

SOCCER PRE-SEASON CONDITIONING - WEEK 6

WEEK 6 SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Day off	W Bod+Sprint	Day off	W Bod+Ball Sk	Day off	Day off	Sprnt+Ball Sk

WEEK 6 SESSION PLAN

Exercise	Type	Sets / Reps
Long Run / Interval	Running	4 x 1km (5min rest) 2x800m (4min rest)
Whole Body	Squat Press Weighted Lunge Single Leg Deadlift Weighted Calf Raises Incline Push ups Crab Walks Russian Twists Plank Side Plank Core Trio: - Crunches - Arms around legs - Legs straight	4 x 12 Plank hold 3x40sec Weight 5-10kg (Core trio = keep legs up, 30s each exercise, repeat x3) 1min rest b/w
Ball Skills & Shooting	Quick Feet Sole Taps rolling forward/back Rolling Cutbacks Clock Step over cut Dribbling Sharp Dribble & Shoot Step over and Shoot	1 hr
Sprints	Sprinting (100%)	Suicides 1. 10m 20m 30m 40m 50m 4min rest, repeat x 4 2. 5x100m sprints 40sec rest, maintain time under 17sec

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WEEK 6 SESSION PLAN - CONTINUED

Exercise	Type	Sets / Reps
Stretches	Calf Hip flexors Quads Hamstring Glutes	30-40sec holds x 2 Both sides

