

Thayer Boys Varsity Soccer

Off-Season/Summer Program 2026



**Summer 2026 Fitness Testing,
Cardiovascular Training and Strength & Agility Workouts for
Thayer Boys Varsity Soccer
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**BEFORE YOU BEGIN, PLEASE COMPLETE [THIS GOOGLE FORM](#) SO WE CAN GET TO
KNOW YOU BETTER**

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How you arrange your workouts is up to you but a sample week is included to help give you an idea of what you should be doing.

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Theoretically, a soccer player could sprint 110 yards on one run in a soccer game. Page 6 gives five examples of sprint workouts you could do on your own or with a partner.

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Interval training provides useful preparation for soccer players, as on the pitch the game is played in short bursts. Jogging back to defend a corner can be immediately followed by a charge downfield at full pace. During a game, players must run, sprint, slide, leap and lunge. That's where interval training comes in. It's tough, but it is essential to improving your skill and durability on the field.

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1,000 touches on the ball in 10 minutes to improve your skill level.

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(This will be a direct indicator as to the level of work put in in the offseason)

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For those of you new to the sport and for experienced players who need a refresher, the explanations of footwork/moves are designed to assist you in the skills workouts

The Thayer Fitness Center will be open Tuesday, Wednesday and Thursday mornings beginning on June 9th from 7am - 9am, and again from 11am - 1pm, beginning on Monday June 29th, please see specific dates and times noted on Announcement Page for more information if you would like to work with a strength & conditioning coach at Thayer. Note the fitness center will not be open from 7am - 9am the weeks of July 5 & August 2. The fitness center hours of 11am - 1pm will not be available the weeks of July 13 and August 17.

Soccer Players,

Welcome to another year of Thayer Tiger Soccer! I am extremely excited for the practices and the games to start. I know that the Thayer soccer season seems far away but the work that needs to be done for improvement must start now, in the off-season. It is not recommended that you wait until preseason to begin working on your soccer skills and conditioning. If we want to continue to improve as a program and become more competitive in the league we cannot afford to start when the season begins.

This packet gives you workouts to do on your own or with a partner to improve your own game. The workouts are split into two main groups: skill and conditioning. Many skill workouts can be done in your own bedroom with little space. They can be done with a regular soccer ball, mini soccer ball, or even a tennis ball. The important part is that you are working on your ball skills.

Besides working on the ball skills, conditioning is a must. We cannot waste valuable practice time during the season trying to get fit when we could use that time on skills and tactics. It is necessary that you arrive at preseason in shape. Other than running, I have included some examples of speed workouts to help make your training more game-like.

Tips:

Work with a partner or small group- Having someone to support and encourage you not only makes you stay motivated but can also accelerate your improvement/ Beginners can also learn from the experience of veteran players.

Don't give up- If you don't understand a move or are having trouble mastering it, keep practicing. The only way you get better is to practice more advanced skills.

New to the sport- don't worry! Our goal is to teach and create love for the game of soccer. As long as you have a positive attitude and work hard you will see progress. Whether you are a beginner or the best player on the team there is always room for improvement.

Be Consistent- Come to all the open practices and workouts offered to you by the coaching staff. It shows your willingness to commit to the team and your desire to get yourself ready for the fall season.

To be a successful program we cannot just be dedicated and hardworking during the season but in the off-season as well. I am willing to give you 100% not just during the season but throughout the year. Those willing to do the same will be the ones who will help us get there!

Looking forward to seeing you all at the summer workouts and in the fall.

Best,

Coach Ian

Off-Season Conditioning for Soccer

If you want to impress your coach when team practices start up again in the fall, you'd better make good use of the off-season. The long break between the seasons is a time to train smarter and more consistently than the players you will be competing against for a spot on the team, or the starting 11. Your primary objective during this time should be to increase your soccer-specific conditioning level and to keep your skills sharp. The following are some guidelines for off season training for soccer.

Aerobic exercise

Aerobic fitness is the foundation of soccer-specific fitness. Without a strong cardiovascular system, you won't have enough energy to play hard through an entire practice or game. The best way to build aerobic fitness is through sustained, moderate-intensity movement. Two workouts per week lasting 30 minutes each is a minimum for increasing aerobic fitness. You can run, bicycle, swim, or do any of a number of other activities that you enjoy.

Intervals

A soccer game involves more short, high-intensity movements than sustained, moderate-intensity movements. For this reason, off-season soccer conditioning should include some interval running.

