

Talawanda High School Boys Soccer



Braves Soccer Training guide

“The only place success comes before work is in the dictionary.”

-Vince Lombardi

We are only as strong as the strongest effort you put in. Now is the time to start getting your body ready for the only season that matters...THIS SEASON.

If you want to win league, win more games than any Braves team ever has, and go further in the post season. You need to prepare your mind and body to do so.

Being in this program is a privilege, not a right, so treat it as such. Prepare your body to come into this season physically fit, mentally prepared, and technically sound.

The Braves Soccer Training Guide combines four different components to provide you with the tools you need to become the best player and teammate you are capable of being.

Inside you will find outlines to the Braves training schedule for the preseason.

The Braves Soccer Training Guide contains:

- Technique
- Cardiovascular
- Strength
- Agility & Plyometrics

The Braves Soccer Training Guide Break Down:

Technique

Getting touches on the ball daily. You need to have at least two offensive moves mastered with game speed by the start of the season. Positional skills will need to also be at mid season form come the start of the season.

Playing as much as you can will help with this process. It cannot be stressed enough that the more touches on the ball pre-season will help you be ready by season. If you are not on a club team during the off season, it may be helpful to you and your team to find a club team to play with.

Also here are other activities that you should do. Juggle, use a wall as a kick back trainer, find videos of a few moves and work on them, and of course be at as many open fields as possible and/or pickup games.

Cardiovascular

The Braves Soccer Training Guide breaks this down into 3 levels. For your greatest chance of success follow the guide as it is written. By following the progression you will be ready and fit to compete at a higher level come season.

It is important that you start at level 1. If you feel like you can go above your current level...push yourself harder at that level.

Strength

You have the choice of either Body Weight (BW) circuits or Free Weight (FW) circuits. Changing it up between the two will provide a greater strength condition for you.

The BW circuits will tone your muscles as well as help you to gain muscular endurance. This is the **minimum** amount of strength training you should be doing.

The FW circuits will allow you to see a gain in muscular strength and endurance.

Agility & Plyometrics

This will require an agility/running ladder and some cones. If you do not have these available we can schedule group times or you can draw on your drive way or a parking lot with chalk. Jumping rope could also be used to supplement the exercises that are given in the Braves Soccer Training Guide.

Technical Training

This component of our pre-season training will work on the technical foot skills and touch you will need to have good ball control in game. It will allow you to work on your touch to be accurate and precise.

Technique 1:

Juggling – Juggle for 20min or until you break your current consecutive touch record.

Ball Work – Complete the circuit a minimum of two (2) times before moving on. Perform each component for 30 seconds before trying the next one. Push yourself to move faster each time.

1. Step-ups
2. Step-ups (3forward, 3 back)

3. Pendulum
4. Pendulum with roll back (touch, touch, touch, roll)
5. Rollovers (3 right, 3 left)
6. Rollover w/cut (right, right, cut, left, left, cut)
7. Pendulum with rollover (touch, touch, roll)

Cone Weaves – Complete the circuit a minimum of three (3) times. Perform each component down and back on a ten cone weave. Try to get through as quickly as possible.

1. Both feet
2. Right only
3. Left only
4. Icky Shuffle (out, cut...)
5. Double Icky Shuffle (out, out, cut...)
6. Double Rollover (right, right, cut, left, left, cut...)
7. Lateral Weave (roll, pull back, touch, touch, roll, pull back...)

In football as in watch making, talent and elegance mean nothing without rigor and precision.

-Lionel

Messi

Technique 2:

Juggling – Juggle for 20 minutes or until you break your current consecutive touch record if that is longer than 20 minutes.

Partner Volley Passes (2 parts)

Part 1- This is a three (3) person one (1) ball drill. You will set up in a “V” formation with the two (2) “passers” at the top of the “V” and the one working on the volleys at the point. Passer 1 will toss the ball at the appropriate height for the volleys being worked on then the person at the point will use the appropriate volley to Passer 2. Then Passer 2 will do the same and the ball will be volleyed back to Passer 1. Ten (10) quality volleys are required. BAD VOLLEYS WILL NOT BE COUNTED. We are here to win and accepting poor work will not get us to a league championship.

Foot – Ten (10) volleys

Head – Ten (10) volleys

Thigh – Ten (10) volleys

Chest – Ten (10) volleys

Part 2- This is still a three (3) person one (1) ball drill. In part 2 you will now be lined up in a straight line five (5) yards apart. The passers will be on the outside with the one working on volleys on the inside. The one on the inside will have two touches to turn and volley the ball to the other passer. The first touch is with the appropriate surface being worked on with the second touch being a pass to the next passer. Again, ten (10) quality volleys with accurate passes are needed. Passes must be to the feet of the passers to count.

Foot – Ten (10) volleys

Thigh – Ten (10) volleys

Chest – Ten (10) volleys

“Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of

what you are doing or learning to do”

- [Pelé](#)

Cardiovascular Training

Training your cardiovascular system is as much of soccer as your touch. If you are unable to work your hardest on the field for an extended period of time you are not able to help your team. This training schedule will help you get to the point that you are able to help your team to your full potential.

Focus on good running form

Be sure to properly warm-up before each session – The oversight of a proper warm up can put your body in harm of injury. We are using this training to strengthen our bodies not put them in harm's way.

The following weekly mileage is the recommended schedule to prepare your cardiovascular system to be ready for season. Your mileage from the cardio levels and circuits are counted into these recommended miles. So subtract what is ran in these from what you would need to do on your own.

