

Voorhees Soccer Offseason Strength and Conditioning

An essential component of this program is our preparation both mentally and physically. This starts in the winter and continues through the summer. The better prepared we are with our fitness and technical ability at the start of preseason allows us to start in a more advanced place.

This program is designed to be completed anywhere with a short amount of time and at no cost to you. If you are in need of a weight room, you can register with ASPEN to compete in summer intramurals to gain access to the highschool weight room.

Level of Play	Amount of minutes played per week	Number of cardio workouts/per week	Number of weight workouts/per week
Any competitive league/summer practice	80-120+	3	3
Any competitive league/summer practice	<80	4	3

*Please start the week off by doing workout #1 to begin. Since you are expected to do more than 1 workout per week, please do workouts in sequential order. (example workout 1 first, workout 2 next, then 3...)

Please be sure to warm up before each workout. A warmup will be included but any equivalent warm up will work.

Even with this you should still enjoy yourself this summer! Most workouts can be completed in a total of 30 mins or less so even with work/vacations/summer activities there should always be time to get a workout in.

You can start as soon as you like. If you go through the entire workout repeat the final few weeks.

Description of Exercises

Dynamic Warm Up (Perform before each conditioning session)

- **High knee walk-** stepping forward, grabbing the shin of the opposite leg and pulling the knee towards the chest. Extend the stepping leg and get up on the toes.
- **High knee walk with external rotation-** grasp the shin (instead of the knee) with a double overhand grip and pull shin to waist height. Extend the hip of the supporting leg while rising up on the toes.
- **A-skip-** gentle skipping designed to put the hip musculature into action. No emphasis on height or speed only rhythmic action.
- **Heel ups-** shifts emphasis from the hip flexors to the hamstrings. Actively warms up the hamstrings as well as move the quads through full range of motion.
- **High knee run-** similar to running in place with a small degree of forward movement. Emphasis is on maintaining an upright posture and getting a large number of foot contacts. The key to this exercise is to maintain perfect posture.
- **Straight leg skip-** increases the dynamic stretch of the hamstring while activating the hip flexor. Hands are held at shoulder height and rt. Foot goes up to the rt. Hand.
- **Straight leg dead lift walk-** reach both arms out to the side while attempting to lift one leg up to waist height. To move forward, swing the leg back through to take on giant step. Only one trip. Walking lunges on the way back.
- **Walking lunges w/ side lunge-** lunge walk forward then lateral lunge to the same side. (i.e. lunge forward with the right, then lunge lateral with the right).
- **Giant carioca-** facing laterally, lead with the trail leg. The trail leg crosses over the lead leg above knee height. When the trail leg becomes the lead leg make sure the toes are facing up field.
- **Backward run-** emphasis is on actively pushing with the front leg while reaching out aggressively with the back leg.
- **Forward sprint**
- **Forward sprint-turn to backward run**

Fitness and Conditioning Schedule

***Please stretch before and after each workout**

Week 1

Workout #	Exercise 1	Exercise 2	Exercise 3 (Total of 3 times for the entire week)
1	1 Mile run Goal: 9:15 mile or below (Monday, Wednesday, Friday)	10x80 yd sprint	Weight lifting or body weight exercises
2	2 Mile run Goal: 9:15 mile pace or better (Tuesday, Thursday)	10x80 yd sprint	Weight lifting or body weight exercises

Week 2

Workout #	Exercise 1	Exercise 2	Exercise 3 (Total of 3 times for the entire week)
1	1 Mile run Goal: 9:15 mile or below (Monday, Wednesday, Friday)	10x80 yd sprint	Weight lifting or body weight exercises
2	2 Mile run Goal: 9:15 mile pace or better (Tuesday, Thursday)	10x80 yd sprint	Weight lifting or body weight exercises

Week 3

Workout #	Exercise 1	Exercise 2	Exercise 3 (Total of 3 times for the entire week)
1	1 Mile run Goal: 9:00 mile or below (Monday, Wednesday, Friday)	10x80 yd sprint	Weight lifting or body weight exercises
2	2 Mile run Goal: 9:00 mile pace or better (Tuesday, Thursday)	10x80 yd sprint	Weight lifting or body weight exercises

