

TYSA Fitness Training For Soccer

This program is for non-practice days to work on *strength, speed and conditioning*.

- Each station should be done for 30 seconds work/30 seconds recover.
- Start with 3 rounds, progress every 2 sessions to 4 and 5 circuits.
- Once the athlete is able to complete 5 circuits, increase the work time to 45 seconds.
- Begin with 3 circuits.

Tips for success:

- Focus on FORM first, then increase speed
- Verbal cues should be SIMPLE and focused on IMAGERY
- Let them move, then add cues
- Lead by example, do it with your kids!

Begin with your dynamic warm up (5-10 minutes)

7 Stations

1) Cone Weave

Set up: 7 cones about 1.5 feet apart

- Weave in and out.
- Stay facing straight ahead.
- Lead with the outside leg (don't cross legs).
- Turn around and weave back.

2) Plank

- Assume a plank position on your forearms
- Back straight, hips in line with shoulders

3) 5-10-5 Drill

- Set up 3 cones 5 yards apart each.
- Start at middle cone facing straight ahead. Turn and sprint to the right, touch right cone with hand.
- Turn quickly and sprint to the far left cone and touch cone with hand.
- Turn and sprint back to the middle cone.
- Stop and repeat going the opposite way.

4) Single Leg Cone (or ball) Reach

- Set up 1 cone about 1.5 to 2 feet away from feet.
- Standing on R leg, bend and reach with the L hand for the cone.
- Extend the L leg behind you for improved balance.
- Try to keep left leg from touching the ground.
- 5 reps per leg, switch sides, continue alternating sides every 5 touches.

5) Jump Rope (proper length = handles in axilla when one foot is on

- Focus on “spinning the rope” (wrists move faster than feet).
- Lessons on proper form can easily be found on You Tube
https://www.youtube.com/watch?v=LsWui2L_r2c

<https://www.youtube.com/watch?v=p92fkF6jRLQ>

6) Bridges

- Lay on back with hands by side.
- Knees are bent with feet flat and hip width apart.
- Keeping heels on the floor drive heels into the floor and lift the hips up until back is flat and body is one straight line.
- Lower down with control and repeat
- Keep the knees and feet hip width apart and maintain alignment throughout.

7) 180 jumps

- Start facing one way, jump and turn 180 degrees so to finish facing the opposite way.
- Land soft and with both feet at the same time.
- Repeat jumping back to the original position.
- Focus on CONTROL and balance with each landing.

3-5 minutes of static stretching

- Include down dog (maximize the ankle stretching), cobra, hip flexor lunge and quad stretching.