

# Simley Spartans Varsity Boys Soccer

## 12 Week Training Program



"Besides pride, loyalty, discipline, heart, and mind, confidence is the key to all the locks." -Joe Paterno

Below is a 12 week workout program to prepare you for the upcoming season. This workout is intended to get you into the best possible condition for preseason and carry you through the entire season. Fitness will be of the utmost Importance as well as technical excellence in the Spartan soccer program.

This 12-week program, if followed, will help overall fitness when pre-season rolls around. Your fitness levels will be tested during tryouts. The program will be incorporating all aspects of the game into your training. There is a lot of variety and if you do not understand anything please feel free to call at anytime.

Coach Rex can help if you have questions about certain strength exercises too

The work you put into this program will directly affect your season. Below lists how you should follow the weeks of training and attached is how each workout should be done with detailed instructions. Good luck.

**Weeks 1, 2 and 3**

Ball Control and Agility workout 3 times per week

Strength Training 2 times per week

Fitness Shuttles 1 time per week

**Weeks 4, 5, and 6**

Ball Control and Agility workout 3 times per week

Speed Training 1 time per week

Fitness Shuttles 2 times per week

Strength Training 2 times per week

**Weeks 7, 8, and 9**

Ball Control and Agility workout 2 time per week

Speed Training 1 time per week

Fitness Shuttles 2 times per week

Strength Training 2 times per week

**Weeks 10, 11, and 12**

Ball Control and Agility 1 time per week

Speed Training 1 times per week

Fitness Shuttles 2 times per week

Strength Training 2 times per week

# Spartans Ball Control, Agility, and Conditioning Workout

1 minute - Jog while dribbling ball with quick touches, changing direction and speed. Do this in a confined space where many changes and touches are necessary. Work on all the moves we have learned and be creative.

1 minute - Head juggling

1 minute - Throw ball up, trap the ball with your feet before it hits the ground, and move off quickly with a short burst of speed with the ball - repeat.

1 minute - Thigh juggling

1 minute - Throw the ball up, trap the ball with your chest, settle the ball to your feet, and move off quickly with a short burst of speed with the ball - repeat.

1 minute - Foot juggling with no spin on the ball.

2 minutes - Starting in a sitting position, throw the ball up, get up and stop the ball before it hits the ground, settle it to your feet, and move off quickly with a short burst of speed with the ball - repeat using head, chest, each thigh, each foot in that order to trap the ball.

1. Dribble in a figure "8", use the inside of your feet for 6 figure "8's", then use the outside of your feet for 6 more. The markers you dribble around should be 15 yards apart. As you dribble around one marker, accelerate to the other as if you were beating a defender. As you round the marker, use quick touches to improve technical speed.

2. Rest by walking for 30 seconds.

3. Set a marker out about 25 yards from a starting point.

- a. Sprint dribble to marker
- b. Sprint backwards to starting point
- c. Sprint to ball
- d. Collect ball and sprint dribble back to starting point
- e. Repeat 2 times

4. Rest by walking for 30 seconds.

5. Set ball on the ground to your left and set a marker out to your right about 10 yards. Move 10 times from side to side with the ball, without crossing legs do shuffles, toe touches, left foot sole rolls, right footed sole rolls, in that order.

6. Rest by walking for 30 seconds.

7. 60 jumps -Two footed jumping forward and backward over the ball without stopping.

8. Rest for 30 seconds.

9. 60 jumps -Two footed jumping from side to side over the ball without stopping.

10. Rest for 30 seconds.

11. 30 jumps - Throw the ball in the air, jump, catch the ball and throw it back in the air before you hit the ground. Do this continuously for 30 jumps. Try to jump high enough to catch and throw before you come back down.

12. Rest for 60 seconds.

13. 50 Sit-ups and 25 push-ups

# Spartans Soccer Speed Program

This is for your speed development and muscle conditioning. If done properly and consistently (explosively and as fast as you can go) this will improve your speed through the summer. Remember this is just part of what you have to do. You must continue training with the ball and continue playing throughout the summer to put your work into game action.

Take full rest period! Not less

Concentrate on Explosive Starts! (Driving knees, leaning forward, pumping arms) keep stride smooth and powerful throughout sprint.

