

## **To all varsity and junior varsity soccer candidates,**

This is the “cover letter”, if you will, of your summer soccer training packet. The following pages give you a detailed guide, schedule, and explanation of the type of conditioning exercises I expect all returning varsity players and aspiring varsity candidates to follow over the next few months, but it can also be an excellent reference for jv players. Read attentively, keep it handy (post to a wall!), and do your best to follow the suggested routines, even if you have to adapt it a bit to fit your level. What you do this summer will set the tone for the fall!

I hope one of our team goals this upcoming season will be to qualify for the league playoffs and to make it to the championship match. But to achieve those goals, we need to start in June. To be champions, you need to train like champions.

With this in mind, I thought it might be useful to remind or alert you to a few things you can expect during pre-season. First of all, there will be several fitness, speed, strength, and agility tests for aspiring varsity athletes at the beginning of pre-season, including a 2 mile run (in under 12:45), a series of 200 meter sprints (under 30 s), the “Stanford Fitness” Test, a 40 yard “T” test or sprint, and a pushups/ situps circuit.. For those who see themselves in the varsity pool (and I’m not excluding anyone off the bat), following the summer training guide will allow you to score well on those tests (and make a good impression on your coaches!) . If you are a Varsity candidate and cannot pass these fitness tests, you will be required to run “Breakfast Club” endurance runs during pre-season (that means, showing up early to practice and doing extra running). *More importantly, the inability of upper classroom to complete the 2 mile run, the Stanford Fitness test, and the 200 meter set of sprints under the required time may be a factor as to whether or not you make the team.* As we are becoming a more competitive and deeper soccer program, it is likely that I will consult the fitness tests to help my decision making.

I will also be bringing back the “points” competition this year. This a series of individual and team events (including the aforementioned fitness and speed tests) that will start during pre-season and continue throughout the fall. The winner will be crowned at our end of the season banquet. One of the first events will be a juggling contest (*Varsity members will be expected to achieve at least 20 consecutive touches on each foot, 40 alternating feet, 40 thigh touches (alternating), 10 head touches, and 80 total body touches.*

Here are some of the events/competitions that will take place during pre-season and beyond.

### Fitness (aerobic and anaerobic), agility, speed, and strength component

2 mile run (Varsity members are expected to do it in under 12 min 45 seconds)

Interval test (200 m in under 30 seconds or w/ change of direction in under 35 seconds; 2 sets of 4 with 1/3 work to rest ratio)

Stanford Fitness Test

Illinois agility test (agility/quickness/strength)

Middlesbrough shuttle run (another agility test)

“T” test (agility, strength)

40 m change of direction test

Skill component

Juggling

1v1 and up to 4v4 tournaments

Team Soccer Tennis

Soccer golf

Shooting for accuracy

Passing for accuracy

Illinois or Middlesbrough agility test with ball (dribbling)

Have a great summer and keep on kicking! In addition to any camps you may do, remember that there are Tues/ Thurs soccer pick-up games at fields (ball work from 6-630 and free play from 6 30-8ish). All are welcome! And feel free to organize other games at other sites (Penn Park, for example). The more you play together, the better off we will be this fall.

Let's Go Tigers!

Coach Sam

## GFS Boys High School Soccer Summer Training

### Guidelines

- 1) Keep a written record of your training and soccer playing (a sample training log is provided in the packet). This is a great way to measure improvement and help you stay on target for your training goals. It's important to be specific. How many sprint or dribbling sets did you do? What distance was covered? For how many minutes was your distance run? What was your time? How long did you juggle? What was your high score? etc. Be ready to show your training log at the beginning of pre-season.
- 2) Another great way to keep up with your training is to work with a motivated partner, teammates especially! In addition, it is the only way (minus a kick board) to work on essential soccer techniques (receiving/ first touch, passing, ball striking, heading) as well as 1v1s and other skill work.
- 3) This is a progressive training program focused on getting a solid aerobic base first. So it's important to start right from the get-go if we want to be match fit by pre-season (see next page for more on this).
- 4) Playing soccer is the best way to get soccer fit. But only if you are truly playing hard! So if you come to fields on Tues and Thurs nights or play elsewhere, make sure you are truly pushing yourself and working on maintaining or developing good habits (i.e. chasing the ball after losing it, tracking back defensively, moving off the ball to support teammates, etc). **The habits make the player, thus good habits make good players!**
- 5) "Run for yourself, run for your mates!" The commitment you put in this summer improves your own abilities and raises the level of the whole team. If our average player is above average, we get the results we want this fall!