The basic format for an interval running workout is an easy jogging warm-up followed by several high-speed running efforts separated by short rests, and finally a jogging cool-down. In general, the high-intensity intervals should last 20 to 30 seconds and the rest periods should be equal in length.

These workouts increase a player's ability to recover between periods of hard running and play during games, so you're not spent after the first half. One to two interval workouts per week would be adequate. You can combine aerobic exercise and intervals by extending your warm-up and/or cool-down.

Speed & agility work

Raw sprint speed is also an important ability in soccer. But soccer-specific speed is a little different from the kind of speed you need for track, because it often requires quick changes in direction and dribbling or kicking on the run.

To develop your soccer speed, first of all do a few short sprints of about 40 yards -- some straight, others with sudden changes in direction. Try all kinds of different start positions, from standing to kneeling to facing backwards.

In addition, do some sprints while dribbling the ball. And lastly, do some agility drills, like creating a "slalom" course with cones or other markers and sprinting through it.

Strength training

Soccer players need strength for the many physical challenges the game demands. I recommend that soccer players emphasize "functional" exercises that strengthen movement patterns rather than individual muscles. The lunge is functional; the biceps curl is not.

Be sure to work on the whole body and not just the legs. Also, keep in mind that you need to strength-train at least twice a week to see results.

Stretching

Stretching improves your flexibility and agility and helps prevent injuries. An active warm-up with some stretching is a good way to begin practice. A cool-down involving more sustained stretching is very important at the end of the training session. Soccer players need to give special attention to their hamstrings, groin muscles, and calves.

Ball work

Do you remember those Nike TV commercials that show a player juggling a ball during his morning routine at home (showering, eating breakfast, etc.), beginning the moment he wakes up? Admittedly, this is a little extreme, but there is something to be said for spending a lot of time playing around with a soccer ball.

No matter what position you play, it is important that you have a high level of "feel" for the ball, and feel comes from nothing else but accumulating experience with a ball on your foot (all parts of it), not to mention your thighs, chest and head (and hands, if you're a goalkeeper).

Young basketball players are often much better about messing around with the ball on their own than young soccer players. Follow their example!

Juggling is one good way to develop ball feel. But even better is kicking the ball against a wall and playing rebounds in different ways. The best thing about this type of practice is that most players enjoy it.

Scrimmaging

There is no substitute for playing the game. If you were to do only one kind of training for soccer, it would have to be scrimmaging. Game opportunities may be limited during the summer, but even a game of two-on-two with a few friends in your neighborhood is better than nothing.

Sample week:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Aerobic - 30 min. run	Speed & Agility - ladders - hurdles - T-drill 3X - Weave in/ Weave Out 3X	Interval Training- Fartlek Example 2	Speed & Agility - ladders - hurdles - super shuttle 3X	Aerobic - Bike the SV Rail to Trail as fast as you can	Interval Training - 40 Yard Shuttles
		Scrimmage - 4 v 4	Ball Work - 1,000 Touches	Scrimmage	Ball Work - 1,000 Touches	

Speed & Agility Training

This is for your speed development and muscle conditioning. If done properly and consistently

Sprint all out on every sprint! - Do not pace yourself. Take full rest period - Not less!

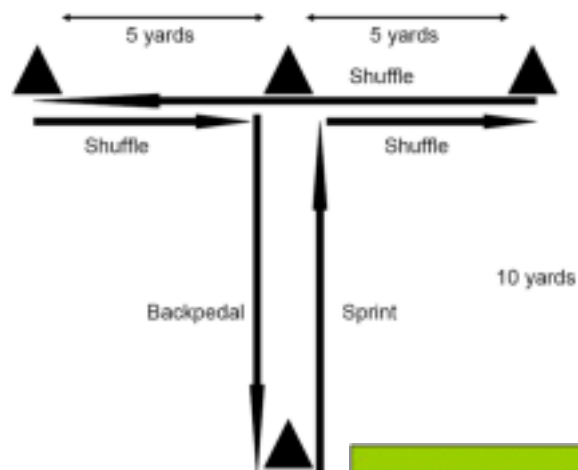
Concentrate on Explosive Starts! (Driving knees, leaning forward, pumping arms) keep stride smooth and powerful throughout the sprint.

