

# Hawks

## Soccer Workout 2015



## 2015 Summer Schedule

*“The image of a CHAMPION is someone who is bent over drenched in sweat to the point of exhaustion – when no one else is watching”*

## Lakeland Soccer summer workout manual 2015

This workout is considered "Voluntary", However, it is in your best interest to complete this program to the best of your ability.

These workouts are to help you excel with soccer and being prepared for fall is the key to a successful season.

Now is the time to start getting physically fit for the upcoming season. If you want go further and do better in soccer. It all starts with being disciplined enough to get into shape and work on your game. Being a high school player is a privilege, treat it as one. Come into the season physically fit, mentally prepared and technically sound.

The offseason program combines four components to provide you with the tools necessary to become the best soccer players that you are capable of becoming.

Components: Technique, Cardiovascular, Strength, Agility and Plyometrics

Technique – This is a daily task of getting touch on the ball. You need to have at least two offensive moves mastered AT SPEED. Positionally, you need to have those appropriate skills mastered. Other skills you should do: juggle, kick against a wall, coerver touches, and play a lot of pick up games with friends.

Cardiovascular – This component is divided into three components. You will all start at level one and need to complete level three by the end of summer. If you can do more, than push yourselves to do more.

Strength – You have plenty of options available for this. Some of you may be doing the APEX training, some the cross fit training , some working out in the open gym times in the weight room and some on your own. The stronger you are the better you are to compete at this level. Workouts that develop strength will make you faster and stronger which are two components to a successful soccer player.

Agility and Plyometrics - You will need to use either a agility ladder (Weight room in gym) or cones. You may substitute anything for cones if you don't have them.

High School - Gym Times

M, W, Th

6:00 pm

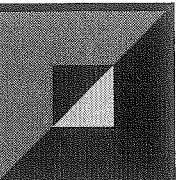


# June 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	Level 1 -A Free weights #1 2x10 Or Body weight #1 3x10	Level 1 B Technique 1 Agility 1 Plyometrics 1 Core 1	Level 1 -C Free weights #1 2x10 Or Body weight #1 3x10	Level 1 -D Technique 2 Agility 2 Plyometric 2 Core 2	Cardio Circuit 1 Free weights #1 2x10 Or Body weight #1 3x10	Test Push Ups and Situps Agility 3 Plyometric 3 Core 3
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Test 300 yd Shuttle Free weights #1 2x10 Or Body weight #1 3x10	Test Illinois Agility Level 1 B Technique 1 Agility 1 Plyometrics 1	Level 1 -C Free weights #1 2x10 Or Body weight #1 3x10	Juggling Test Level 1 -D Technique 2 Agility 2 Plyometric 2	Cardio Circuit 1 Free weights #1 2x10 Or Body weight #1 3x10	Agility 3 Plyometric 3 Core 3	
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Level 1 -A Free weights #1 2x10 Or Body weight #1 3x10	Test Pro Agility Level 1 B Technique 1 Agility 1 Plyometrics 1	Level 1 -C Free weights #1 2x10 Or Body weight #1 3x10	Touch Test Level 1 -D Technique 2 Agility 2 Plyometric 2	Cardio Circuit 1 Free weights #1 2x10 Or Body weight #1 3x10	Agility 3 Plyometric 3 Core 3	
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Level 1 -A Free weights #1 2x10 Or Body weight #1 3x10	Test Cooper Test Level 1 B Technique 1 Agility 1 Plyometrics 1	Level 1 -C Free weights #1 2x10 Or Body weight #1 3x10	Level 1 -D Technique 2 Agility 2 Plyometric 2 Core 2	Cardio Circuit 1 Free weights #1 2x10 Or Body weight #1 3x10	Agility 3 Plyometric 3 Core 3	
<b>28</b>	<b>29</b>	<b>30</b>				
Level 1 -A Free weights #1 2x10 Or Body weight #1 3x10	Level 1 B Technique 1 Agility 1 Plyometrics 1 Core 1					