Week 4

Workout #	Exercise 1	Exercise 2	Exercise 3 (Total of 3 times for the entire week)
1	1 Mile run Goal: 9:00 mile or below (Monday, Wednesday, Friday)	10x80 yd sprint	Weight lifting or body weight exercises
2	2 Mile run Goal: 9:00 mile pace or better (Tuesday, Thursday)	10x80 yd sprint	Weight lifting or body weight exercises

Week 5

Workout #	Exercise 1	Exercise 2	Exercise 3 (Total of 3 times for the entire week)
1	1 Mile run Goal: 8:30 mile or below (Monday, Wednesday, Friday)	10x80 yd sprint	Weight lifting or body weight exercises
2	2 Mile run Goal: 8:45 mile pace or better (Tuesday, Thursday)	10x80 yd sprint	Weight lifting or body weight exercises

Week 6

Workout #	Exercise 1	Exercise 2	Exercise 3 (Total of 3 times for the entire week)
1	1 Mile run Goal: 8:30 mile or below (Monday, Wednesday, Friday)	10x80 yd sprint	Weight lifting or body weight exercises
2	2 Mile run Goal: 8:45 mile pace or better (Tuesday, Thursday)	10x80 yd sprint	Weight lifting or body weight exercises

Week 7

Workout #	Exercise 1	Exercise 2	Exercise 3 (Total of 3 times for the entire week)
1	1 Mile run Goal: 8:15 mile or below (Monday, Wednesday, Friday)	10x80 yd sprint	Weight lifting or body weight exercises
2	2 Mile run Goal: 8:30 mile pace or better (Tuesday, Thursday)	10x80 yd sprint	Weight lifting or body weight exercises

Week 8

Workout #	Exercise 1	Exercise 2	Exercise 3
1	2 Mile run Goal: 8:30 min/mile pace of better	Two tower, compass and funnel runs	Weight lifting or body weight exercises
2	Test 3	Test 1 Shuttle run- 3 sets	Weight lifting or body weight exercises
3	3 Mile run Goal: 8:45 min/mile pace of better	120's	Weight lifting or body weight exercises
4	1100 yd shuttle run	5-10-5 ladders and funnel runs	Weight lifting or body weight exercises

Week 9

Workout #	Exercise 1	Exercise 2	Exercise 3
1	Test 1- Shuttle runs 4 sets	120's	Weight lifting or body weight exercises
2	Test 4	Two tower run and funnel runs	Weight lifting or body weight exercises
3	2 Mile run Goal: 8:30 min/mile pace of better	Hand run, 5-10-5	Weight lifting or body weight exercises
4	3 Mile run Goal: 8:45 min/mile pace of better	5-10-5 ladders and funnel runs	Weight lifting or body weight exercises

Week 10

Workout #	Exercise 1	Exercise 2	Exercise 3
1	Test 1- Shuttle runs 4 sets	120's	Weight lifting or body weight exercises
2	Test 4	3 half laps (rest time should be no more that 30 sec jog)	Weight lifting or body weight exercises
3	1100 yd shuttle	Hand and funnel runs	Weight lifting or body weight exercises
4	Test 3	5-10-5 ladders and funnel runs	Weight lifting or body weight exercises

Possible Body Weight Circuit

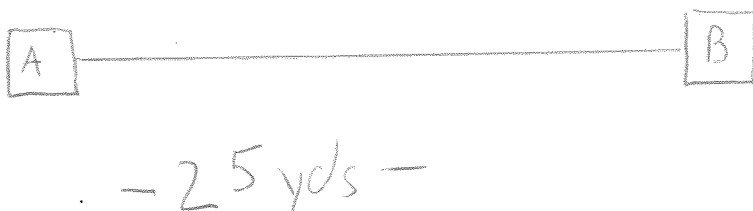
Each exercise is to be performed for 45 seconds with a 30 second rest between exercises. Do 2 rotations of the assigned body circuit with a 3 minute rest between circuits.

