

Summer Preseason Daily Workout

The schedule below is merely a sample schedule, based on a Varsity standard. While you do not need to stick to it precisely, it is important to incorporate all the various types of exercises into your training. Remember, you are training specifically for soccer--going on a 3 mile jog each day will not adequately prepare you for preseason!

Note: If you are playing soccer on any particular day, that should substitute for your daily workout.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Exercises	1A, 1D, 5, 6	2, 3, 6	Cross train / Rest	1C, 5, 6	4, 2, 6	1B, 3, 6	Cross train / Rest

The numbers and letters correspond to exercises described in detail below. Every session should begin with a warm-up: a 5 minute jog and dynamic stretching, and end with a cool-down: dynamic and static stretching.

#1: Interval & Sprint Training - *Note that exercises 1A and 1B should be completed alternating one set without a soccer ball, one set dribbling with the soccer ball.*

1A Sprint: 110 yard sprint

- 110 yard sprint, jog back to start before 60 seconds have elapsed. Begin next sprint when the 60 seconds have elapsed from beginning.
- Repeat 5 times
- Rest 1 min
- Repeat set of 5 sprints, this time with a ball

1B Sprint: shuttle run

- Sprint 5, 10, 15, 20, 25 yards sprinting to the line and jogging back.
- Rest 30 seconds between sets. Repeat 5 times, alternating the entire set with and without the ball. When you are doing the exercise with the ball, practice various ways of turning with the ball. Some ways to consider:
 - Pull back ball with bottom of foot. Alternate left foot and right foot.
 - Pull back ball with outside of foot. Alternate left foot and right foot.
 - Swing hips around and cut ball back using inside of left foot and right foot.
 - Swing hips around and cut ball back using outside of left foot and right foot.

1C Sprint: ladder run (no ball)

This workout should be done on a track, but if you do not have access to a track it can be completed around a soccer field (in lieu of running 400m, which is one lap around the track, run around 1 complete soccer field + an additional sideline length; 200m \approx end line + sideline + end line; 100m \approx 1 sideline)

- 400m sprint @ 75% speed - rest 2 min
- 2 x 200m sprint @ 100% speed - rest 30 sec between reps, 1 min after 2nd sprint
- 4 x 100m sprint @ 100% speed - rest 30 sec between reps

Full recovery (7-8 min.) Repeat a second time.

1D Sprint: Box sprint (no ball)

- Set up cones in a square 25 yards apart from each other (1 yard = about 1 of your strides).
- Starting from bottom left cone, sprint forward to cone #2, shuffle right to cone #3, back pedal to cone #4, and shuffle left to start. Repeat 2 times.
- Do 6 sets total (1 set = 2 x around square,) with 1 min rest between sets, alternating start between bottom left cone and bottom right cone so you are going both clockwise and counterclockwise around the square.

#2: Coerver Drills

The goal of doing Coerver drills / moves is to work on your touch and your explosion ... change of speed, change of direction. You should always do these drills with both feet. You should work on one move for 2-3 minutes, alternating feet each time you do the move.

The following is a list of 8 sample Coerver drills / moves. You do not have to practice these 8 specific moves. Feel free to mix it up with your own moves. You can work on mastering moves with which you have a high level of comfort, and this is also a time to challenge yourself ... you should always be working on moves that are outside your comfort zone.

Inside Roll: Roll the ball across your body from outside to inside with the inside 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 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.

Pull-Tap-Push: Pull ball back with bottom of foot, push ball outside to inside with inside of foot, tap ball forward with inside of other foot.

Shoulder Dip: Fake with inside of foot nudging ball by dipping shoulder, then take ball in the opposite direction with the outside of same foot. (Explode away.)

Stutter Step: Dribble ball forward, then stop ball with bottom of foot, pull ball back, then push ball forward with the same foot at a slight angle. (Explode away.)

Scissors over ball: Step over ball as if preparing to take it with the outside of one foot, then take it with the outside of the other foot. (Explode away.)

Double Scissors over ball: Step over ball as if preparing to take it with the outside of one foot, step over ball as if preparing to take it with the outside of the other foot, then take it away with the outside of the original foot. (Explode away.)

#3: Plyometrics

Double leg squats: stand with feet hips length apart. Squat down and explode up to standing. Repeat quickly 20 times. Rest 30 seconds.

Lunges: Alternate legs lunging forward. Repeat quickly 20 times (10 each leg). Rest 30 seconds.

Double leg squats with jump: Same as double leg squats but leap in the air rather than return to standing. Repeat 10 times. Rest 30 seconds.

Step ups: Find a bench or stair. Step up right leg then left leg. Return to ground left leg then right leg. Repeat 20 times.

Full recovery between 1 set. (1 set = the 4 exercises detailed above.) Repeat 1 full set 3 times.

#4: Cooper Run

Complete 1 3/4 miles (7 laps at track) within 12 minutes.

#5: Juggling

#6: Core

- Ab exercises (crunches, bicycles, vertical leg reaches, oblique raises, plank hold, etc.)
- Push ups