# July 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> Level 1—C Free weights #1 2x10 Or Body weight #1 3x10	<b>2</b> Level 1 -D Technique 2 Agility 2 Plyometric 2	<b>3</b> Cardio Circuit 1 Free weights #1 2x10 Or Body weight #1 3x10	<b>4</b> Test Push Ups and Situps Agility 3 Plyometric 3 Core 3
<b>5</b> Test 300 yd Shuttle Level 1 -A Free weights #1 3x10 Or Body weight #1 3x10	<b>6</b> Test Illinois Agility Level 2 B Technique 1 Agility 1 Plyometrics 1	<b>7</b> Level 2—C 120's 4 two min rest—4 Free weights #1 2x10 Or Body weight #1 3x10	<b>8</b> Level 2—C 120's 6two min rest—4 Free weights #1 2x10 Or Body weight #1 3x10	<b>9</b> Juggling Test Level 2 -D Technique 2 Agility 2 Plyometric 2	<b>10</b> Cardio Circuit 2 Free weights #1 3x8 Or Body weight #1 3x112	<b>11</b> Situps Agility 3 Plyometric 3
<b>12</b> Level 2 -A Free weights #1 3x18 Or Body weight #1 3x112	<b>13</b> Pro Agility Test Level 2 B Technique 1 Agility 1 Plyometrics 1	<b>14</b> Level 2—C 120's 8 two min rest—2 Free weights #1 2x10 Or Body weight #1 3x10	<b>15</b> Level 2—C 120's 10 in a row Free weights #1 2x10 Or Body weight #1 3x10	<b>16</b> Touch Test Level 2 -D Technique 2 Agility 2 Plyometric 2	<b>17</b> Cardio Circuit 2 Free weights #1 3x8 Or Body weight #1 3x112	<b>18</b> Situps Agility 3 Plyometric 3
<b>19</b> Level 2 -A Free weights #3x8 Or Body weight #1 3x12	<b>20</b> Cooper Test Level 2B Technique 1 Agility 1 Plyometrics 1	<b>21</b> Level 2—C 120's 8 two min rest—2 Free weights #1 2x10 Or Body weight #1 3x10	<b>22</b> Level 2—C 120's 10 in a row Free weights #1 2x10 Or Body weight #1 3x10	<b>23</b> Juggling Test Level 2 -D Technique 2 Agility 2 Plyometric 2	<b>24</b> Cardio Circuit 2 Free weights #1 3x8 Or Body weight #1 3x112	<b>25</b> Situps Agility 3 Plyometric 3
<b>26</b> Level 2 -A Free weights #1 3x8 Or Body weight #1 3x12	<b>27</b> Level 2 B Technique 1 Agility 1 Plyometrics 1	<b>28</b> Level 2—C 120's 10 in a row Free weights #1 2x10 Or Body weight #1 3x10	<b>29</b> Juggling Test Level 2 -D Technique 2 Agility 2 Plyometric 2	<b>30</b> Cardio Circuit 2 Free weights #1 3x8 Or Body weight #1 3x112	<b>31</b> Situps Agility 3 Plyometric 3	



# August 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b> Test Push Ups and Situps Agility 3 Plyometric 3
<b>2</b> Test 300 yd Shuttle Level 1 -A Free weights #1 3x10 Or Body weight #1 3x12	<b>3</b> Test Illinois Agility Level 3 B Technique 1 Agility 1 Plyometrics 1	<b>4</b> Level 3 B Technique 1 Agility 1 Plyometrics 1	<b>5</b> Level 3—C Free weights #1 2x10 Or Body weight #1 3x10	<b>6</b> Juggling Test Level 3 -D Technique 2 Agility 2 Plyometric 2	<b>7</b> Cardio Circuit 2 Free weights #1 3x8 Or Body weight #1 3x112	<b>8</b> Situps Agility 3 Plyometric 3
<b>9</b> First Practice 8- 10 Second practice 6—8	<b>10</b> First Practice 8- 10 Second practice 6—8	<b>11</b> First Practice 8- 10 Second practice 6—8	<b>12</b> First Practice 8- 10 Second practice 6—8	<b>13</b> First Practice 8- 10 Second practice 6—8	<b>14</b> First Practice 8- 10 Second practice 6—8	<b>15</b> Tentative practice 8-10
<b>16</b> First Practice 8- 10 Second practice 6—8	<b>17</b> First Practice 8- 10 Second practice 6—8	<b>18</b> Soccer Jambooree LHS 3:00	<b>19</b> Practice 8-10	<b>20</b> Practice 8-10	<b>21</b> Practice 8—10	<b>22</b> LHS vs Post Falls HICO 12:00
<b>23</b> Practice 8-10	<b>24</b> Practice 8-10	<b>25</b> LHS vs Lewiston HICO 4:30	<b>26</b> Practice 8-10	<b>27</b> Practice 8-10	<b>28</b> Practice 8—10	<b>29</b> LHS vs Lake City @ Lake City 12:00
<b>30</b> <b>31</b>						

## Technical Training

### Technique 1

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

Ball Work – complete the following circuit a minimum of two 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 – 3 forward 3 back
3. Pendulum – Side steps touching ball
4. Pendulum with roll back – touch, touch, touch, roll
5. Rollovers – 3 right, 3 left
6. Rollovers with cut – right, right, cut, left, left, cut
7. Pendulum with rollover – touch, touch, roll

Cone weave – complete the circuit a minimum of three 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 – Out, out , cut
6. Double rollover – Right, right, cut, left, left, cut
7. Lateral weave – roll, pull back, touch, touch

## Technique – 2

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

Part One – You will need to partners to pass you balls. The three of you will set up a “V” shape with the two passers at the top of the V and the person doing volleys will be at the point. Passer 1 will toss you a ball at the appropriate height and you will volley to passer 2. Passer 2 will then pass you a ball and you will volley back to passer 1. You will continue this pattern until you complete ten quality volleys. **DO NOT COUNT BAD VOLLEYS** You will not improve if you accept Medial work- work towards perfection.

1. Laces – 10 Volleys
2. Instep – 10 volleys
3. Outside foot – 10 volleys
4. Thigh / foot – 10 volleys
5. Chest / foot – 10 volleys

Part 2 – You again will need to passers- Form a straight line 5 yards between all three players. Passer One tosses the ball to center player. Center player has 2 touches to turn 180 degrees and volley the ball to passer 2. Use the appropriate surface to touch the first ball, the second touch is always a foot volley.

1. Foot – 10 volley
2. Thigh – 10 volleys
3. Chest - 10 volleys

## Cardiovascular

This component of our offseason program focuses on conditioning of the Cardio system. The preferred program described here is based upon working at a soccer field with 130x75 yard dimensions (HICO). You may have to adjust the workout to suit your location. Focus on good sprinting forms, and be sure to warm up properly before each session. Recommended mileage per week is shown below.

