

Components of an Off-Season Soccer Training Program

Conditioning:

1. A 1 mile run (6-7 minutes pace) this should be done 3 times per week. The pacing is important because you will have to complete a 2 mile run in 13 minutes during the first week of preseason.
2. Soccer Field Shuttle Run, Sprint six yards forward and back, 18 yards forward and back, half line forward and back, and full field forward and back (average time 1 minute).

Sprinting: **Speed**, we need to develop better explosive speed **as a team**. Always **First** to the **Ball**

1. 5-minute warm-up prior to doing your sprinting exercises
2. For our sprinting exercise I ask that you do the following:

Distance (Yards.)	Recovery (seconds)
120	30-35
100	25-30
80	20-25
60	15-20
40	10-12
20	5-10
40	10-12
60	15-20
80	20-25
100	25-30
120	30-35

Speed endurance examples

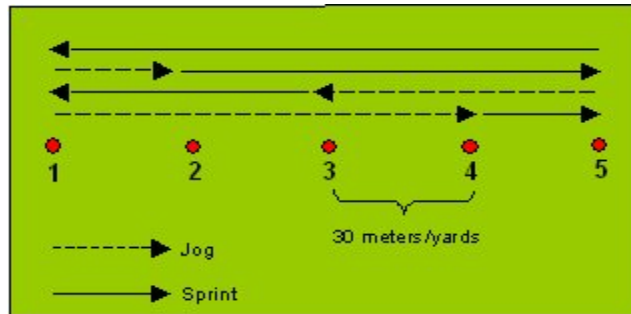
Sample Drill with Ball - Sprint & Back

Face a partner standing 20 yards away. This player acts as a feeder. Sprint towards the feeder from the starting position; play a controlled pass, header or volley, turn and sprint back to the start. Repeat for 60 seconds and change positions. Complete 5 times each. This is one set. Rest for 2 minutes and repeat for a total of 3 sets.

Note: The feeder should move on the spot rather than standing still. They should also serve the ball to the working player when they are about 5 yards away. The working player should touch the ground at the turn without the ball

Sample Drill without Ball - Progressive Shuttles

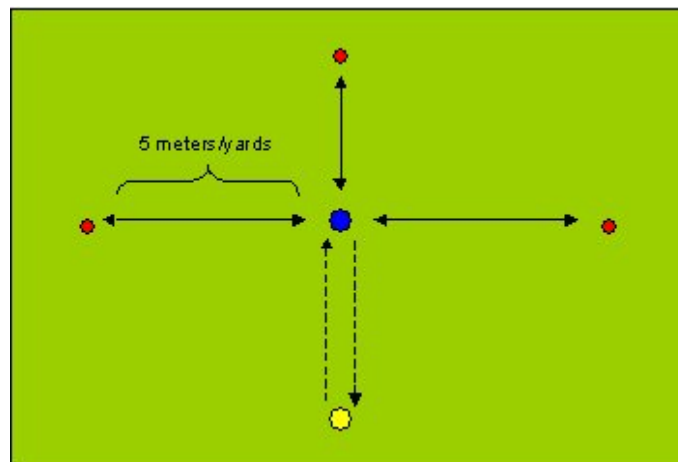
Set out 5 cones 10 yard apart. Starting on cone 1, jog to cone 4 then immediately sprint to cone 5. Turn and jog to cone 3 and then sprint to cone 1. Turn and jog to cone 2 and sprint to cone 5. Finally, turn immediately and sprint to cone 1. Rest for 60 seconds and repeat 3 times. This is one set. Complete 3 sets



Agility drill examples

T Drill

Set up a series of cones similar to the diagram below. The working player starts by sitting down cross legged. On the start command they run to their right and back, run backwards and back, and then to the left and back at full speed. A server (yellow) can be added to throw a ball which the working must catch and throw back or volley back etc.



