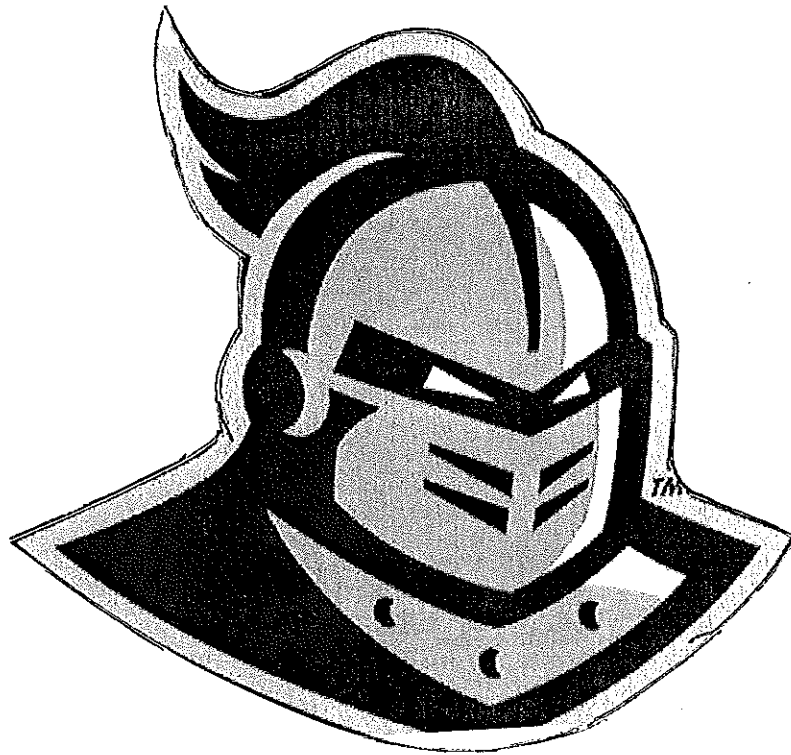


OAKLEAF HIGH SCHOOL SOCCER

KNIGHTS

Soccer Workouts June – August



"The image of a CHAMPION is someone who is bent over drenched in sweat to the point of exhaustion – when no one else is watching.

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The workout program is considered "voluntary" However, it is in your best interest to complete this program to the best of your ability.

These workouts are to help you excel with Soccer and being prepared for Fall is the key to a successful season!

"Those who have invested the most are the last to surrender."

OAKLEAF HIGH SCHOOL SOCCER

KNIGHTS

"A good beginning makes a great end."

Now is the time to start getting physically fit for the upcoming season. If you want go further and do better in Soccer, it all starts with being disciplined enough to get into shape and work on your game. Being a High School soccer player is a privilege, treat it as one. Come into the season physically fit, mentally prepared, and technically sound!

The off-season program combines four different components to provide you with the tools necessary to become the best soccer player that you are capable of becoming.

Attached is a calendar that outlines training schedule for the Preseason. If you follow the schedule, you will be ready to play in August .

COMPONENTS:

- Technique
- Cardiovascular
- Strength
- Agility & Plyometrics

"Your toughest competition in life is anyone who is willing to work harder than you."

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Breaking It Down

TECHNIQUE

This is a daily task of getting touches on the ball. You need to have at least two offensive moves mastered at speed. Positionally, you need to have those appropriate skills mastered.

You need to play as much as possible. I cannot stress this enough. Try to find a team to play on throughout the summer!

Other things you should do: juggle, kick against a kick wall, coerver touches, and play with friends in a pickup game, etc...

CARDIOVASCULAR

This component is divided into 3 levels. For success follow the program as it is written. By following this progression you will be ready and fit enough to compete at this level come August.

You will ALL start at Level. 1 If you feel like you can do more...push yourself harder!

The calendar in this packet will have your weekly workout schedule.

STRENGTH

You have the choice of either Body Weight (BW) circuits or Free Weight (FW) circuits. Change it up between BW and FW.

If you complete the FW circuits you will see a gain in muscular strength and endurance.

The BW circuits will tone your muscles as well as help you to gain muscular endurance.

BW circuits are the **minimum** amount of strength training you should be doing.

AGILITY & PLYOMETRICS

You will need an agility/running ladder and some cones.

If you can't get a hold of a ladder you can use chalk and draw one in your driveway.

