



**Holly Springs Men's Soccer
2020
Fitness & Conditioning Program**

Holly Springs Men's Soccer 2020

Fitness and Conditioning Program

2018-2019 SWAC Conference Champions
2019 East Regional Finalist

Thank You for Interest in the Golden Hawks Soccer Program!

One of the key requirements of a good soccer team is conditioning and the key to any conditioning program is the ATHLETE. No matter how good the program may be, nothing is truly accomplished unless the athlete actually **DOES** the workouts and develops good personal fitness habits. There is a significant difference between making a decision to get fit today and making a commitment to being a fit person over the entire offseason.

We expect every member of this team to execute the packet in its entirety, meaning 100% compliance. You will be selected in August in large part based on your technical ability and overall conditioning so if you want to be on the field than it is necessary to put in the work!

The program works on improving the six main components in conditioning: endurance, speed, flexibility, strength, agility, and explosiveness. Also don't forget to work on your individual ball skills, and try to play as much soccer as possible!

Always **warm up** before you attempt any of the running exercises, complete each workout in the order shown in the **attached fitness schedule** (reading left to right).

Eating a balanced diet and living a healthy lifestyle are essential for this fitness program to be a success. Be professional in every aspect of your lives this summer.

Start the Strength and Fitness Program on Monday, May 18th, 2020.

Have a great summer and be diligent in your preparation for the upcoming season. Your ability to prepare to win should be equal to or beyond your will to win. If you have any questions about this program, email jwill@wcpss.net (varsity coach) Or bmiller@wcpss.net (junior varsity coach).

“Championships are not won today, but by what we have done yesterday in preparation for tomorrow.”



I. Summer Calendar

Be sure that a warm-up and stretch is completed before you start each conditioning session. A sufficient warm-up should last at least 5-10 minutes and allow you to break a sweat. Following the warm-up spend another 5-10 minutes stretching. After completing the workout spend another 5-10 minutes stretching to decrease muscle soreness. Players should rest for about 5 min between each exercise set.

Descriptions of exercises are in the back of this program packet.

Section II – Juggling and Technical Exercises

Section III – Cardio and Body Circuit Exercises

May 18 – May 24 (Week 1)

Workout #	Exercise 1	Exercise 2	Exercise 3
1	Figure 8's	1100 yard Shuttle Run (5 min time limit)	Half-Laps
2	Juggling Series	5 x 20 full sit-ups, 5x 20 pushups, 5x20 Squats, 5x5 pull ups	Hand Run, Super Weave
3	Coverer Series	120's 6 total	Run ½ mile in 3:15min, 1½ minute rest Run 400m in 1:30min, one-minute rest Run 200m in 45seconds Run 200 m in 45 seconds
4	Juggling Series	5 x 20 toe-touches, 5 x 20 pushups, 5x20 Walking Lunges, 5x5 chin-ups	Funnel Run, 5-10-5 Ladders
5	25 min run		

May 25 – May 31 (Week 2)

Workout #	Exercise 1	Exercise 2	Exercise 3
1	Coverer Series	1100 yard Shuttle Run (5 min time limit)	Half-Laps
2	Juggling Series	5 x 20 full sit-ups, 5x 20 pushups, 5x20 Squats, 5x5 pull ups 13:30 MIN MAX	Two Tower Drill, Super Weave
3	Figure 8's	120's 6 total	Run ½ mile in 3:15min, 1½ minute rest Run 400m in 1:30min, one-minute rest Run 200m in 45seconds, one-minute rest Run 200m in 45 seconds
4	Juggling Series	5 x 20 toe-touches, 5 x 20 pushups, 5x20 Walking Lunges, 5x5 chin-ups 13:30 MIN MAX	300 yard shuttle (75 second time limit), 5-10-5 Ladders
5	25 min run		

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June 1 – June 7 (Week 3)

