



# Pinckney High School

Girls Soccer Pre-Season Conditioning

***Spring 2019***

## General guide:

1. Off season, you should be touching the ball as much as possible - concentrate on foot skills and ball mastery
2. Play and train as much as you can
3. Follow this conditioning guide to help build your fitness for the season ahead
4. Soccer games are not cross country meets so you must vary the speed of your running – these workouts are designed to simulate how we will run in matches (sprinting, jogging, and walking) – follow them and give them the proper effort
5. You can substitute running workouts with the supplemental exercises provided in this document
6. If you are playing another sport, you need to know that it may not condition you for soccer - you should supplement training whenever possible – provided that you do not over use your body

Week	Week	Intensity	Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
1	1/7/2019	Moderate	1 min. run (90%) 1 min. jog (40%) 1 min. Walk (10%) (7x)	Legacy session small sided games	1 min. run (80%) 1 min. jog (40%) 1 min. Walk (10%) (7x)	Track work at PHS Core Work	1 min. run (90%) 1 min. jog (40%) 1 min. Walk (10%) (7x)	Core Work
2	1/14/2019	Moderate	2 min. run (90%) 1 min. jog (40%) 1 min. Walk (10%) (6x)	Legacy session small sided games	2 min. run (90%) 1 min. jog (40%) 1 min. Walk (10%) (6x)	Track work at PHS Core Work	2 min. run (90%) 1 min. jog (40%) 1 min. Walk (10%) (6x)	Core Work
3	1/21/2019	Moderate	3 min. run (90%) 1 min. jog (40%) 1 min. Walk (10%) (5x)	Legacy session small sided games	3 min. run (90%) 1 min. jog (40%) 1 min. Walk (10%) (5x)	Track work at PHS Core Work	3 min. run (90%) 1 min. jog (40%) 1 min. Walk (10%) (5x)	Core Work
4	1/28/2019	High	5 min. run (80%) 2 min. jog (40%) 1 min. Walk (10%) (5x)	Legacy session small sided games	5 min. run (75%) 2 min. jog (40%) 1 min. Walk (10%) (5x)	Track work at PHS Core Work	5 min. run (75%) 2 min. jog (40%) 1 min. Walk (10%) (5x)	Core Work
5	2/4/2019	Low	6 min. run (70%) 2 min. Walk (40%) (3x)	Legacy session small sided games	6 min. run (70%) 2 min. Walk (40%) (3x)	Track work at PHS Core Work	6 min. run (70%) 2 min. Walk (40%) (3x)	Core Work
6	2/11/2019	Moderate	5 min. run (80%) 2 min. jog (40%) 1 min. Walk (10%) (5x)	Legacy session small sided games	6 min. run (70%) 90 Sec. Walk (40%) (3x)	Track work at PHS Core Work	2 min. run (90%) 1 min. jog (40%) 1 min. Walk (10%) (6x)	Core Work
7	2/18/2019	Moderate	10 min. run (80%) 90 min. walk (40%) (2x)	Legacy session small sided games	3 min. run (90%) 1 min. jog (40%) 1 min. Walk (10%) (5x)	Track work at PHS Core Work	10 min. run (80%) 90 min. walk (40%) (2x)	Core Work
8	2/25/2018	High	5 min. run (90%) 2 min. jog (40%) 1 min. Walk (10%) (5x)	Legacy session small sided games	3 min. run (90%) 1 min. jog (40%) 1 min. Walk (10%) (5x)	Track work at PHS Core Work	5 min. run (90%) 2 min. jog (40%) 1 min. Walk (10%) (5x)	Core Work
9	3/4/2019	Low	6 min. run (70%) 2 min. Walk (40%) (2x)	Legacy session small sided games	3 min. run (90%) 1 min. jog (40%) 1 min. Walk (10%) (5x)	Track work at PHS Core Work	6 min. run (70%) 2 min. Walk (40%) (3x)	Core Work
10	3/11/2019		Tryouts	Tryouts	Tryouts	Practice	Practice	Tournament