Weekly Mileage

Week 1: Six (6) miles

Week 2: Six (6) miles

Week 3: Eight (8) miles

Week 4: Eight (8) miles

Week 5: Ten (10) miles

Week 6: Ten (10) miles

Week 7: Twelve (12) miles

Week 8: Twelve (12) miles

Week 9: Fifteen (15) miles

Week 10: Fifteen (15) miles

Week 11: Seventeen (17) miles

Week 12: Seventeen (17) miles

It is these days of hard work that will allow you move forward and succeed. Remember, as you are working your opponent is at home resting.

Level 1

Week 1 - Week 4

Level 1 will be done for the first four (4) weeks of the program. For some this may be easy, for others it may be hard. Push yourself to during these first weeks of the program to make the following weeks easier on yourself. If it starts to become easier...run faster and take shorter breaks. You will only hurt yourself in the coming weeks if you slack off on these weeks.

Level 1-A Down The Ladder

- Run ten (10) 100 yard sprints, resting 30 seconds between each sprint
- Rest two (2) minutes
- Run eight (8) 80 yard sprints, resting 25 seconds between each sprint
- Rest 1min 30sec
- Run six (6) 60 yard sprints, resting 20 seconds between each sprint
- Rest one (1) minute
- Run four (4) 40 yard sprints, resting 10 seconds between each sprint
- Rest thirty (30) seconds
- Run two (2) 20 yard sprints, resting 5 seconds between each sprint
- Rest fifteen (15) seconds

- Run a ten (10) yard sprint
- Rest three (3) minutes

Level 1-B 2 Mile Run

(Tempo Pace – push yourself to better your time)

Level 1-C Pyramid 2X

- Sprint to the 18 and back, rest for 5 seconds
- Sprint to the 18 and back twice (2), rest for 10 seconds
- Sprint to the 18 and back three (3) times, rest for 15 seconds
- Sprint to the 18 and back four (4) times, rest for 25 seconds
- Sprint to the 18 and back three (3) times, rest for 15 seconds
- Sprint to the 18 and back twice (2), rest for 10 seconds
- Sprint to the 18 and back
- Rest for three (3) minutes and repeat

Level 1-D Farlek

- Five (5) minute warm-up pace
- One (1) minute quick pace followed by two (2) minute relaxed pace repeat 5 times
- Ten (10) minute cool down pace

This is a thirty (30) minute run and approximately three (3) miles

Cardio Circuit 1

3. Triangle Shuffle



2. Cone Weave



1. Cone Weave



4. Lateral Cone Weave



5. Five Shoots (hit side netting)



This circuit will be run through as many times as possible in five (5) minutes. Take a two and a half (2:30) minute break and then repeat. Complete the circuit three (3) times totals. Start at station 1 and go counter clock wise and end at station 5. After station 5 you will sprint back to station 1.

Station 1: Six (6) cones – Dribble right foot only down, left foot only back 2X

Station 2: Six (6) cones – One touch through each cone (ONLY FIVE (5) TOUCHES total) down and back 2X

Station 3: Start at back right cone. Sprint to the point, back pedal to left back cone, side shuffle to back right cone 5X no ball

Station 4: Lateral cone weave down and back 2X no ball

Station 5: Shoot five (5) balls from the 18. Aim for side netting, and switch shooting foot each time through the circuit.

Level 2

Week 5 - Week 8

If you pushed yourself through level 1 it should be easy to move up to level 2. This is a four (4) week level built to use the same concept as level 1 but with different exercises. You are looking to keep building cardio, endurance, and working on sprint recovery time.

Level 2-A Declining pyramid

- Sprint 60 yards six (6) times, resting 15 seconds between each sprint

- Rest for one (1) minute
- Sprint 40 yards six (6) times, resting 10 seconds between each sprint
- Rest for 45 seconds
- Sprint 20 yards six (6) times, resting 8 seconds between each sprint
- Rest for 30 seconds
- Sprint 10 yards six (6) times resting 4 seconds between each sprint
- Rest for three (3) minutes

Level 2-B 3 Mile Run

(Tempo Pace – push yourself to better your time)

Level 2-C 120's

- Sprint 120 yards (full field end line to end line in 20 seconds; get back to the start in 40 seconds).