Workout #	Exercise 1	Exercise 2	Exercise 3
1	Coverer Series	1100 yard Shuttle Run (5 min time limit)	Half-Laps
2	Juggling Series	5 x 25 crunches, 5x25 lunges w/skip, 5 x 25 push-ups, 5x25 mtn-climbers, 5x25 Squats, 5x5 pull-ups	Hand Run, Super Weave
3	Figure 8's	120's 8 total (30 second break after 5)	Run ½ mile in 3:05min, 1 minute rest Run 400m in 1:25min, 1 minute rest Run 200min 40seconds, 1minuterest Run 200 m in 40 seconds
4	Juggling Series	5 x 25crunches, 5x25 lunges w/skip, 5 x 25 dips, 5x25 mountain-climbers, 5x25 Squats, 5x5 chin-ups	Funnel Run, 5-10-5 Ladders
5	30 min run		

June 8 – June 14 (Week 4)

Workout #	Exercise 1	Exercise 2	Exercise 3
1	Coverer Series	1100 yard Shuttle Run (4:45 min time limit)	Half-Laps
2	Juggling Series	5 x 25 crunches, 5x25 lunges w/skip, 5 x 25 push-ups, 5x25 mtn-climbers, 5x25 Squats, 5x5 pull-ups 18:30 MIN MAX	Two Tower Drill, Super Weave
3	Figure 8's	120's 8 total	Run ½ mile in 3:05min, 1 minute rest Run 400m in 1:25min, 1 minute rest Run 200min 40seconds, 1minuterest Run 200 m in 40 seconds
4	Juggling Series	5 x 25crunches, 5x25 lunges w/skip, 5 x 25 dips, 5x25 mountain-climbers, 5x25 Squats, 5x5 chin-ups 18:30 MIN MAX	300 yard shuttle, 5-10-5 Ladders
5	30 min run		

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June 15 – June 21 (Week 5)

Workout #	Exercise 1	Exercise 2	Exercise 3
1	Coverer Series	1100 yard Shuttle Run (4:30 min time limit)	Half-Laps
2	Juggling Series	4x30 in & outs, 4x30 jumping lunges, 4x30 knees to elbows, 4x30 Squat jumps, 4x30 push-ups, 4x8 pull-ups	Hand Run, Super Weave
3	Figure 8's	120's 10 total (30 second break after 5)	Run ½ mile in 3:00min, 1 minute rest Run 400m in 1:20 min, 1 minute rest Run 200min 35 seconds, 1minute rest Run 200 m in 35 seconds
4	Juggling Series	4x30 in & outs, 4x30 jumping lunges, 4 x 30dips, 4x30 knees to elbows, 4x30 Squat jumps, 4x8 chin-ups	Funnel Run , 5-10-5 Ladders
5	35 min run		

June 22 – June 28 (Week 6)

Workout #	Exercise 1	Exercise 2	Exercise 3
1	Coverer Series	1100 yard Shuttle Run (4:30 min time limit)	Half-Laps
2	Juggling Series	4x30 in & outs, 4x30 jumping lunges, 4x30 knees to elbows, 4x30 Squat jumps, 4x30 push-ups, 4x8 pull-ups 28:30 MIN MAX	Two Tower Drill, Super Weave
3	Figure 8's	120's 10 total	Run ½ mile in 3:00min, 1 minute rest Run 400m in 1:20 min, 1 minute rest Run 200min 35 seconds, 1minute rest Run 200 m in 35 seconds
4	Juggling Series	4x30 in & outs, 4x30 jumping lunges, 4 x 30dips, 4x30 knees to elbows, 4x30 Squat jumps, 4x8 chin-ups 28:30 MIN MAX	300 yard shuttle , 5-10-5 Ladders
5	35 min run		

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June 29 – July 5 (Week 7)

Workout #	Exercise 1	Exercise 2	Exercise 3
1	Coverer Series	1100 yard Shuttle Run (4:15 min time limit)	Run ½ mile in 2:55min, 1 minute rest Run 400m in 1:15 min, 1 minute rest Run 200m in 35 seconds, 1 minute rest Run 200 m in 35 seconds
2	Juggling Series	Body Circuit Training	Two Tower Drill, Hand, Funnel Runs
3	Figure 8's	120's 12 total – 30 sec break after first 10	3*300m (each 300m in 52 sec or less) 3*100m (each 100m in 15 sec or less) Rest 90 Seconds after each run
4	Juggling Series	Body Circuit Training	300-yard shuttle, super weave, 5-10-5 Ladders
5	3 Mile Run @ 7 min/mile pace		