You could supplement the exercises that we have given you with jumping rope also.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
(Week 1) 30	31	1	2	3	4
LEVEL 1 - A Free Weight Circuit #1 2x10 OR Body Weight Circuit #1 3x10	LEVEL 1-B TECHNIQUE 1 AGILITY 1 PLYOMETRICS 1 CORE 1	LEVEL 1 - C Free Weight Circuit #2 2x10 OR Body Weight Circuit #2 3x10	LEVEL 1-D TECHNIQUE 2 AGILITY 2 PLYOMETRICS 2 CORE 2	Cardio Circuit 1 Free Weight Circuit #3 2x10 OR Body Weight Circuit #3 3x10	TEST PUSH-UPS & SITUPS AGILITY 3 PLYOMETRICS 3 CORE 3
(Week 2) 6	7	8	9	10	11
TEST 300yrd. Shuttle	TEST ILLINOIS AGILITY & PRO-AGILITY LEVEL 1 - B AGILITY 1 PLYOMETRICS 1 CORE 1	LEVEL 1 - C Free Weight Circuit #2 2x10 OR Body Weight Circuit #2 3x10	TEST JUGGLING & LEVEL 1-D TOUCH TEST AGILITY 2 PLYOMETRICS 2 CORE 2	Cardio Circuit 1 Free Weight Circuit #3 2x10 OR Body Weight Circuit #3 3x10	AGILITY #3 PLYOMETRICS #3 CORE #3
(Week 3) 13	14	15	16	17	18
LEVEL 1 - A Free Weight Circuit #1 2x10 OR Body Weight Circuit #1 3x10	COOPER TEST TECHNIQUE 1 AGILITY 1 PLYOMETRICS 1 CORE 1	LEVEL 1 - C Free Weight Circuit #2 2x10 OR Body Weight Circuit #2 3x10	LEVEL 1-D TECHNIQUE 2 AGILITY 2 PLYOMETRICS 2 CORE 2	Cardio Circuit 1 Free Weight Circuit #3 2x10 OR Body Weight Circuit #3 3x10	AGILITY #3 PLYOMETRICS #3 CORE #3
(Week 4) 20	21	22	23	24	25
LEVEL 1 - A Free Weight Circuit #1 2x10 OR Body Weight Circuit #1 3x10	LEVEL 1 - B TECHNIQUE 1 AGILITY 1 PLYOMETRICS 1 CORE 1	LEVEL 1 - C Free Weight Circuit #2 2x10 OR Body Weight Circuit #2 3x10	LEVEL 1-D TECHNIQUE 2 AGILITY 2 PLYOMETRICS 2 CORE 2	Cardio Circuit 1 Free Weight Circuit #3 2x10 OR Body Weight Circuit #3 3x10	AGILITY #3 PLYOMETRICS #3 CORE #3

OAKLEAF HIGH SCHOOL SOCCER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
(Week 5) 27	28	29	30	Jul 1	2
LEVEL 1 - A Free Weight Circuit #1 2x10 OR Body Weight Circuit #1 3x12	LEVEL 1 - B TECHNIQUE 1 AGILITY 1 PLYOMETRICS 1 CORE 1	LEVEL 1 - C Free Weight Circuit #2 2x10 OR Body Weight Circuit #2 3x12	LEVEL 1-D TECHNIQUE 2 AGILITY 2 PLYOMETRICS 2 CORE 2	Cardio Circuit 1 Free Weight Circuit #3 2x10 OR Body Weight Circuit #3 3x12	TEST PUSH-UPS & SITUPS AGILITY 3 PLYOMETRICS 3 CORE 3
(Week 6) 4	5	6	7	8	9
TEST 300 yrd. Shuttle	TEST ILLINOIS AGILITY & LEVEL 2 - B PRO-AGILITY AGILITY 1 PLYOMETRICS 1 CORE 1	LEVEL 2 - C 120 s: 4 - two min. rest - 4 Free Weight Circuit #1 3x8 OR Body Weight Circuit #1 3x12	TEST JUGGLING & TOUGH TEST LEVEL 2-D AGILITY 2 PLYOMETRICS 2 CORE 2	Cardio Circuit 2 Free Weight Circuit #1 3x8 OR Body Weight Circuit #1 3x12	AGILITY 3 PLYOMETRICS 3 CORE 3
(Week 7) 11	12	13	14	15	16
LEVEL 2 - A Free Weight Circuit #1 3x8 OR Body Weight Circuit #1 3x12	COOPER TEST TECHNIQUE 1 AGILITY 1 PLYOMETRICS 1 CORE 1	LEVEL 2 - C 120 s: 6 - two min. rest - 4 Free Weight Circuit #1 3x8 OR Body Weight Circuit #1 3x12	LEVEL 2-D TECHNIQUE 2 AGILITY 2 PLYOMETRICS 2 CORE 2	Cardio Circuit 2 Free Weight Circuit #1 3x8 OR Body Weight Circuit #1 3x12	AGILITY 3 PLYOMETRICS 3 CORE 3
(Week 8) 18	19	20	21	22	23
LEVEL 2 - A Free Weight Circuit #1 3x8 OR Body Weight Circuit #1 3x12	LEVEL 2 - B TECHNIQUE 1 AGILITY 1 PLYOMETRICS 1 CORE 1	LEVEL 2 - C 120 s: 8 - two min. rest - 2 Free Weight Circuit #1 3x8 OR Body Weight Circuit #1 3x12	LEVEL 2-D TECHNIQUE 2 AGILITY 2 PLYOMETRICS 2 CORE 2	Cardio Circuit 2 Free Weight Circuit #1 3x8 OR Body Weight Circuit #1 3x12	AGILITY 3 PLYOMETRICS 3 CORE 3
(Week 9) 25	26	27	28	29	30
LEVEL 2 - A Free Weight Circuit #1 3x8 OR Body Weight Circuit #1 3x12	LEVEL 2 - B TECHNIQUE 1 AGILITY 1 PLYOMETRICS 1 CORE 1	LEVEL 2 - C 120 s: 10 in a row Free Weight Circuit #2 3x8 OR Body Weight Circuit #2 3x12	LEVEL 2-D TECHNIQUE 2 AGILITY 2 PLYOMETRICS 2 CORE 2	Cardio Circuit 2 Free Weight Circuit #3 3x8 OR Body Weight Circuit #3 3x12	TEST PUSH-UPS & SITUPS AGILITY 3 PLYOMETRICS 3 CORE 3