## GFS Boys High School Soccer Summer Training

I have written up a very detailed and specific training schedule. The reason I have done so is to give concrete examples of what the progression of your summer training should look like. It's a challenging program that is geared towards the serious and motivated high school soccer athlete (I want to aim high and so should you!). That said, we are not all there yet and, obviously, people's schedules, commitments, and availability are different. But if the majority of us can stick to something close to the workouts, we will be collectively (and that's what counts in soccer!) where we want to be come August 22<sup>nd</sup>.\*\* To reiterate: you should stick to the spirit of the training guide; you do not have to follow it to the letter. With that in mind,...

### **Here is the goal of the program:**

To establish an aerobic base; then focus on improving fitness through cardio exs. and movements that are soccer specific. This is what will prepare us best for the upcoming season!

### **Here is the overall progression of the program:**

Weeks 1-3: establish a solid aerobic base (four cardio runs per week)

Weeks 4-7: introduce speed endurance (aerobic/anaerobic) and soccer specific movements (four cardio exer, 1 quickness/sprint per week)

Weeks 8-9: increase aerobic base and improve speed endurance; add more quickness/explosiveness to soccer specific movements (four cardio ex, 1-2 quickness ex per week)

*If you have to modify the workouts (i.e. give yourself more recovery time, shorten the distance, do one less rep, substitute an exercise for an easier one), then do so. Just try your best (truly), hold yourself to a high standard, and push yourself to achieve. The fitness gains will be quickly apparent and the soccer benefits will be obvious (more ground covered in the game, more touches on the ball, more balls won, quicker recovery, less injuries, etc). Keep your eyes on the prize! Let's make an impact on the FL! Let's startle the Inter-Ac! Let's get back to our league and state playoffs!*

### **Other comments/suggestions...**

-If the specific days of the week don't work for you, adjust and try to keep the amount and type of workouts the same (just avoid back to back speed endurance workouts; intersperse with distance or tempo runs)

-If you are playing organized soccer over the summer with a club, each training or game= 1 cardio/endurance session.

\*\* Personally, I want to spend pre-season working on improving technical execution, speed of play, team shape, and organization. I do not want to waste it on trying to establish fitness that we should already possess! ).

## Other comments/suggestions continued...

-If you are at a soccer camp, that camp replaces your fitness program for the days you are at camp. And take a day off to recover and rejuvenate after camp.

-There IS absolutely such a thing as overtraining. For example, don't work out 6 days a week (I'm not including juggling or light ball work/ touches in this category). Your body needs time to recover. That's how you get stronger/quicker/fitter and all the rest.

-If you get off to a poor start this summer and miss the first two weeks, do not start at Week 3! Start at Week 1! You need 3 weeks to establish a solid aerobic base. It is what will allow you to carry out all the other work efficiently. Always begin at the beginning!

-**The cardio exercise that most mirrors soccer is... soccer!** So play when you can (Tues and Thurs nights at fields, or at Penn park, etc). But remember: good habits make good players! So work hard in transition, play quickly, play with your head up, move to support or get in advance of the ball, no lunging in defense but tough in tackle, etc etc.

-A last reminder: train with the ball, train with partner(s) as much as possible. You will improve your technique on the ball, you will improve your quickness, flexibility and fitness, etc. Soccer play and soccer movements= better soccer player and soccer athlete.

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## GFS Boys Soccer Summer Training Schedule 2017

(Explanations of the exercises can be found in the following section)

### Week 1

M (6/17) 30 min run.  
W (6/19) 30 min run  
T (6/20) 30 min run  
S (6/22) 30 min run

-always warm up and cool down appropriately.

-Feints/fast footwork/juggling ball work can be done after runs. Work on technique, not endurance. Do ball work 3 or more times this week (even if only 15 minutes).

