

**Holly Springs Soccer
FITNESS PACKET
2021**



#HAWKDNA

WEEK 1

Pacer Test: Goal for Tryouts is 100 for Varsity, 85 for JV (Download BT Lite – Place cones 20 yards apart)

Week 1

Pacer Test score: _____

Juggling Test

Juggling Test score: _____

Complete everyday with fitness (12 minutes Total)

- Juggle Right Foot Only (2 minutes)
- Juggle Left Foot Only (2 minutes)
- Juggle Alternating Right Foot and Left Foot (2 minutes)
- Juggle Right foot (3x's) Left Foot (3x's) (2 minutes)
- Juggling Max Score (2 minutes)

DAY 1

- Short sprints: Mark 2 cones 40 yards apart. Sprint as fast as you can to one cone, rest 30 seconds to 1 minute, sprint back. Rest anywhere between 30 seconds and 1 minute between each rep. This counts as 2 reps. Try to make each sprint in 7 seconds or less. Do 14 Reps in total. Make sure it is a full-effort sprint to build up your explosiveness and power. Don't cheat yourself!

C.....C <<<Diagram

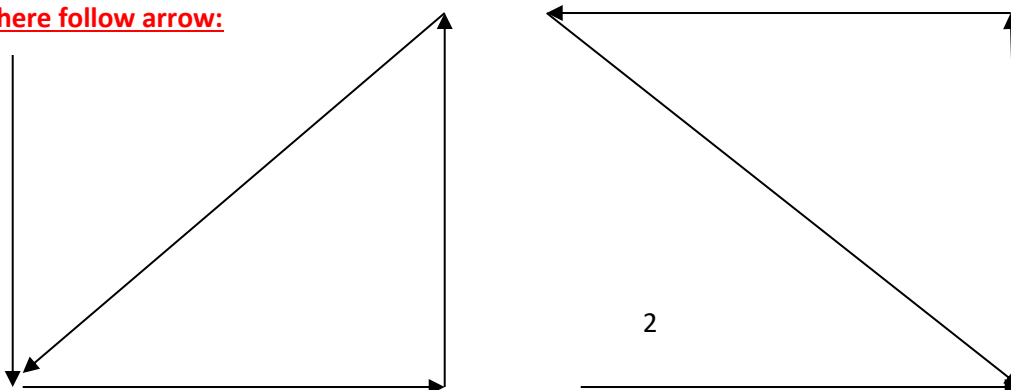
- Do one plank ladder. Plank for 30 seconds, rest, 45 seconds, rest, 1 minute, rest, 1 minute, rest 45 seconds rest, 30 seconds, complete.

DAY 2

- Long Sprints: find a soccer field, use half of it. If you do not have access to a soccer field make a large 50 yard box in each direction. You are going to jog 3 lengths slow, then sprint diagonally across the box. Jog 3 lengths and then sprint diagonal. This is 2 reps; you need to complete 12 in total. In the end you will have run diagonally 10 times.

#1 Continue like so: and don't stop until all 10 complete

Start here follow arrow:



- Jump rope for one minute. 3 times. Rest in-between each minute.

Attest: _____

DAY 3

- Plyo day: Do as fast and as efficient as possible: 10 burpees, 10 Pushups, 10 Jump squats, 30 crunches. This is one set. Complete 3. You are allowed a minute and a half break in-between each set.
- Set up two cones 6 yards apart. Shuffle as fast as possible between each cone 10 times. Touch each cone with hand as shuffling. This is one set. Complete this 3 times with a minute break in-between each set.

Attest: _____

DAY 4

- Set up cones 30 yards apart with one 10 yards one 20 yards and one 30 like so.

Start (0)....C (10).... (20)....C (30yds)

You are going to complete 8 suicides. Run from start to 30 yds, back to start, to 20 yds, to start, to 10 to start. This is one suicide. You can rest in-between each suicide about 45 seconds. Concentrate on sharp, explosive turns.

- Lateral two footed hops over a line (45 seconds) vertical two footed hops over a line (45 seconds. Do each 3 times with 45 second rest in between. Get as many hops in as possible, push yourself.

Attest: _____

WEEK 2

Pacer Test: Goal for Tryouts is 100 for Varsity, 85 for JV (Download BT Lite – Place cones 20 yards apart)

Week 2

Pacer Test score: _____

DAY 1

- Sprints: Set cones 2 cones 60 yards apart.. Sprint to one side as fast as possible. Rest 30 seconds. Sprint to other side. That is 2 reps. Complete 12 reps. (First 3 - start with your back facing the cones, pivot sharply and complete the sprint, Second 3 – start in pushup position, explode up and through the sprint, third 3 – start laying flat on stomach and complete, final 3 sprints – start laying flat on your back and complete the sprint)
- Do 250 sit-ups of any kind, remember you can switch them up, such as 50 bicycles, 25 crunches, 60 side crunches, until you hit 250! Be creative and make sure to try to engage your whole core, YouTube has some great suggestions for abs exercises!

