

OAKLEAF HIGH SCHOOL SOCCER

Core Circuits

Do 2 sets of 25 of each of the exercises. Follow the core schedule on the calendar.

Core 1

1. Full Sit Up
2. X-Crunch
3. Hip Rock n Raise
4. Superman

Core 2

1. Scoop Abs
2. Plank
3. Jackknife
4. Full Sit-up

Core 3

1. Fifer Scissors
2. X Crunch
3. Hip Rock n Raise
4. Plank

"It's not the hours you put in; it's what you put in the hours."

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AGILITY & PLYOMETRICS

AGILITY & PLYOMETRICS PROGRAM CONSISTS OF THE FOLLOWING TWO COMPONENTS:

Agility Exercises

Plyometric Exercises

AGILITY

I have included two different types of agility training in the program:

FOOT LADDER

These should be done with focus on speed and quickness of the feet.

The ladder is used as a tool to develop balance, coordination, speed, agility & quickness.

Perform these exercises while on the balls of your feet, with flexed knees and do not allow your heels to touch the ladder or the floor.

Perform these exercises along with the agility drills according to our calendar.

Since you are working on agility, be sure to rest between patterns.

CONE DRILLS

Perform the cone drills 3 times each throughout the entire summer.

Using the diagrams and instructions in this guide, set up cones or other similar markers for these drills.

It is best to set all of them up and run them like a circuit.

Run each of the drills at full speed.

Since you are working on agility, be sure to rest between circuits.

"If you're going through hell, keep going."

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Patterns for the Foot Ladder:

- 1. Single Step** - Run through the ladder, placing one foot in each square.

R	L	R	L	R	L	R	L	R
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- 2. Double Step** - Run through the ladder, placing two feet in each square, leading with the left foot. After one trip, repeat while leading with the right foot.

L,R	L,R	L,R	L,R	L,R	L,R	L,R	L,R	L,R
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3. Slalom Run

- Begin on the right side of the ladder;
- Place your left foot into the first square.
- Place your right foot into the same square.
- Take the left foot out of the square and place it on the outside left of the ladder.
- Advance right foot to the second square.
- Follow with the left foot.
- Take right foot out and place it on the outside right of the ladder
- Continue with this pattern.
- This one can also be performed backwards.

	3L		9L		15L		21L	
Both feet	1L,2R	4R,5L	7L,8R	10R,11L	13L,14R	16R,17L	19L,20R	22R,23L
		6R		12R		18R		24R

4. Out-In (2 feet)

- Begin with both feet straddling the ladder.
- Step into the first square with your left foot.
- Then follow with the right foot into the first square.
- Step out with your left foot.
- Follow by stepping out with your right foot.
- Alternate lead foot next time you go through ladder.
- This can also be done backwards.

L		3L		7L		11L		15L		19L		23L
	1L,2R		5L,6R		9L,10R		13L,14R		17L,18R		21L,22R	25L,26R
R		4R		8R		12R		16R		20R		24R

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5. Foot)

- Be both feet straddling the ladder.
- Step first square with your left foot.
- Move foot forward one square, but keep it outside of the ladder.
- Step second square with the right foot.
- Move foot forward one square, but keep it outside of the ladder.
- Step third square with the left foot.

L	L	5L	9L	11L	15L	17L
1L	4R	7L	10R	13L	16R	19L
R	R	6R	8R	12R	14R	18R

"An athlete with no ambition is an athlete in poor condition. That applies in both the mental and physical sense. There is no substitute for desire. I can make a mediocre athlete into a good one and a good athlete into a great one."