1. Week 1 and 2 - 6 miles
2. Weeks 3 and 4 - 8 Miles
3. Weeks 5 and 6 - 10 Miles
4. Weeks 7 and 8 - 12 Miles
5. Weeks 9 and 10 - 14 Miles
6. Weeks 11- 12 - 16 Miles

### Weeks 1 - 4

#### A - Down the ladder

1. Run 10 100 yard sprints - 30 second rest between
2. Rest 2 Min
3. Run 8 80 yard sprints - 25 seconds rest
4. Rest 1:30
5. Run 6 60 yard sprints - 20 seconds rest
6. Rest 1 Min
7. Run 4 40 yard sprints - 10 seconds rest
8. Rest 30 seconds
9. Run 2 20 yard sprints - 15 seconds rest
10. Rest 15 seconds
11. Run 1 10 yard sprint
12. Rest 3 Min

B - Cooper Test - Run 12 minutes and get as many laps as possible in during that 12 min. We will run this at training camp.

#### C- Pyramid X 2

1. Sprint 18 yards and back rest 5
2. Sprint 18 yards and back two times and rest 10
3. Sprint 18 yards and back three times and rest 15
4. Sprint 18 yards and back four times and rest 25
5. Sprint 18 yards and back three times and rest 15
6. Sprint 18 yards and back two times and rest 10
7. Sprint 18 yards and back one time
8. Rest 3 minutes and repeat

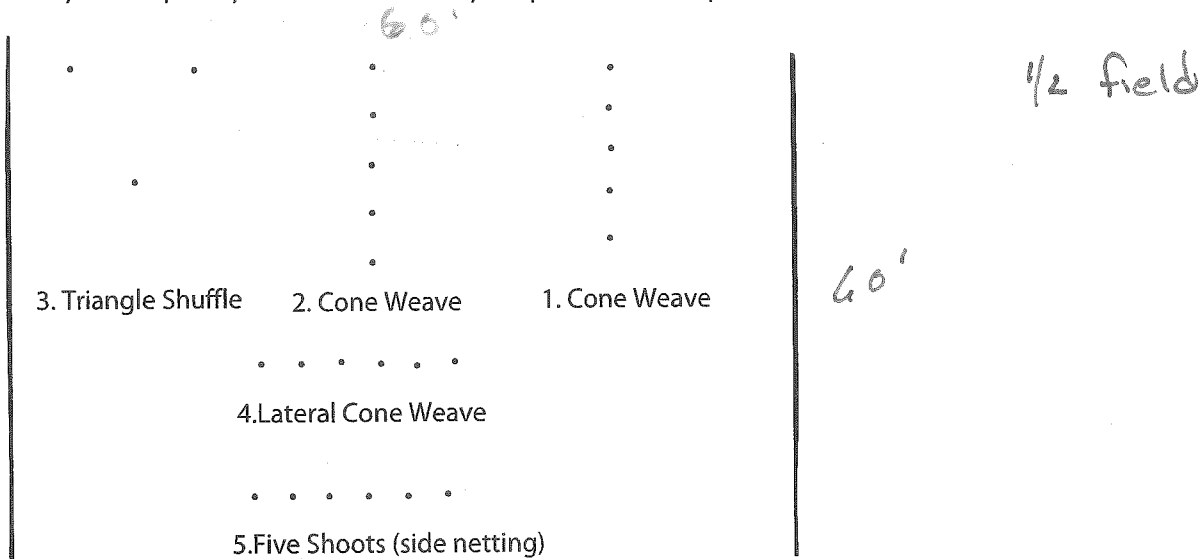
#### D - Fartlek

1. 5 min warm up pace
2. 1 min quick pace followed by 2 min relaxed pace for 5 cycles
3. 10 Min cool down pace
4. This is a 30 minute run and should cover about 3 miles



## Cardio Circuit 1

This circuit will be run through as many times as possible in 5 minutes. Take two and a half minute break and then repeat. You will do the circuit 3 times total. You will follow this circuit counter clockwise starting from number 1 moving through to number 5. You will sprint from one station to the next and when you complete your last shot on #5 you sprint all the way back to number 1.



1. 6 cones – right foot down left foot back times 2
2. 6 cones – icky shuffle down and back times 2
3. Starting at back right cone. Sprint the point, back pedal to the left back cone, side shuffle to back right cone times 5
4. Lateral cone weave down and back times 2
5. Shoot 5 balls from 15 yards. Side netting ( both sides)

### Level 2 – Weeks 5 – 8

These are different exercise's with the same concept. Building cardio, endurance, and working on sprint recovery time. You will do this level for 4 weeks. Perfect it, exceed it, own it