1. Squat jumps
2. Lunges- alternate legs
3. Bicycle crunches- hands behind head, legs off the ground, opposite elbow to knee
4. Push ups
5. Broad jumps- jump off of both feet as far out as you can from a stationary position
6. Bench dips (tricep dips)- hands on a bench or chair, feet straight out on the floor, lower yourself until upper arm is parallel to the floor
7. Burpees- jump, hands on the ground, extend your legs into a push up position, legs back to chest, jump
8. Hip ups- lie on your back, legs straight up in the air, shoot your hips towards the ceiling
9. Bicycle jumps- right foot in front, left foot back, jump as high as possible and alternate feet- 20 jumps
10. Mountain climber- keep knee over ankle
11. Front plank

Speed and Agility Drills

300 yd shuttle

The 300-yd shuttle is a difficult agility/sprinting drill. The athlete will be going back and forth between a 25 yard distance. The object is to move between endpoints as quickly as possible until 12 trips are completed, totaling 300 yds. The goal is to complete the drill in less than 100 total seconds, and to continue to improve upon that time. **There are 12 changes of direction in this drill.



120's

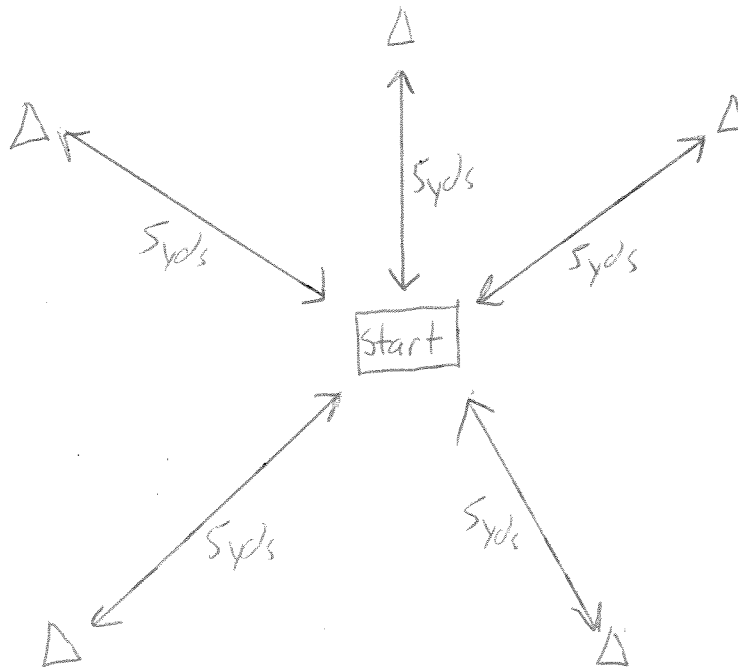
This is a test designed to measure an athlete's sprint/recovery over a full field distance. 120 yds is roughly the equivalent of the full length of a soccer field. The athlete starts at one end of the field and must sprint to the other end. At the end, the player has the remainder of 80 seconds to rest. The rest period is a jog back to the starting point. For example, if an athlete runs the sprinting part of the 120 in 25 seconds, they have the remaining 55 seconds to jog back to their initial starting point before sprinting again. Take an additional minute to two minutes to rest after run 5.

Goal=10 consecutive 120's in under 80 seconds each.

Compass Run

Place 5 cones 5 yards away from the middle marker as shown above. Start in the middle and sprint to an outside cone, then back to the middle. Repeat for all the remaining cones before taking a rest period.

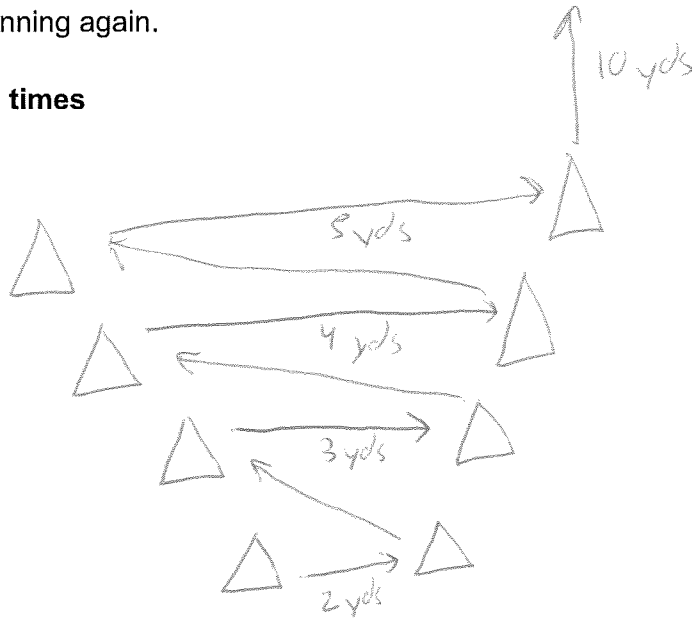
Repeat 5 times with a 30 seconds break between each set.