July 6 – July 12 (Week 8)

Workout #	Exercise 1	Exercise 2	Exercise 3
1	Coverer Series	1100 yard Shuttle Run (4:15 min time limit)	Run ½ mile in 2:55min, 1 minute rest Run 400m in 1:15 min, 1 minute rest Run 200m in 35 seconds, 1 minute rest Run 200 m in 35 seconds
2	Juggling Series	Body Circuit Training	Two Tower Drill, Hand, Funnel Runs
3	Figure 8's	120's 12 total – 30 sec break after first 10	3*300m (each 300m in 52 sec or less) 3*100m (each 100m in 15 sec or less) Rest 90 Seconds after each run
4	Juggling Series	Body Circuit Training	300-yard shuttle, super weave, 5-10-5 Ladders
5	3 Mile Run @ 7 min/mile pace		

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July 13 – July 19 (Week 9)

Workout #	Exercise 1	Exercise 2	Exercise 3
1	Run 1 mile in 5:45min, 1-minute rest Run ½ mile in 2:50min, 1-minute rest Run 400m in 1:15min, 1-minute rest Run 200m in 35 seconds, 1-minute rest Run 200m in 35 seconds	Hand Run, 5-10-5 Ladder	Body Circuit Training
2	Juggling Series	Coverer Series	120's 15 total – 30 sec break after first 10
3	2* 400m (each 400m in 1:10min or less) 2*300m (each 300m in 52 sec or less) 2*200m (each 200m in 33 sec or less) 2*100m (each 100m in 15 or less) Rest 90 seconds after each run	Two Tower Run & Funnel Run	Body Circuit Training
4	Juggling Series	Coverer Series	1100 yard Shuttle Run
5	3 Mile Run @ 7 min/mile pace	Half-Laps, Super Weave	Body Circuit Training

July 20 – July 26 (Week 10)

Workout #	Exercise 1	Exercise 2	Exercise 3
1	Run 1 mile in 5:45min, one-minute rest Run ½ mile in 2:50min, one-minute rest Run 400m in 1:15min, one-minute rest Run 200m in 35 seconds, one-minute rest Run 200m in 35 seconds	Hand Run, 5–10–5 Ladder Run	Body Circuit Training
2	Juggling Series	Coverer Series	120's 18 total – 30 sec rest after 10 and 15
3	2* 400m (each 400m in 1:10min or less) 2*300m (each 300m in 52 sec or less) 2*200m (each 200m in 33 sec or less) 2*100m (each 100m in 15 or less) Rest 90 seconds after each run	Two Tower Run & Funnel Run	Body Circuit Training
4	Juggling Series	Coverer Series	1100 yard Shuttle Run
5	3 Mile Run @ 7:00 min/mile pace	Half Laps and Super Weave	Body Circuit Training

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II. Juggling Series and Technical Exercises

Juggling Series

Warm-Up: 50 Consecutive touches following the sequence of: 10 right foot juggles, 10 left foot juggles, 10 right thigh juggles, 10 left thigh juggles, 10 head juggles

*ALL sequences start with ball on ground and you can use any move to get it to your feet!

1. Head to right thigh and back to head continuously (5x)
2. Head to left thigh and back to head continuously (5x)
3. Right thigh to right foot, and back to right thigh continuously (5x)
4. Left thigh to left foot, and back to left thigh continuously (5x)
5. Right thigh to left foot, and back to right thigh continuously (5x)
6. Left thigh to right foot, and back to left thigh continuously (5x)
7. Chest to foot and back to chest continuously (5x)
8. Chest to left foot and back to chest continuously (5x)
9. Right foot to left foot then right thigh and back to right foot continuously (5x)
10. Left foot to right foot then to left thigh and back to left foot continuously (5x)
11. Head to right foot and back to head continuously (5x)
12. Head to left foot and back to head continuously (5x)

Juggling/Settling Series

***All series begin with four juggles then a settle and carry in opposite direction then facing with two three sprint dribbles.**

1. Head to right thigh, head to left thigh take away with inside of right foot.
2. Chest to right foot, chest then left foot, take away with outside of right foot
3. Right thigh to left thigh, take away with inside of left foot
4. Right foot to left foot, take away with outside of left foot
5. Right foot to head, left foot to head, take away with inside of right foot
6. Right foot to right thigh, left foot to left thigh, take away with outside of left foot

Continuous Juggling Challenge

NO BREAKS, if you drop the ball recover it immediately and continue. You have 5 attempts to get through as much of the challenge.

