunges: 3x12-15
- Good Mornings: 3x12-15
- Back Raises: 3x12-15
- Calf Raises: 3x12-15
- Half-field Games: 20-30 minutes