Funnel Run

Shuffling laterally, keep knees bent and move side to side to each cone. When you reach the final cone, sprint forwards 10 yds. Once completed, walk back to the start point for your rest before beginning again.

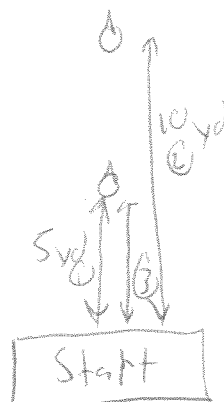
Repeat 6-8 times



5-10-5

All markers should be in one 10 yard line. Start at the first line and sprint 5 yds out. Touch the line, turn around, and sprint back to the starting point. Next, sprint 10 yds, touch the line, turn around and sprint back. Continue the same pattern one final time 5 yds out and back. Change sprints into shuffles, carioca, and backpedal. Athletes should change the direction in which they turn around after touching the line for balance.

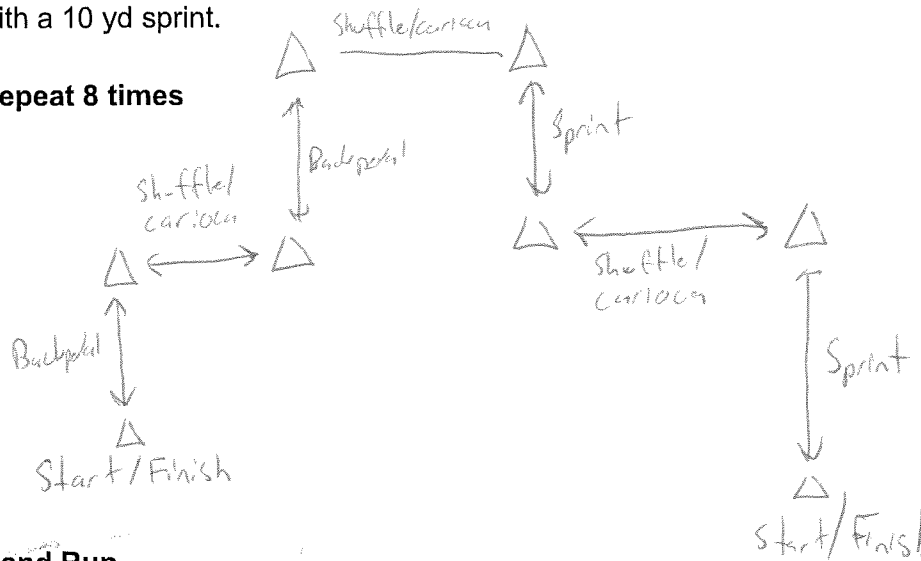
Repeat 8 times, take rest as needed between.



Two Tower Drill

Begin drill by backpedaling ten yards and then shuffle 10 yds to cone. Again, backpedal another 10 yds and shuffle 10 yds through cone. Next sprint 10 yds to cone and shuffle 10 yd, then finish with a 10 yd sprint.