-Planks 3x or more a week; situps/push ups 3x or more a week

### Week 2

M (6/24) 30-35 m run (wk 2)  
W (6/26) 30m pulse run  
T (6/27) 30-35 m run  
S (6/29) 30 m pulse run

-Always warm up and cool down appropriately.

-Feints/fast footwork/juggling ball work can be done after runs. Work on technique, not endurance. Do ball work 3 or more times this week (even if only for 15 minutes).

-Planks 3x or more a week; situps/push ups 3x or more a week

### **Week 3**

M (7/1) 35-40 m run  
W (7/3) 30 m pulse run  
T (7/4) 35-40 min run  
S (7/6) 30 min pulse run

-Always warm up and cool down appropriately.

-Feints/fast footwork/juggling ball work can be done after runs. Work on technique and quickness of execution, not endurance. Do ball work 3 or more times at his week (even if only for 15 minutes).

-Planks 3x or more a week; situps/push ups 3x or more a week

### **Week 4**

M (7/8) 35 Pulse run  
T (7/9) Fartlek run (session A)  
W (7/10) pattern running / fast footwork speed (so 1:6 work/rest ratio)  
T (7/11) 40 min run  
S (7/13) 35 pulse run

- dynamic warm up before farlek run or pattern running! Cool down/stretch after all sessions.

-Feints/fast footwork/juggling ball work can be done after runs or *with fartlek runs (if on field)*. If you do your ball work after cardio run, work on technique and quickness of execution (so allow adequate recovery time btwn reps). Do ball work 3 or more times this week (even if only for 15 minutes).

-Planks/ situps/ pushups 3x a week or more

### **Week 5**

M (7/15) Fartlek (session B) (wk 5)  
T (7/16) 40 m run  
W (7/17) 3x60 yards / 2x Touch and Go's  
T (7/18) pattern running/fast foot work (endurance so 1:3 work rest ration)  
S (7/20) Fartleck (session 3)

-Dynamic warm up before all sessions ( less necessary for 40 min run). Cool down/stretch after all sessions.

-Feints/fast footwork/juggling ball work can be done after cardio runs or *with fartlek runs (if on field) or with sprints/speed endurance*. If you do your ball work after cardio run, work on technique and quickness of execution (so allow adequate recovery time btwn reps). If you do ball work on Weds, do so after sprints or at a different time of day.

-At this point of the summer, you should be spending 4 or more times a week working with the ball (even if only for 15 m.)

-planks/sit ups/pushups 3x or more per week

### **Week 6**

M (7/22) 6x400 yards (on track); walk 400 in between reps  
T (7/23) 40 m run  
W (7/24) pattern running/ fast foot work (for endurance! 1:3 work/rest ratio)  
T (7/25) 3x60 yards / 2x Touch and Go's  
S (7/27) 35 min continuous pulse run

-Dynamic warm up before all sessions ( less necessary for 40 min run). Cool down/stretch after all sessions.

-Feints/fast footwork/juggling ball work can be done after cardio runs or after Mondays track workout. In either case, work on technique and quickness of execution (so allow adequate recovery time btwn reps; especially on Monday!)

-Weds pattern running could incorporate the ball. In any case, it's a "soccer-movements-for-endurance" day, so use the ball as much as you can!

-At this juncture of the summer, you should be spending 4 or more times a week working with the ball (even if only for 15 minutes). Use the ball during "active rest" (your recovery time between reps or sets)

-Planks/sit-ups/pushups 3x or more per week

## **Week 7**

M (7/29) 4x600 (on track); walk 200 yards in between reps

T (7/30) 35 m continuous pulse run

W (7/31) pattern running/ fast footwork (for quickness/explosiveness 1:7 work/rest ratio)