#### A. Declining Pyramid

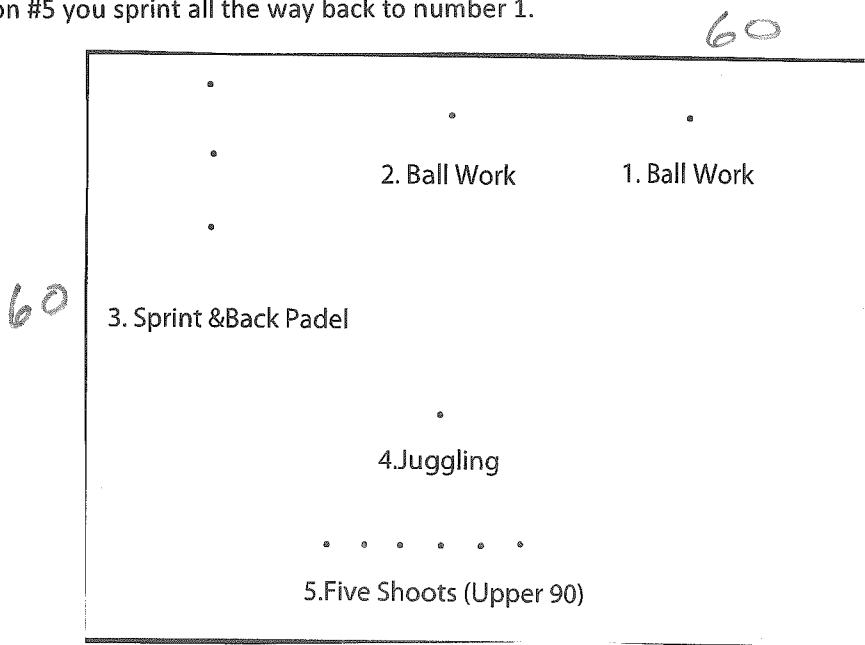
1. Sprint 60 yards 6 times rest 15 seconds between each one
2. 1 min rest
3. Sprint 40 yards 6 times rest 10 seconds between each one
4. 45 seconds rest
5. Sprint 20 yards 6 times rest 8 seconds between each one
6. 30 seconds rest
7. Sprint 10 yards 6 times rest 4 seconds between each one
8. Rest 3 min

#### B. Three mile run at pace

- C. 120's Sprint 120 in 20 seconds, get back to start in the remaining 40 seconds first two weeks 4 reps with 2 minutes rest next two weeks 6 reps with 3 min rest
- D. Fartlek
  - a. 5 min warm up pace
  - b. 1 min jog; 30 sec sprint; 30 sec walk, times 10
  - c. 10 Min cool down

Cardio Circuit 2

This circuit will be run through as many times as possible in 5 minutes. Take two and a half minute break and then repeat. You will do the circuit 3 times total. You will follow this circuit counter clockwise starting from number 1 moving through to number 5. You will sprint from one station to the next and when you complete your last shot on #5 you sprint all the way back to number 1.



1. Rollover w/cut times 10
2. Pendulum with roll back times 10
3. Start at the BACK cone and sprint to the middle cone, backpedal to the back cone., sprint to the top cone, Backpedal to middle cone, sprint to the top cone and backpedal to the back cone.  
Times 2
4. Juggle feet only 25 consecutive or 45 seconds which ever happens first
5. Shoot 5 balls 15 yards out from goal. Aim for upper 90 and both corners.

Level 3 Weeks 9 – 12

A Short pyramid

1. Sprint 25 yards and back
2. Rest 5 seconds
3. Sprint 25 yards and back 2 times
4. Rest 10 seconds
5. Sprint 25 yards and back 3 times
6. Rest 15 seconds
7. Sprint 25 yards and back 2 times
8. Rest 10 seconds
9. Sprint 25 yards and back
10. Rest 3 min

B. 4 mile run

C. 40's times 2 - Start at the half. Sprint to one end line, sprint to opposite end line, Sprint back to half. Complete this sprint in 40 seconds. Rest for 1 min 30 seconds and do the second rep

D. Mean 6 The outer perimeter of a field is divided into 6 sections. 2 end lines and corner to half, half to opposite corner. Start in one corner and run the following progression consecutively concluding one you have done a full sprint around the entire perimeter of the field.

1. Jog 1 section and sprint one section
2. Jog 1 section and sprint two sections
3. Jog 1 section and sprint three sections
4. Jog 1 section and sprint four sections
5. Jog 1 section and sprint five sections
6. Jog 1 section and sprint six sections

## Strength Training

These exercises should be performed anywhere and any time since no machines or equipment is necessary. If possible, you should do more free weight circuits.

### Legs

1. **Body Squats** – Stand straight up with your 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 starting point
2. **Burpee** – Being in a normal standing position with your arms at 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 on 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** – 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, then return heels to ground.
4. **Jumping Knees to chest** – from a standing position, hop twice and then jump while flexing the knees and bringing them as near to the chest as possible at the top of your jump.. Hop twice and repeat
5. **Lunge** – 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 the flexed leg to return that leg to starting position, and then repeat with the other leg.
6. **Split Squat** – begin with one foot forward and one foot back and place both hands together behind your head. Squat down until the knee of your back leg is close but not touching to the ground and knee of your front leg is flexed at 90 degrees. Complete the required repetitions the switch leg to starting position.
7. **Split Squat Jump**- From a split squat position, squat down and jump into the air while bringing one 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** - 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** 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** - Use a chair and place both hands on the edge of the seat with body facing away from chair. Legs are extended out and away with weight mostly on heels. Dip your weight down until your Triceps are parallel with the seat of the chair and then extend arms back to starting position.
2. **Push-up** - Lay flat your stomach with hands placed on the floor just outside of your chest. While keeping your entire body straight, push up off the floor with the hands lifting the body off the ground until both arms are extended and feet are still touching the floor. Flex your arms, keep your entire body straight and stop when your chest is about 4 inches from the floor, then return to the extended position. Your entire body should move off the floor at the same rate.
3. **Wide Push-up** - This is similar to the normal push up with the exception that your hands should be placed as far apart as possible.

## Free weight Exercises

### Chest Exercises

1. **Dumbbell Bench Press** - 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 starting position.
2. **Straight Arm Pullover** 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** - Lie on back on a flat bench. Hold dumbbells in each hand, with elbows bent, and DB just above the shoulders. Move the DBs away from each other and lower them, then return to the starting position.

