



# South Colonie Boys Soccer Summer Fitness & Training Program

Before you begin any workout, be sure to fully warm-up and stretch. Your warm-up should be 5-10 minutes allowing you to break a sweat. Following your warm-up should be a 5-10 minute period of stretching.

Exercises with a \* can be found in the back of the program.

## **June 16 – June 20**

### **Exercise 1**

1 mile run @ 7:30min/mile pace  
(Monday/Wednesday/ Friday)

2 mile run @ 7:30min/mile pace  
(Tuesday/Thursday)

### **Exercise 2**

10 x 80 yard Sprints

Technical Ball Work 1\*

### **Exercise 3**

5 x 30 Sit-ups, 5 x 30 Push-ups

Circuit Training \*

## **June 23 – June 27**

### **Exercise 1**

1 mile run @ 7:30min/mile pace  
(Monday/Wednesday/ Friday)

2 mile run @ 7:30min/mile pace  
(Tuesday/Thursday)

### **Exercise 2**

10 x 80 yard Sprints

Technical Ball Work 2\*

### **Exercise 3**

Circuit Training \*

5 x 30 Sit-ups, 5 x 30 Push-ups

## **June 30 – July 4**

### **Exercise 1**

1 mile run @ 7min/mile pace  
(Monday/Wednesday/ Friday)

2 mile run @ 7min/mile pace  
(Tuesday/Thursday)

### **Exercise 2**

Compass Run, 5-10-5\*

Technical Ball Work 1\*

### **Exercise 3**

5 x 30 Sit-ups, 5 x 30 Push-ups

Circuit Training \*

## **July 7 – July 11**

### **Exercise 1**

1 mile run @ 7min/mile pace  
(Monday/Wednesday/ Friday)

2 mile run @ 7min/mile pace  
(Tuesday/Thursday)

### **Exercise 2**

300 Yard Shuffle, 120's\*

Technical Ball Work 2\*

### **Exercise 3**

Circuit Training \*

5 x 30 Sit-ups, 5 x 30 Push-ups

## **Fitness & Training Program Continued...**

### **July 14 – July 18**

#### **Exercise 1**

1 mile run @ 6:30min/mile pace  
(Monday/Wednesday/ Friday)

2 mile run @ 6:30min/mile pace  
(Tuesday/Thursday)

#### **Exercise 2**

10 x 80 yard Sprints

Technical Ball Work 1\*

#### **Exercise 3**

5 x 30 Sit-ups, 5 x 30 Push-ups

Circuit Training\*

### **July 21 – July 25**

#### **Exercise 1**

1 mile run @ 7min/mile pace  
(Monday/Wednesday/ Friday)

2 mile run @ 7min/mile pace  
(Tuesday/Thursday)

#### **Exercise 2**

Two Tower, Compass Run\*

Technical Ball Work 2\*

#### **Exercise 3**

Circuit Training\*

5 x 30 Sit-ups, 5 x 30 Push-ups

### **July 28 – August 1**

#### **Exercise 1**

1 mile run @ 6:30min/mile pace  
(Monday/Wednesday/ Friday)

2 mile run @ 6:30min/mile pace  
(Tuesday/Thursday)

#### **Exercise 2**

10 x 80 yard Sprints

Technical Ball Work 1\*

#### **Exercise 3**

Circuit Training\*

Circuit Training\*

### **August 4 – August 8**

#### **Exercise 1**

1 mile run @ 6:30min/mile pace  
(Monday/Wednesday/ Friday)

2 mile run @ 6:30min/mile pace  
(Tuesday/Thursday)

#### **Exercise 2**

120's, 5-10-5\*

Technical Ball Work 2\*

#### **Exercise 3**

Circuit Training\*

Circuit Training\*

### **August 11 – August 15**

# HS PREP-CAMP

# Technical Ball Work

## Technical Ball Work 1:

### Juggling

- Alternate feet – Alternate feet each touch, keep ball waste high
- Weak Foot Only – Focus on weak foot only, use strong foot to keep it going when needed
- Different Body Part Combinations – Juggle using multiple body parts without ball hitting ground
- Ball Height Control – Juggle ball 2-3 times low then kick it higher than head and try to take it down and continue. Repeat
- Walk & Juggle – Start on end line, pick a turning point on the field. Try to juggle and walk to that point and back