Check your calendar for repetitions

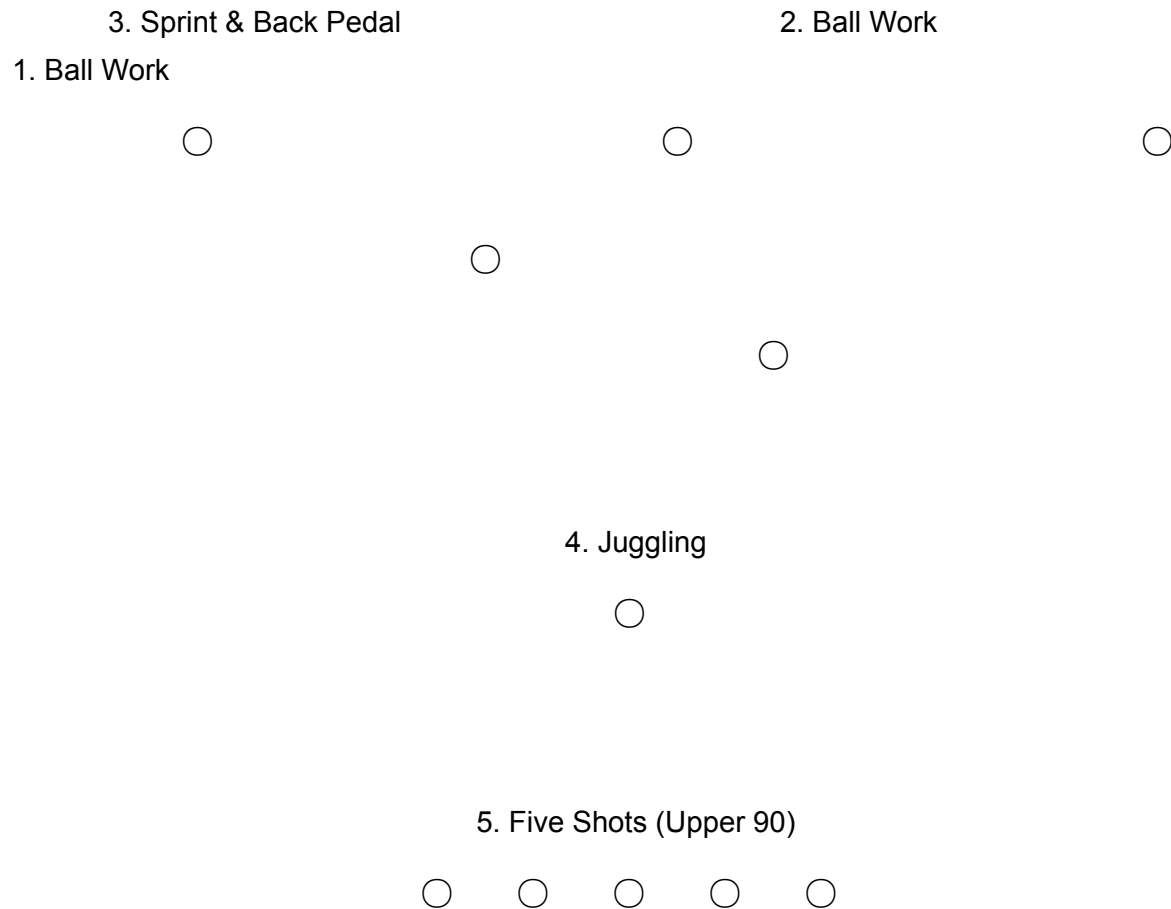
Level 2-D Farlek

- Five (5) minute warm-up pace
- One (1) minute jog – 30 second sprint – 30 second walk 10X
- Ten (10) minute cool down

"I've never played for a draw in my life."

-Sir Alex Ferguson

Cardio Circuit 2



This circuit will be run through as many times as possible in five (5) minutes. Take a two and a half (2:30) minute break and then repeat. Complete the circuit three (3) times totals. Start at station 1 and go counter clock wise and end at station 5. After station 5 you will sprint back to station 1.

Station 1: Rollover with cut 10X

Station 2: Pendulum with roll back 10X

Station 3: Start at back cone and sprint to middle cone – back pedal to back cone – sprint to front cone – back pedal to middle cone – sprint to front cone – back pedal to back cone 2X

Station 4: Juggle feet only 24 consecutive or 45 seconds, whichever happens first

Station 5: Shoot five (5) balls from the 18. Aim for upper 90, and switch shooting foot each time through the circuit.

Level 3

Week 9 – Week 12

This is the last level. If, you have pushed yourself this last level will be easy to start. You have 4 weeks left before you have finished training. Keep pushing yourself to prepare for season.

Level 3-A Short Pyramid

- Sprint 25 yards and back
- Rest for five (5) seconds
- Sprint 25 yards and back twice (2)
- Rest for ten (10) seconds
- Sprint 25 yards and back three (3) times
- Rest for fifteen (15) seconds
- Sprint 25 yards and back twice (2)
- Rest for ten (10) seconds
- Sprint 25 yards and back
- Rest for three (3) minutes

Level 3-B 4 Mile Run

(Tempo pace – push yourself to better your time)

Level 3-C 40's 2X

- Start at the half. Sprint to one end line – Sprint to the opposite end line – Sprint back to half
- Complete this sprint (totals two field lengths) in 40 seconds.

- Rest for one minute and 30 seconds (1:30) before starting the second one

Level 3-D Mean 6

- The outer perimeter of the field is divided into 6 sections
- 2 end lines, corner to half, half to corner)
- Start in one corner and run the following progression consecutively concluding once you have done a full sprint around the entire perimeter of the field.
- Jog 1 section – Sprint 1 section
- Jog 1 section – Sprint 2 sections
- Jog 1 section – Sprint 3 sections
- Jog 1 section – Sprint 4 sections
- Jog 1 section – Sprint 5 sections
- Jog 1 section – Sprint 6 sections

Strength Training

Strength Training will consist of the following components:

- Body Weight Exercises (BW)
- Free Weight Exercises (FW)
- Core Conditioning

Body Weight Exercises

These exercises can be preformed anywhere and any time since no machines or equipment is needed. If possible you should do more FW circuits than BW circuits. Refer to the calendar to see which circuits are recommended for that week.

Legs

1. Body Squat

a. Stand straight up with hands clasped together behind your neck and feet shoulder width apart. Squat as if you were going to sit in a chair while keeping your back straight and chest out. Stop at the point where the top of your thighs are parallel to the ground and then return to the starting position.

2. Burpee

a. Begin in a normal standing position with your arms by your side. Squat and place both hands on the ground outside of your legs. Shift your weight to your hands as you kick both feet back, extending the legs fully. Complete one (1) push-up and then quickly bring both legs back under your body to the squat position with weight remaining on your hands. Then jump from the squat position as high as you can, extending your arms overhead.

3. Calf Raise

a. From a standing position and hands clasped together behind your head, raise your heels as high off the ground as possible with weight on the balls of your feet, and then return your heels to the ground.

4. Jumping Knees to Chest (Jump KC)

a. From a standing position, hop twice and then jump while flexing the knees and bring them as near to the chest as possible at the top of your jump. Hop twice and repeat.

