

Monday: Anaerobic Training

Plyometrics. To perform plyometric exercises with proper form, keep your heels on the ground at the start of the jump and in line with your feet when landing. Always keep your hips back and do not land on your toes.

Sets/Reps: 4x6 with 90 seconds rest

1. Squat Jumps (straight up jump, landing in squat position)
2. Tuck Jumps (straight up jump, tucking your legs underneath you bringing your knees up to your chest)
3. Broad Jumps (imagine there is a board in front of you that you must jump over landing in squat position)
4. Single Leg Lateral Jumps (stand sideways landing on one leg, go back and forth. Imagine you are ice skating or rollerblading)

Sprint Drill

1. 110-yard sprints - 5x60 seconds rest
2. 20-yard sprints - 5x60 seconds rest
3. 30-yard sprints - 4x60 seconds rest

Tuesday: Interval Drills and Foot Skills Video

Soccer Interval Test. This test is done with and without the ball. (First try it without the ball, then gradually incorporate one)

1. Start by running 10 yards down and back twice
2. Run 25 yards down and back once
3. You should finish in 30 seconds with a 30-second rest
4. Run 25 yards down and back once
5. You should finish in 29 seconds with a 30-second rest
6. Each run, the time gets lower until you are unable to finish and the level is recorded

300-Yard Shuttle Run (25-yard intervals)

This test is run six times down and back at 80% max speed. You don't want the run to turn into a race

Training using the 50 Ball Mastery video

Wednesday: Anaerobic Training and Footwork

Refer back to Monday's plyometric drills in addition to:

Training with Alex Morgan Footwork and Moves Video

Thursday: Aerobic Training w/sprint drills and Wall Ball Drill

Gassers (100-yard shuttle; run 5 times with 30-second rest)

Bomb Drill (20-yard by 20-yard box; run one time) (team has done this in practice on larger scale)

1. Start by jogging three sides of the field and sprinting the last
2. Jog two sides and sprint two
3. Jog one side and sprint three
4. Sprint all four sides
5. Progress back down with jogging all four sides as last run

Training with Coach Giuls Wall Ball

Friday: Try to have a small sided scrimmage with friends

Saturday: run, jog and walk

Training with Coach Josh Linear Speed Drills Video

Run for one mile, try to finish in under 8 minutes. Take a light jog after the run. Walk to relax after the jog.

Sunday: Rest

Video References

Warm up routine to utilize prior to each day of activity:

<https://www.youtube.com/watch?v=n2a0RXAC9qc&feature=youtu.be>

Linear Speed Drills

<https://www.youtube.com/watch?v=6plEYWO1vw&feature=youtu.be>

50 Ball Mastery Exercises to Improve Foot Skills and Fast Feet

<https://www.youtube.com/watch?v=ObncYq18IMw&feature=youtu.be>

Fast Footwork and Moves with Alex Morgan

<https://www.youtube.com/watch?v=vb1YWEpR0ww&feature=youtu.be>

Wall Ball with Coach Giuls

<https://www.youtube.com/watch?v=rRExGE-iEjc&feature=youtu.be>