

Soccer Fitness Exercises

❖ Fatigued Receiving

- Around the cone - Player sprints around cone, turns around receives & returns to server. Jog back to start line, then sprint again. Work for a certain number or length of time. Variations:
 - One touch
 - Volleys
 - Thigh-foot
 - Chest-foot
 - Head
- Forward/back - same setup as above, with player running backward to line behind them, then checking forward to control & return ball to server
- Pendulum - Player sprints back & forth from cone to cone, returning ball to server at each cone. Vary service & type of return.

❖ Fatigued Finishing

- Around the line - Line of people with balls; first person in line without ball; sprints around back of line & receives ball played into space to shoot. As soon as they shoot, next person sprints. (Can vary the direction/length of the sprint & numbers in line.)

❖ Dribbling Relays

- 2 cone relay - using three players, set up two lines facing each other with two cones set up in between. Different iterations of dribbling around the cones to the opposite player, that player returns to 3rd player with ball & go continuously for set length of time or number of reps per player:
 - Around first cone, around 2nd cone, to opp side
 - Around second cone, back around first, to opp side
 - Change dir at second cone, chance at first, to opp side
 - Can vary touches:
 - Limit foot
 - Limit surface (inside, outside, sole)
- 3-person relay - same setup as above without cones in middle. Players dribble across to opposite player, who returns to third player. Variations include:
 - Right foot only
 - Left foot only

- Both feet every step
- Backwards w/soles every step
- Fwd w/soles every step
- Sideways drags
- Pass at 1/2 & sprint through
- 4-corners conditioning - set up a grid with four cones; players dribble or run around. Variations include:
 - Relay (only one live ball, players dribble to next cone or all the way around to next person waiting)
 - Simultaneous (each player with live ball, simultaneously dribble around 3-sides, then back in opposite direction; next group waiting on inside of cones to go when finish)
 - Limit foot/surface
- Rat Chasers - set up suicide cone line, players dribble to cones & complete different exercises. Can vary exercises & types of dribbling. Ex:
 - Dribble to first cone, perform 20 touches on top, dribble back
 - Dribble to second cone, perform 20 foundation touches, dribble back
 - Dribble to third, toss 5 balls & control; dribble back
 - Dribble to last cone, juggle a certain number of times, dribble back
- Set & Reset - set up suicide cone line, players with balls in line to equal number of cones past the first. Players dribble out and stop balls next to cones until each cone has a ball next to it; then sprint out and retrieve & dribble back. Vary number of players (fewer players = more running) and type of dribbling, etc. Other variation could be without balls, players place pinnies on cones and then retrieve them.
- Relays in Pairs - A & B start on same side; A dribbles ball across to opp line, leaves and sprints back; B sprints out and retrieves ball, dribbles back. Types of dribbling & touches can be varied.
- Steal the Bacon (game) - Players start at opp ends of grid, each with corresponding numbers. Ball is placed in the middle. When a player's number is called, they sprint out and try to dribble that ball back to their side. If opp. Player tags them before they can get back, ball is placed at the spot of the tag and players return to their side. Point to get ball back to your side, then ball re-sets. Vary space & numbers.

❖ Sprints/Traditional Conditioning

- Spring from cone to cone with different starts (on belly, on back, etc. - varying these keeps it fun) racing a teammate
- Rat Chasers (suicides) with stations - set up suicide cones, players run to first cone & complete exercise (pushup, crunch, etc.) & back, then next person goes; set up a different exercise at each cone
- Shuttle runs - Can be done with a ball, as a relay, or as a race

❖ Circuit/Strength Training Exercises

Instructions:

- Choose 3 Lower Body exercises
- Choose 3 Upper Body exercises
- Choose 1 Core exercise
- Complete 3 circuits of the number/time given after each exercise
 - Increase time or repetitions once the number/time given can be done comfortably

Lower Body

- Burpees - jump, hands on ground, extend your legs into a pushup position, legs back to chest, jump. (10)
- Squat Jumps (15)
- Lunges - alternate legs (10-15 each leg)
- Broad jumps - jump as far out as you can. (45 seconds)
- Hip ups - lie on your back, legs straight up in the air, shoot your hips to the ceiling (15)
- Bicycle Jumps - right foot in front, left foot back, jump as high as possible and alternate feet - (20 jumps total)
- Mountain Climbers - keep knee over your ankle and back/butt down (20 each leg)

Upper Body

- Burpees - jump, hands on ground, extend your legs into a push up position, legs back to chest, jump. (10)
- Push ups (10-20)
- Clap Pushups (Extra challenge! 5)

- Bench dips - hands on a bench or chair, feet straight out on the floor, lower yourself until upper arm is parallel with the floor (10-15)

Core

- Front Plank (1-2 minutes)
- Side Planks (both sides - 30 seconds - 1 minute each)
- Single-Leg V-ups (10-15 each leg)
- Double Leg V-ups (5 down the center, 5 angled to right, 5 angled to the left)
- Bicycle crunches - hands behind head, legs off the ground, opposite elbow to knee. (10 each leg, 20 total)
- Circle Abs - sit on your butt with your legs pretzel-style, lay back. Lift your upper body as far off the ground as possible, rotating in a circular motion (5 circular rotations each direction + 5 normal crunches to the center)

Strength combined with Technical Training

- Pushup Passing - two players together. Player without ball does pushup, jumps up and receives a pass & returns with one touch. Repeat for 8 - 15, then switch. (Vary technical component)
- Squat volleys - player without ball does squat, returns to ready position then receives a ball in the air and returns with a volley. (Vary technical component)