



Renaissance Academy Boys Soccer 2019



General Soccer Preseason Conditioning Information

Here is a guide for your pre season individual conditioning. The aim is to provide you with information you can use to build and prepare you for the soccer season. I know many of you will be away at different locations throughout the summer, so the exercises should allow you to train where ever you are.

Notes:

- Remember to rest! Take the weekends to recharge
- Get as many touches on the ball as you can. There are skills stations you can do individually or in pairs which you should continue throughout the summer. But look to play as much as possible – 4v4, 5v5, 11v11. Get a smany games in as you can!
- Where ever you can track your score, times, results. See your improvement as you go.
- Set yourself targets – distances, times, amounts.
- Play Play Play Play – And enjoy it!

Dynamic Warm up

Daily

For your warm up you should follow the Fifa 11+ . There is an attachment on the soccer page.

Core Strength

3 x per week

3 sets. Crunches, back extensions, push ups, lunges, squats and calf raises

Intervals

3x per week

2 x 800 yards / 2 laps of the soccer field	– Recover 90 seconds
2 x 400 yards / 1 lap of soccer field	– Recover 60 seconds
2 x 200 yards / ½ lap of soccer field	– Recover 60 seconds
2 x 100 yards / end line to end line	– Recover 30 seconds

Sprint ladders

3 x per week

Sprint the distance then rest, then sprint the distance and rest. Repeat throughout the ladder. You can alter the distances if on a soccer field – end line – penalty area, half way, opposite penalty area, end line.

2 x sprint 20 yards	- recover 10 seconds between sprints
2 x sprint 40 yards	- recover 20 seconds between sprints
2 x sprint 75 yards	- recover 30 seconds between sprints

- 2 x sprint 100 yards - recover 45 seconds between sprints
- 2 x sprint 75 yards - recover 30 seconds between sprints
- 2 x sprint 40 yards - recover 20 seconds between sprints
- 2 x sprint 20 yards - recover 10 seconds between sprints

Distance

2 times per week.

Alternate between the two ideas below

Run 2 miles – increase pace and decrease time as you progress. Track your times.

Run 30 minutes – record time.

Cross train

At least once per week

Look to do something different each week. Something that is going to raise your heart rate.

Things such as swimming, biking, playing tennis.