## Master Schedule

## Core Strength Training Schedule

Week	Week	V Ups	Opposite Arm Opposite Leg Raises	Reverse Crunches	Lunges	Hip Thrust	Russian Twists	Dumbbell Trunk Twists	Back Extensions	Push Ups
1	1/7/2019	2 x 12 reps	2 x 12 reps	3x12 reps	20 each leg	3x8 reps	2x8 each side	2x12 reps	2x8 reps	2x10
2	1/14/2019	2 x 12 reps	2 x 12 reps	3x12 reps	20 each leg	3x8 reps	3x8 each side	2x12 reps	3x8 reps	3x10
3	1/21/2019	3 x 12 reps	3 x 12 reps	3x12 reps	20 each leg	3x10 reps	3x10 each side	3 x 12 reps	3x10 reps	3x10
4	1/28/2019	3 x 12 reps	3 x 12 reps	3x12 reps	20 each leg	3x8 reps	3x10 each side	3 x 12 reps	3x8 reps	3x12
5	2/4/2019	3 x 12 reps	3 x 12 reps	3x12 reps	20 each leg	3x8 reps	3x10 each side	3 x 12 reps	3x8 reps	3x12
6	2/11/2019	3 x 12 reps	3 x 12 reps	3x12 reps	20 each leg	3x8 reps	3x10 each side	3 x 12 reps	3x8 reps	3x15
7	2/18/2019	3x10 reps	3x10 reps	3x12 reps	20 each leg	3x10 reps	3x10 each side	3 x 12 reps	3x10 reps	3x15
8	2/25/2018	3x10 reps	3x10 reps	3x12 reps	20 each leg	3x10 reps	3x10 each side	3 x 12 reps	3x10 reps	3x15
9	3/4/2019	3 x 12 reps	3 x 12 reps	3x12 reps	20 each leg	3x10 reps	3x10 each side	3 x 12 reps	3x10 reps	3x15
10	3/11/2019	Tryouts	Tryouts	Tryouts	Practice	Practice	Tournament	Tournament	Tournament	Tournament

## Core Exercises

### V-Ups

- 1) Start position: Lie back onto floor or bench with knees bent and hands extended towards ceiling. Head should be in a neutral position with a space between chin and chest.
- 2) Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders off floor or bench. Also raise legs up towards ceiling and attempt to touch your hands to your feet.
- 3) Return to start position.



### Opposite Arm Opposite Leg Raises

- 1) Lie face down on floor with arms extended overhead. You may place a rolled towel under forehead to clear face from floor.
  - 2) Raise right arm and left leg 4-8 inches off floor.
  - 3) Lower and raise alternate opposite arm and leg.
- Remember to keep head and back in a neutral position. Shoulders and hips should remain squared throughout movement.



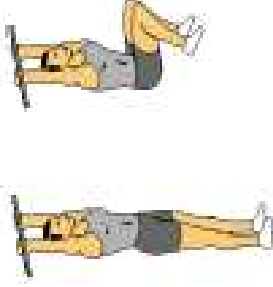
### Reverse Crunches

- 1) Start by lying on your back and holding onto the bench with your hands above your head.
- 2) Keeping your knees bent to 90 degrees lift your legs up off the ground and bring your knees up and towards your shoulders.
- 3) Your range of motion should be far enough so that your hips curl back towards your shoulders as well. Lift your legs and hips with control to avoid jerky motions that create momentum.
- 4) Return to the starting position and repeat for the desired repetitions.



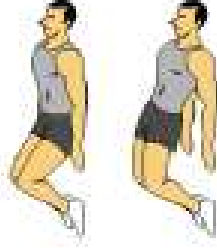
### Hanging Knee Raises

- 1) Grab onto bar and hang with your arms straight.
- 2) Start position: bring knees up with hips flexed at approximately 90°.
- 3) Slowly lower legs returning to start position.
- 5) Remember to keep head and back in a neutral position. Keep stomach tight (naval drawn in towards spine) throughout entire movement.



### Hip Thrusts

1. Begin by lying on your back, knees bent, and feet on the floor. Extend your arms out to steady yourself.
2. Squeeze buttocks and raise your hips and lower back off the floor to form a straight line from your knees to your chest. Do not arch your back.
3. Hold for 5-10 seconds and slowly return to starting position. Relax for 5 seconds.
4. Repeat for required number of repetitions.



### Russian Twists

1. Start by sitting on the floor with hips and knees flexed to approximately 90 degree angles.
2. Grasp a medicine ball or small dumbbell and swing it to the right and left as you keep the hips from rotating with the shoulders.
3. The arms are not perpendicular to the torso, but instead, kept low, near the thighs, as the medicine ball is swung to each side.
3. Repeat for the prescribed repetitions.



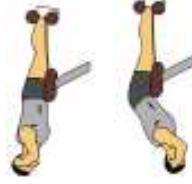
### Dumbbell Trunk Twists

1. Stand with and shoulder width stance. Hold a dumbbell with both hands out in front of your body.
2. While holding the dumbbell rotate your trunk to the left maintaining the dumbbell position. Repeat to the other side.
3. Repeat for prescribed number of repetitions.



### Back Extensions

- 1) Position body face down on apparatus placing hips and ankles on respective pads.
- 2) Place hips (and not stomach) on pad. Place lower leg on pad. Cross arms and place on chest.
- 3) Start position: Back should be parallel to ground with knees slightly bent.
- 4) Lower body until legs and hip are approximately at 90°.
- 5) Return to start position. To increase resistance, place arms behind head, arms extended overhead or holding weight plate or weighted object across chest.