Examples of sprint exercises

T-Drill

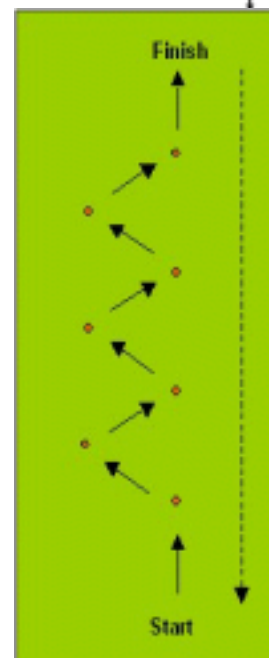
Set up 4 cones as pictured to right.

1. Start at the base of the T.
2. Sprint forward to the middle cone, touching it with your hand.
3. Shuffle to the cone on the right, touching it with your hand upon reaching it.
4. Shuffle left to the cone on the other side of the T, touching that as well.
5. Shuffle right again to the middle cone.
6. Immediately backpedal to the cone at the base of the T and touch that.



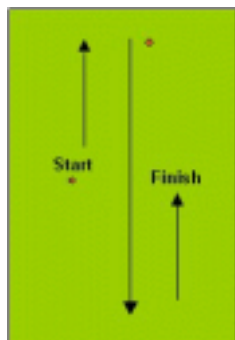
Weave In - Weave Out

1. Place 4 cones out in a straight line approximately 3 yards apart.
2. In between each set of markers place another marker only 3 yards to the left. (see diagram right)
3. Sprint from one marker to the next bending down to touch each one with your hand.
4. The emphasis is on taking quick side steps, rather than turning to face the marker and sprinting forward - that takes more time (which don't have in a game).



3. Box Drill

1. Use 4 cones to mark out a square approximately 5yards by 5yards.
2. Place a cone in the center of the square. This is your starting position.
3. Give each corner a number and remember it! Have a team mate (or your coach) call numbers at random.
4. Sprint to the corner shouted and return to the middle.



4. Mini Shuttle (5-10-5)

1. Place 2 cones 20 yards apart. Place cone in the middle only 3 yards to the side. (see diagram left)
2. Starting from the middle marker sprint to one end (10 yards), turn and immediately sprint to the other end (20 yards) and then back to the start (10 yards).

Jog 120 yds (this is your rest)

Jog 20 yds.

Sprint 100 yds.

Jog 50 yds.

Sprint 50 yds.

REPEAT

Examples of Shuttle Runs

40-Yard Shuttles

- two markers 40 yards apart
- up and back three times (total of 240 yards)
- work interval 50 seconds
- rest interval 50 seconds
- start at 5 sets work up to 10
- extra rest every three (15 seconds extra rest) so after 3, 6, 9,

50 -Yard Shuttle

- 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 5 sets work up to 8
- extra rest every three (15 seconds extra rest) so after 3 and 6

Super Set

- 120 yards sprint in 20 seconds
- 120 yards back in 40 seconds
- rest interval on the line 30 seconds - 40-Yard Shuttle
- rest interval 1:20
- Five complete sets

Jingle Jangle

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

Fartlek Example 1

- Warm up with a steady jog for 10 minutes
- Run hard for 3 minutes, jog slowly for 1 minute - Repeat 6-8 times
- Cool down at a steady pace for 10 minutes

Fartlek Example 2

- Warm up with a steady jog for 10 minutes - Jog for 60 seconds
- Run hard (3/4 pace) for 90 seconds
- Jog for 45 seconds
- Sprint for 10 seconds
- Jog for 30 seconds
- Run backwards for 30 seconds
- Walk for 30 seconds
- Run hard for 60 seconds
- Repeat 3-4 times
- Cool down at a steady pace for 10 minutes

Ball Work

1,000 Touches

The following activity will improve your skills and help you get ready for the season. I strongly suggest that you spend the time to work on these activities. They will improve your foot skills and make you a more complete player. This footwork activity is designed to give you about 1,000 touches in 10 minutes.

Rolls (4 each foot) 1) Inside Roll

2) Outside roll

Foundation (4 each foot, alternating feet 3 touches between moves) 1) Side to Side Push-Pull

2) Side to Side Step-On

3) Side to Side Front Roll

Pull back and go. Do sequence with one foot then switch (4 times each foot)

1) Pull, Instep Push

2) Pull a Vee

3) Pull & Take with Outside of foot 4) Pull & Roll Behind

Turns: Travel 10 feet turn 180 degrees use 3 touches between turns (4 times each foot) 1) Pull Turn

2) Inside of foot turn

3) Outside of foot turn

4) Cruyff

5) Step over Turn

Change of direction with fakes, 3 touches between turns (4 times each foot) 1) Hip Swivel

2) Mathews

- 3) Cap
- 4) Step over
- 5) Scissors
- 6) Rivolino

Plyometrics

60 jumps - two foot jumping forward and backward over the ball (feet together)

15 figure "8" - standing, legs spread, roll ball with hands around feet.