OAKLEAF HIGH SCHOOL SOCCER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
(Week 10) 1 TEST 300 yd. Shuttle	2 TEST ILLINOIS AGILITY & LEVEL 3 - B PRO-AGILITY	3 LEVEL 3 - C	4 TEST JUGGLING & TOUCH TEST LEVEL 3-D PLYOMETRICS 2 AGILITY 2 CORE 2	5 Cardio Circuit 2 Free Weight Circuit #3 3x10 OR Body Weight Circuit #3 3x12	6 AGILITY 3 PLYOMETRICS 3 CORE 3
Free Weight Circuit #1 3x10 OR Body Weight Circuit #1 3x12	AGILITY 1 PLYOMETRICS 1 CORE 1	Free Weight Circuit #2 3x10 OR Body Weight Circuit #2 3x12	Free Weight Circuit #2 3x10 AGILITY 2 PLYOMETRICS 2 CORE 2	Free Weight Circuit #3 3x10 OR Body Weight Circuit #3 3x12	AGILITY 3 PLYOMETRICS 3 CORE 3
8 LEVEL 3 - A Free Weight Circuit #1 3x10 OR Body Weight Circuit #1 3x12	9 COOPER TEST	10 LEVEL 3 - C Free Weight Circuit #2 3x10 OR Body Weight Circuit #2 3x12	11 LEVEL 3-D TECHNIQUE 2 AGILITY 2 PLYOMETRICS 2 CORE 2	12 Cardio Circuit 2 Free Weight Circuit #3 3x10 OR Body Weight Circuit #3 3x12	13 AGILITY 3 PLYOMETRICS 3 CORE 3
15 LEVEL 3 - B Free Weight Circuit #1 3x10 OR Body Weight Circuit #1 3x12	16 LEVEL 3 - B TECHNIQUE 1 AGILITY 1 PLYOMETRICS 1 CORE 1	17 LEVEL 3 - C Free Weight Circuit #2 3x10 OR Body Weight Circuit #2 3x12	18 LEVEL 3-D TECHNIQUE 2 AGILITY 2 PLYOMETRICS 2 CORE 2	19 Cardio Circuit 2 Free Weight Circuit #3 3x10 OR Body Weight Circuit #3 3x12	20 AGILITY 3 PLYOMETRICS 3 CORE 3
22 Easy 3 mile run Free Weight Circuit #1 3x10 OR Body Weight Circuit #1 3x12	23 LEVEL 3 - B TECHNIQUE 1 AGILITY 1 PLYOMETRICS 1 CORE 1	24 LEVEL 3 - C Free Weight Circuit #2 3x10 OR Body Weight Circuit #2 3x12	25 LEVEL 3-D TECHNIQUE 2 AGILITY 2 PLYOMETRICS 2 CORE 2	26 Cardio Circuit 2 Free Weight Circuit #3 3x10 OR Body Weight Circuit #3 3x12	27 AGILITY 3 PLYOMETRICS 3 CORE 3

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Technical Training

This component of our off-season training will work on the technical foot skills and touch you will need to have good ball control. It will insure that your touch is accurate and precise.

Technique 1:

Juggling - Juggle for 20 minutes or until you break your current consecutive touch record.

Ball Work - Complete the circuit a minimum of two times before moving on. Perform each component for 30 seconds before trying the next one. Push yourself to move faster each time.

1. Step-ups
2. Step-ups (3 forward, 3 back)
3. Pendulum
4. Pendulum with roll back (touch, touch, touch, roll)
5. Rollovers (3 right, 3 left)
6. Rollover w/cut (right, right, cut, left, left, cut)
7. Pendulum w/ rollover (touch, touch, roll)

Cone Weaves - Complete the circuit a minimum of three times. Perform each component down and back on a ten cone weave. Try to get through as quickly as possible.

1. Both feet
2. Right only
3. Left only
4. Icky Shuffle (Out, Cut)
5. Double Icky (Out, Out, Cut)
6. Double Rollover (right, right, cut, left, left, cut)
7. Lateral Weave (roll, pull back, touch, touch)

If you want to be the best

You must work like the Best!

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Technique 2:

Juggling - Juggle for 20 minutes or until you break your current consecutive touch record.