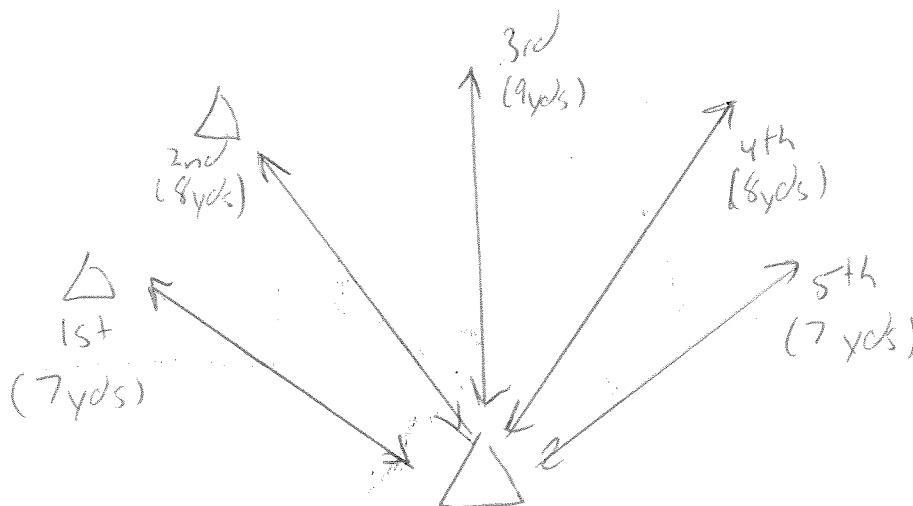
Repeat 8 times



Hand Run

Begin at the START cone and sprint forwards to the 1st marker, then turn and sprint back to the start cone. Then repeat to makers 2-5. After going to all 5 cones this completes one set.

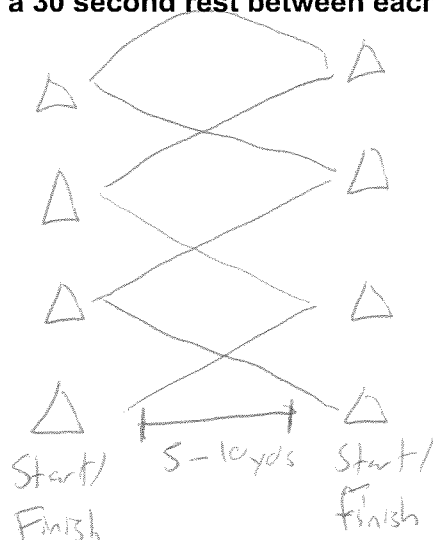
Repeat for 6-8 sets with a 30 second rest between each set.



Super Weave

Start on either side of the drill and sprint through the entire drill while weaving in and out of each cone, make sure you touch each cone before continuing.

Repeat for 6-8 sets with a 30 second rest between each set.



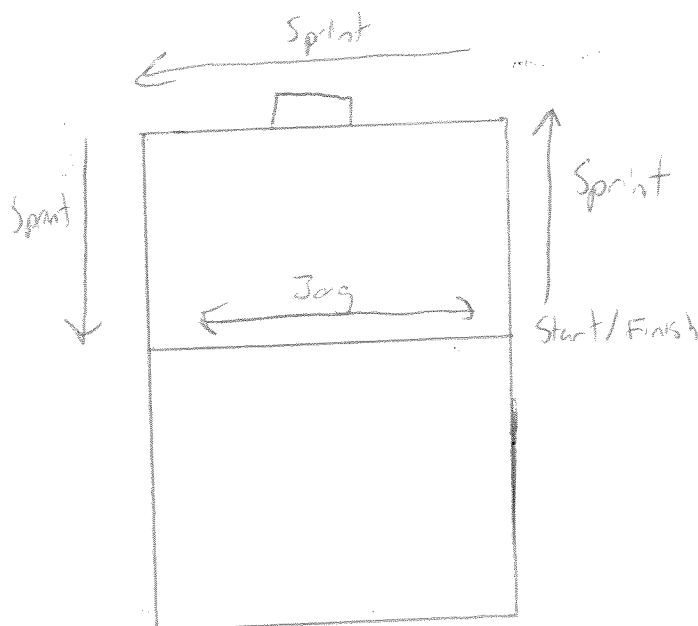
Half Laps

Using a standard soccer field, start where the center line and touchline meet. Sprint around the perimeter of the field (behind the goal) and finish at the opposite side of the half. This means you sprint two half fields and one width. When you complete the sprinting portion, immediately jog across the center line, returning to your starting portion. The goal is to complete the sprinting portion in 30-40 seconds, you then have 30-40 seconds to rest on the jog before starting your next rep.