### Push-Ups

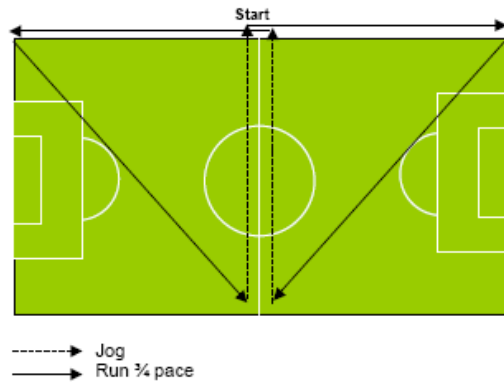
- 1) Lie face down on the floor with hands palm down, fingers pointing straight ahead, and aligned at the nipple line.
- 2) Place hands slightly wider than shoulder width, and feet should be at hip width with toes on floor.
- 3) Start position: Extend the elbows and raise the body off the floor.
- 4) Lower your entire body (legs, hips, trunk, and head) 4-8 inches from the floor.
- 5) Return to the start position by extending at the elbows and pushing the body up.
- 6) Remember to keep the head and trunk stabilized in a neutral position by isometrically contracting the abdominal and back muscles. Never fully lock out the elbows at the start position and avoid hyperextension of the low back.



## INTERVAL AEROBIC Endurance Drills

### Drill 1 – Diagonal Pitch Run

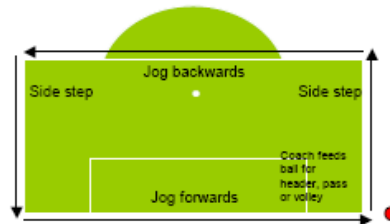
- Using the markings of a soccer pitch, start on the touchline at the halfway point and with the ball run  $\frac{1}{4}$  pace to the corner flag.
- Run  $\frac{1}{4}$  pace diagonally to the opposite side of the pitch at the halfway point.
- Jog along the half way line for recovery back to the start.
- Continue by using the other half of the pitch **without** the ball (leave at start position).
- Repeat 3-5 times and rest for 2 minutes. This is 1 set.
- Complete 2-3 sets.



For large groups of players send half the group off towards one corner flag and half to the opposite corner flag. Make sure players keep as tight together as possible. This drill can also be completed without a ball.

### Drill 2 – Penalty Area Run

- Using the penalty area markings start on one corner facing down the goal line.
- Run along the goal line to the corner of the penalty area.
- The coach or partner throws the ball to head or volley back (individuals can perform a mock header).
- Side-step leading with the left leg to the next corner.
- Run backwards to the next corner.



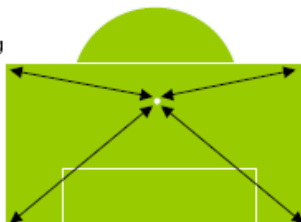
Additional & Supplemental Exercises  
for speed and endurance

- Side-step back to the start and repeat for 1 minute.
- Rest for 60 seconds and repeat 3-5 times. This is one set.
- Rest for 2 minutes between sets and complete 2-3 sets in total.

## ANAEROBIC Endurance Drills

### Drill 1 – Penalty Spot Runs

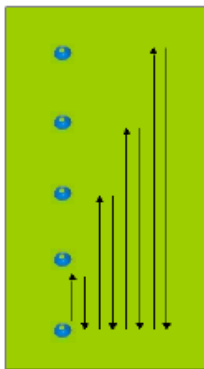
- Using the dimensions of the penalty area (or similar set up with cones) take a starting position on the penalty spot.
- Sprint to one corner of the box and back, then to the next corner and back and so on for all four corners.
- Rest for 60 seconds and repeat for a total of 3-5 times. This is one set.
- Rest for 2 minutes with active recovery (such as ball juggling or walking) and complete a total of 2-3 sets.



### Drill 2 – Shuttle Runs

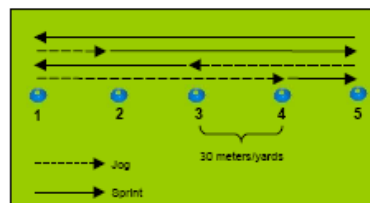
A classic but still outstanding drill for developing anaerobic endurance. Despite the simplicity of this exercise it can still be very demanding. Start with the minimum number of sets and repetitions building up gradually.

- Place 5 cones out 10 yards/meters apart.
- Starting on cone 1, run to cone 2 and back, then cone 3 and back, 4 and back, then 5 and back.
- The sprint should be flat out and with emphasis on sharp turns.
- Rest for 30-45 seconds and repeat. Rest another 30-45 seconds and repeat for a third time. This is one set.
- Rest for 2 minutes with active recovery such as walking.
- Complete a total of 3-5 sets.



### Drill 3 – Progressive Shuttles Runs

- Set out 5 cones 10 yards/meters apart.
- Starting on cone 1, jog to cone 4 then immediately sprint to cone 5.
- Turn and jog to cone 3 and then sprint to cone 1.
- Turn and jog to cone 2 and sprint to cone 5.
- Finally, turn immediately and sprint to cone 1.
- Rest for 60 seconds and repeat 3 times. This is one set.
- Complete 2-3 sets.



Additional & Supplemental Exercises  
for speed and endurance