CHALLENGE YOURSELF!

1. Juggle 50 times with both feet keeping the ball below your waist go right into
2. Juggle 3 low, 1 high with feet (15x), right into
3. Juggle 3 low, 1 high drop to a knee, get back to feet and control (10x) right into
4. Juggle 3 with right foot, 3 with left foot, 3 with head (15x) right into
5. Juggle 2 low touches with right foot, 1 high touch and repeat with left foot (10x)
6. 80 touches with both feet moving forward and backwards

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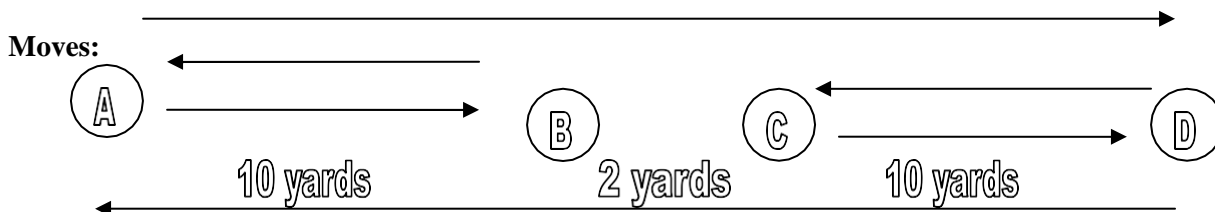


Figure 8:

- **Inside the foot-** Dribbling around two cones in a figure 8 direction, use only the inside of your left and right foot, exploding out of each turn.
- **Outside the foot-** Dribbling around two cones in a figure 8 direction, use only the outside of your left and right foot, exploding out of each turn.
- **360 turn-** Using any part of your foot, dribble in a figure 8 direction, but this time at each cone, dribble 360 around the cone and then explode to next cone.
- **Sole of the foot-** Dribbling around two cones in a figure 8 direction, use only the sole of your left and right foot, exploding out of each turn.
- **Sole Roll Inside-** Dribbling around two cones in a figure 8 direction, dribble with any part of your foot and when coming out of the turn, sole roll with the bottom of your foot across your body and speed dribble with the inside of the opposite foot.
- **Sole Roll Outside-** Dribbling around two cones in a figure 8 direction, dribble any part of your foot and when coming out of the turn, sole roll with the bottom of your foot across your body and speed dribble with the outside of the opposite foot.

Coverer Work

On a line with four cones, be able to do all these different moves, and change of directions at game speed. Being successful and accomplishing these two things will allow for you to become a more confident and dynamic player with the ball at your feet.



- Drop Shoulder- simplest, easiest and because of this, the most important move to master; fake kick, dropping opposite shoulder of the faking foot, push off of standing foot and explode outward with outside of foot; or, with inside of foot, explode turning inward across the body or, chip or lift while exploding in either direction using upper toe area.
- Scissor – While dribbling, dip shoulder and fake one direction with the outside of the foot moving past the ball. Explode in opposite direction with outside of other foot.
- Cap or “L”- Cut ball with inside of foot slightly backwards and take the ball ahead with the inside of the opposite foot pushing it directly forward.
- V-Cut- With sole of the foot farthest from the ball pull the ball back across the body and explode with the inside, or outside of same foot.
- Big Toe-Little Toe- While the ball is moving, touch ball with big toe “inside of foot” inward and quickly touch away with little toe “outside of foot” and explode. To sell it, make sure you dip your shoulder inward which should allow you to be in an athletic possession to explode out.
- Rooney- While dribbling at pace you slow down approaching a defender and pretend to roll the ball back with the sole of your foot, instead explode and role the ball forward beyond the defender. Shoulder shake is important.
- Ronaldo- Dribbling at speed, you push the ball ahead and with your right foot, push it behind your left leg.
- Front Roll- While moving forward, pull ball across body with sole and take with outside of opposite foot.