5. Lunge

a. From a standing position, with hands touching the hips or behind the head, stride as far as possible with one leg, then flex the knee of that leg while keeping the other foot in place. Gradually shift your weight to the flexed leg until it is fully flexed. Push off with the flexed leg to return that leg to starting position, and then repeat with the other leg.

6. Split Squat

a. Begin with one foot forward and one foot back and place both hands clasped together behind your head. Squat down until the knee of your back leg is close (not touching) to the ground and the knee of your front leg is flexed at 90 degrees.

7. Split Squat Jump

a. From a split squat position, squat down and jump into the air while bringing the leg forward and the other back (like scissors). You will land in a split squat position. Continue jumping while reversing the position of each leg. Jump as high as possible.

8. Squat Jump

a. This is similar to the squat, except that when you squat down, you then jump as high as possible, land in the squat position and jump again.

9. Mountain Climber

- a. Start from a wide push up position. Bring your right knee up under your body to the chest while keeping the left leg in the extended position, both hands on the ground and your head up. Return to starting position and then repeat with the left leg. This should be done rapidly like running in place with your hands on the ground.

Arms

1. Dips

- a. Use a chair and place both hands on the edge of the seat with body facing away from the chair. Legs are extended out and away with weight mostly on heels. Kip your weight down until your Triceps are parallel with the seat of the chair and extend arms back to starting position.

2. Push-up

- a. This is a full push up with the body starting in the up position and flexing the elbows out lowering your chest down to about 4 inches off of the ground and back up. Keeping your back and butt in line and legs extended.

3. Wide Push-up

- a. Same as a regular push up, only push your hands out as wide as possible.

Free Weight Exercises

Chest

1. Dumbbell Bench Press

- a. Start by lying with your back on a flat bench. Hold dumbbells directly above your shoulders, with your arms straight, and both feet on the floor. Inhale as you lower the dumbbells to parallel with your chest, and then exhale as you press the weight back up to the starting position.

2. Straight Arm Pullover

- a. Lie on your back on a flat bench; hold a dumbbell, elbows bent, and head beyond the end of the bench. Lower the weight past your head, and then pull the weight back to the starting position.

3. Dumbbell Fly

- a. Lie on your back on a flat bench. Hold dumbbells in each hand, with elbows bent, and dumbbells just above the

shoulders. Move the dumbbells away from each other and lower them, then return to starting position.

Back

1. Supported Dumbbell Row

a. Lean over a bench, stabilizing yourself with one knee and hand (on the same side of your body). Hold a dumbbell by your straight leg, and then lift your elbow so your tricep is parallel with your back. Return to starting position.

2. Lat Pull Down

a. Use the lat machine, grasp bar with hands wider than shoulder width apart. Have your palms face away from you. Pull down to the upper chest and then extend arms again.

3. Dumbbell Shoulder Shrug

a. Hold dumbbells with thumbs facing forward. Shrug your shoulders up to the highest point, and then lower the dumbbells back to the starting position.

Shoulders

1. Overhead Press

a. Start with the dumbbells supported at shoulder level in front of your body. Press the weight overhead into a straight arm position, and then lower the weight to your starting position.

2. Lateral Raise

a. Hold dumbbells in each hand. Start with hands at sides; lift the weight out away from your body, and upward. Keep your arms fairly straight, raise weight to shoulder level.

3. Dumbbell Front Raise

a. Lift dumbbell out in front of your body. Keep arms straight, raise to shoulder level and back down.

Arms

1. Dumbbell Curl

a. Sit on a bench, holding dumbbells, with arms straight down by sides. Raise weight to shoulders by moving your elbow joint. Then lower the weight back to the starting position.

2. Triceps Extension

a. Sit and hold a dumbbell over your head with both hands. Slowly lower the weight behind your head. Then push your hands back up to the starting position.

3. Bench Dips

a. With your feet out, stabilize yourself on a bench by balancing on your palms. Lower your body weight by bending at your elbows. Lower yourself as far as possible. Then extend your arms and push your body weight back up.

4. Wrist curl

a. Sit on bench with your forearms on the bench, and your wrists just beyond the end. Lift the dumbbells by moving only your forearms and wrist. Then lower the weight back down.

Legs

1. Squat

a. Stand holding a barbell across your shoulders and upper back. Keep your back straight and bend your knees and hips until your thighs are parallel to the ground. Return to standing position.

2. Lunge

a. Stand holding a dumbbell in each hand. Take a large step forward with one leg. Bend at your knee and lower body weight so thigh is parallel with the floor. Return to starting position.

3. Step Up

a. Start standing, holding dumbbells in both hands. Place one foot on the step in front of you; lift yourself up using your hip and leg muscles. Then step back down. Alternate feet each time you step up.

4. Knee Extension

a. Sit at the machine with the padded exercise bar resting on your shins. Extend your legs at the knee joint, pushing the weight until it is parallel with the floor. Return to starting position.

5. Leg Curl

a. Sit at the machine with your legs straight and your calves resting against the exercise pad. Bend your knees and pull your lower legs to your thighs, then extend your legs.

6. Calf Raise

a. From a standing position, position a barbell across your upper back/shoulders, raise your heels as high off the ground as possible with weight on the balls of your feet, and then return heels to ground.

Core conditioning

1. Anchor Holds

a. Sit on the ground with legs extended. Simultaneously raise legs and arms so that you are balanced on your bottom with knees locked out and legs fully extended in air. Raise them as high as you can maintain balance.