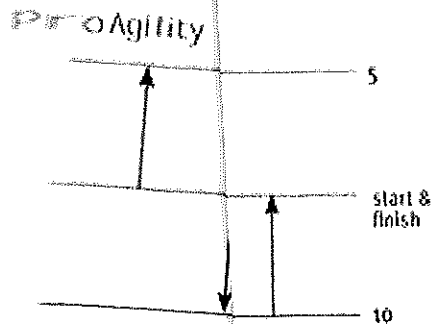
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AGILITYILLS:

Penalty aruttle run x 3 (72 yds x 5)

- Start goal line.
- Sprint goal-area line and back (12 yds)
- Then penalty spot and back (36 total)
- Then to 18 and back (72 total)
- Rest 45 seconds then repeat four more times
- Be sure in a straight line back and forth

Pro Agility D



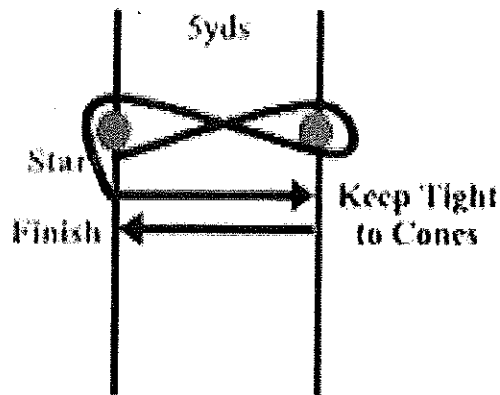
1. Start at the middle line as shown in the diagram.
2. Sprint to the right line and touch it with your right hand.
3. Push off forcefully and sprint back across the middle to the left line and touch that line with your left hand.
4. Sprint back to the right, finishing at the middle line.

Key Points:

1. When running to the right, always touch the line with your right hand and running to the left always touch the line with your left hand. This insures that you will push off with opposite feet.
2. Make sure you touch the line with your hand.
3. Stay low when changing directions.
4. Run in a straight line.
5. Chop your steps as you slow momentum to get to line, then drive out when you change directions.

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Nebraska Agility Drill



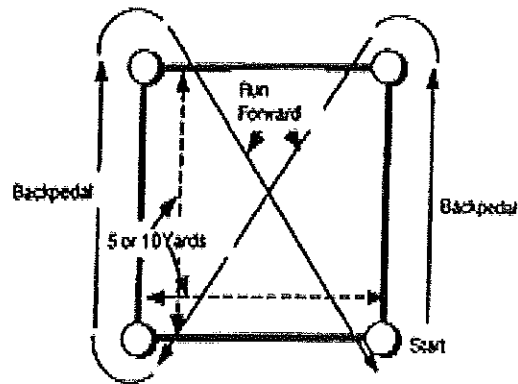
1. From the starting position above, sprint to the first cone and make a right hand turn.
2. Return to the starting line and go around the second cone with a left-hand turn.
3. Run to the five yard line and touch it with your fingers, then backpedal across the starting line to finish.

Key Points:

1. Pass as close to the cones as possible without knocking them over.
2. Be sure to touch the line with your hand.
3. Keep your weight forward as you backpedal.
4. Stay low and keep feet moving quickly as you turn around the cone.

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Comeback Cone Drill



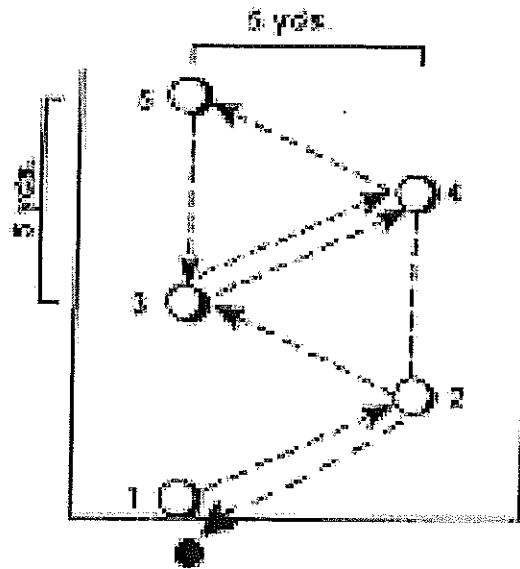
1. Start on the right side of the square and backpedal to first cone.
2. At the first cone, sprint diagonally to the second cone.
3. Backpedal to the third cone.
4. At the third cone, sprint diagonally to the fourth cone.