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(Be good at all of these but **MASTER** two or three which will allow you to beat every opponent you face!)

Change of Direction:

- Cruyff- Fake kick like you are crossing the ball, but instead pull ball behind the standing leg and change directions.
- Step Over- With ball moving, step around the ball so ball is outside of the step over foot, turn and take the ball away with the inside of your other foot.
- Inside the foot chop- With the inside of your foot, chop down on the top half of the ball, pushing the ball back in the opposite direction. It is important that the ball is outside your standing foot or this will not work.
- Outside the foot chop- With the outside of your foot, chop down on the top half of the ball, pushing the ball back in the opposite direction.
- Sole Turn- With the bottom of your foot roll the ball backwards and turn your body in the same direction. Take the ball away with opposite foot which you sole turn with. (i.e. sole turn right foot, turn body to the right but dribble away left footed).

Coverer Series- Always start and finish at cone A.

In between A-B and C-D you only need to do the move ONE time.

1. In between A-B and C-D “drop shoulder”. At A and D Cruyff turns alternating right and left foot. Speed dribble after completing “drop shoulder”.
2. In between A-B and C-D “scissor”. At A and D Step Over alternating right and left foot. Speed dribble after completing “scissor”.
3. In between A-B and C-D “Cap or L”. At A and D inside the foot chops alternating right and left foot. Speed dribble after completing “Cap or L”.
4. In between A-B and C-D “V-Cut”. At A and D outside the foot chops turns alternating right and left foot. Speed dribble after completing “V-Cut”.
5. In between A-B and C-D “Big Toe-Little Toe”. At A and D sole turns alternating right and left foot. Speed dribble after completing “Big Toe-Little Toe”.
6. In between A-B and C-D “Rooney”. At A and D inside the foot chops alternating right and left foot. Speed dribble after completing “Rooney”.
7. In between A-B and C-D “Ronaldo”. At A and D outside the foot chops alternating right and left foot. Speed dribble after completing “Ronaldo”.
8. In between A-B and C-D “Front Roll”. At A and D Cruyff turns alternating right and left foot. Speed dribble from after completing “Front Roll”.

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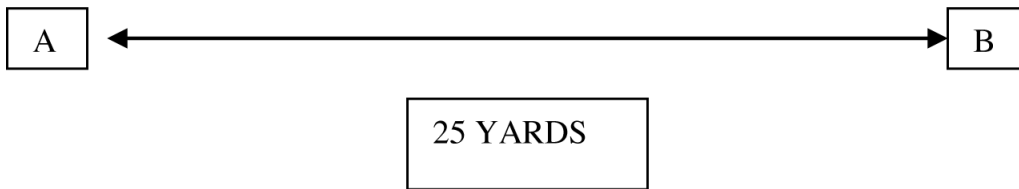
III. Cardio and Body Circuit Exercises

SPEED AND AGILITY DRILLS

300 Yard Shuttle

The 300-yard shuttle is a very tough agility movement. The athlete will be going a twenty-five yard distance. The objective is to move between the lines as quickly as possible until 12 complete trips are completed, which equals 300 yards. The goal is to complete the drill in less than 65 seconds and to continue improving the time. You will complete 4 times and have a 2 minute rest break between each shuttle.

**There are 12 direction changes in this drill.



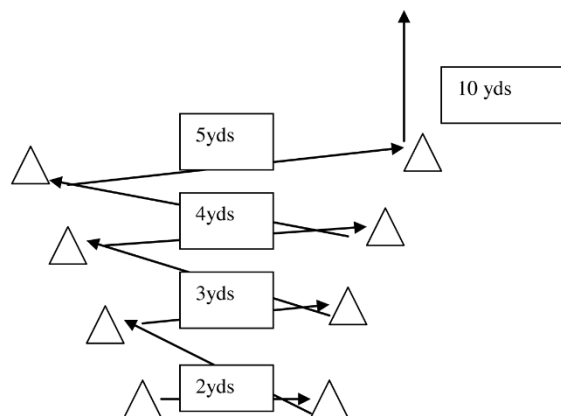
120's

120's are a test designed to measure a player's ability to run longer distances. 120 yards is the equivalent to the length of a normal soccer field or a 110 meters. The player starts at one end of the field and must sprint to the other end. At the end the player has the remainder of the minute to rest. The rest involves a jog back to the starting point. Players have 25 seconds to complete sprint and have 35 seconds to get back to starting line; these times may get more challenging throughout the summer. There is extra rest time after runs 10 and 15. Goal = complete the indicated number of 120's or 110 M. The fitness test at tryouts will have players complete similar number of sprints and time durations.

