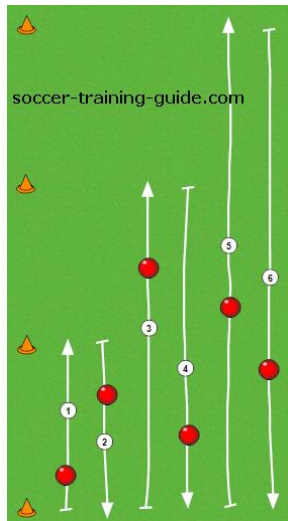


## Conditioning:

1. **2 mile run for time** (don't forget to record your time)
2. **Fartlek**- Alternating jog, stride & sprint segments of similar durations/distance between telephone poles, city blocks, perimeter of a soccer field, etc. 15 minutes.
3. **Shuttle Run:**



### Here are the instructions for setting up the Shuttle Runs:

1. Place 4 cones 10-15 yards apart.
  2. Start from cone 1, run to cone 2 and back to cone 1, then run to cone 2 and back to cone 1, run to cone 3 and back to cone 1 and finally run to cone 4 and back to cone 1.
  3. You should run at maximum speed.
  4. Take a rest of 20 seconds during the sets.
- Complete 5 sets.

4. **30-minute run**
5. **Half Field Build Up:** Half field build up. Create a grid 60 X 65 yards. (use big steps to count them out) Sprint one side of the grid and jog the remaining three- sprint 2 sides and jog 2, sprint 3 sides and jog 1, sprint all four and jog a full lap to recover. Complete 3 times.

## Agility:

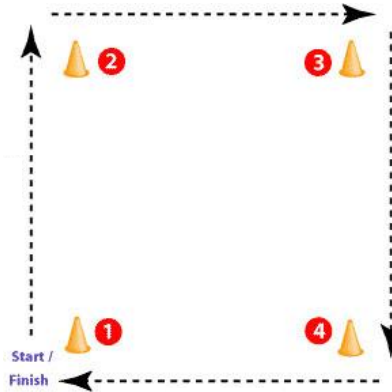
6. **Step Jumps:** Set up 10 cones in a line, one step apart. (3 times each)(Use your own as well)

1. Jump with both feet together.
2. Jump with 1 foot switch feet after 3 turns
3. Shuffle with quick feet through cones
4. Stand sideways, high knees over cones with both feet (switch directions)
5. Scissors switches, facing sideways
6. Shuffle backwards
7. Running through touching both feet between each cone
8. Running through touching one foot between each cone

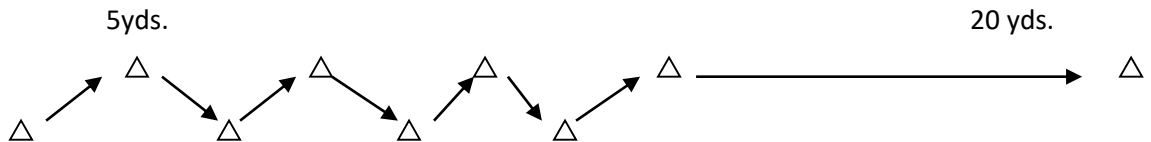


7. **Box Drill**

- A) Carioca-Backpedal-Shuffle-Sprint
  - B) Shuffle-Backpedal- Carioca-Sprint
  - C) Sprint-Shuffle-backpedal-carioca
  - D) Backpedal-shuffle-sprint-carioca
- (Repeat 3 times)



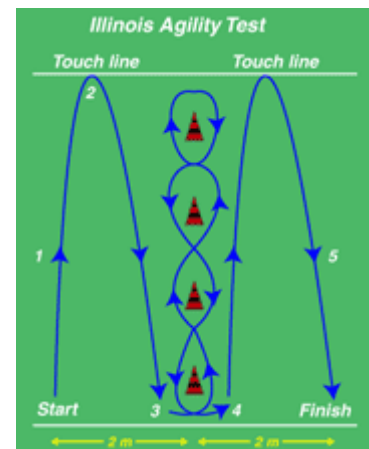
8. **Zig Zags:** set 8 cones 5 yards apart, in a slight zig zag, then place a 9<sup>th</sup> cones 20 yards from the end. Sprint the diagonals, once at the cone jump off one foot like you are going to a header then sprint to the next cone, jump off the opposite foot. Continue until you are at the last cone, go up for a header and full 20-yard sprint. Jog back to the start, complete this 7 times.