2. Crossover Crunch (X-Crunch)

a. Lay flat on your back with hands clasped together behind your neck, legs straight and feet off of the ground. To begin the exercise, lift your head off the ground also. Simultaneously flex your knees and raise your upper body off the ground, flexing at the waist. Twist your upper body and touch your right elbow to your left knee and then return to starting position. The next time rise up, twist and touch your left elbow to your right knee. This is one rep.

3. Flutter Kick

a. Lay flat on your back with your arms by your side. Begin with your feet six inches off the ground. Keeping your legs straight, kick your feet up and down at a steady pace. Do not allow your feet to touch the ground during the exercise. The count for this is: 123=1; 123=2...ect. Your counting should keep rhythm with your kicks.

4. Superman

a. Lie face down, with your legs and arms stretched out. In one smooth movement, lift your arms and legs into the "Superman" pose. Your arms, head, and feet should be as high off the ground as possible with your back arched. Hold, then return to the start position.

5. Full Sit-up

a. Start with your back on the ground and legs bent with your feet flat on the ground, have your hands clasped behind your head or grab your shoulders. Flex at the waist and bring your elbows up to touch your knees and return slowly back to the ground.

6. Jackknife

a. Lay flat on your back with arms extended overhead on the floor. Legs should also be extended on the floor. Flex at the waist and simultaneously bring your legs up without flexing at the knees to meet your upper body halfway.

7. Russian Twists

a. Sit on the ground with knees bent, feet off the ground and balanced on your bottom (leaning back at 45 degrees). Keep back straight and rotate arms from right to left touching the ground each time. Add a medicine ball or dumbbell weight for added difficulty.

8. Reverse Crunch with Hip Lift

a. Lay flat on your back with arms folded across your chest. Elbows should be touching chest and hands should be on shoulders. Your legs should be extended with your heels about 2 inches off the ground. Flex your knees until they touch your chest and then extend them up toward the sky until your hips leave the ground and then return to starting position.

9. Side to Side

a. Sit in an "L" position with your legs extended in front of you. Touch your toe with your fingers and then fall back diagonally to the right, extending your arms back over your head. Then lift up again, touch your toes, and down diagonally to the left.

10. V-Twist

a. Sit on the floor, keep feet together and lift them about 4 inches off the floor. Knees can be slightly flexed. Extend both arms straight ahead with hands close to the knees. Twist your body at the waist, swinging both feet as far as possible to your left while swinging both arms as far as possible in the opposite direction. Your upper body should be twisting in the opposite direction as the lower body. Feet should not touch the ground during exercise.

11. Scoop Abs

a. Start in anchor hold position (lean back 45 degrees with legs up, and knees locked out). Pretend your feet are the tip of a shovel and scoop them down along the ground until legs are fully extended again and return to starting position.

12. Hip Rock n Raise

a. Lay on your back with your legs in a butterfly position. Lift your hips and legs off the ground. Keep your legs in the butterfly position. Then bring your lower body back down to the floor.

13. Leg Raises

a. Lie on back raise your legs off the ground 2 inches and hold. Bring back down to the ground.

If you have questions about any of these exercises you can ask for help or you tube each exercise to find the correct way to perform the exercise in question.

Circuit Training

Each circuit consists of 2-3 sets of each exercise. Refer to the calendar to see which circuit and how many reps to do. You may choose either body weight OR free weight, although free weight is recommended. Level up on weights for the free weight circuit as needed. If it isn't hard to lift the last two reps then you need to add more weight. Always do the exercises in order. Do not rest for more than one minute between groups.

Body Weight Circuits

Circuit 1

Group 1: Burpee, Dip, Reverse Crunch with Hip Lift

Group 2: Body Squat, Push-ups, Superman

Group 3: Split Squat Jump, Calf Raise, Wide Push-up, X Crunch

Circuit 2

Group 1: Mountain Climber, Push-ups, Flutter Kick

Group 2: Squat Jump, Wide Push-up, Jump KC, Leg Raise

Group 3: Jump KC, Calf Raise, Dips, Side to Side

Circuit 3

Group 1: Lunge, Calf Raise, Wide Push-up, Side Bridge

Group 2: Burpee, Dips, Superman

Group 3: Split Squat, Mountain Climber, Push-up, Anchor Holds

Free Weight Circuits

Circuit 1

Group 1: DB Curl, Squat, Leg Raises

Group 2: Lunge, DB Bench Press, DB Row, V-Twist

Group 3: Lateral Raise, Knee Extension, DB Fly's, Side to Side

Circuit 2

Group 1: Triceps Extension, Lunge, Russian Twists

Group 2: Step Up, DB Row, Side to Side

Group 3: DB Front Raise, Squat, Straight Arm Pullover, Leg Raises

Circuit 3

Group 1: Superman, Russian Twists, Bench Dips, Heel Raise

Group 2: V-Twists, Wrist Curl, Step Up

Group 3: Squat, DB Bench Press, Calf Raises, Leg Raises

Core Circuits

Do two (2) sets of 25 each of the exercises. Follow the core schedule on the calendar

Core 1

1. Full Sit-up
2. X-Crunch
3. Hip Rock n Raise
4. Superman

Core 2

1. Scoop Abs
2. Superman
3. Jackknife
4. Full Sit-up

Core 3

1. V-Twists
2. X Crunch
3. Hip Rock n Raise
4. Superman

“Leaders are made, they are not born. They are made by hard effort, which is the price all of us must pay to achieve any goal that is worthwhile”.

-Vince Lombardi

Agility & Plyometrics

Agility & Plyometrics consists of the following two components:

- Agility Exercises
- Plyometric Exercises

Agility

There are two different types of agility training in the program:

Foot Ladder

These should be done with focus on speed and quickness of the feet. Perform these exercises along with the agility drills according to the calendar. Be sure to rest between patterns

Cone Drills

Perform the cone drills three (3) times each throughout the entire summer. It is best to run these like a circuit. Run them at full speed and be sure to rest between circuits.