Partner Volley Passes

Part One: You will need two partners to toss you the balls. The three of you will be set in a "V" shape with the two passers at the top of the V and the person doing the volleys will be at the point. Passer #1 will toss you the ball at the appropriate height and you will volley it to passer #2. Passer #2 will then toss you the ball and you will volley it back to passer #1. You will continue this pattern until you complete ten quality volleys. DO NOT COUNT BAD VOLLEYS! You will not improve if you except medial work – work toward perfection.

Foot – 10 volleys

Abduction- 10 volleys

Thigh – 10 volleys

Adduction- 10 volleys

Chest – 10 volleys

Part Two: You will still need two partners to pass to. This time you will be lined up in a straight line with about 5 yards between each other. The tossers are on the ends and the person doing the volleys is in the middle. Passer # 1 tosses the ball to the person doing the volleys, who is facing passer #1. You have two touches to volley it to passer # 2 who is behind you. You must use the appropriate surface as your first touch and the second is a foot volley. You will be completing a 180° volley pass each time.

Foot – 10 volleys

Thigh – 10 volleys

Chest – 10 volleys

If you do not understand the footwork exercises you can use Google to search.

"Everyone wants to win a championship once the season starts. The key is to want to win them in the off-season."

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CARDIOVASCULAR TRAINING

This component of our off-season program focuses on conditioning of the cardiovascular system.

- ✍ The preferred program described here is based upon working at a soccer field with 120 x 75 yard dimensions. You may have to adjust the workout to suit your location.
- ✍ If you have to adjust your training, be sure that the distances are very close to the preferred program.
- ✍ Focus on good sprinting form.
- ✍ Be sure to properly warm-up before each session.

Recommended weekly mileage minimum. You will need to plan and schedule this on your own. Most of your cardiovascular training has mileage calculated for you. You can subtract that mileage from your weekly minimum, but will need to complete the rest throughout the week.

Weekly Mileage

Week 1 : 6 miles

Week 2 : 6 miles

Week 3 : 8 miles

Week 4 : 8 miles

Week 5: 10 miles

Week 6: 10 miles

Week 7: 12 miles

Week 8: 12 miles

Week 9: 15 miles

Week 10: 15 miles

Week 11: 17 miles

Week 12: 17 miles

"Be careful that you don't choose the comforts of mediocrity over the toil of success."

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Level 1 - Wk 4

Level 1 will be for the first 5 weeks of the program. For some of you it may be easy. Push yourself better times, or take shorter breaks in between sprints. Pushing yourself now will make them easier when you start level 2.

A. Down tier

- Run yard sprints, resting 30 seconds between each sprint
- Rest 1 min
- Run yard sprints, resting 25 seconds between each sprint
- Rest 45 sec
- Run yard sprints, resting 20 seconds between each sprint
- Rest 1 min
- Run yard sprints, resting 10 seconds between each sprint
- Rest 30 sec
- Run yard sprints, resting 5 seconds between each sprint
- Rest 1 min
- Run a 1/4 mile sprint
- Rest 3 min

B. 2 mile tempo Pace - push yourself to get the best time)

C. Pyramid

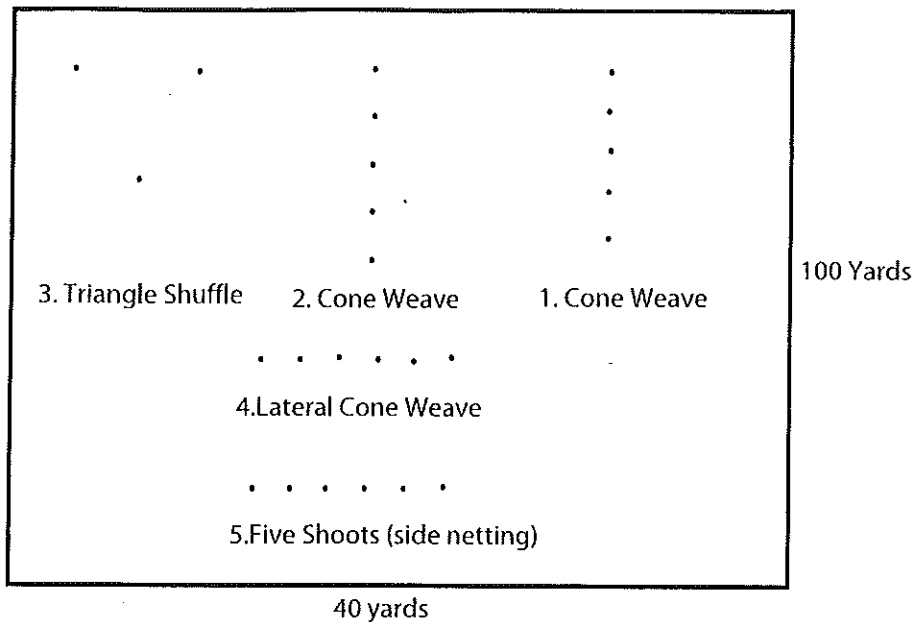
- Sprint forward back, rest 5 seconds
- Sprint forward back twice, rest 10 seconds
- Sprint forward back three times, rest 15 seconds
- Sprint forward back four times, rest 25 seconds
- Sprint forward back three times, rest 15 seconds
- Sprint forward back twice, rest 10 seconds
- Sprint forward back
- Rest 3 mins and repeat

