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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 1 | 2 | 3 | 4  Soccer Field Suicides | 5  Play Soccer  Ball Work | 6  Eagles Eyrie  80-yard  Sprint  Test | 7  1.5 Miles self-test for time 90% effort/Jog 1-mile easy after 1.5 mile run=2.5 miles |
| 8  Jog 2.5 Miles | 9  Sprint Cone  Drill  60 yard  4-Sets | 10  **Optional**  **1.5 mile run test** | 11  Speed  Training  2-Sets | 12  **Optional**  **1.5 mile run test** | 13  300-Yard  Runs  5-Sets | 14  Jog 2.5 Miles |
| 15  Jog 2.5 Miles | 16  Combo Workout | 17  Endurance Run | 18  Soccer Field Suicides | 19  Eagles Eyrie  Modified  Man-U  Test | 20  Jog 2 Miles | 21  Jog 2.5 Miles |
| 22  Endurance Run | 23  Pyramid-A | 24  Christmas | 25  70 yard  Sprint Drill  4-Sets | 26  Interval Run-A  Ball Work | 27  1.5 mile Run Test  (Time check) | 28  Jog 2.5 Miles |

**Ball Work** is something every player should be doing on their own. The only way to stay technically sharp is practice your ball skills. You should be doing your own ball work/juggling/foundations 3-4 times per week or use the guide that I have provided in the handout.

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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 29  Jog 2.5 Miles | 30  Interval Run-A | 31  Pyramid-B | 1  Soccer Field Suicides  **1.5 mile run test** | 2  300 Yard Run | 3  **Self-Check**  **80-yard**  **Sprint**  **Test** | 4  Jog 2.5 Miles |
| 5  Jog 2.5 Miles | 6  90 yard  Sprint Drill  4-Sets | 7  **Skills Camp** | 8  **Skills Camp** | 9  **Skills Camp** | 10  **Self-Check**  **Man-U**  **Test** | 11  Jog 2.5 Miles |
| 12  Jog 2.5 Miles | 13  **Skills Camp** | 14  **Skills Camp** | 15  Speed Training  3-Sets | 16  Soccer Field Suicides | 17  Endurance Run | 18  Jog 2.5 Miles |
| 19  Rest | 20  **All Fitness Test**  **Be at the school at 11:00 Ready to do all 3 fitness test** | 21  **Tryouts**  **Begin** | 22  **Tryouts** | 23  **Tryouts** | 24  **Teams Posted**  **1st practice of the season** | **25**  **Bosster Club Kick-off** |
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Ball Work: 5-10 mins of foundations- moves/ change of direction touches/ touches using the sole of your foot/ quick feet touches. 5-10 mins of Ball Skill (volley’s)/ Roofs/ Chest traps. 10 mins. Juggling Thigh/ Feet/ Head/ Combinations of all surfaces/ Patterns i.e. rt. Foot-rt. Thigh-lf foot-lf thigh-head-rt. thigh-lf. Thigh-rt. Foot-lf. Foot. 10 mins. Dribbling-set up cone weave dribbling/ to a cone and back to start (emphasize a stop and quick change of direction)/ dribbling hit your favorite possession moves and attacking moves(emphasize a change of direction and change of speed)/ receive the ball out of the air get it on the floor and accelerate into space. 10 mins. of knocking the ball against a wall-work your one touch’s/ Work on first touch away/ work on wall passes(played at angles). 5-10 mins of driving the ball (in the air).

Pyramid-A: Start on one side of a soccer pitch, sprint one width of the field. Then 3-width’s, 5-width’s, 4-width’s and 2-widths this equals 1-set. Do the number of sets listed on your calendar. Each width should take you no more than 15 seconds allow 30 seconds rest between each group of widths. Allow 30 seconds rest between each group of width’s. Allow 3 minutes rest between sets.