Funnel Run

Sprint laterally; keep the knees bent and shuttle side to side, when you reach the last cone sprint forward 10 yards, and walk back to the start.

Repeat 6-8 times



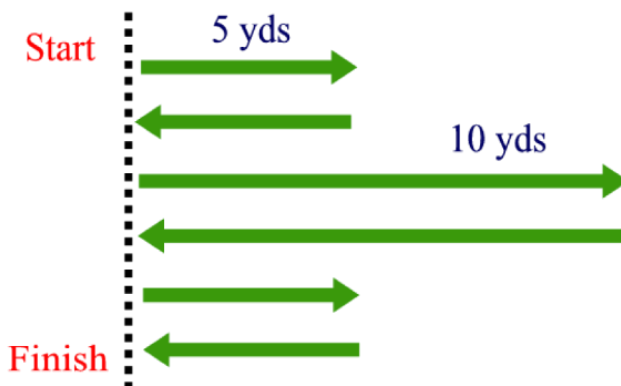
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5-10-5 Short Ladders

Start in a sport specific position and sprint 5 yards out. Touch the line and sprint to the starting line. Next sprint 10 yards, touch the line, and sprint back. Continue with the last 5 yards out and back. Change sprints into shuffle, carioca, and backpedal. Also change the direction the athlete turns after touching the line.

Repeat 8 times

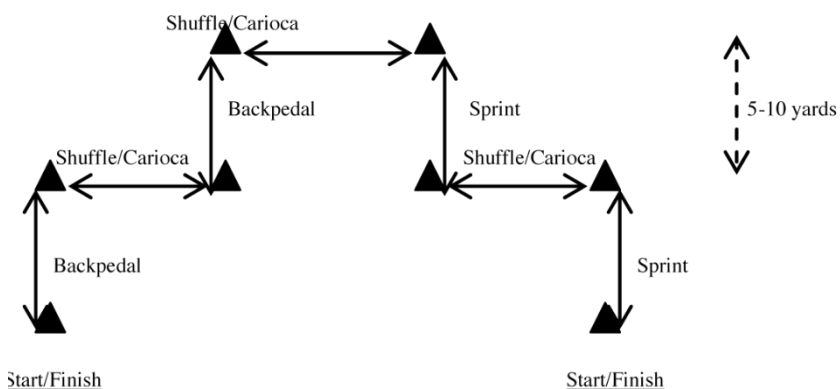


Two Tower Drill

Begin drill by backpedaling ten yards and then either shuffle/carioca ten yards to cone.

Again backpedal another ten yards and shuffle/carioca ten yards through cone. Next sprint ten yards to cone and shuffle/carioca ten yards and finish with a ten-yard sprint to the last cone.

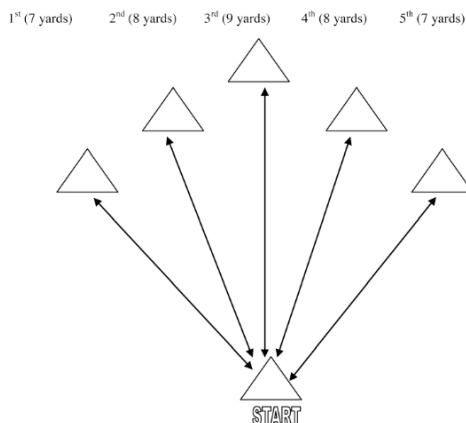
Repeat 8 times



Hand Run

Begin at the START cone and sprint forwards to the 1st cone and then sprint backwards to the start cone, then sprint forwards to the 2nd cone and backwards to the start cone, continue to do the same for the 3rd, 4th & 5th cone....this equals one set.