Key Points:

1. Keep weight forward during backpedal
2. Focus on quick change of direction followed by good acceleration.

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Diamond Drill



1. Begin at cone 1 with your shoulders parallel to the line of direction.
2. Sprint to cones 2,3,4 & 5. (Quick acceleration and deceleration)
3. Backpedal from cone 5 to 3, sprint to cone 4. Backpedal from cone 4 to 2 and finally turn and spring back to cone 1.

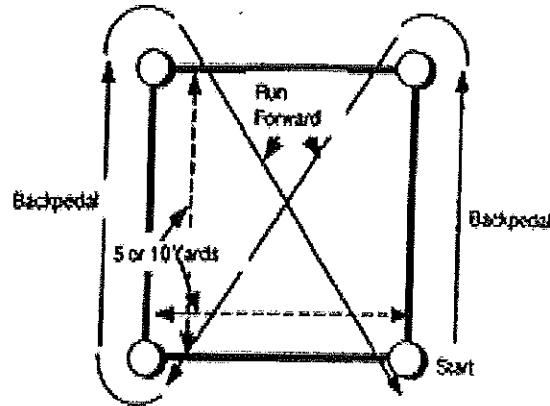
Key Points:

1. Run in straight lines.
2. Do not round corners.
3. Run full speed and focus on rapid acceleration and deceleration.
4. This drill can be varied by changing direction from left to right.

"A minute lost in preparing is never found."

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Four Corner Drill



1. Start on the right side of the square and run forward.
2. At the first cone, make a reverse pivot by throwing your right shoulder clockwise.
3. Carioca to the next cone.
4. Reverse pivot and backpedal to the next cone.
5. Reverse pivot and shuffle to the finish.

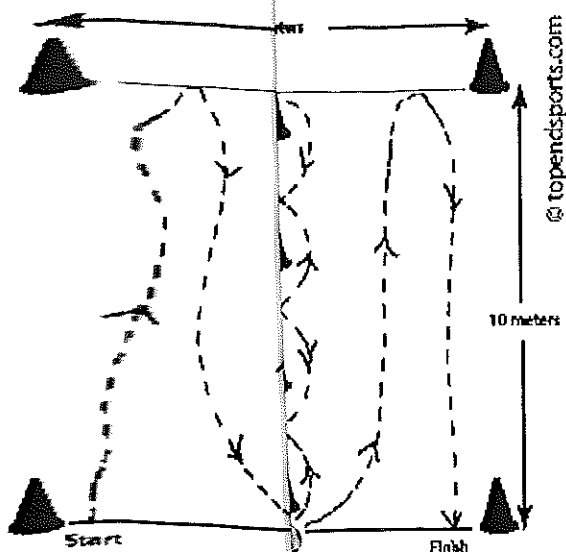
Key Points:

1. Focus on rapid acceleration and deceleration.
2. Do not cross feet during shuffle.

"It's not the work that's hard, it's the discipline."

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Illinois Ag Drill



1. Player starts on stomach behind the left cone
2. Ball will start behind the middle cone
3. At start, sprint **around** the first cone, and back to the ball at the middle cone
4. Dribble in and out of the middle cones and back, leaving the ball at the first middle cone
5. Sprint **around** the far right cone and back to finish.
6. (Follow arrows)

Key Points:

1. Focus on rapid acceleration in the long straights.
2. Control body weight when rounding the cones.
3. Quick tight movements when weaving in the middle.
4. Can be done with or without the ball.

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PLYOMETRICS

Use a running/agility ladder to perform these exercises. Some of these may also be performed on bleachers, stairs or plyometric boxes, if available. I'm asking that you do each of these exercises **at least 2x** before moving on to the next one. These exercises should be done with focus on **power**, not speed. Landing technique is also very important. Make sure you are bending your knees to absorb the shock from landing.