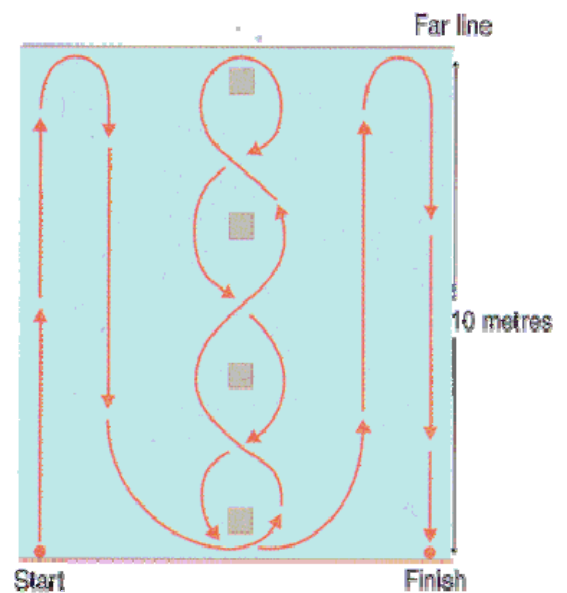
Illinois Agility Run Test

The length of the course is 30 feet and the width (distance between the start and finish points) is 15 feet.

4 cones can be used to mark the start, finish and the two turning points. Each cone in the centre is spaced 10 feet apart.

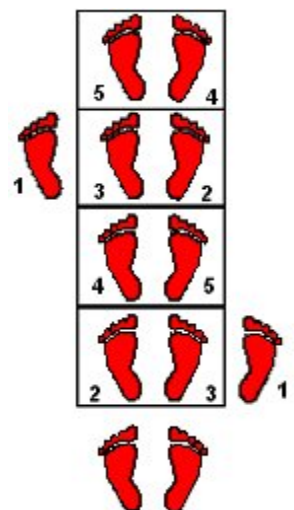
The Illinois Agility Run Test is conducted as follows:

The athlete lies face down on the floor at the start point, on the coach's command the athlete jumps to her feet and negotiates the course around the cones to the finish. The coach records the total time taken from their command to the athlete completing the course.



Count Ladder Drill

1. Start with your feet hip width apart at the bottom of the ladder
2. Step out to the right of the first square with your right foot immediately followed by placing your left foot into the first square.
3. Bring your right foot along side your left in the first square then step into the second square with your left foot immediately followed by the right.
4. Count these first five steps in a 1-2-3-4-5 manor.
5. Reverse the sequence by stepping out to the right of the third square with your left foot.
6. Repeat for the full length of the ladder.



Plyometric Training Examples

Jump Running

This is one of the easiest plyometric exercises. Simply run in slow motion landing on alternate feet. Try to achieve as much height and distance with each stride as possible. For every right and left foot strike, count one repetition.

Bounding

1. Mark out a series of small cones or obstacles about 3 feet apart in a straight line. The number of obstacles depends on the number of repetitions you are performing.
2. Start behind the first obstacle in a semi squat position.
3. Jump as high and far as possible over each obstacle. It's a good idea to practice first to gauge how far apart you should set the markers. Again try to minimize ground contact time.
4. You can use anything to jump over, a training top or even just a line on a track.

Lateral Jumps

This is an advanced plyometric exercise. Build up to it over several weeks. Keep the total number of sets for advanced exercise down to 3-6.

1. Stand alongside a bench, box or cone approximately one foot high.
2. Keeping your feet hip distance apart jump sideways as high over the obstacle as possible.
3. Immediately jump back to the start position minimizing ground contact time. This counts as one repetition.

Depth Jumps

This is an advanced plyometric exercise. Build up to it over several weeks. Keep the total number of sets for advanced exercise down to 3-6.

1. Stand on a box, bench or sturdy chair approximately one foot high.
2. Step off the bench (don't jump off) and as soon as you land explode vertically as high as you can.
3. Try to minimize ground contact time i.e. don't sink down into a deep squat before jumping up