Pyramid-B: Mark of 10 yards, 20 yards, 30 yards, 40 yards, 50 yards, 60 yards, 70 yards, 80 yards, 90 yards and 100 yards. Sprint 10 yards jog 90 yards turn and sprint 10 yards jog 90 yards back to the start. At the start turn and sprint 20 yards jog 80 turn and sprint 20 and jog 80 back to the start. At the start turn and sprint 30 yards jog 70 turn and sprint 30 and jog 70 back to the start. Continue this pattern until you have sprinted 90 yards jog 10 turn and sprint 90 yards and jog 10 back to the start. This equals 1-set. Allow 5 minutes rest between sets.

Cone Drill: Mark off 10 yards, 20 yards, 30 yards, 40 yards, 50 yards, 60 yards to the number of yards for the cone drill for that day on your calendar. i.e. 50 yard cone drill-mark off 10, 20 30, 40, 50 Sprint to each cone and back to the start. In the above example you would sprint 10 and back, 20 and back, 30 and back 40 and back, 50 and back that equals 1-set. Take a 2 minute rest between sets.

Soccer Field Suicides:

* Sprint to the 6 yard line and jog back. Repeat 6 times.
* Sprint to the 18 yard line and jog back. Repeat 6 times.
* Sprint to the half line and jog back. Repeat 6 times.
* Sprint to the opposite 18 yard line and jog back. Repeat 6 times.
* Sprint to the opposite 6 yard line and jog back. Repeat 6 times.
* Sprint full field and jog back. Repeat 6 times.

Speed Training:

* 8-20 yard runs 30 second rest between each.
* 6-40 yard runs 45 second rest between each.
* 4-60 yard runs 60 seconds rest between each.
* 2-80 yard runs 1min 15seconds rest between each.
* 1-100 yard run 1min. 30 seconds rest between each.

300 Yard Run: Mark off 25 yards with cones. The run is sprinting 25 yards up and back (equals 1) 6 times without stopping (25 up and back equal 50 yards times 6 times equals 300 yards). This equals 1-set. Do 6 sets and allow 3 minutes rest between sets.

Combo Workout: Lay out cones that represent and 18 yard box. Starting cone next cone is 12 yards away, the next cone is 18 yards away, the next cone is 24 yards away and the last cone is 36 yards away. Sprint to the first cone and back, jockey to the second cone and back, back pedal to the third cone and back sprint to the last cone and back. This equals 1-set. Goal time should be 1 min 10 seconds or less. Do 8 sets.

Endurance Runs: Distances are 360 yds.(3 times the length of the soccer field), 240 yds. (2 times the length of the soccer field), 120 yds.( 1 time the length of the soccer field), 80 yds. (basically the distance between the penalty boxes), 60 yds., 40 yds.

* Run the 360 in 80 seconds and rest 1 minute.
* Run the 240 in 55 seconds and rest 1 minute.
* Run the 120 in 25 seconds and rest 1 minute.
* Run the 80 in 18 seconds and rest 45 seconds.
* Run the 60 in 12 seconds and rest 40 seconds.
* Run the 40 in 8 seconds and rest for 4 minutes and repeat 4 times.

Interval Run-A: Jog for 8 minutes rest 30 seconds sprint 10 yards and back, 20 yards and back, 30 yards and back, 40 yards and back rest 2 minutes. Jog for 6 minutes rest for 30 seconds sprint 10 yards and back, 20 yards and back, 30 yards and back, 40 yards and back rest for 2 minutes. Jog for 4 minutes sprint 10 yards and back, 20 yards and back, 30 yards and back, 40 yards and back rest for 2 minutes. Jog for 4 minutes rest for 30 seconds sprint 10 yards and back, 20 yards and back, 30 yards and back, 40 yards and back rest for 2 minutes. Jog for 2 minutes sprint 10 yards and back, 20 yards and back, 30 yards and back 40 yards and back. You are done.

Jogs should be ¾’s speed.