“If it is worth doing it, it is worth doing it right”

-Unknown

Patterns for the Foot Ladder:

1. **Single Step** –Run through the ladder, placing one foot in each square.

R	L	R	L	R	L	R	L	R
---	---	---	---	---	---	---	---	---

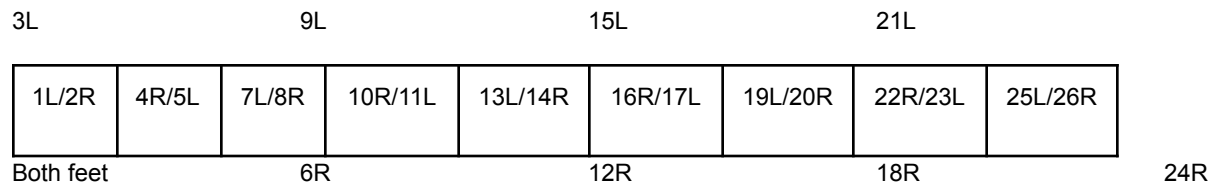
2. **Double Step** – Run through the ladder, placing two (2) feet in each square, leading with the left foot. After one trip, repeat while leading with the right foot.

L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R
-----	-----	-----	-----	-----	-----	-----	-----	-----

3. **Slalom Run**

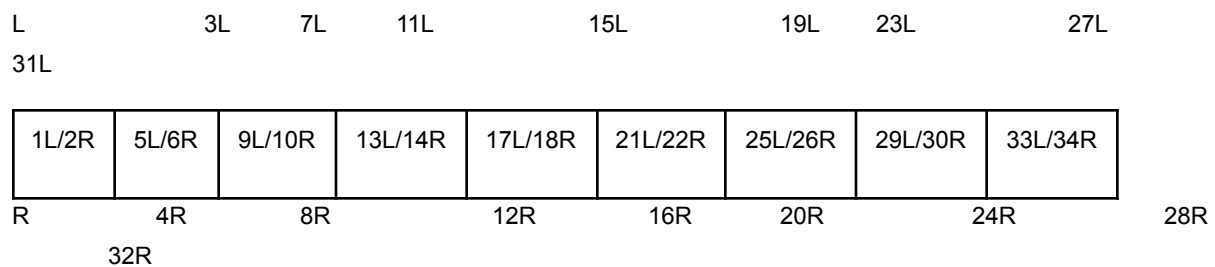
- Begin on the right side of the ladder
- Place your left foot into the first square
- Place your right foot into the same square

- Take your left foot out of the square and place it on the outside of the left of the ladder
- Advance right foot to the second square
- Follow with the left foot
- Take the right foot out of the square and place it on the outside of the right of the ladder
- Continue with the pattern



4. Out-In (2 Feet)

- Begin with both feet straddling the ladder
- Step into the first square with your left foot
- Then follow with the right foot
- Step out with your left foot
- Step out with your right foot
- Alternate the lead foot each time through the ladder



5. Out-In (1 Foot)

- Begin with both feet straddling the ladder
- Step into the first square with your left foot

- Move right foot forward one square, but keep it outside of the ladder
- Step into the second square with the right foot
- Move left foot forward one square, but keep it outside of the ladder
- Continue pattern

L 3L 5L 9L 11L 15L 17L 21L
23L

1L	4R	7L	10R	13L	16R	19L	22R	25L
----	----	----	-----	-----	-----	-----	-----	-----

R 2R 6R 8R 12R 14R 18R
20R 24R

“An athlete with no ambition is an athlete in poor condition. That applies in the mental and physical sense. There is no substitute for desire. It can make a mediocre athlete into a good one and a good athlete

into a great one”

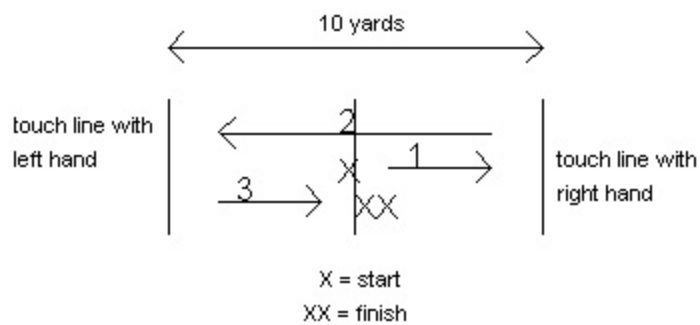
-Unknown

Patterns for the Cone Drills:

1. Penalty Area Shuttle Run

- Start on the goal line
- Sprint to the goal-area line and back
- Sprint to the penalty spot and back
- Sprint to the 18 and back
- Rest for 45 seconds then repeat four (4) more times
- Be sure to run in a straight line back and forth

2. Pro Agility Drill

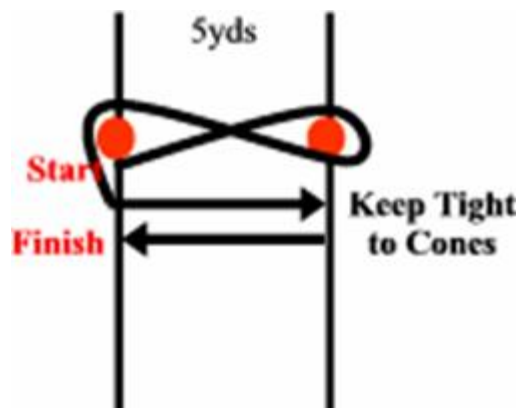


- Start at the middle line as shown in the diagram
- Sprint to the right line and touch line with your right hand
- Push off forcefully and sprint back across the middle to the left line and touch with your left hand
- Sprint back to the middle line to finish

“I just hate losing and that gives you an extra determination to Work harder”.