Workload: 6-8 sets with a 30 second rest between each set



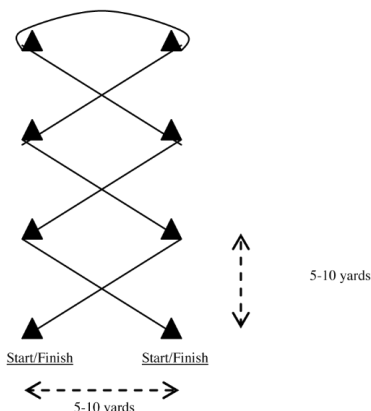
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Super Weave

Start on either side of the drill and sprint through the entire drill while weaving in and out of each cone, touch each cone before continuing.

Workload: 6-8 sets with a 30 second rest between each set



Half Laps

Using a standard soccer field (110-120yds * 70-80yds) start where the centerline & touchline meet. Sprint around the perimeter of the field (behind the goal) and finish at the opposite side of the field (where the other touchline & center-line meet). You will be running 2 half fields and one width. When you complete the half lap immediately jog across the centerline. When you reach the original starting point, repeat sprint & jog. You have 30 seconds to complete the half lap and 30 seconds for the recovery jog across the centerline.

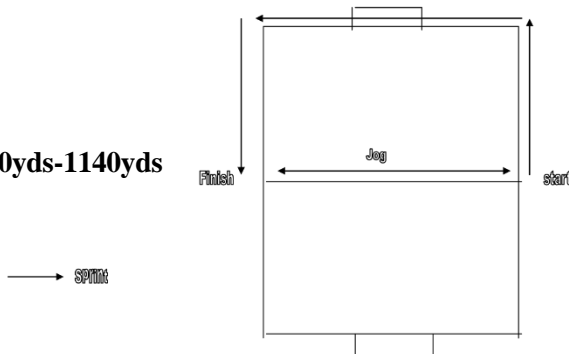
Time Limit: 30 seconds

Rest Period: 30 seconds (jog)

Repetition: 6 half laps

Workload: approx 180-190yds each half lap * 6 = 1080yds-1140yds

Time Duration: 6 minutes



1100 yard Shuttle Run

Put a cone down (on a level surface) as a starter marker and then place seven cones the exact distance from the starter marker as drawn above. Run from the starter marker to the 1st cone and back, and then to the 2nd cone and back, 3rd cone and back, 4th cone and back, 5th cone and back, 6th and back, 7th and back.

Time Limit: 4 minutes

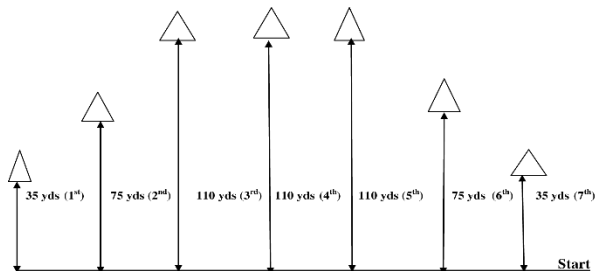
Rest Period: 2 minutes

Repetition: 4 shuttles

Workload: 4400 yds

Time Duration: 22 mins

***Modify by running 1 less 110 yd (the 4th run) ***



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BODY CIRCUIT TRAINING

Each exercise is to be performed for 30 seconds with a 15 second rest in between exercises.

Do 2 rotations of the assigned body circuit with a 3 minute rest in between circuits.

****May use light DB's for exercises if you have access****

Prior to starting the circuit, make sure you do the following:

5-minute warm-up - any type of cardio or running.

A comprehensive full body stretch.

Exercises:

Squats

Walking Lunges – alternate legs.

Bicycle crunches - hands behind head, legs off the ground, opposite elbow to knee.

Push Ups

Pull-Ups – Palms facing towards you

Broad jumps – jump as far out as you can.

Bicycle Jumps – right foot in front, left foot back, jump as high as possible and alternate feet

Mountain Climbers – keep knee over your ankle

Bench dips – hands on a bench or chair, feet straight out on the floor, lower yourself until upper arm is parallel with the floor

Chin-Ups – Palms facing away from you

Squat Jumps

Burpees – jump, hands on ground, extend you legs into a push up position, legs back to chest, jump.

Front Plank

Clap Pushups

Wide-Grip Pull-Ups

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