Th (8/1) 40 m run juggling/ ball work

S (8/3) 2 full field and back (240's) / 3x60 yards / 3x Shuttle run

- Dynamic warm up before all sessions (less necessary for distance/ pulse runs). Cool down/stretch after all sessions.
- Feints/fast footwork/juggling ball work can be done after cardio runs or after Mondays track workout. In either case, work on technique and quickness of execution (so allow adequate recovery time btwn reps; especially on Monday!).
- Weds pattern running could incorporate the ball. In any case, it's a "soccer-movements-for-quickness" day, so use the ball as much as you can!
- At this juncture of the summer, you should be spending 4 or more times a week working with the ball (even if only for 15 minutes). Use the ball during "active rest" (your recovery time between reps or sets)
- Planks/sit-ups/pushups 3x or more per week
- Plyometric training (once or twice a week) can be incorporated at this juncture

## **Week 8**

M (8/5) 5 x 200 yards x 2 sets.. on track; walk 200 in between reps (w 8)

T (8/6) 45 m. run

W (8/7) pattern running/agility/ball work (for quickness etc 1:7)

T (8/8) 35 m. continuous pulse run

S (8/10) Pyramid A (endurance)

- Dynamic warm up before all sessions ( less necessary for 40 min run). Cool down/stretch after all sessions.
- Feints/fast footwork/juggling ball work can be done after cardio runs or after Mondays/Sat track workout. Whatever the case, work on technique and quickness of execution (so allow adequate recovery time btwn reps; especially on Monday/Sat!).
- Weds pattern running could incorporate the ball. In any case, it's a "soccer-movements-for-quickness" day, so use the ball as much as you can!
- At this juncture of the summer, you should be spending 4-5 or more times a week working with the ball (even if only for 15 minutes). Use the ball during "active rest" (your recovery time between reps or sets)
- Planks/sit-ups/pushups 3x or more per week
- Plyometric training (once or twice a week) can be incorporated at this juncture

## **Week 9**

M (8/12) 8 full fields (120's); 1 minute recovery reps

T (8/13) pattern running/agility/ball work (for quickness, etc. 1:7)

W (8/14) " Stanford fitness test" (practice)

T (8/15) 45 m. run (recovery pace)

S (8/16) pattern running/agility/ball work (for quickness, etc. 1:7) / 2 mile timed practice run

- Dynamic warm up before all sessions ( less necessary for 40 min run). Cool down/stretch after all sessions.
- Feints/fast footwork/juggling ball work can be done after cardio runs or after M, W, Thurs workouts (or at another time of the day). Work on technique, number of ball touches, feints, and quickness of execution (so allow adequate recovery time btwn reps; especially on Monday).
- Weds pattern running could incorporate the ball. In any case, it's a "soccer-movements-for-quickness" day, so use the ball as much as you can!
- Can we get touches on the ball 6x this week?
- Planks/sit-ups/pushups 3x or more per week
- Plyometric training (once or twice a week) can be incorporated at this juncture

## **Week 10 Preseason!**

## Explanations of exercises

**30-40 min runs..** this should be run at a moderate pace; it is not a jog! Mile pace should be between 8-9 minutes or faster (depending on starting fitness base and the type of runner you are). I recommend not doing this on a track but in the park (especially on trails, since you have to break up your stride, which better mirrors the running you do in soccer).

### **30 min “pulse” runs**

first 10-15 minutes: comfortable to moderate pace

second 15 minutes: every 3 minutes, accelerate for a 20 second burst ( @ 85% max sprint), then slow recovery jog for 40 seconds, then resume normal running pace. (do 5 of these accelerations)

Do over varied terrain (in the park or trails) or on grass (perimeter laps at fields).

### **35 min continuous pulse run**

every 3 minutes, accelerate for a 20 second burst ( @ 85% max sprint), then slow recovery jog for 40 seconds, then resume normal running pace. Do this the whole time! Again, best to do in park or on grass.

**Fartlek training** . Much like Pulse runs, but the tempo varies more often and it offers more changes in direction (if you make your own course), and you can do it with a ball (if you go to a soccer field).

Here are 3 sessions for track/ soccer field work.