60 jumps - two foot jumping side-to-side over the ball

15 rolls - sitting position, legs together and extended, roll ball around feet and then around your back

60 jumps - throw ball in the air, then jump, catch and throw the ball again before landing 50

bench hops - continuous side ways hops over 18-inch bench

30 burpies - starting in push-up position, jump to bring feet close to hands, then straight up to standing position, then return to push-up position

30 depth jumps - jump up and down with both legs onto 18 inch box/bench

Shooting and Heading

For this section, a solid wall (soccer kick wall, racquet ball wall, etc.) will be necessary.

1. Technique work (10 minutes): At a distance of 6-8 yards from wall, use your laces to strike the ball against wall. Use an additional touch to receive the ball then repeat. Build up to one touch. Make sure foot is pointed, ankle is locked, knee is over ball, and center of foot is striking the center of the ball.
2. Shooting with power (6 minutes): At a distance of 20 yards, strike the ball with power, and as it comes off the wall, settle it with one touch and quickly strike another shot.
3. Volleying (8 minutes): At a distance of 6-8 yards, throw the ball against the wall. Allow the ball to bounce, then volley the ball against the wall with your right foot. Allow the ball to bounce and volley with your left foot. Use your laces and the inside of your foot to volley the ball.
4. Heading (6 minutes): At a distance of 6-8 yards, throw the ball high against the wall. Before the ball bounces, head it with power back against the wall. Catch the ball after you have headed it each time. Make sure your toss forces you to the peak of your jump and use the proper technique.

Skills Workout Number 2

Warm-up (15-20 minutes) - dribbling the ball around using various parts of the foot, stopping every 1-2 minutes to stretch a different body part.

Fast Footwork Exercise (15-20 minutes) - do various combination of fast footwork exercises and individual moves (step-overs, Kruff move, chop move, turning balls, etc) ***Concentrate on lifting your head up off the ball, and not keeping it down on your feet, so you can see the field and make good decisions after the move.***

Juggling the Ball (15-20) - using various body parts (feet, thighs, head), working on keeping the ball up: use a combination of feet, thighs, head as well. ***Please do not get discouraged if you are not successful - keep working at it!!***

Passing/Receiving Balls (15-20) - Using a wall or partner, practice passing and receiving balls. Again use the various body parts when receiving balls (feet, thighs, chest) and various parts of the foot when passing (inside, outside, in-step). Also, work on both short, accurate passing and long clearing or crossing passes.

Finish with some Acceleration/ Deceleration Dribbling (4 sets of Shuttle Dribbling with Ball)
Speed Dribble: 5 yds. with ball and return to start line

10 yds. with ball / come back to start line 15 yds. with ball / come back to start line 20 yds. with ball / come back to start line

Warm-down (5-10 minutes) light jogging and stretching to end activity

First Half of Thayer Fitness

Distance	Maximum Time	Rest
1/2 mile	2:45	1:30
6, 18, 60 yard shuttle	:32	1:00
1/4 mile	1:15	1:00
6, 18, 60 yard shuttle	:32	1:00
6, 18, 60 yard shuttle	:33	1:00
1/4 mile	1:17	1:00
6, 18, 60 yard shuttle	:33	1:30
1/2 mile level	Race _____ : Under 2:50 for last 1/2 mile is mid-team	

Test

Description of Moves

FAST FOOTWORK

Inside Roll -- Roll the ball across your body from outside to inside with the inside and sole of the foot and

stop the ball with the inside of the other foot.

Outside Roll -- Roll the ball across your body from inside to outside with the outside and sole of the foot and stop the ball with the inside of the same foot.

Side-to-Side Push-Pull -- Tap ball back and forth with inside of feet, push ball forward with one foot and pull it back the sole of the opposite foot.

Side to Side Step-On -- Roll ball to outside with the sole by stepping lightly on the ball, then tap ball back to the inside with the inside of the foot.

Side-to-Side Front Roll -- Tap ball back and forth with inside of feet, push the ball slightly forward then pull the ball across your body with the front part of the sole.