D. Fartlek

- 5 min. warm up pace
 - 1 min. quick pace followed by 2 min. relaxed pace X5
 - 10 min. cool down pace
- (This is a 30 min. run and approximately 3 miles)

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Cardio Circuit 1



This circuit will be run through as many times as possible in 5 minutes. Take a two and a half minute break and then repeat. You will do the circuit 3 times total. You will follow this circuit counter clock-wise starting from #1 moving through to #5. You will sprint from one station to the next and when you complete your last shot on #5 you sprint all the way back to #1. Here is an explanation of each station:

Station 1: 6 cones – right foot only down, left foot only back x2

Station 2: 6 cones – icky shuffle down and back x2

Station 3: Starting at back right cone. Sprint to the point, back pedal to left back cone, side shuffle to back right cone x 5

Station 4: Lateral Cone Weave down back x2

Station 5: Shoot five balls 15 yards out from goal. Aim for side netting (make sure to shoot at both side nets).

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Level 2 - Wk - 5 - Wk - 8

These are different exercises with the same concept – building cardio endurance and working on sprint recovery time. You will do this level for 4 weeks. Perfect it, exceed it, OWN IT!!!

A. Declining pyramid

- Sprint 60 yards 6 times, resting 15 seconds between each sprint
- Rest 1 minute
- Sprint 40 yards 6 times, resting 10 seconds between each sprint
- Rest 45 seconds
- Sprint 20 yards 6 times, resting 8 seconds between each sprint
- Rest 30 seconds
- Sprint 10 yards 6 times, resting 4 seconds between each sprint
- Rest 3 minutes

B. 3 mile run (Tempo Pace – push yourself to get the best time)

C. 120's

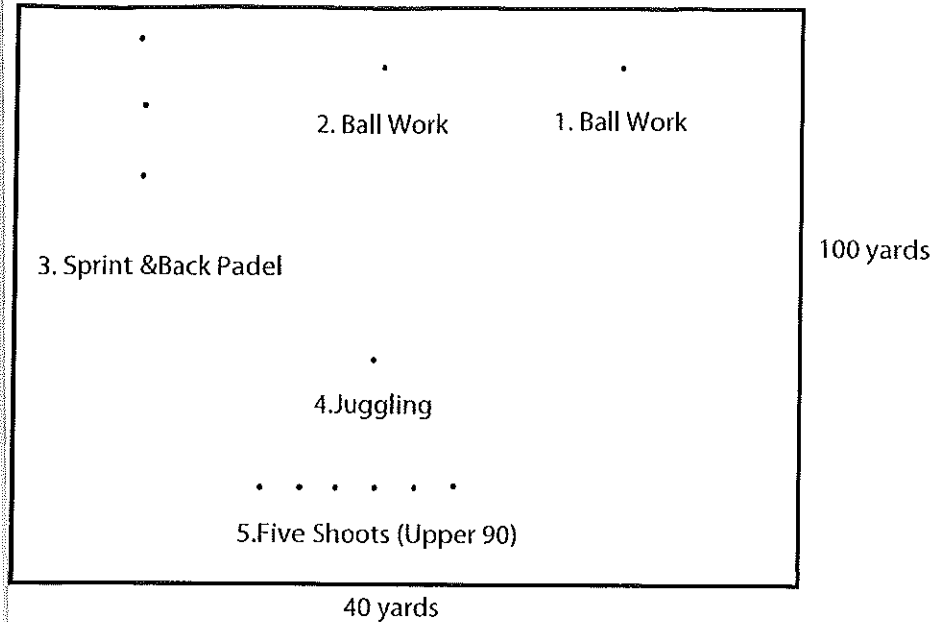
- Sprint 120 yards (full field) in 20 seconds; get back to start in the remaining 40 sec.
(check calendar for repetitions)

D. Fartlek

- 5 min. warm-up pace
- 1 min. jog > 30 sec. sprint > 30 sec. walk x 10
- 10 min. cool down

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Cardio Circuit



This circuit will run through as many times as possible in 5 minutes. Take a 2 and a half minute break and then eat. You will do the circuit 3 times total. You will follow this circuit counter clock-wise start from #1 moving through to #5. You will sprint from one station to the next and when you complete your last shot on #5 you sprint all the way back to #1. Here is an explanation of each station:

Station 1: Rollover/cut x10

Station 2: Pendulum with roll back x10

Station 3: Start at BACK cone and sprint to MIDDLE cone >backpedal to BACK cone >sprint to TOP cone>backpedal to MIDDLE cone>sprint to TOP cone>backpedal to BACK cone x2

Station 4: Juggle feet only 25 consecutive or 45 seconds, which ever happens first.

Station 5: Shoot five balls 15 yards out from goal. Aim for upper 90 (make sure to shoot at both corners).