**9. Illinois Agility Test: (10 yrds long, 5 yrds on the side for start & finish)**

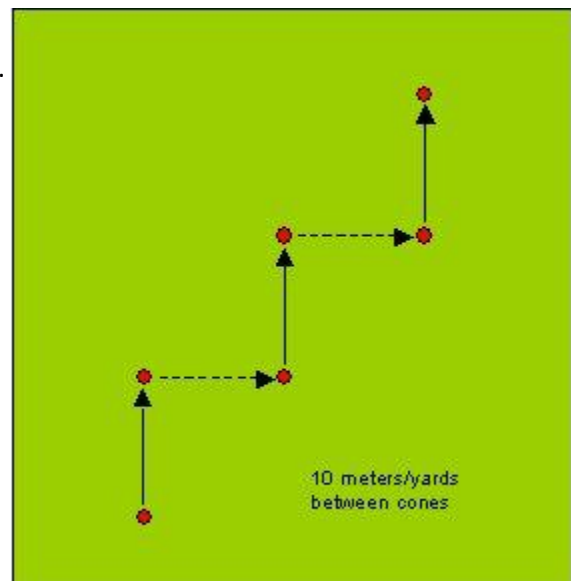
Equipment needed: 4 cones 3 yrds apart, mark distance w/ cone

1. Start off by lying down with your hands next to your shoulders.
2. Get up and sprint to the touch line (10 yards away)
3. Sprint back then between and around the cones as indicated.
4. Sprint back to the touch line.
5. Finally, sprint over the finish line. (Repeat 5 times)



**10. Sprint Lateral Shuffle:**

Set up a series of markers similar to the diagram. Starting at the first marker sprint to the second marker and side step to the third marker. Continue until the end. Rest and repeat in the other direction so side steps lead with opposite foot. (Repeat 5 times)



## 11. Strength Training:

(you can change the exercises as needed, make sure to do full body workout)

**Warm up:** 5-10 minutes (cardio & stretching)

**Lifting:** 3 sets of 15 reps

- push ups
- walking lunges
- triceps extensions/dips/kickbacks
- squats
- lateral & front shoulder raises
- alternating reverse lunges
- bicep curls
- calf raises w/weight

**Abs:** 25 reps, 3 sets (choose 3 each time)

- Bicycles
- Russian twists
- Toe touches (lay on back, legs straight up)
- Planks (1 minute)
- reverse crunch
- side crunches

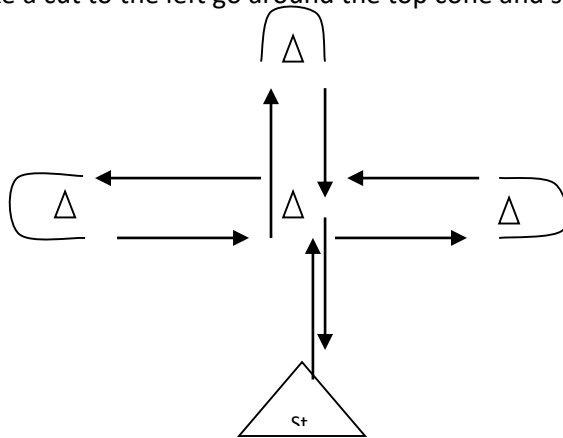
## Technical Ball Work:

12. **500 juggles** (do not use your hands at all)

13. **Slalom:** through 10 cones, 1 foot apart, dribbling at pace, 3 times each

1. Right foot only
2. Left foot only
3. Inside of both only
4. Outside of both only
5. Rollovers, tap with inside to move forward after rollover
6. Use sole of foot to roll ball through going forward
7. Use sole of foot to roll ball through going backwards

14. **Cross drill** – cones are 7 yards apart in a cross shape. Start at the bottom sprint with the ball to the middle, make a move and cut to the right go around the cone sprint to the far cone, go back to the middle make a cut to the left go around the top cone and sprint back to the beginning. (5 times)



15. **Ball Control**

-Control (10 minutes)

1 minute-dribble in a confined space, changing speed and direction

1 minute-toss ball in air and bring in out of the air with chest before it touches the ground and take off at speed 4-5 touches

1 minute-thigh juggling

1 minute-toss ball in air and bring in out of the air with both thighs alternating before it touches the ground and take off at speed 4-5 touches

1 minute-foot juggling

1 minute-toss ball in air and bring in out of the air with both feet alternating using a wedge, as it touches the ground and take off at speed 4-5 touches

2 minutes- combined juggling

2 minutes- start in sitting position, throw ball in air, get up, settle it before it hits the ground and take off at speed 4-5 touches before sitting again

**16. Moves- (in small space- 1 minute each)**

1. **Inside outside 1 footed:** hop on one foot while the other works moving the ball back and forth with the inside and outside of the foot without setting it down (switch at 15 secs so each foot works out each time).
2. **Inside outside 2 footed:** touch the ball with inside rt. foot then outside left then inside left then outside right, then repeat cont.
3. **Step over:** the working footsteps over the ball from outside to inside (and in front of ball) and then turns back toward the outside of the body bringing the ball with the outside of that same foot. stop it and then proceed with opposite foot in same move.
4. **Scissors:** (opposite direction of step over and using 2 feet): move foot around ball from inside to outside, shift wait to recently planted foot and take the ball the opposite way with the outside of the foot that has not moved. stop ball and alternate feet.
5. **Cruyff (kroyf):** step over the ball and drag it back with the inside of your foot changing direction and then stop and alternate feet.
6. **1 footed V:** pull ball back with foot 1 toward the outside of the body then push out at a 90 degree angle and stop it. Opposite foot then drags ball back toward opposite side of body and pushes out with the outside of the same foot.
7. **2 footed V:** foot one pulls ball into the body and as foot comes off the ball you hop and take it outside with outside of foot two. stop it and pull back in central to your body with foot 2 then hop and push out with foot one.