Pull Instep Push -- Push ball forward and pull it back with the sole, then tap ball forward with the instep of the same foot.

Pull a Vee -- Push the ball forward and pull it back with the sole of the foot while turning and then take the ball with the inside of the same foot.

Pull & Take with Outside of foot -- Push the ball forward and pull the ball back with the sole then push the ball diagonally forward with the outside of the foot.

Pull & Roll Behind -- Push the ball forward and pull the ball back with the sole of the foot then pass the ball behind the standing leg with the inside of the foot. Control the ball with the sole of the other foot.

Pull turn -- Push ball forward with one foot and pull it back with the other while turning toward ball and take the ball in the opposite direction with the inside of the first foot.

Inside of foot turn -- Push ball forward, move past ball and turn toward ball and take it with the inside of the foot in the opposite direction.

Outside of foot turn -- Push ball forward, move past ball and turn toward ball while taking it with the outside of the foot in the opposite direction.

Cruyff -- Push the ball forward, fake kick with inside of foot, but instead pull ball behind the standing leg and change directions.

Step over Turn -- Push ball forward, step over ball with one foot, turn toward ball and take it in the opposite direction.

Full Sole Roll -- Roll the sole of one foot forward over the ball and to the outside so the ball stops against your heel. Turn and take the ball with the sole of the other foot with a Step-On.

Scissors -- Starting with the ball to one side, step over or in front of ball so that the ball ends up on the other side of you. Take the ball in the opposite direction with the outside of the other foot and then stop ball with the sole of the first foot.

360 -- Push ball forward, stop it with the sole of one foot while stepping past it, turn and drag ball back with sole of other foot, continue turning all the way around and take the ball with the inside of the first foot.

Kick Over ball -- Kick over ball with inside of foot then pull it back with the sole of the same foot.

Foundation (Bell)

Step up and down to pass ball 4-6 inches between feet. Ball is passed between the feet with very soft, light touches. Be sure weight is forward on balls of feet. With each step you should be coming down on your toes first; then your heels. Knees stay bent at all times. Move the ball forward and backward. Be sure you are stepping up and down; not sideways. Work at getting a comfortable rhythm.

MOVES TO BEAT AN OPPONENT

Hip Swivel -- Fake with inside of one foot by swiveling hips toward ball, then reverse direction and take the

ball with the inside of the other foot.

Mathews -- Fake with inside of foot nudging ball by dipping shoulder, then take ball in the opposite direction with the outside of same foot. (Explode)

Cap -- Cut ball with inside of foot slightly backward and take ball ahead with the inside of the opposite foot. **Step over** -- With ball moving, step over ball so ball is outside of step over foot, turn and take the ball with the other foot.

Scissors over ball -- Step behind ball as if preparing to take it with the outside of one foot, then step over the ball and take it with the outside of the other foot.

Rivolino -- Same as step over, but take the ball with outside of step over foot. **Vee** -- Fake pass with instep (across body), pull ball back with sole and take in opposite direction with the inside of the same foot.

Cruyff -- Fake kick with inside of foot, but instead pull ball behind the standing leg and change directions.

Inside of foot cut -- Cut the ball across body with inside of foot while simultaneously stepping over it and take with outside of opposite foot.

3/4 Inside of foot turn -- Cut ball back with inside of foot, continue turning 3/4 of the way around and take the ball with the inside of the same foot.

3/4 Outside of foot turn -- Cut ball back with outside of foot, continue turning 3/4 of the way around and take the ball with the outside of the same foot.

Scissors behind ball -- Step behind ball as if preparing to take it with outside of one foot, fake, then take it with the outside of the opposite foot. (Easy to learn)

Scissors in front of ball -- Step behind ball as if preparing to take it with outside of one foot, then step around front of ball and take it with outside of the other foot.

Double Scissors -- Push ball forward, make alternate scissors steps and take with outside of first foot. (Ineffective close to opponent)

Reverse Mathews -- Fake with outside of one foot, step behind and take with outside of opposite foot. (Also called body swerve or Touch 'n go)

Step over - Scissors -- Ball rolling. Step over followed by scissors with same foot and take with outside of other foot.

Front Roll -- While moving forward, pull ball across body with sole and take with outside of opposite foot. **Scotch** -- With ball moving, step over and ahead of ball; tap the ball forward with the opposite foot behind the step over foot. Explode.