### Back Exercises

1. **Supported Dumbbell Row** - 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, then lift your elbow so your tricep is parallel with your back. Return to starting position.
2. **Lat Pull Down** - Use the lat machine, grasp bar with hands wider than shoulder width apart. Have your palms face away from you. Pull bar down to upper chest and then extend arms again.
3. **DB Shoulder Shrug** - Hold DBs with thumbs facing forwards. Shrug your shoulders up to the highest possible point, and then lower the DBs back to the starting position.

## **Shoulder Exercises**

### **1. Overhead Press**

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

### **2. Lateral Raise**

Hold DBs 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. DB Front Raise**

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

## **Arm Exercises**

### **1. DB Curl**

Sit on a bench, holding DBs, 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**

Sit and hold a DB 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**

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 you arms and push your body weight back up.

### **4. Wrist Curl**

Sit on exercise bench with your forearms on the bench, and your wrists just beyond the end of the bench. Lift the DB by moving only your forearms and wrist. Then lower the weight back.

## **Leg Exercises**

### **1. Squat**

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 a standing position.

### **2. Lunge**

Stand while holding a DB in each hand. Take a large step forward with one leg. Bend at the knee and lower body weight so thigh is parallel with the floor. Try to keep your knee directly above your foot. Extend your leg and step back to the starting position.

### **3. Step Up**

Start standing, holding DBs 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**

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. Allow your legs to bend and return to the starting position.

### **5. Leg Curl**

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**

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 Exercises

1. Anchor - Holds 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 (-Crunch) - Lay flat on your back with hands clasped together behind your neck, legs straight and feet off 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, raise up, twist and touch your left elbow to your right knee. This is one rep. Do not allow your feet or head to touch the ground during the exercise.
3. Flutter Kick- 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 exercise is: 1231; 1232; 123...etc. Your counting should keep the rhythm with your kicks.
4. Superman - Lie face down, with your legs and arms stretched out. In one smooth movement, lift your arms and legs up into the Superman" position. 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 Situp - Lay flat on your back with your shoulder blades touching the floor, knees flexed and both feet flat on the floor. The arms are folded across and remain against the chest or rib cage with no gap between the forearms and the chest or rib cage when raising the upper body. One repetition consists of raising the upper body from the starting position until the elbows or forearms touch the thighs and then returning to the starting position with the shoulder blades touching the floor. No bouncing or arching of the lower back is allowed, and the buttocks will remain in the constant contact with the deck throughout the exercise. An assistant may hold the feet or legs below the knees in whatever manner is most comfortable for the participant. Kneeling or sitting on the feet is permitted.
6. Jackknife - 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. Your goal is to touch your chest to your legs without flexing at the knee. Arms should remain away from the body extended outside of the legs.
7. Russian Twists - Sit on ground with knees bent, feet off the ground and balanced on your bottom (leaning back 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 Lay flat on your back with arms folded across your chest. Elbows should be touching chest and hands should be touching your chest. 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 ceiling until your hips leave the ground and then return to starting position. It is important to bring legs all the way up So that your hips leave the ground.
9. Side to Side - 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 yourself up again, touch your toes, and down diagonally to the left.
10. V Twist – Sit on the floor, keep feet together and lift them about 4 inch off the ground. 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 your lower body. Feet should not touch the ground during exercise.



11. Scoop abs - Start in the anchor hold position ( lean back 45 degrees with the 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 and Raise- Lay on your back with your legs in a butterfly position. Lift your hips and legs up off the ground. Then bring your lower body back to the floor.

13 Plank – Lie face down on the mat resting on the forearms, palms flat on the floor. Push off the floor raising up onto your toes and resting on the elbows. Keep your back flat, in a straight line from head to heels. Tilt your pelvis and contract your abdominals to prevent your rear end from sticking up in the air.

14 Fifer Scissors- Extend one leg as straight as possible slightly above the floor, and the other leg straight up to point to the ceiling. With each second bring legs down so that each one will take the position of the other leg. So there will always be one leg that is straight to the ceiling, one leg straight and parallel to the floor.

15 Side Bridge – this is a side plank. Balance on forearms and edge of feet. Make sure your elbow is directly under your shoulder joint. Make a straight downward line from your shoulders- hips- knees – ankles

16 Leg raises – Lie on your back, bend at the waist and extend legs fully. Raise your hips off the ground and keep legs straight. Then lower hips back to the floor.

The game is survival of the fittest. The strong survive, the weak do not.

## **Circuit Training**

Each circuit consists of 2-3 sets of each exercise. Refer to the calendar to see which circuit and how many repetitions 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 is not hard to lift the last two repetitions then you need to add more weight. Always do the exercises in order. Do not rest for more than one minute between

groups. (Circuit 1/Week 1 Example: Start with group 1, do burpee x10, Dips x10, reverse crunch x10, rest 30 seconds, repeat, rest, move on to group 2...group 3)

## **Body Weight Circuits**

### **Circuit 1**

Group 1: Burpee, Dip, Reverse Crunch w/ Hip Lift

Group 2: Body Squat, Pushups, Supermans

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

### **Circuit 2**

Group 1: Mountain Climber, Pushups, Flutter Kick

Group 2: Squat Jump, Wide Pushup, Jump KC, Leg Raise

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

### **Circuit 3**

Group 1: Lunge, calf raise, Wide Pushup, 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, Legs 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, Legs Raises

