

# Notre Dame Academy Soccer Program

12 Week Training Program

"you get out of it, what you put in it"



# Notre Dame Academy – Soccer Program

## 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 in the Triton soccer program and will not be taken lightly. This 12-week program, if followed, will help overall fitness when pre-season rolls around. Your fitness levels will be tested and graded 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.

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 and best of wishes.

	Topic		Boys	Girls
Weeks 1, 2 and 3	Ball Control and Agility workout	3 times per week	Last week in May	Third week in December
	Shooting and Heading	1 time 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	2 <sup>nd</sup> week in June	2nd week in January
	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	First week in July	Last Week in January
	Speed Training	1 time per week		
	Shooting and Heading	1 times 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	Last week in July	3 <sup>rd</sup> week in February
	Shooting and Heading	2 time per week		
	Speed Training	1 times per week		
	Fitness Shuttles	2 times per week		
	Strength Training	2 times per week		

Your workouts should only last at the most for 1:30 minutes, if anything goes after that try to make some minor adjustments to. Remember to combine the strength training with other workouts during the week, if that means you do 45 minute of something in the morning and the strength in the afternoon then that works. One day a week should be completely free of training to let the body recover and relax. If you have any questions or concerns please call me and I will help get things rolling for you.

"The principle is competing against yourself. It's about self-improvement, about being better than you were the day before." -Steve Young

# 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 roles, 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

# Triton 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.

Sprint all out on every sprint! - Do not pace yourself

Take full rest period! Not less

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

<u>Week 4</u>	<u>Week 5</u>	<u>Week 6</u>
8 X 20 yards	10 X 20 yards	12 X 20 yards
6 X 40 yards	8 X 40 yards	10 X 40 yards
4 X 60 yards	6 X 60 yards	6 X 60 yards
2 X 80 yards	4 X 80 yards	4 X 80 yards
1 X 100 yards	2 X 100 yards	3 X 100 yards
<u>Week 7</u>	<u>Weeks 8 &amp; 12</u>	<u>Weeks 9 &amp; 11</u>
14 X 20 yards	16 X 20 yards	18 X 20 yards
10 X 40 yards	10 X 40 yards	10 X 40 yards
8 X 60 yards	8 X 60 yards	8 X 60 yards
6 X 80 yards	6 X 80 yards	6 X 80 yards
4 X 100 yards	4 X 100 yards	4 X 100 yards
<u>Week 10</u>	<u>Rest period weeks 4 - 7</u>	<u>Rest period weeks 8 -12</u>
20 X 20 yards	30 seconds for 20's	20 seconds for 20's
10 X 40 yards	45 seconds for 40's	30 seconds for 40's
8 X 60 yards	60 seconds for 60's	45 seconds for 60's
6 X 80 yards	75 seconds for 80's	60 seconds for 80's
4 X 100 yards	90 seconds for 100's	75 seconds for 100's

# Shooting and Heading

For this section of the exercise, a soccer kick wall, the side of a gym, a tennis wall, racquetball court, or anything else the ball will bounce back at you is necessary.

1. Technique work: Get 5 to 7 yards from the wall and shoot the ball first time at the wall making sure the foot is pointed, knee over the ball, center of your foot is striking the center of the ball, and that all the power is derived from a quick snapping motion of your lower leg. Use your laces to strike the ball. Do this for 3 minutes
2. First time shooting with power. Back off 20 yards and shoot the ball first time at the wall. Strike the ball as hard as you can regardless of the bounce, height, speed, etc., that the ball come to you. Pick a spot on the wall to shoot at each time and keep the ball low. (3 minutes)
3. Trapping and shooting: again at 20 yards, strike the ball with power, and as it comes off the wall, trap it cleanly and quickly fire another shot at the wall. The point of the drill is to develop a sound clean trap and set up a quick, hard shot. (6 minutes)
4. From one to two yards away, first time head juggling against the wall. (2 minute)
5. Back off between 5 and 7 yards, throw the ball up against the wall and as it comes off head with power getting your entire body into the heading motion to create power. Catch and repeat. (3 minutes)
6. Get within 5 yards of the wall. - Toss the ball against the wall to force you to jump and head the ball back at the wall. Catch the ball after you have headed it each time. Make sure your toss forces you to jump and head the ball at the peak of your jump. Remember your technique and head with power. (3 minutes)

Take a 1-minute rest by walking between each drill. Make sure you are working the entire time of each drill and no rest. This is developed to work on technique but also work on fitness. As you get tired concentrate on your technique along with the work. In the 89th minute of a game you have to focus on you technique when the game is on the line.

# 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 30 reps

### 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  
Bicycles: 2 minutes  
Leg Lifts: 30 reps

## 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

# Triton 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

## Super set

- 120 yard sprint in 20 seconds
- 120 yards back in 40 seconds
- Rest interval on the line of 1:00 minute
- 10 complete sets for weeks 1-6
- 15 complete sets for weeks 6-12