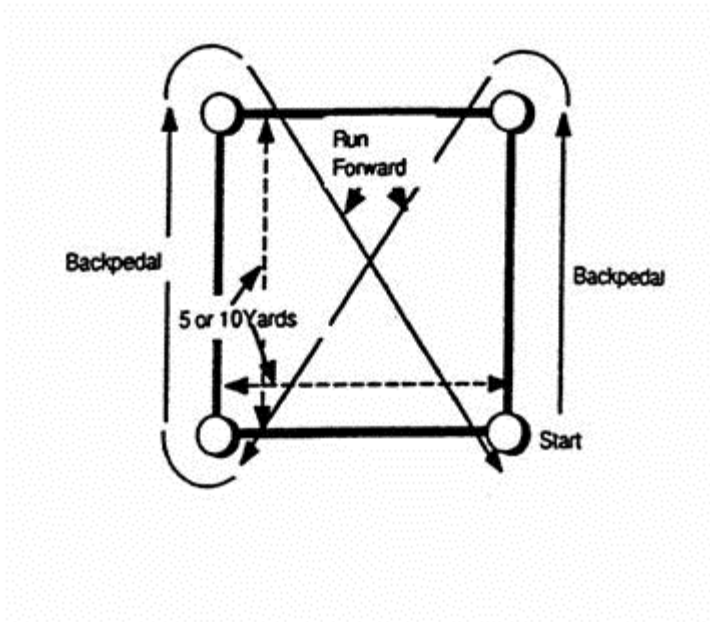
-Wayne Rooney

3. Nebraska Agility Drill



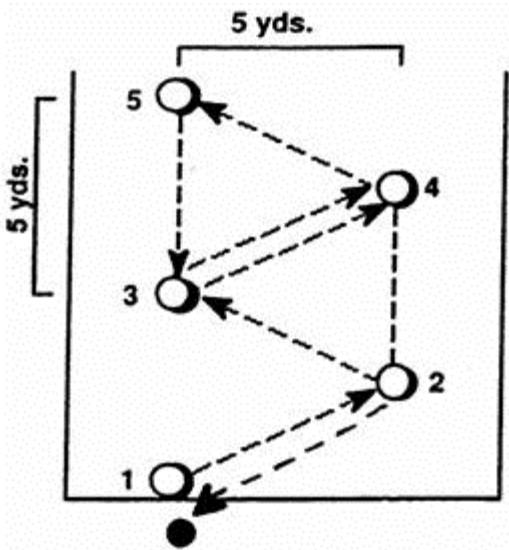
- From the starting position above, sprint to the first cone and made a right hand turn
- Return to the starting line and go around the second cone with a left hand turn
- Run to the five yard line and touch with your fingers, then backpedal across the starting line to finish

4. Comeback Cone Drill



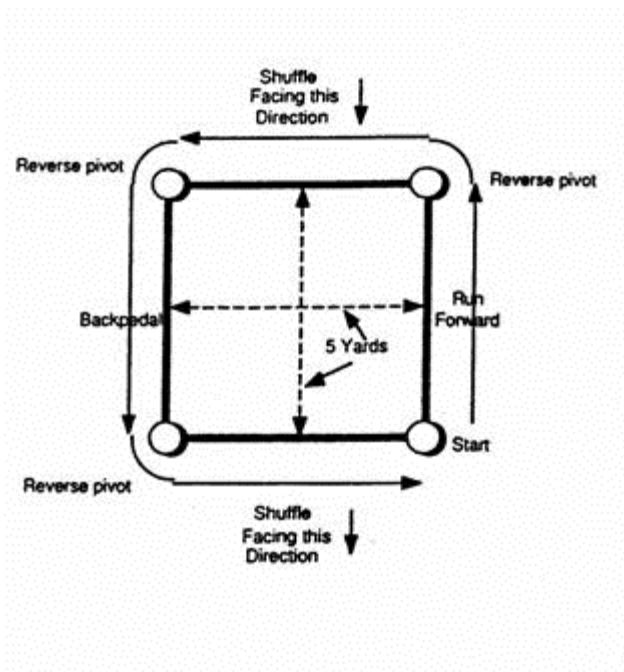
- Start on the right side of the square and backpedal to the first cone
- At the first cone, sprint diagonally to the second cone
- Backpedal to the third cone
- At the third cone, sprint diagonally to the fourth cone

5. Diamond Drill



- Begin at cone 1 with your shoulders parallel to the line of direction
- Sprint to cones 2, 3, 4, & 5. Quick acceleration and cuts)
- Backpedal from cone 5 to 3, sprint to cone 4. Backpedal from cone 4 to 2 and finally turn and sprint back to cone 1

6. Four Corner Drill



- Start on the right side of the square and sprint to next cone
- At the second cone reverse pivot and shuffle facing the box to the third cone
- At the third cone reverse pivot and backpedal to the forth cone
- At the forth cone reverse pivot and shuffle facing away from the box to the first cone

7. Illinois Agility Drill

technique.