#### Fartlek Session A (week 4)

Run hard for 3 minutes, jog slowly for 1 minute

Repeat 6-8 times

Cool down at a steady pace for 10 minutes

#### Fartlek Session B (week 5)

Run hard, for 75 seconds

Jog for 150 seconds

Run hard for 60 seconds

Jog for 120 seconds

Repeat 3-4 times

Cool down at a steady pace for 10 minutes

#### Fartlek Session C (week 5)

Jog for 60 seconds

Run hard (3/4 pace) for 90 seconds

Jog for 45 seconds

Sprint for 10 seconds

Jog for 30 seconds

Run backwards for 30 seconds

Walk for 30 seconds

Run hard for 60 seconds

Repeat 3-4 times

Cool down at a steady pace for 10 minutes

I will also try to post one online with a soccer ball but here's a running one I found (surprising that there's not more out there!) that's an easy set up and you can imagine doing with a ball (the sprinting and jogging times are much shorter on this one but it's fine. It better mirrors the change of pace in the game

<http://www.youtube.com/watch?v=dJzKDqv01F8>



**Pattern Running/ Agility..** this incorporates all types of running (forward, shuffle, backwards, diagonal, etc). So we're working on fast feet, balance, change of direction, acceleration/deceleration, etc.. Again, most of these can be done with the ball! And you can do it for speed or for fitness.

- Middlesborough *(explanations of these drills are towards the end of the packet)*
- T run
- Numbered Cones
- Wheel
- Speed ladder type exercises
- Pattern A
- Pattern B
- Make up your own!

**fast footwork/ agility..** similar to pattern running but leaning more towards change of direction/ balance plyometrics. Like the pattern running or the dribbling, this can be done as interval type workouts or for speed/quickness/explosiveness; it all depends on the work to rest ratio. For endurance, do 1:3 or 1:2 or even 1:1 (as you get truly fit). For speed/quickness/explosiveness, do 1:7 work/rest ratio

- Line hopping –side to side;front back
- Dot drill ( <http://www.youtube.com/watch?v=f6aXLg2YX0o>)
- Speed ladder – you don't need a real ladder! Cones, sticks, sneakers, whatever will do! Here are few good ones, some different than what I've done in the past ([http://www.youtube.com/watch?v=B\\_bbBgIPGHA](http://www.youtube.com/watch?v=B_bbBgIPGHA))
- jump rope!

**Fast footwork with soccer ball** . This is obviously critical to develop touch, agility, balance, acceleration, deceleration and all the rest. And, in general, you can *and should* incorporate ball work in most of your fitness exercises (whether for quickness/speed or endurance). You play the game with a ball, so why not train with one? In addition, doing light feints is an appropriate “active rest” activity during the recovery portion of your workouts.

- Coerver feints ( Puskas, Georgie Best, Rivolino, Beckenbauer) etc...see video for review or to learn names and few exercises <https://www.youtube.com/watch?v=SApuX1n3Ock>
- Figure 8s
- dribble through cones (sneakers, sticks, whatever) varying touches. (make up your own course)
- Middlesborough drill

**Ball Juggling...** important for touch, balance, development of weak foot, confidence, etc, etc.. Can you do 15 minutes a day 4 or more times a week? If so, you will rack up points on the “Points Competition”. Juggling is also an excellent “active rest” activity during the recovery portion of your workouts.

**5 (or 3) x 60 yards** – Sixty yards is a standard distance that is essential on the soccer field. When you work at 60 yards, go full out. . 90 seconds between reps You will also need a watch to time yourself (as with all the runs)

**3 x Shuttle Run** – The “Shuttle Run” is a 10-20-30-10 run, and goes as follows... step off and set markers at 10, 20, and 30 yards from the start line. The run itself is to the 10 and back, 20 and back, 30

and back, and finally 10 and back again. Quickness, balance, and cutting ability are all important and get “trained” when you do this workout. (80-90 secs between reps)

**2 x Touch and Go’s** – The Touch and Go’s are run on a soccer field, if possible; starting at the endline- to the six and back, penalty spot (12) and back, 18 and back, and finally halfway line (60) and back. Once again, step off the distances and set out markers. (rest 2 minutes between sets)

**6x400 yards (on track);** Run on a track, 400’s are a “classic” workout for the type of training soccer requires. They are run all-out, with a 200-yard walk in between 400’s (that is your recovery time; keep it between 3-4 min between sprints so you are keeping within the 1:3 work/rest ratio)

**4x600 (on track);** Same concept as the 400’s; these are run all-out with a 400-yard recovery walk in between 600’s. Kicking the last 200 yards is where you’ll really get the benefits. Aim for under 2 minutes or do your best. Do a 1:3 work/rest ratio if possible, take slightly longer rest if necessary (aim for that 2 minute time!)

