



BEES Pre-Season Summer Conditioning Workout

This program is designed to meet the needs of the highly competitive HS soccer player that intends to play a significant role for the Bees Soccer Team. Many of you have professionally catered workouts and that is excellent, just make sure that it fits a similar criteria as this one containing the following:

Aerobic Fitness, Speed and Agility Work, Core Fitness and Strength Work, and Stretching. Due to the high skill level of soccer, ball work and some type of scrimmage play (pick up games, street soccer, etc) should be mixed in throughout the summer as needed. Some players continue to play consistently through June and others have not touched the ball much recently, so it may vary. I do recommend that players that have played a tremendous amount of soccer rest from soccer for a period of 1-3 weeks before the season and maintain optimal conditioning. **Mix in 20-30 minutes of ball skill work (juggling, moves, and etc) several times a week.**

Weight Training- Everyone has different access to different resistance training equipment and to professionals that may provide them with a specific resistance training program. Obviously strength in soccer is an advantage just like many other sports, so the program can have a great impact on a soccer player both from the mental and physical sides of the competing athlete. The older athlete will also need a slightly different program to the incoming freshman. This is a basic program designed to increase the athlete's physical strength without adding bulk weight. A more advanced program may have split routines or highly specialized exercises. Implement weekly 2 to 3 times, with at least one day rest from resistance workouts in between.

- Challenge yourself- Attempt to maintain 12-15 reps, but on the final set increase the weight if needed.

- Warm-up and stretch (a nice jog, light ball work, exercise bike- 10 min.)
- Leg work 2 of the below exercises
 - Leg press machine 2 sets 12-15 reps
 - Lunges 15 reps x 2 sets each leg (add dumbbells if needed)- make sure knee stays directly over the ankle.
 - Squat Thrusts (sit all of your weight on your heels and explode into a jump) 15 reps x 2 sets (use dumbbells or a weight plate if needed)
- Legs continued- One of each if you have access- if not complete all three exercises above.
 - Hamstring curl machine- 12-15 reps x 2 sets
 - Leg extension machine- 12- 15 reps x 2
 - Calf Extensions or toe raisers on a stair 2 x 50 (hold weight if needed)
- Upper Body
 - Chest- Pick any 2 exercises
 - Bench Press- bar or dumbbell press 12-15 reps x 2 (the balance early on is the challenging part)
 - Push-ups 2 x 20 – switch to knee push-ups when needed (get the reps in though)
 - Chest Press Machine 12-15 reps
 - Incline Press free weights or machine
 - Dips

Back- Pick any 2 exercise

- Upright Row (dumbbells, band, or bar) 12-15 reps
- Seated cable row 12-15 reps
- Pull Ups (do your best here) 2 sets
- Back Pull Down 12-15 reps

Triceps- One exercise 12-15 reps

- Tricep extension- Cable, bands or free weights
- floor dips using a step or chair
- Tricep kick backs dumbbell

Biceps – One exercise 12-15 reps

- Dual Arm Bicep curls (bar, dumbbell, or bands)
- Single Arm Bicep curls (dumbbells or bands)
- Concentration curl (dumbbells)

Shoulders – One exercise 12-15 reps

- Shoulder press bar or dumbbell press

Abdominals and core work- Pick a couple of abdominal exercises from the below list or any that you have successfully encountered over the years

- Crunchers- 50 x 2
- Leg Throw downs 25 x 2
- Rows 20 x 2

➤ Complete Leg kick backs- Start in a standing position and kick legs back (into a high push-up position) and back in to a standing upright position again (don't go all the way down to a completed push-up). 20 x 2

- There are a variety of excellent resistance training videos as well - **P90X (strongly recommend)**, Billy Blanks, etc. Feel free to incorporate any professionally done videos as well
- A quality YOGA or Tai Chi workout can provide substantial benefits as well

Conditioning- A high cardiovascular threshold is imperative to the overall success of any soccer player and team. Those that condition themselves regularly tend to have a higher threshold and seem to maintain better overall fitness maintaining optimum performance weight.

- I encourage everyone to group yourselves up with friends or join the Ann Henderson Conditioning Camp
 - Session 1: Mon, Wed., and Fri. 8:30-10:00
 - Session 2: Tues, Thur, and Sat. 9- 9:30
 - Contact Ann at (440) 526-5923 (ahccamp@yahoo.com)
 - www.ahccamp.com



Sample Conditioning Workout

- Monday-** Warm-up and stretch
Run 3-6 Miles
- Tuesday-** Speed Work
Warm-up and stretch
12 x 20 yd. Sprints (10 sec. rest)
10 x 50 yd. Sprints (20 sec. rest)
8 x 100 yd. Sprints (40 sec. rest)
Plyometrics- 20 yd. grid 10 + 10
- 6 x high knees (10 yds.) and sprint (10 yds)
 - 6 x Butt kicks and sprint
 - 6 x Shuffles and sprint
 - 6 x Grape vine and sprint
 - 6 x skip and sprint
 - 6 x back pedal and sprint
- Wednesday-** Cross Train- swim, bike/spinning, roller blade, aerobics, tennis, basketball, or etc.
- Thursday-** Distance
Warm-up and stretch
Complete 1.5 mile run for time
Run 2-3 miles afterwards
- Friday-** Speed work
Warm-up and stretch
10- 100s (30 sec. rest)
8 20 x 10 yd shuttle runs (30 sec. rest)
Plyometrics- 20 yd. grid 10 + 10
- 6 x high knees (10 yds.) and sprint (10 yds)
 - 6 x Butt kicks and sprint
 - 6 x Shuffles and sprint
 - 6 x Grape vine and sprint
 - 6 x skip and sprint
 - 6 x back pedal and sprint

* This is just an example of a comprehensive conditioning program. Feel free to deviate from this plan when needed. I am expecting players to be physically ready to perform by mid-July.