### Dribbling - Figure 8's

- Place 2 cones 10 yards apart and dribble in a figure 8 pattern using the following...
  - **Inside Foot** – Speed dribble with laces between cones
  - **Outside Foot** – Speed dribble with laces between cones
  - **Backwards Toe Taps**
  - **Forward Toe Taps**

45 Second Intervals, 30 Seconds Rest  
Repeat 4 times each

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## Technical Ball Work 2:

### Juggling

- Alternate feet – Alternate feet each touch, keep ball waste high
- Weak Foot Only – Focus on weak foot only, use strong foot to keep it going when needed
- Different Body Part Combinations – Juggle using multiple body parts without ball hitting ground
- Ball Height Control – Juggle ball 2-3 times low then kick it higher than head and try to take it down and continue. Repeat
- Walk & Juggle – Start on end line, pick a turning point on the field. Try to juggle and walk to that point and back

### Change of Direction Moves / Foot Skills

In a confined space work on the following change of direction moves and foot skills. When working on change of directions, use both feet, check shoulder before executing move, and explode away after. For foot skills, try and do each one while moving rather than stationary.

#### Change of Direction:

- Pull Back
- Outside Foot Chop
- Inside Foot Chop
- Cruyff Turn

#### Foot Skills

- Foundation with 90deg Turns
- Toe Taps
- Triangles
- Push/Pull
- Inside Right, Inside left, Side roll right. Vice versa

# **Circuit Training Exercise**

Each exercise is to be performed for 45 seconds with a 30 second rest in between exercises. Do 2 rotations of the assigned body circuit with a 5 minute rest in between circuits.

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

1. 5-minute warm-up - any type of cardio or running.
2. A comprehensive full body stretch.

## **1. Squat Jumps**

## **2. Lunges** – Alternate legs.

## **3. Bicycle crunches** - Hands behind head, legs off the ground, opposite elbow to knee.

## **4. Push-ups**

## **5. Broad jumps** – Jump as far out as you can. Continue for 45 seconds.

## **6. Bench dips** – Hands on a bench or chair, feet straight out on the floor, lower yourself until upper arm is parallel with the floor.

## **7. Burpees** – Jump, hands on ground, extend your legs into a push up position, legs back to chest, jump.

## **8. Clap Pushups**

## **9. Hip ups** – Lie on your back, legs straight up in the air, shoot your hips to the ceiling

## **10. Bicycle Jumps** – Right foot in front, left foot back, jump as high as possible and alternate feet – 20 jumps

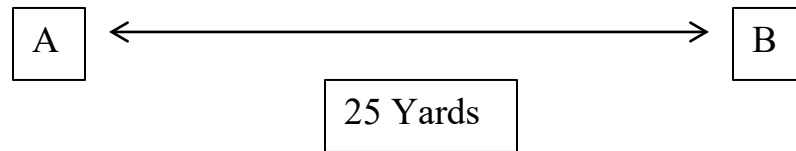
## **11. Mountain Climbers**

## **12. Sit-Ups**

# Speed & Agility Training

## 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.  
**\*\*There are 12 direction changes in this drill.**



## 120's

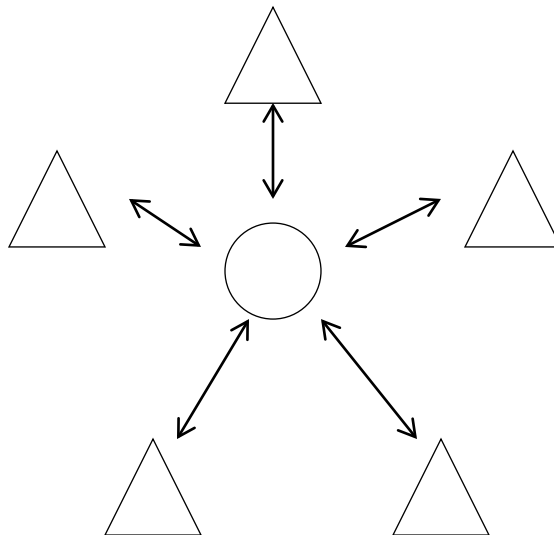
120's are a test designed to measure a player's ability to run longer distances. 120 yards is the equivalent to the length of a normal soccer field. The player starts at one end of the field and must sprint to the other end. At the end the player has the remainder of the minute to rest. The rest involves a jog back to the starting point. For example, if a player runs the 120 in 20 seconds, they will have 40 seconds to run back to the start line. There is extra rest time after runs #5, 10, and 15.

