

Mount Si Boys Soccer Training 2020

- This program is designed to keep our fitness level during the current suspended season with the goal of having our fitness level high if/when our season resumes.
- This can be done individually or in groups led by players keeping in within the guidelines from the CDC regarding social distancing and no group gatherings of 10 or more people.
- It is important to have a warm-up and cool down and that you perform the exercises to your current level of fitness- push yourself where you can but listen to your body and adjust the exercises where needed.
- Rest, proper nutrition and following the CDC guidelines for Coronavirus are important- please be safe!
- I provided a description of and diagrams of many of the exercises so use this as a guide.
- Please contact me at jzanas@peaksportsandpinept.com or at (425) 444-6884 if you have any questions. I hope to see all of you soon! Coach Zanas

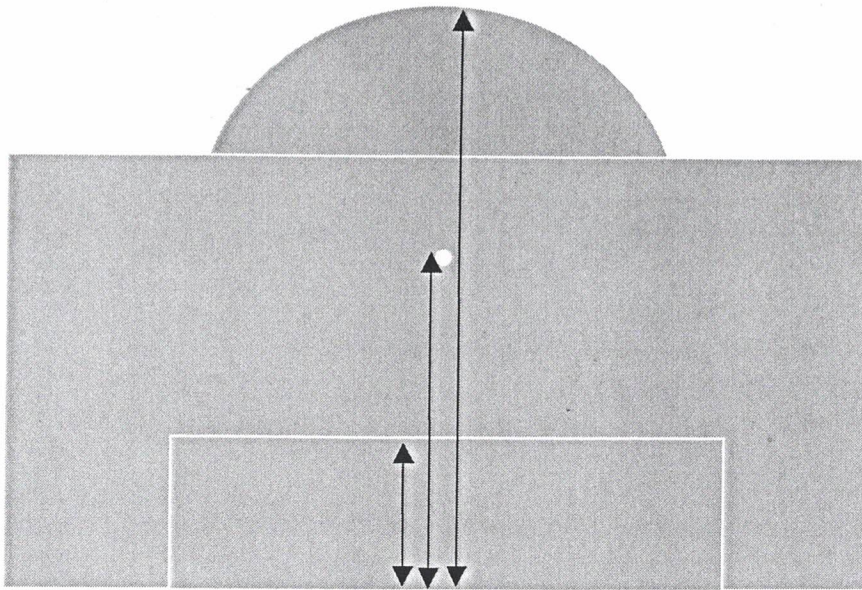
Day 1	Day 2	Day 3
Movement Prep	Movement Prep	Movement Prep
Penalty Area Sprints x 3, 2 sets see diagram and description	300 Yard Shuttle x 4 3 min rest between each 300 yard rep	Acceleration Sprints see diagram and description
Body Circuit Training #1 Each exercise for 45 sec/rest 30 seconds between each exercise Week 1-2 one set, week 3-4 two sets	Body Circuit Training #2 Each exercise for 45 sec/rest 30 seconds between each exercise Week 1-2 one set, week 3-4 two sets	Body Circuit Training #3 Each exercise for 45 sec/rest 30 seconds between each exercise Week 1-2 one set, week 3-4 two sets
Ball Work- dribbling, passing, shooting, etc.	Ball Work- dribbling, passing, shooting, etc.	Ball Work- dribbling, passing, shooting, etc.
Cool Down/Stretching	Cool Down/Stretching	Cool Down/Stretching

Movement Prep

- **2 laps around the field**
- **Knee Hugs x 20 yards**
- **Knee Hug Lunge x 20 yards**
- **Lateral Lunge x 20 yards**
- **Inchworm FW x 10 yards, backward x 10 yards**
- **Open the Gate x 20 yards**
- **Close the Gate x 20 yards**
- **Skip kick x 20 yards**
- **Backward reach x 20 yards**
- **Carioca x 20 yards**
- **Butt kick x 20 yards**
- **High knee x 20 yards**
- **Skip x 20 yards**
- **High Skip x 20 yards**