### **Circuit 3**

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

Group 2: V-Twist, Wrist Curl, Step up

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

## Core Circuits

Do 2 sets of 25 of 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. Plank
3. Jackknife
4. Full Sit-up

### Core 3

1. Fifer Scissors
2. X Crunch
3. Hip Rock n Raise
4. Plank

***"It's not the hours you put in; it's what you put in the hours."***

# AGILITY & PLYOMETRICS

AGILITY & PLYOMETRICS PROGRAM CONSISTS OF THE FOLLOWING TWO COMPONENTS:

**Agility Exercises**

**Plyometric Exercises**

## AGILITY

I have included two different types of agility training in the program:

### **FOOT LADDER**

**These should be done with focus on speed and quickness of the feet.**

The ladder is used as a tool to develop balance, coordination, speed, agility & quickness.

Perform these exercises while on the balls of your feet, with flexed knees and do not allow your heels to touch the ladder or the floor.

Perform these exercises along with the agility drills according to our calendar.

Since you are working on agility, be sure to rest between patterns.

### **CONE DRILLS**

**Perform the cone drills 3 times each throughout the entire summer.**

Using the diagrams and instructions in this guide, set up cones or other similar markers for these drills.

It is best to set all of them up and run them like a circuit.

Run each of the drills at full speed.

Since you are working on agility, be sure to rest between circuits.

***"If you're going through hell, keep going."***



### 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
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2. Double Step - Run through the ladder, placing two 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
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### 3. Slalom Run

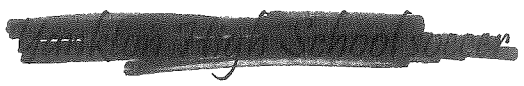
- Begin on the right side of the ladder.
- Place your left foot into the first square.
- Place your right foot into the same square.
- Take the left foot out of the square and place it on the outside left of the ladder.
- Advance right foot to the second square.
- Follow with the left foot.
- Take right foot out and place it on the outside right of the ladder.
- Continue with this pattern.
- This one can also be performed backwards.

	3L		9L		15L		21L	
1L,2R	4R,5L	7L,8R	10R,11L	13L,14R	16R,17L	19L,20R	22R,23L	
Both feet	6R		12R		18R		24R	

### 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 into the first square.
- Step out with your left foot.
- Follow by stepping out with your right foot.
- Alternate lead foot next time you go through ladder.
- This can also be done backwards.

L	3L	7L	11L	15L	19L	23L
1L,2R	5L,6R	9L,10R	13L,14R	17L,18R	21L,22R	25L,26R
R	4R	8R	12R	16R	20R	24R



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.
- Step into the third square with the left foot.

L	3L	5L	9L	11L	15L	17L
1L	4R	7L	10R	13L	16R	19L
R	2R	6R	8R	12R	14R	18R

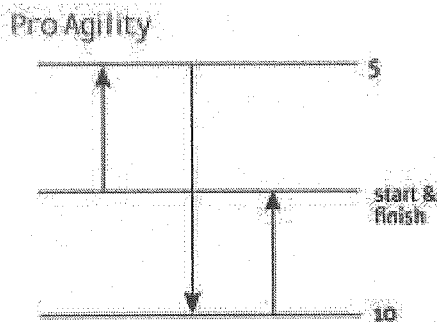
***"An athlete with no ambition is an athlete in poor condition. That applies in both the mental and physical sense. There is no substitute for desire. It can make a mediocre athlete into a good one and a good athlete into a great one."***

## AGILITY DRILLS:

### Penalty area shuttle run x 3 (72 yds x 5)

- Start on the goal line.
- Sprint to the goal-area line and back (12 yds)
- Then to the penalty spot and back (36 total)
- Then to the 18 and back (72 total)
- Rest 45 seconds then repeat four more times
- Be sure to run in a straight line back and forth

### Pro Agility Drill



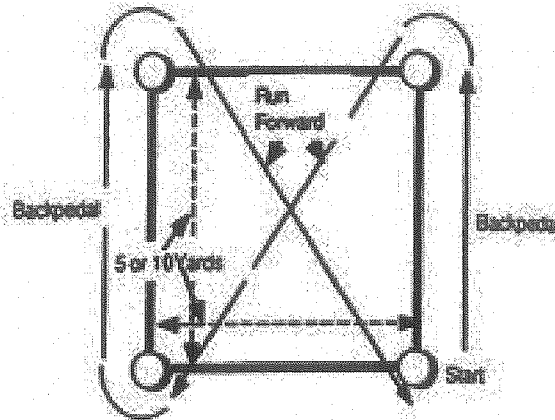
1. Start at the middle line as shown in the diagram.
2. Sprint to the right line and touch it with your right hand.
3. Push off forcefully and sprint back across the middle to the left line and touch that line with your left hand.
4. Sprint back to the right, finishing at the middle line.

### Key Points:

1. When running to the right, always touch the line with your right hand and running to the left always touch the line with your left hand. This insures that you will push off with opposite feet.
2. Make sure you touch the line with your hand.
3. Stay low when changing directions.
4. Run in a straight line.
5. Chop your steps as you slow momentum to get to line, then drive out when you change directions.

~~University of Michigan School~~

## Four Corner Drill



1. Start on the right side of the square and run forward.
2. At the first cone, make a reverse pivot by throwing your right shoulder clockwise.
3. Carioca to the next cone.
4. Reverse pivot and backpedal to the next cone.
5. Reverse pivot and shuffle to the finish.