**Goal = 10 consecutive sets all completed in under one minute.**

## Compass Run

Place 5 cones 5 yards away from the middle marker as shown above. Start in the middle and sprint to a cone and back to the middle, continue to run to each cone (5 runs).

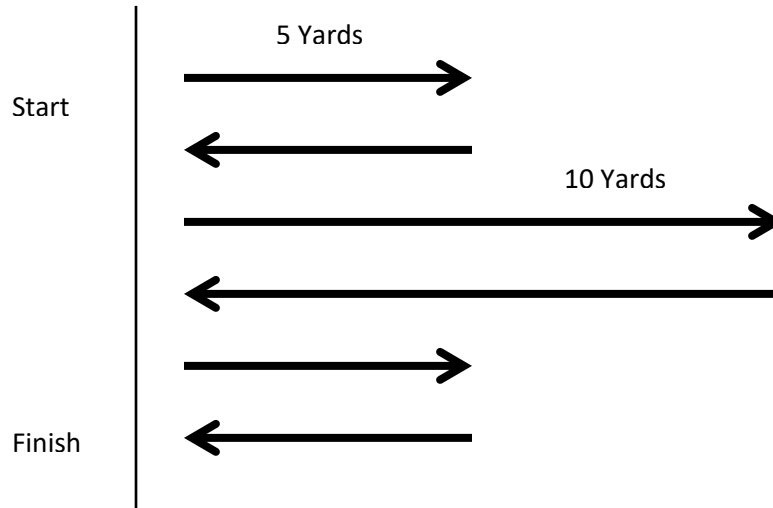
**Repeat 5 times with a 30 second break between each set.**



### **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.

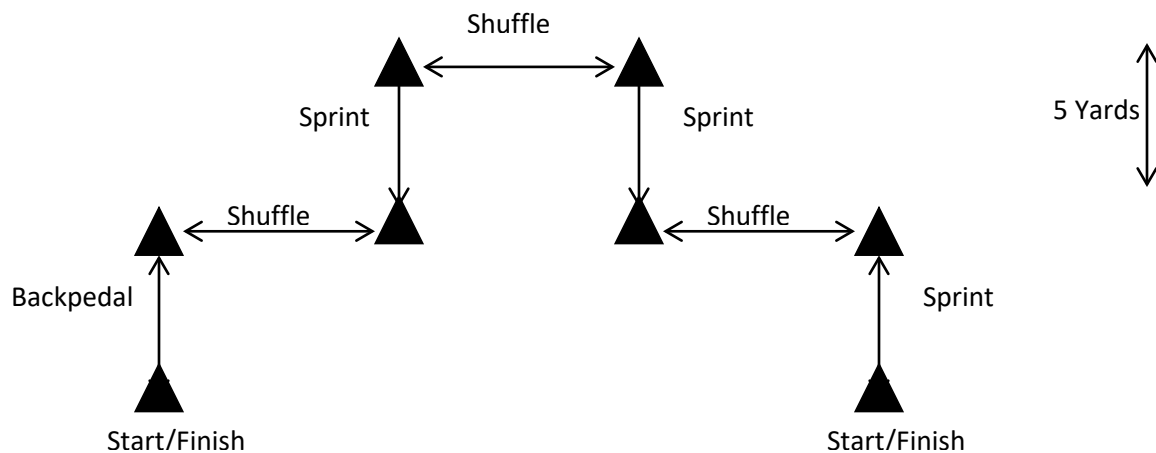
**Repeat 8 times**



### **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**



## **HS SOCCER FITNESS TEST:**

### **2 Mile Run -**

Run 2 miles on the track as fast as possible (8 laps around track).

Varsity sub 13 minutes | JV sub 14 minutes | Mod 9 = 10 laps around field in 16 minutes

### **1 Mile Run -**

Run 1 mile on the track as fast as possible (4 laps around track)

Varsity sub 6.5 minutes | JV sub 7.5 minutes | Mod 9 = 5 laps around field in 8 minutes

### **Beep Test -**

Varsity 8.0+ | JV 7.0+