## **Week 4**

8 X 20 yards  
6 X 40 yards  
4 X 60 yards  
2 X 80 yards  
1 X 100 yards

## **Week 5**

10 X 20 yards  
8 X 40 yards  
6 X 60 yards  
4 X 80 yards  
2 X 100 yards

## **Week 6**

12 X 20 yards  
10 X 40 yards  
6 X 60 yards  
4 X 80 yards  
3 X 100 yards

## **Week 7**

14 X 20 yards  
10 X 40 yards  
8 X 60 yards  
6 X 80 yards  
4 X 100 yards

## **Weeks 8 & 12 Weeks 9 & 11**

16 X 20 yards  
10 X 40 yards  
8 X 60 yards  
6 X 80 yards  
4 X 100 yards

## **Week 10**

20 X 20 yards  
10 X 40 yards  
8 X 60 yards  
6 X 80 yards  
4 X 100 yards

## **Rest period weeks 4 - 7**

30 seconds for 20's  
45 seconds for 40's  
60 seconds for 60's  
75 seconds for 80's  
90 seconds for 100's

## **Rest period weeks 8 -12**

20 seconds for 20's  
30 seconds for 40's  
45 seconds for 60's  
60 seconds for 80's  
75 seconds for 100's

# Spartan Strength Training Workout

This workout should take between 30 - 45 minutes and should be done three days a week. Focus on technique and increasing muscular endurance (i.e. you should push yourselves through the pain and every time it will get easier.) To ensure proper technique, try to work out with a partner. If you need any extra help or would like to do more or even want to incorporate weight lifting, come and see Renee for a personalized workout.

## **Weeks 1, 2, 3, and 4**

Here is the rest interval between each exercise:

Week 1 = 30 seconds

Week 2 = 15 seconds

Week 3 = 15 seconds

Week 4 = No Rest

## **Legs**

Squats: 3 sets of 10 reps

Lunges: 3 sets of 8 reps per leg

Power Lunges: 30 reps alternating

Wall-Sits: 3 sets of 1 minute each

Calve raises on stairs: 2 sets of 30reps

## **Arms/Chest/Back**

Push-ups: 3 sets of 10

Triceps sit-ups: 3 sets of 10

## **Abs/Back**

Crunches: 60 Side

Crunches: 30 per side

Plank: 2 minutes

## **Weeks 5, 6, 7, and 8**

Here is the rest interval between each exercise:

Week 1 = 30 seconds

Week 2 = 15 seconds

Week 3 = 15 seconds

Week 4 = No Rest

## **Legs**

Squats: 4 sets of 15 reps

Lunges: 4 sets of 10 reps per leg

Power Lunges: 35 reps alternating

Wall-Sits: 4 sets of 1:30 minute each

Calve raises on stairs: 3 sets of 40 reps

### **Arms/Chest/Back**

Push-ups: 4 sets of 12

Triceps sit-ups: 4 sets of 12

### **Abs/Back**

Crunches: 80

Side Crunches: 40 per side

Plank: 2:30 minutes

Bicycles: 2:30 minutes

Leg Lifts: 40 reps

### **Weeks 9, 10, 11, and 12**

Here is the rest interval between each exercise:

Week 1 = 30 seconds

Week 2 = 15 seconds

Week 3 = 15 seconds

Week 4 = No Rest

### **Legs**

Squats: 4 sets of 20 reps

Lunges: 4 sets of 15 reps per leg

Power Lunges: 40 reps alternating

Wall-Sits: 4 sets of 2 minute each

Calve raises on stairs: 4 sets of 35 reps

### **Arms/Chest/Back**

Push-ups: 4 sets of 15

Triceps sit-ups: 4 sets of 15

### **Abs/Back**

Crunches: 100 Side

Crunches: 45 per side

Plank: 2 x 2 minutes

Bicycles: 2 x 2 minutes

Leg Lifts: 2 x 30 reps

# Spartan Fitness Shuttles (Conditioning)

## 40-Yard Shuttles

- Two markers 40 yards apart is the setup for this drill.
- Up and back three times (total of 240 yards)
- Rest after each set for 45 seconds, each set should take you around 45 seconds also.
- Weeks 1-6 = 6 sets
- Weeks 6-12 = 8 sets

## 50-Yard Shuttles

- Six markers at ten yard intervals is the set up for this drill
- 10 and back, 20 and back, 30 and back, 40 and back, 50 and back (total of 300 yards)
- Rest after each set is 1 minute, each set should take you around 1 minute also.
- Weeks 1-6 = 6 sets
- Weeks 6-12 = 8 sets