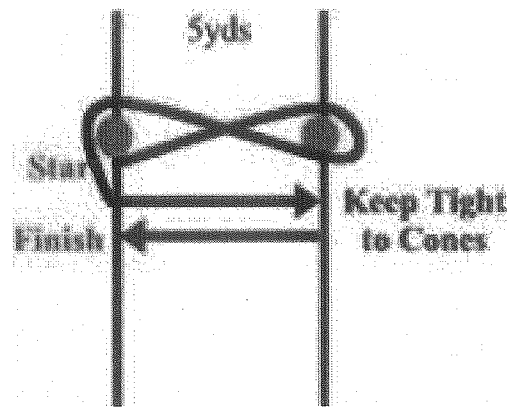
### Key Points:

1. Focus on rapid acceleration and deceleration.
2. Do not cross feet during shuffle.

***"It's not the work that's hard, it's the discipline."***



## Nebraska Agility Drill

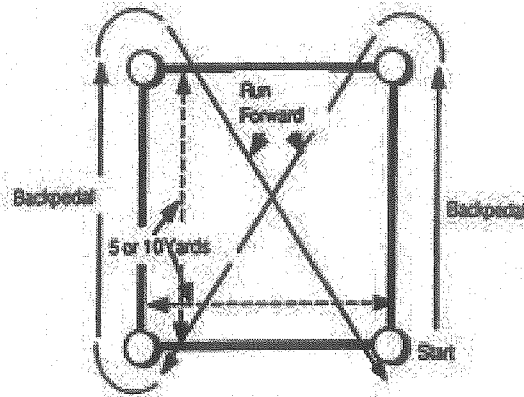


1. From the starting position above, sprint to the first cone and make a right hand turn.
2. Return to the starting line and go around the second cone with a left-hand turn.
3. Run to the five yard line and touch it with your fingers, then backpedal across the starting line to finish.

### Key Points:

1. Pass as close to the cones as possible without knocking them over.
2. Be sure to touch the line with your hand.
3. Keep your weight forward as you backpedal.
4. Stay low and keep feet moving quickly as you turn around the cone.

## Comeback Cone Drill

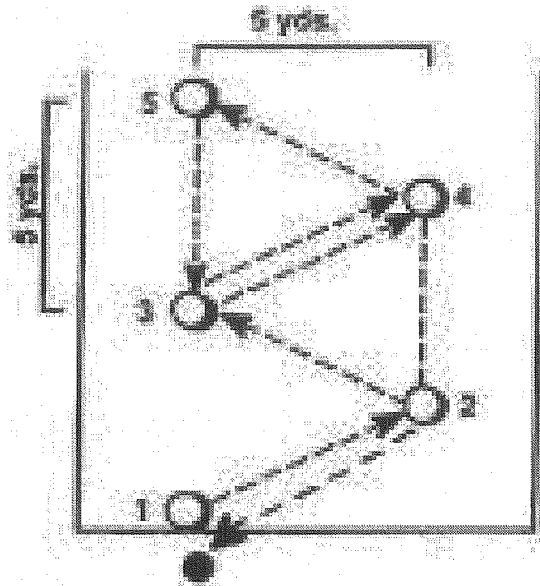


1. Start on the right side of the square and backpedal to first cone.
2. At the first cone, sprint diagonally to the second cone.
3. Backpedal to the third cone.
4. At the third cone, sprint diagonally to the fourth cone.

### Key Points:

1. Keep weight forward during backpedal
2. Focus on quick change of direction followed by good acceleration.

## Diamond Drill



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

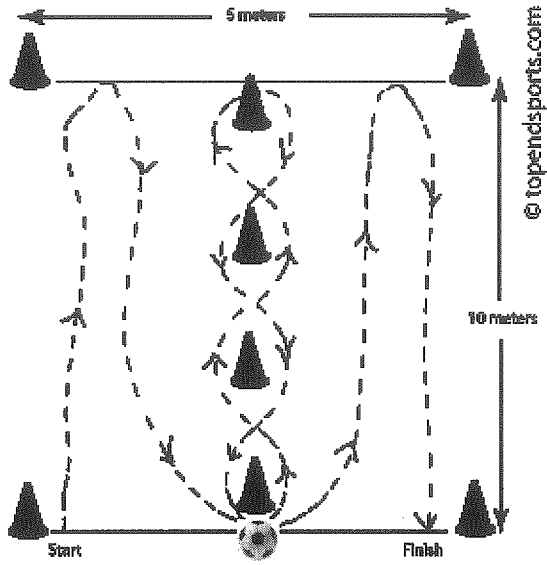
### Key Points:

1. Run in straight lines.
2. Do not round corners.
3. Run full speed and focus on rapid acceleration and deceleration.
4. This drill can be varied by changing direction from left to right.

***"A minute lost in preparing is never found."***



## Illinois Agility Drill



1. Player starts on stomach behind the left cone
2. Ball will start behind the middle cone
3. At start, sprint **around** the first cone, and back to the ball at the middle cone
4. Dribble in and out of the middle cones and back, leaving the ball at the first middle cone
5. Sprint **around** the far right cone and back to finish.
6. (Follow arrows)

### **Key Points:**

1. Focus on rapid acceleration in the long straights.
2. Control body weight when rounding the cones.
3. Quick tight movements when weaving in the middle.
4. Can be done with or without the ball.