1. Power Hops

Hop with both feet through the ladder. Ankles should be touching, weight on the balls of the feet. Maintain good balance and rhythm. Focus on jumping high and landing with proper

1B	2B	3B	4B	5B	6B	7B	8B	9B
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2. Ice Skater (one foot)

- Begin with your left foot in the first square and your right foot outside the square on the right.
- Hop with both feet placing the right foot in the second square the same time the left foot is outside the square on the left.
- Repeat this pattern as you move forward on the ladder.

	2L		4L		6L	
1L	2R	3L	4R	5L	6R	
1R		3R		5R		

3. Ice Skater (two feet)

- Begin with both feet outside on the right of the ladder.
- Hop with both feet and land with left foot in the first square.
- Hop with both feet to the outside left of the ladder.
- Hop with both feet and land with the right foot in the second square.
- Keep alternating forward on the ladder.

	3B		7B		11B	
2L	4R	6L	8R	10L	12R	14L
1B		5B		9B		13B

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4-5. One Foot

- Put your right foot through the ladder.
- Perform a soft landing.
- Repeat with the left foot.

6. Skip 1

- Begin in a squatting position, jump over two squares landing in the same position.
- Repeat down the ladder.
- Jump high as possible each time, using your arms to help with momentum.
- As you land with both feet be sure to flex your knees to absorb force and keep a steady rhythm.

7. Two Over In

- Begin with both feet in the first square.
- Hop with both feet landing outside of the first square.
- Hop with both feet landing inside the second square.
- Hop with both feet landing outside the second square.
- Maintain a good rhythm.
- Continue the pattern forward on the ladder.

8. Knee tuck

- Begin with both feet in the first square.
- Flex your knees and jump as high as possible, tucking the knees up to your chest.
- Land in the second square with both feet.
- As you land, flex your knees to absorb force and then repeat down the ladder.

9-10. Single leg jumps

- Begin standing with both feet in the first square.
- Flex your right knee and jump as high as possible into the second square.
- Flex your right knee while landing on it to absorb force, and then repeat down the ladder with a constant rhythm.
- Repeat with the left leg.

11-13. Forward Two/Back One

- Begin with both feet in the first square.
- Jump as high as possible to the third square.
- Hop back to the second square.
- Jump as high as possible to the fourth square.
- Hop back to the third square.
- Continue with same pattern.
- Jump high when you go forward and hop softly backward.
- Maintain a good rhythm.
- You can also do this one with one leg at a time.

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14-15. Lateral Hops

- Begin standing in the first square facing to the left.
- Hop with both feet down the ladder as fast as possible facing in this direction.
- Be sure that both feet touch the floor in each square.
- Continue facing in the same direction and hop back in the other direction.
- After completion of this, perform exercise using the forward two/back one pattern.

16-17. Lateral Jumps

- This is the same as number 14 except you are jumping high instead of hopping.
- Flex your knees each time you land and push off again.
- Be sure that both feet land in each square at the same time.
- Perform this in both directions.
- Maintain a good rhythm.
- After completion of this, perform exercise using the forward two/back one pattern.

"The higher your standards – the better you become at what you do."

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Agility Cs

Circuit 1

- Pro A Drill - 3x
- Nebragility Drill - 3x
- Foot Lrs 1-5 - 2x each
- IL Agilrill - 3x w/ball

Circuit 2

- Diamorill - 3x
- Four Cc Drill - 3x
- Comebone Drill - 3x
- Penalty A Shuttle Run - 3x

Circuit 3

- Foot Lads 1-5 - 2x each
- Penalty A Shuttle Run - 3x

Plyometric Circuits

Circuit 1

- Forward 2ack 1- 2x
- Lateral hop - 2x
- Lateral jumps - 2x

Circuit 2

- Squat jumps - 2x
- 2 out, 2 in - 2x
- Knee tucks - 2x
- Single leg jumps - 2x

Circuit 3

- Ice Skater (1 foot) - 2x
- One footed hops, both feet - 2x each
- Power Hops - 2x
- Ice Skater (2 feet) - 2x

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Fitness Testing

These are the fitness tests you will be responsible for during preseason training. Test yourself!