**2 full-field and back (or 120 yrds and back).** Should be done on grass; a full-length soccer field is ideal, otherwise step off the distance. Should be run as follows: a good first length to the opposite endline (just “short” of all-out), concentrate on a solid plant, quick turn, and short, hard steps of acceleration out of the turn, the last length home is all-out. 3-4 min rest between sets

**5 x 200 meters (2 sets)..** on track with a 1:3 work /rest ratio. Aim for 30 seconds or best time on sprints! Take 6-8 minutes between sets

**8 full fields (120’s).** One set, one full minute rest between reps. Go full out!

**Stanford Fitness test .** A challenge that all your conditioning training has prepped you for! Can you do it?! I’ve put Stanford’s cutoff times and added (somewhat arbitrarily) what a fit high school player might be able to do. But you can match kids from an elite D1 program?

	Stanford	GFS	rest
800 meters (2 laps) –	2:45	2:55	1:30
6-18,60 yrd shuttle run	:32	:35	1:00
400m (one lap)	1:15	1:20	1:00
6-18-60 yrd shuttle run	:32	:35	1:00
400m (one lap)	1:17	1:25	1:00
6,18,60 yrd shuttle	:33	:36	1:00
800 meters (2 laps)	Race! _____	_____	(for Stanford under 2:50 is mid-team)

**Pyramid A (speed endurance)**

50m-100m-150m-200m-150m-100m-50m 1:3 work/ rest ratio  
Repeat the pyramid one more time (4 minute break between sets).

**Pyramid B (speed endurance)**

50m-100m-150m-200m-250m-200m-150m-100m-50m Use a 1:2 work/rest ratio (ex. if it takes 30seconds to run 150m, then rest for 1:00 before the 200m) Repeat the pyramid two more times (4 min break btwn sets).

**Plyometrics.** . Plyometrics (for explosiveness and power) are important to implement over the last two weeks (1 or 2x per week) but only if a strong aerobic and anaerobic base are first established.. (hence, don't do unless you are in solid shape). In addition, allow adequate recovery between rigorous Plyo workouts (never do on consecutive days) and do at the beginning of a work-out (after appropriate warm-up), not at the tail end. There are endless possibilities, here are few exercises.

-side or forward hopping over a ball or obstacle <http://www.youtube.com/watch?v=zWH36nBzsc>

- Here's an ACL video I made for the girls a few years back but it has excellent strengthening /plyo ex as well (squats/lunges/ jumps) <http://www.youtube.com/watch?v=JnQ7j4B6WjE> (

-stairs (the ex are very good, even if the video's not) <http://www.youtube.com/watch?v=Au4dv4zRYGU>

- Here's some jumps with hurdles, cross-over, sticking landings etc. This is the most comprehensive of the videos I looked through.

<http://www.youtube.com/watch?v=L-DrDbaxm2U&list=PLw0rbouYZ9OIJVTZQ5CgiqTrUMdAyLmGL>

**Planks** ... core strength is essential for any athlete and especially the soccer players. Sit ups are good, but planks are more comprehensive and work more muscle groups at once.

-(for good form) [http://www.youtube.com/watch?v=xq5-YYj\\_37w](http://www.youtube.com/watch?v=xq5-YYj_37w)

-side plank <http://www.youtube.com/watch?v=s0ZSwlMr4B0>

-planks with movement <http://www.youtube.com/watch?v=nlEgOC6hccw>

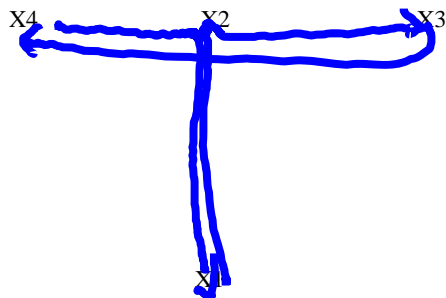
- w/ soccer ballform isn't great but you get the idea

<http://www.youtube.com/watch?v=MyEcgO1Dt4E>

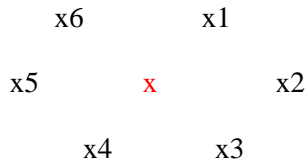
**Sit ups/Pushups**.... Deck of cards is a great one! (all red cards are sit ups, all black cards are pushups. Face cards are 10. Aces are 1 (or, as you get better at it, 15).