# PLYOMETRICS

Use a running/agility ladder to perform these exercises. Some of these may also be performed on bleachers, stairs or plyometric boxes, if available. I'm asking that you do each of these exercises **at least 2x** before moving on to the next one. These exercises should be done with focus on **power**, not speed. Landing technique is also very important. Make sure you are bending your knees to absorb the shock from landing.

## 1. Power Hops

Hop with both feet through the ladder. Ankles should be touching, weight on the balls of the feet. Maintain good balance and rhythm. Focus on jumping high and landing with proper

1B	2B	3B	4B	5B	6B	7B	8B	9B
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## 2. Ice Skater (one foot)

- Begin with your left foot in the first square and your right foot outside the square on the right.
- Hop with both feet placing the right foot in the second square the same time the left foot is outside the square on the left.
- Repeat this pattern as you move forward on the ladder.

	2L		4L		6L	
1L	2R	3L	4R	5L	6R	
1R		3R		5R		

## 3. Ice Skater (two feet)

- Begin with both feet outside on the right of the ladder.
- Hop with both feet and land with left foot in the first square.
- Hop with both feet to the outside left of the ladder.
- Hop with both feet and land with the right foot in the second square.
- Keep alternating forward on the ladder.

	3B		7B		11B	
2L	4R	6L	8R	10L	12R	14L
1B		5B		9B		13B



**4-5. One Foot**

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

**6. 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, using your arms to help with momentum.
- As you land with both feet be sure to flex your knees to absorb force and keep a steady rhythm.

**7. Two Out, Two In**

- Begin with both feet in the first square.
- Hop with both feet landing outside of the first square.
- Hop with both feet landing inside the second square.
- Hop with both feet landing outside the second square.
- Maintain a good rhythm.
- Continue the pattern forward on the ladder.

**8. 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.
- As you land, flex your knees to absorb force and then repeat down the ladder.

**9-10. Single leg jumps**

- Begin standing with both feet in the first square.
- Flex your right knee and jump as high as possible into the second square.
- Flex your right knee while landing on it to absorb force, and then repeat down the ladder with a constant rhythm.
- Repeat with the left leg.

**11-13. Forward Two/Back One**

- Begin with both feet in the first square.
- Jump as high as possible to the third square.
- Hop back to the second square.
- Jump as high as possible to the fourth square.
- Hop back to the third square.
- Continue with same pattern.
- Jump high when you go forward and hop softly backward.
- Maintain a good rhythm.
- You can also do this one with one leg at a time.

~~Handwritten scribble~~

**14-15. Lateral Hops**

- Begin standing in the first square facing to the left.
- Hop with both feet down the ladder as fast as possible facing in this direction.
- Be sure that both feet touch the floor in each square.
- Continue facing in the same direction and hop back in the other direction.
- After completion of this, perform exercise using the forward two/back one pattern.

**16-17. Lateral Jumps**

- This is the same as number 14 except you are jumping high instead of hopping.
- Flex your knees each time you land and push off again.
- Be sure that both feet land in each square at the same time.
- Perform this in both directions.
- Maintain a good rhythm.
- After completion of this, perform exercise using the forward two/back one pattern.

***"The higher your standards – the better you become at what you do."***

~~Junkyard School~~

## Agility Circuits

### Circuit 1

- Pro Agility Drill - 3x
- Nebraska Agility Drill - 3x
- Foot Ladders 1-5 - 2x each
- IL Agility Drill - 3x w/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



**2015 Season Fitness Test** – These tests will be done during the first week of tryouts. Your results will be collected and recorded. This information can be used to determine your placement on teams.

#### Technique

#### Touch Test

1. Cones will be set in a “V” formation, 5 yards apart from the point of the “V” to the base. Person being tested will start at the point while the other two are ball tossers 5 yards out from the top of the “V”
2. The tester will spring forward towards the right tosser and volley the ball back to the tosser using only the right side of the body. The tester will pack pedal back to the start and then go towards the left tosser and do the same thing with the left side of the body.
3. The tester will continue until they have 10 consecutive volleys back to the passers. The ball must return to the passers hand or you have to start over.
4. The order is Foot, Thigh to foot, chest to foot, header, jumping header. You have 2 minutes to complete the test accurately, consecutively and completely.

#### Juggling

You will have 3 minutes to get a min of 50 consecutive juggles. Ball has to start at the feet and touches must be consecutive.

#### Cardiovascular

**Cooper 12 minute run test** – tester starts and runs for 12 minutes. The distance measured will be measured in intervals of 1/8 of a lap.

**Beep Test** – You can find this app for free with all phones. You will run consecutive 20 min sprints at the beep. We are looking for you to get at least a 9 – 5. If you get 9-5 or better you will only run this test once this year. Those not making it will have to run it a couple additional times or till they meet the min of 9.5. Winner of the beep test is exempt from cooper test.

#### Strength

**Push up Test**- you will have to complete 30 perfect push ups. You must use correct form . Body must be straight, bottom must stay down, and be sure to come down far enough that your upper arms is parallel to the ground. You are done if form breaks.

**Sit up Test** – You must complete 75 situps consecutively. You will be in regular sit up position, with someone holding your feet. Your arms will be on the ground with your fingertips dragging on the ground. Chest has to touch thighs and shoulders must hit the ground when going back down.

#### Agility

**Pro Agility Test** - You will have to complete the test in 5.50 seconds. You must touch each cone or it will not count. You will be tested going right and left.

**IL Agility W/ ball** – you will have to complete the test in 19.50 seconds from start to finish.