T ECHNIQUE:

Touch Test

- Cones will be set in a "V" formation, 5 yards apart from the point of the "V". Person being tested will start at the point while there are two ball tossers 5 yards out at the top of the "V".
- The tester will sprint forward and volley the ball back to the tosser on the right using all of the right side of the body. They will then back pedal to the start and sprint toward the person on the left performing the same volley using only the left side of the body.
- The tester will continue sprint > backpedal> sprint from side to side until they have consecutively completed all of the volleys successfully on each side. The ball must return to tosser's hands to count.
- The order is: foot volley, thigh to foot volley, chest to foot volley, header, jumping header. You will have 2 minutes to complete the test accurately and consecutively. You may start over as many times as needed within the 2 minutes.

Juggling

- You will have 3 minutes to get a minimum of 50 consecutive juggles. Ball has to start at feet, and touches must be consecutive.

C ARDIOVACULAR:

Cooper 12 Minute Run

- You will have 15 minutes to get 7 laps on the track. The distance will be measured in intervals of 1/8 (i.e. 7 $\frac{3}{8}$ laps)

300 Yd Shuttle

- You will run two 300 yd shuttles, with a 5 minute break in between. This is testing your recovery time. Both times will be averaged and recorded. The standard is 1 minute and 5 seconds (1.05)
- Beginning from the goal line, sprint to the cone (60 yds) and back to start line.
- Repeat 1 $\frac{1}{2}$ more times (300 yds), maintain your top speed as much as possible (down, back, down, back, down)

S TRENGTH: Push-Up Test

- You will complete 30 perfect push-ups. You must use correct form: body must stay straight; bottom must stay down; and be sure to come down far enough that your upper arm is parallel to the ground. You will be cut off if form breaks.

Sit-Up Test

- You must complete 75 perfect sit-ups consecutively. You will be in regular sit up position, with somebody holding your feet. Arms will be at side (not on chest), fingertips must drag the ground. You will have to come up so that your chest touches thighs and shoulders hit the ground when going back down.

A GILITY: Pro Agility

- You will have 5.50 seconds to complete the test. You must touch every cone or it will not count. You will be tested going right and left. (refer to test details in agility section)

IL Agility w/ Ball

- You must complete the drill in 19.50 seconds from start to finish. (refer to test details in agility section)

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Fitness Standards:

Returning Players – By now you should have a good Idea what it will take to be competative, let's stick with the program and have an outstanding season! Help the First year players expect more.

First Year Players – Use the standards as your guide. While I cannot place individual expectations on you, it is expected that you will do your part to help raise our team average in each test. If you do not work out through the summer, it will be obvious when you arrive for preseason.

A Little Advice...

Only test yourself on designated times throughout the summer. Once at the beginning to set goals for yourself, and once in the middle to see how you are progressing. Testing yourself weekly or biweekly will only frustrate you and take time away from the real work you should be doing. Learn how to mentally prepare yourself for the test and what you need to be thinking throughout to perform at a high level. Be confident and push comfort zones; it is the only way to improve.

2012 Spring Results ... for Motivation:

Spring 2012	Sit-up	Push-up	Cooper Run	300 yd Shuttle	ProAgility	IL Agility w/ball	Juggling
High Score			Laps		R L		

S

"The off-season is the time to improve and the

season is the time to prove."

• OAEAF HIGH SCHOOL SOCCER

While you are reading this,
someone somewhere

***is training to
beat you...***

Let's be ready and prepared for the season!

You can make a differences, but It's up to **YOU!**