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Level 3 Wk - 9 - Wk - 12

This is the highest level. It means you have mastered both level 1 and level 2. You have been training for 9 out of 12 weeks at this point. You have 4 weeks to work at this level before you finish the training.

A. Short pyramid

- Sprint 25 yards and back
- Rest 5 seconds
- Sprint 25 yards and back twice
- Rest 10 seconds
- Sprint 25 yards and back three times
- Rest 15 seconds
- Sprint 25 yards and back twice
- Rest 10 seconds
- Sprint 25 yards and back
- Rest 3 minutes

B. 4 mile run (tempo pace – push yourself to get your best time)

C. 40's x 2

- Start at the half. Sprint to one end line > Sprint to opposite end line > Sprint back to half
- Complete this sprint (totals two field lengths) in 40 seconds.
- Rest for 1 min and 30 seconds before starting the second one

D. Mean 6

- The outer perimeter of the field is divided into 6 sections (2 end lines, corner – half, half – opp. corner) Start in one corner and run the following progression consecutively concluding once you have done a full sprint around the entire perimeter of the field.
- Jog 1 section - Sprint 1 section
- Jog 1 section – Sprint 2 sections
- Jog 1 section – Sprint 3 sections
- Jog 1 section – Sprint 4 sections
- Jog 1 section – Sprint 5 sections
- Jog 1 section – Sprint 6 sections

"The more you discipline yourself, the less you'll be disciplined by others."

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STRENGTH TRAINING

Our Strength Training work outs consist of the following components:

BODY WEIGHT EXERCISES

FREE WEIGHT EXERCISES

CORE CONDITIONING

BODY

WEIGHT

EXERCISES

These exercises can be performed anywhere and any time since no machines or equipment is necessary. If possible, you should do more free weight circuits than body weight circuits. Refer to the calendar to see which circuits are recommended for that week.

Legs

1. Body Squat

Stand straight up with your hands clasped together behind your neck and feet shoulder width apart.

Squat as if you were going to sit in a chair while keeping your back straight and chest out.

Stop at the point where the top of your thighs are parallel to the ground and then return to the starting position.

2. Burpee

Begin in a normal standing position with your arms by your side. Squat and place both hands on the ground outside of your legs. Shift your weight to your hands as you kick both feet back, extending the legs fully.

Complete on push-up and then quickly bring both legs back under your body to the squat position with weight remaining on your hands. Then jump from the squat position as high as you can, extending your arms overhead.

3. Calf Raise

From a standing position and hands clasped together behind your head, raise your heels as high off the ground as possible with weight on the balls of your feet, and then return heels to ground.

4. Jumping Knees to Chest (Jump KC)

From a standing position, hop twice and then jump while flexing the knees and bringing them as near to the chest as possible at the top of your jump. Hop twice and repeat.

5. Lunge

From a standing position, with hands touching the hips or behind the head, stride as far as possible with one leg, then flex the knee of that leg while keeping the other foot in place. Gradually shift your weight to the flexed leg until it is fully flexed. Push off with the flexed leg to return that leg to starting position, and then repeat with the other leg.

6. Split Squat

Begin with one foot forward and one foot back and place both hands clasped together behind your head. Squat down until the knee of your back leg is close (not touching) to the ground and the knee of your front leg is flexed at 90 degrees. Complete the required repetitions, then switch legs and repeat.

7. Split Squat Jump

From a split squat position, squat down and jump into the air while bringing one leg forward and the other back (like scissors). You will land in a split squat position. Continue jumping while reversing the position of each leg. Jump as high as possible.

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8. Squat Jump

This is similar to the squat, except that when you squat down, you then jump as high as possible, land in the squat position and jump again.

9. **Mountain Climber**

Start from a wide push up position. Bring your right knee up under your body to the chest while keeping the left leg in the extended position, both hands on the ground and your head up. Return to starting position and then repeat with the left leg. This should be done rapidly like running in place with your hands on the ground.

Arms

1. **Dips**

Use a chair and place both hands on the edge of the seat with body facing away from chair. Legs are extended out and away with weight mostly on heels. Dip your weight down until your Triceps are parallel with the seat of the chair and the extend arms back to starting position.

2. **Push-up**

Lay flat on your stomach with hands placed on the floor just outside of your chest. While keeping your entire body straight, push up off the floor with the hands lifting the body off the ground until both arms are extended and feet are still touching the floor. Flex your arms, keep your entire body straight and stop when your chest is about 4 inches from the floor, then return to the extended position. Your entire body should move off the floor at the same rate.

3. **Wide Push-up**

This is similar to the normal push up with the exception that your hands should be placed as far apart as possible.

FREE WEIGHT EXERCISES

Chest Exercises

1. **Dumbbell Bench Press**

Start by lying with your back on a flat bench. Hold dumbbells directly above your shoulders, with your arms straight, and both feet on the floor. Inhale as you lower the dumbbells to parallel with your chest, and then exhale as you press the weight back up to starting position.