Goal: Spriting portion complete in 30-40 seconds

Rest: 30-40 second jog

Repetition: 6 total times



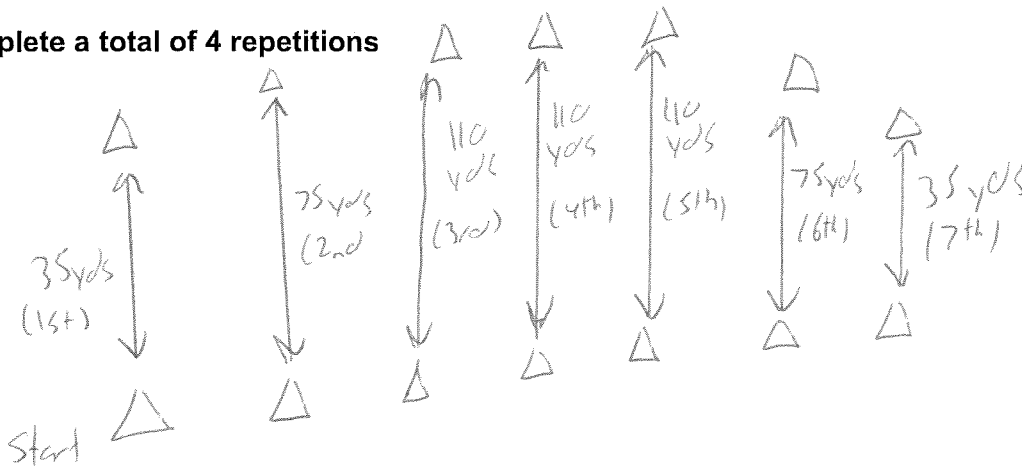
1100 Yard Shuttle Run

Put a cone/marker down (on a flat surface, no hills) as a starting point. Then, place seven cones the exact distance from the starting marker as drawn below. Run from the starter mark to the first cone and back, then the second cone and back, the third cone and back, the fourth cone and back, 5th, 6th, and 7th. Each effort should be 80-90% of your max effort.

Goal time: 5 minutes 30 seconds or lower

Rest: 2 minutes between each shuttle run

Complete a total of 4 repetitions



Summer fitness tests/measures

We will measure your fitness in several ways when we officially start our season. Each one of these tests below will provide a measure of where you are at currently with your fitness. Remember, simply do your best, each goal is just that, a goal, not a requirement.

Test 1

Shuttle run- Speed and Endurance

Put a cone/marker down (flat surface, no hills) as a starting point and place 5 cones/markers in a line with 5 yds of distance between each one. Sprint from the starter mark to the 1st mark and back, then the 2nd and back, repeat until you have done all 5 continuously. You are finished after sprinting from the starter mark to each of the 5 marks in a row and back.

Goal: 45 seconds or less

Rest: 45 seconds between each rep if you plan to repeat.

Guide: 5 shuttles completed in goal time: good
6 shuttles completed in goal time: excellent

Test 2

Stamina Run 2 miles in 16 mins and 30 seconds or less (can be on a track, park, trail, road, etc.)

Guide: 2 miles in 16 mins 30 seconds or less is good

Test 3

Track test 1- Interval and endurance training

3 x 400m (each 400m in 1:35 or less)

3 x 300m (each in 1:15 or less)

3 x 200m (each in 40 sec or less)

3 x 100 (each in 20 secs or less)

*Remember times here are goals, do the best you can for each one. Run as hard as you can, no jogging

Starting with the set of 400m, sprint or run as hard as you can trying to be below the time limit, then rest 90 seconds before starting the next 400m run. Once you complete all three 400m runs, rest for 9 seconds, then begin the 3 x 300m set..continue the same pattern of running and resting until you have completed all sets.

Guide

- If you can complete 400m and 300m sections within their time limits you are in good shape
- If you can complete the 400, 300, and 200m sections within their time limits you are in very good shape
- If you can complete all sections within the time limit you are in very good shape

Test 4

Track test 2- Interval and Stamina training

Run 1 mile in 8:30 or less, 90 seconds rest after

Run ½ mile in 4:00 min or less, 90 seconds of rest after

Run 400m in 1:35 min or less, 90 seconds of rest after

Run 200m in 40 seconds or less, 90 seconds of rest after

Run 100m in 20 seconds or less...finished!

Guide

If you can make the mile and ½ mile under the time limit you are in good shape

If you make the mile, ½ mile, and 400m runs under the time limit you are in very good shape

If you can make the mile, ½ mile, 400m, and 200m under the time limit you are in great shape

If you can complete all runs in under each time limit your level of fitness is EXCELLENT