### (Explanation of Pattern running/Agility exercises)

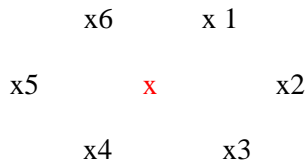
**T runs** (X=cones) distances; x2 is 10 yrds from x1 and 5 yards each from x3 and x4  
x1 sprint to x2; x2 sprint x3; x3 sprint x4; x4 sprint x2; x2 backwards sprint to x1 ( 1:7 work/rest ratio)



**Numbered cones** (to be done with partner). One partner stands in center of square/diamond/wheel. Resting partner call out cone. Partner in center accelerates to cone, touches it, then races back to center cone. Rest between sprints (10 seconds) Sets of 8/10 ..... switch with partner.. 2-3 sets total.. Can also be done with ball and/or for endurance work (less rest time or continuous for 10-15 sec)

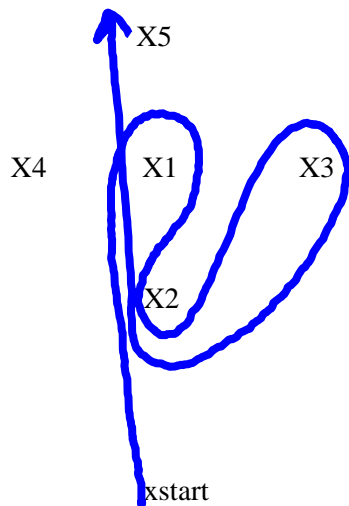


**The Wheel-** start at the center cone/marker (“the spoke”). Sprint to cone1 then back to center; then to cone 2 and back, etc. until you complete the cycle. Use 1:7 work/rest ratio for speed/explosiveness. Can also be done with ball. Also great plyometric ex (hopping) by moving cones closer. Excellent and versatile ex.



**Middlesborough Shuttle drill** (distances can vary.. but basic distances x2 is 5 yards from start; x1 is 10 yards from site. X3 and x4 even with x1 and 3-5 yards from it. X 5 is 5 yards from x1). Excellent for acceleration/deceleration, change of direction, short sprints. Do with and without the ball. 1:7 work/rest ratio or less if you are doing endurance training.

From starting marker, sprint and get around x1, then sprint and get around x2, then sprint and get around x3, then sprint and go back (and get around x2) then finish strong past/through x5. (make turns tight!)



**Skill training circuits.**

Slalom dribble =SD    Control dribble =CD (write down number of times you did the exercises)

	Right foot	Left foot	Both feet	Feint (Beckenbaur)	Feint (sissors)	Feint (Ramos)
Day 1	SD CD	SD CD	SD CD			
Day 2	SD CD	SD CD	SD CD			
Day 3	SD CD	SD CD	SD CD			
Day 4	SD CD	SD CD	SD CD			
Day 5	SD CD	SD CD	SD CD			
Day 6	SD CD	SD CD	SD CD			
Day 7	SD CD	SD CD	SD CD			
Day 8	SD CD	SD CD	SD CD			
Day 9	SD CD	SD CD	SD CD			
Day 10	SD CD	SD CD	SD CD			

**Juggling chart**

(put in highest number of consecutive touches)

	Right foot	Left foot	both feet (alternating)	Thighs (alternating)	head	Total body touches
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						
Day 8						
Day 9						
Day 10						

**Running chart/ Work outs/ Ball skill work (what and how much you did)**

	Monday	Tues	Weds	thurs	Fri	Sat	Sunday
Week 1							
Week 2							
Week 3							
week 4							
Week 5							
Week 6							
Week 7							
Week 8							
Week 9							