2. **Straight Arm Pullover**

Lie on your back on a flat bench; hold a dumbbell, elbows bent, and head beyond the end of the bench. Lower the weight past your head, and then pull the weight back to the starting position

3. **Dumbbell Fly**

Lie on back on a flat bench. Hold dumbbells in each hand, with elbows bent, and DB just above the shoulders. Move the DB's away from each other and lower them, then return to the starting position.

Back Exercises

1. **Supported Dumbbell Row**

Lean over a bench, stabilizing yourself with one knee and hand (on the same side of your body). Hold a dumbbell by your straight leg, then lift you elbow so your tricep is parallel with you back. Return to starting position.

2. **Lat Pull Down**

Use the lat machine, grasp bar with hands wider than shoulder width apart. Have your palms face away from you. Pull bar down to upper chest and then extend arms again.

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3. DB Shoulder Shrug

Hold DBs with thumbs facing forwards. Shrug your shoulders up to the highest possible point, and then lower the DB's back to the starting position.

Shoulder Exercises

1. Overhead Press

Start with DB's supported at shoulder level in front of your body. Press the weight overhead into a straight-arm position, and then lower the weight to your starting position.

2. Lateral Raise

Hold DB's in each hand. Start with hands at sides; lift the weight out away from your body, and upward. Keep your arms fairly straight, raise weight to shoulder level.

3. DB Front Raise

Lift DB out in front of your body. Keep arms straight, raise to shoulder level and back down.

Arm Exercises

1. DB Curl

Sit on a bench, holding DB's, with arms straight down by sides. Raise weight to shoulders by moving your elbow joint. Then lower the weight back to the starting position.

2. Triceps Extension

Sit and hold a DB over your head with both hands. Slowly lower the weight behind your head. Then push your hands back up to the starting position.

3. Bench Dips

With your feet out, stabilize yourself on a bench by balancing on your palms. Lower your body weight by bending at your elbows. Lower yourself as far as possible. Then extend you arms and push your body weight back up.

4. Wrist Curl

Sit on exercise bench with your forearms on the bench, and your wrists just beyond the end of the bench. Lift the DB by moving only your forearms and wrist. Then lower the weight back.

Leg Exercises

1. Squat

Stand holding a barbell across your shoulders and upper back. Keep your back straight and bend your knees and hips until your thighs are parallel to the ground. Return to a standing position.

2. Lunge

Stand while holding a DB in each hand. Take a large step forward with one leg. Bend at the knee and lower body weight so thigh is parallel with the floor. Try to keep your knee directly above your foot. Extend your leg and step back to the starting position.

3. Step Up

Start standing, holding DB's in both hands. Place one foot on the step in front of you; lift yourself up using your hip and leg muscles. Then step back down. Alternate feet each time you step up.

4. Knee Extension

Sit at the machine with the padded exercise bar resting on your shins. Extend your legs at the knee joint, pushing the weight until it is parallel with the floor. Allow your legs to bend and return to the starting position.

5. Leg Curl

Sit at the machine with your legs straight and your calves resting against the exercise pad. Bend your knees and pull your lower legs to your thighs, then extend your legs.

6. Calf Raise

From a standing position, position a barbell across your upper back/shoulders, raise your heels as high off the ground as possible with weight on the balls of your feet, and then return heels to ground.

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CORE CONDNING

Core Exercise

1. **Anchors**
Sit on thund with legs extended. Simultaneously raise legs and arms so that you are balanced on your m with knees locked out and legs fully extended in air. Raise them as high as you can maintaince.
2. **Crossovunch (X-Crunch)**
Lay flat of back with hands clasped together behind your neck, legs straight and feet off the ground. To begin the ise, lift your head off the ground also. Simultaneously flex your knees and raise your upper body off thund, flexing at the waist. Twist your upper body and touch your right elbow to your left knee and then r to starting position. The next time, raise up, twist and touch your left elbow to your right knee. This e rep. Do not allow your feet or head to touch the ground during the exercise.
3. **Flutter Ki**
Lay flat onr back with your arms by your side. Begin with your feet six inches off the ground. Keeping your legs sht, kick your feet up and down at a steady pace. Do not allow your feet to touch the ground during the eise. The count for this exercise is: 123=1; 123=2; 123=3...etc. Your counting should keep the rhythm withr kicks.
4. **Superman**
Lie face down with your legs and arms stretched out. In one smooth movement, lift your arms and legs up into the "Supian" position. Your arms, head, and feet should be as high off the ground as possible with your back arcl. Hold, then return to the start position.
5. **Full Sit-up**
Lay flat on yoback with your shoulder blades touching the floor, knees flexed and both feet flat on the floor. The arms are fied across and remain against the chest or rib cage with no gap between the forearms and the chest or ribage when raising the upper body. One repetition consists of raising the upper body from the starting position until the elbows or forearms touch the thighs and then returning to the starting position with the shoulr blades touching the floor. No bouncing or arching of the lower back is allowed, and the buttocks will remain in the constant contact with the deck throughout the exercise. An assistant may hold the feet or legs below the knees in whatever manner is most comfortable for the participant. Kneeling or sitting on the feet is permitted.
6. **Jackknife**
Lay flat on your back with arms extended overhead on the floor. Legs should also be extended on the floor. Flex at the waist and simultaneously bring your legs up without flexing at the knees to meet your upper body halfway. Your goal is to touch your chest to your legs without flexing at the knee. Arms should remain away from the body extended outside of the legs.
7. **Russian Twists**
Sit on ground with knees bent, feet off the ground and balanced on your bottom (leaning back 45 degrees). Keep back straight and rotate arms from right to left touching the ground each time. Add a medicine ball or dumbbell weight for added difficulty.
8. **Reverse Crunch with Hip Lift**
Lay flat on your back with arms folded across your chest. Elbows should be touching chest and hands should be touching your chest. Your legs should be extended with your heels about 2 inches off the ground. Flex your knees until they touch your chest and then extend them up toward the ceiling until your hips leave the ground and then return to starting position. It is important to bring legs all the way up so that your hips leave the ground.
9. **Side to Side**
Sit in an "L" position with your legs extended in front of you. Touch your toe with your fingers and then fall back diagonally to the right, extending your arms back over your head. Then lift yourself up again, touch your toes, and down diagonally to the left.

