

PJP 2 HS BOYS' SOCCER SUMMER WORKOUT PLAN

Daily Stretching Before Starting Your Activity – *perform each stretch 3 times, holding for 30 seconds each*

1. Standing Toe Touch (*crossing left leg over right, hold for 30 seconds, then switch*)
2. Standing Straddle Stretch (*bend left knee and keep right leg straight, hold 30s, then switch*)
3. Sitting Straddle Stretch (*feet wide apart, bend from waist to right foot, hold 30s, then switch*)
4. Sitting Butterfly Stretch (*grab feet toward the body, hold 30s*)
5. Knee Pull on Back (*lay flat on back, grab one knee to body & hug toward chest, hold 30s, then switch*)
6. Crossover (*lay flat on back, one shoulder flat, cross the opposite leg over body, hold 30s, then switch*)
7. Full Lunge (*one leg forward, bend, opposite leg knee touches the ground, hold 30s, then switch*)
8. Crossover Shoulder Stretch (*one arm across the chest, lock with opposite arm, hold 30s, then switch*)
9. Overhead Triceps Stretch (*raise one hand over head, bending at elbow, grab with opposite hand*)
10. Standing Knee Pull (*stand on one leg, grab one leg by the ankle, hold 30s, then switch*)

Warm Up Routines - perform in 15 yards out and 15 yards return

1. Jog out and return
2. Backpedal out and return
3. Side Shuffle Right out, then Side Shuffle Left return
4. Right Carioca out, Left Carioca return
5. Open Gate out, Close Gate return
6. Skip out and return
7. Bodyweight Squat – 10 times out and 10 times return
8. Forward Lunge - 10 times out and 10 times return
9. Knee Pull - 10 times out and 10 times return
10. Three Jumps/Sprint – out and return

Perform 1 of these activities per day and then alternate each (if accessible at PJP field or at the track)

1. PJP Hills

- Sprint up and down (to the top), rest for 30 seconds, then repeat again (total of 12 times)
- Shuffle diagonally up and quick jog down, rest for 30 seconds, then repeat again (total of 10 times)
- Backpedal up and quick jog down, rest for 30 seconds, then repeat again (total of 8 times)

2. 1.5 Mile Run – 10 laps around the track and time yourself

- Excellent: < 11:00 seconds
- Good: between 11:00 – 12:15
- Fair: between 12:15 – 13:30
- Poor: between 13:30 – 14:45
- Very Poor: > 14:45

3. The Beep Test

- Sprint 22 yards out and back in 14.5 seconds, rest for 10 seconds, and repeat
- Level 5 – 1 time

- Level 9 – 1 time
- Level 11 – 2 times
- Level 12 – 3 times
- Level 13 – 4 times
- Level 14 – 8 times
- Level 15 – 8 times
- Level 16 – 8 times
- Level 17 – 8 times
- Level 18 – 8 times
- Level 19 – 8 times
- Level 20 – 8 times
- Level 21 – 8 times
- Level 22 – 8 times
- Level 23 – 8 times
- Level 24 – 8 times

Physical Assessment

- **Push-Ups:** perform in 1 minute
- Excellent: >50
- Good: between 45-50
- Fair: between 40-45
- Poor: between 35-40
- Very Poor: <35

- **Sit-Ups:** perform in 1 minute
- Excellent: >45
- Good: between 40-45
- Fair: between 35-40
- Poor: between 30-35
- Very Poor: <30

Technical Activities with the Soccer Ball (*pick 3 activities per day and alternate*)

A. Figure 8 Work – use 2 cones about 3 yards apart and dribble in a figure 8 fashion for 5-10 minutes

- Inside the Foot (1 minute right, 1 minute left, rest for 30 seconds, repeat) – 2 times
- Outside the Foot (1 minute right, 1 minute left, rest for 30 seconds, repeat) – 2 times
- Sole of the Foot (1 minute right, 1 minute left, rest for 30 seconds, repeat) – 2 times

B. Speed Dribbling – 15 yards up and back, rest for 30 seconds, repeat. 10 times

- Using the laces, alternating feet, and dribble at speed

C. Passing with the Ball – inside a gym, a outside wall, or with a person.

- One touch 5 yards, alternating feet (at pace for 1 minute, rest 30 seconds, repeat) 2 times

- Outside Right Foot (at pace for 1 minute, rest 30 seconds, repeat) 2 times
- Outside Left Foot (at pace for 1 minute, rest 30 seconds, repeat) 2 times
- Inside of the Foot Passing – 10/20/30 yards. Ball stays on the ground. 2 touches. Left and right. Need a person for this activity for about 10-15 times
- Driven 25 yards Ball – use the laces and drive the ball, alternating feet. Need a person for this activity for about 10-15 times
- Whipped Air Balls – 30-40 yards. Need a person for this activity for about 10-15 times

D. Turning with the Ball – spend about 5-10 minutes

- Half-turn – touch the ball across your body, then dribble forward at speed
- Inside Right and then Inside Left Foot – point your toe down, let ball touch inside of the foot, then turn
- Outside Right and then Outside Left Foot – point your toe down, let the ball run off the laces, then turn

E. Receiving the Ball – spend about 5-10 minutes. From a 10-15 yards pass, touch the ball slightly away from your body at 45° angle

- Inside Left receive to Inside Right touch pass away, then Inside Right receive to Inside Left touch pass away (for 2 minutes, rest 30 seconds, and repeat 2 times)
- Outside Right receive to Inside Right touch pass away, then the Outside Left receive to Inside Left touch pass away (for 2 minutes, rest 30 seconds, and repeat 2 times)
- Inside Right receive, Outside Right touch pass away, then alternate to Inside Left receive, Outside Left touch pass away (for 2 minutes, rest 30 seconds, and repeat 2 times)

F. Simple Soccer Moves – spend about 5-10 minutes

- Single Scissor – with right leg dribble the ball forward, step over the ball with right leg, drop the left shoulder, push away with outside right foot with speed. Repeat, alternating to left foot – 10 times each
- Double Scissor – with right leg dribble the ball forward, step over the ball with right leg, drop the right shoulder and bend the right knee, push away with outside left foot with speed. Repeat, alternating to left foot – 10 times each

G. Juggling Work – spend about 5-10 minutes

- 10 right foot juggles and then 10 left foot juggles
- 20 combined right and left foot juggles
- 10 right thigh juggles and then 10 left thigh juggles
- 20 combined right and left thigh juggles
- 10 head juggles
- combine all parts: right/left foot, right /left thigh, and head