1B	2B	3B	4B	5B	6B	7B	8B	9B
----	----	----	----	----	----	----	----	----

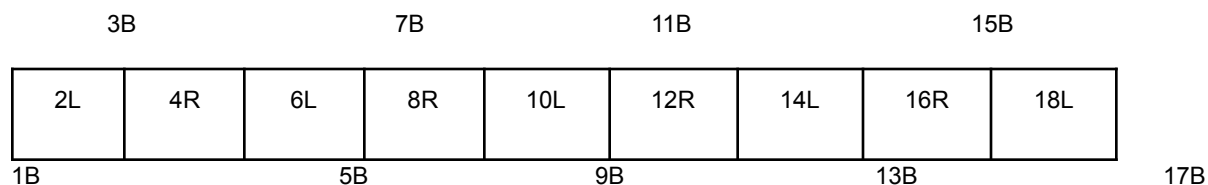
2. Ice Skater (One Foot)

- Begin with your left foot in the first square and your right foot outside the square
- Hop with both feet placing the right foot in the second square at the same time the left foot lands outside of the square
- Repeat the pattern

		2L			4L			6L
8L								
1L	2R	3L	4R	5L	6R	7L	8R	9L
	1R		3R		5R		7R	
9R								

3. Ice Skater (Two Feet)

- Begin with both feet outside on the right of the ladder
- Hop with both feet and land with the left foot in the square
- Hop with both feet and land with both feet on the left of the square
- Hop with both feet and land with the right foot in the square
- Repeat the pattern



4. One Foot

- Hop on your right foot through the ladder
- Focus on soft landings
- Repeat with left foot

5. Skip Two

- From a squatting position, jump over two squares landing in the same position.
- Repeat down the ladder
- Jump as high as possible each time
- Be sure to bend your knees on landing to absorb impact

6. Two Out, Two In

- Begin with both feet in the first square
- Hop with both feet landing outside of the first square
- Hop on both feet landing inside of the second square
- Hop on both feet landing outside of the second square
- Repeat the pattern

7. Knee Tucks

- Begin with both feet in the first square
- Flex your knees and jump as high as possible, tucking the knees up to your chest
- Land in the second square with both feet

8. Single Leg Jumps

- Begin standing with both feet in the first square
- Flex your right knee and jump as high as possible into second square
- Go through the entire ladder with the right leg
- Repeat with left leg

9. Forward Two/Back One

- Begin with both feet in the same square
- Jump as high as possible to the third square
- Hop back to the second square
- Jump as high as possible to the forth square
- Hop back to the third square
- Repeat the pattern

10. Lateral Hops

- Begin standing in the first square facing left
- Hop with both feet down the ladder as fast as possible facing in the same direction
- Both feet must touch the ground in each square
- Go up and back in the same direction
- Turn to the right and repeat

11. Lateral Jumps

- This is the same as the Lateral Hops except you are jumping high instead of hopping

Do not take life too seriously. You will never get out of it alive.

-Elbert Hubbard

Agility Circuits

Circuit 1

- Pro Agility Drill 3x
- Nebraska Agility Drill 3x
- Foot Ladders 1-4 2x each
- Illinois Agility Drill 3x with a ball

Circuit 2

- Diamond Drill 3x
- Four corner Drill 3x
- Comeback cone Drill 3x
- Penalty Area Shuttle Run 3x

Circuit 3

- Foot Ladders 1-5 2x each
- Penalty Area Shuttle run 3x

Plyometric Circuits

Circuit 1

- Forward 2, Back 1 2x
- Lateral Hops 2x
- Lateral Jumps 2x

Circuit 2

- Squat Jumps 2x
- 2 Out, 2 In 2x
- Knee Tucks 2x
- Single Leg Jumps 2x

Circuit 3

- Ice Skater (1 Foot) 2x
- One Footed Hops, Both Feet 2x each
- Power Hops 2x
- Ice Skater (2 Feet) 2x

Fitness Testing

These are the fitness tests you will be responsible for during the preseason training. Test yourself!

Technique

Touch Test

- Cones will be set in a “V” formation, five (5) yards apart from the point of the “V”. The person being tested will start at the point while there are two ball passers at the top of the “V”
- The tester will sprint forward and volley the ball back to the passer on the right using all of the right side of the body. They will then back pedal to the start and sprint toward the person on the left performing the same volley using only the left side of the body
- The tester will continue sprint – backpedal – sprint from side to side until they have consecutively completed all of the volleys successfully on each side. The ball must return to the passers hands to count
- The order is: Foot volley, thigh to foot volley, chest to foot volley, header, jumping header
- You will have two (2) minutes to complete the test accurately and consecutively. You may start over as many times as needed within the two (2) minutes

Juggling

- You will have 3 minutes to get a minimum of 20 consecutive juggles. Ball has to start at feet, and touches must be consecutive

Cardiovascular

Cooper 12 Minute Run

- You will have 15 minutes to get 7 laps on the track.

300 Yard Shuttle

- You will run two 300 yard shuttles, with a 5 minute break in between. This is testing your recovery time. Both times will be averaged and recorded. The standard is 1 minute and 5 seconds (1:05)
- Beginning from the goal line, sprint to the cone (60 yards) and back to the start line

- Repeat 1.5 more times (300 yards), maintain your top speed as much as possible
- Down, back , down, back, down

Strength

Push-up Test

- You will complete 30 perfect push-ups. You must use correct form: body must stay straight; bottom must stay down; and be sure to come down far enough that your upper arm is parallel to the ground
- You will be cut off if form breaks

Sit-up Test

- You must complete 75 perfect sit-ups consecutively. You will be in regular sit up position, with somebody holding your feet. Arms will be at side (not on chest), fingertips must drag on ground.
- You will have to come up so that your chest touches thighs and shoulders hit the ground when going back down

Agility

Pro Agility Test

- You will have 5.5 seconds to complete the test
- You must touch every cone or it will not count
- You will be tested going right and left (refer to test details in agility section)

Illinois Agility Test with Ball

- You must complete the drill in 19.5 seconds from start to finish (refer to test details in the agility section)