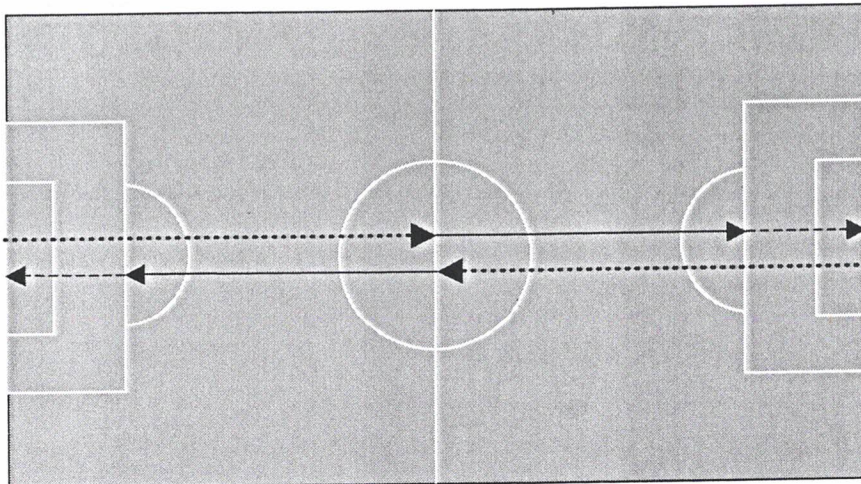
Penalty Area Sprints

Starting on the goal line sprint to the edge of the 6-yard box and back. Turn and sprint to the penalty spot and back. Turn and sprint to the edge of the D and back. Continue for 60 seconds. Rest for sixty seconds. Repeat 3-5 times. Rest for 2 minutes. This is one set.



Accelerating Sprints

Starting on one goal line, gradually accelerate to reach full speed at the halfway line and continue to sprint to the edge of the opposite penalty area. Gradually slow down to the goal line, turn and repeat for a total of 2 minutes. Walk or jog slowly for 2 minutes. This is one set. Complete a total of 4-6 sets.



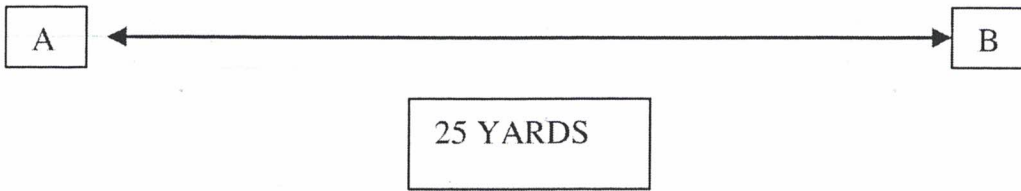
-▶ Gradually increase speed
- ▶ Jog
- ▶ Sprint

SPEED AND AGILITY DRILL

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 sprint 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.**



3 min rest between sets

Body Circuit 1

Each exercise is to be performed for 45 seconds with a 30 second rest between exercises.

- Air/Body Weight Squats – one rep per second
- V-ups
- Front Plank- regular
- Push ups- regular stance
- Mountain Climbers
- Forward Lunge- alternate legs
- Side Plank- regular stance
- Burpees
- Bench Dips- hands on chair or bench/bleacher and lower body until upper arm parallel to the ground

Body Circuit 2

- Single leg squat
- Single Leg V-up- touch foot with opposite hand
- Front plank- forearm to hands
- Mountain Climbers
- Lateral Lunge- alternate legs
- Side Plank Hip Touch
- Burpees
- Decline Push ups
- Single Leg Bridge

Body Circuit 3

- Air/Body Weight Squats- 3 second down, 3 second hold, 1 second up
- Bicycle Crunch- hands behind head, legs off the ground, touch opposite elbow to knee
- Front Plank- forward/backward rock
- Mountain Climbers
- Bridge Walk Outs- hips up and walk feet out keeping hips off the ground- SLOW
- Side Plank Leg Lifts
- Burpees
- Push Up- regular stance- 2 second hold at bottom position
- Sit ups