Attest: _____

DAY 2

- Jog around a 50 yard box (or half a field) backwards the entire way. Complete three of these reps. Rest about a minute in between reps.
- Walk back sprints. Mark 100 yards. Sprint to one side and walk back to the start, Sprint as soon as you reach start again. Do 10 times.

Attest: _____

DAY 3

- Jog as slow as you want for 3 miles

Attest: _____

DAY 4

- Plyo day: Fast and as efficient as possible: 10 tuck jumps, 15 jumping jacks, 10 side lunges, 10 side lunges other side, 30 Russian twists. (1 rep) Do 3 reps with minute rest in between each rep.
- 1 mile cycle run – 30 seconds very slow jogging, 30 seconds good paced jog and 30 seconds sprint. Cycle through that pattern until you have run a mile.

Attest: _____

WEEK 3

Pacer Test: Goal for Tryouts is 100 for Varsity, 85 for JV (Download BT Lite – Place cones 20 yards apart)

Week 3

Pacer Test score: _____

DAY 1

- Ladder series: If do not have ladder use cones. Set 8 cones.

Do each rotation three times: 1 foot in each, 2 feet in each, skip one each step, go forward two back 1, 2 footed hops, 1 foot hop each side, icky shuffle, backwards icky shuffle, sideways shuffle. Be creative, if you can think of others feel free to do them as well!

- Do one plank ladder. Plank for 30 seconds, rest, 45 seconds, rest, 1 minute, rest, 1 minute, rest 45 seconds rest, 30 seconds, complete.

Attest: _____

DAY 2

- Long sprints: Find a full field. If not full field set two cones 100 yards apart. Run from first cone to other cone, and back! This is one set. Complete 7 with minute rest in-between.
- 300 abs of any kind! (Switch up different ones throughout)

Attest: _____

DAY 3

- 30 yard sprints: Set two cones 30 yards apart. Sprint to cone and back. Sprint backwards to cone and backwards back. Sprint sideways (shuffle) and back. Sprint sideways (shuffle) and back (other side). This counts as 1 set. Do 3 sets with 1 minute rest between each set.
- With the same cones: 2 sprints (only to the first cone then walk back to start) of each variation: starting backwards and pivoting, pushup position, laying on stomach, laying on back and 1 knee on the ground. Take about 30 seconds rest in between sprints.
- Jump rope 50 skips, rest, 100 skips, rest, 150 skips.

Attest: _____

DAY 4

- Plyo: Do as fast and as efficient as possible: 15 burpees, 15 Pushups, 15 Jump squats, 50 crunches. This is one set. Complete 4. You are allowed a minute and a half break in-between each set.
- Jog a mile and a half

Attest: _____

WEEK 4

Pacer Test: Goal for Tryouts is 100 for Varsity, 85 for JV (Download BT Lite – Place cones 20 yards apart)

Week 4

Pacer Test score: _____

DAY 1

- You will do this exercise for 20 minutes. Jog for 3 minutes and run fast for 2. Jog 3 minute run fast for 2. And continue until you reach 20 minutes.
- 400 abs of your choice!

Attest: _____

DAY 2

- 40 yard suicides (same as 30 yards in week 1) just add extra 10 yard cone. Still put cones 10 yds apart from each other. Do 8 reps.
- Lateral two footed hopes over a line (60 seconds) vertical two footed hopes over a line (60)seconds. Do each 3 times with 45 second rest in between.

Attest: _____

DAY 3

- 50 mountain climbers, 40, bicycles, 30 squats, 20 tuck jumps, 10 pushups. One set, do 3 with minute in between each set.
- Set up two cones 6 yards apart. Shuffle as fast as possible between each cone 10 times. Touch each cone with hand as shuffling. This is one set. Complete this 3 times with a minute break in-between each set.

Attest: _____

DAY 4

- Full field suicides: Use a full field or cones. Set cone at start, 6 yards, 18 yards, 50 yards, 82 yards, 88 yards and 100 yards. Run to 100 yards back, 88 back, 82, back, 50, back, 18, back, 6, and back. This is one rep. Complete 3 reps with 3 minute rest in between.
- Jog a mile

Attest: _____