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10. V-twist

Sit on the floor, keep feet together and lift them about 4 inches off the floor. Knees can be slightly flexed. Extend both arms straight ahead with hands close to the knees. Twist your body at the waist, swinging both feet as far as possible to your left while swinging both arms as far as possible in the opposite direction. Your upper body should be twisting in the opposite direction as the lower body. Feet should not touch the ground during exercise.

11. Scoop Abs

Start in anchor hold position (lean back 45 degrees with legs up, and knees locked out). Pretend your feet are the tip of a shovel and scoop them down along the ground until legs are fully extended again and return to starting position.

12. Hip Rock n Raise

Lay on your back with your legs in a butterfly position. Lift your hips and legs up off the ground. Keep your legs in the butterfly position. Then bring your lower body back to the floor.

13. Plank

Lie face down on mat resting on the forearms, palms flat on the floor. Push off the floor, raising up onto toes and resting on the elbows. Keep your back flat, in a straight line from head to heels. Tilt your pelvis and contract your abdominals to prevent your rear end from sticking up in the air.

14. Fifer Scissors

Extend one leg as straight as possible slightly above the floor, and the other leg straight up to point to the ceiling. With each second bring legs down so that each one will take the position of the other leg. So there will always be one leg that is straight to the ceiling, one leg straight, and parallel to the floor.

15. Side Bridge

This is a side plank. Balance on forearm and edge of feet. Make sure your elbow is directly under your shoulder joint. Make a straight downward line from your shoulders > hips > knees > ankles.

16. Legs Raises

Lie on back, bend at the waist, and extend legs fully. Raise hips off ground and keep legs straight. Then lower hips back to the floor.

If you do not understand the BW exercises you can use Google to search.

***"The game is survival of the fittest.
The strong survive, the weak do not."***

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Circuit Training

Each circuit consists of 2-3 sets of each exercise. Refer to the calendar to see which circuit and how many repetitions to do. You may choose either body weight **OR** free weight, although free weight is recommended. Level up on weights for the Free Weight Circuit as needed. If it is not hard to lift the last two repetitions then you need to add more weight. Always do the exercises in order. Do not rest for more than one minute between

groups. (Circuit 1/Week 1 Example: Start with group 1, do burpee x10, Dips x10, reverse crunch x10, rest 30 seconds, repeat, rest, move on to group 2...group 3)

Body Weight Circuits

Circuit 1

Group 1: Burpee, Dip, Reverse Crunch w/ Hip Lift

Group 2: Body Squat, Pushups, Supermans

Group 3: Split Squat Jump, Calf Raise, Wide Push-up, X Crunch

Circuit 2

Group 1: Mountain Climber, Pushups, Flutter Kick

Group 2: Squat Jump, Wide Pushup, Jump KC, Leg Raise

Group 3: Jump KC, Calf Raise, Dips, Side to Side

Circuit 3

Group 1: Lunge, calf raise, Wide Pushup, Side Bridge

Group 2: Burpee, Dips, Superman

Group 3: Split Squat, Mountain climber, Push-up, Anchor Holds

Free Weight Circuits

Circuit 1

Group 1: DB Curl, Squat, Legs Raises

Group 2: Lunge, DB Bench Press, DB Row, V-Twist

Group 3: Lateral Raise, Knee Extension, DB fly's, Side to Side

Circuit 2

Group 1: Triceps extension, Lunge, Russian Twists

Group 2: Step Up, DB Row, Side to Side

Group 3: DB Front Raise, Squat, Straight arm pullover, Legs Raises

Circuit 3

Group 1: Superman, Russian Twists, Bench Dips, Heel Raise

Group 2: V-Twist, Wrist Curl, Step up

Group 3: Squat, DB Bench Press, Calf Raises, Legs Raises