

Winter Strength and Movement Program

Titan Soccer

Every year players are disappointed with performance or playing time and ask "what can I do"—the problem is that by the time the season has arrived it is too late. Do all that you can now to reach your full potential and have no regrets.

The WSH Weight Room is open Monday thru Thursday from 3:00-4:30 p.m.
The WJH Weight Room is open Monday, Wednesday, and Friday from 3:00-4:00

Strength training is a great way to improve your overall athleticism and physical health. While it is not a substitute for running, technical ability, or tactical awareness, it can greatly improve your ability to compete against top-level players. Please follow the workout schedule provided below.

REMEMBER

- 1) Take your workout seriously- being in the weight room is not the same as lifting weights.
- 2) Proper technique is more important than weight or reps- select a comfortable beginning weight and work your way up gradually.
- 3) Finish your sets—one set of something is actually nothing.
- 4) Core strength is the most important soccer specific area- sit-ups in between intervals are mandatory.

Warm up & Stretch

Wonder why you take injuries? Stretching prepares the body for performance. Players who do not stretch and warm up are more prone to injury. Stretching improves flexibility and can lead to better technique, coordination and ultimately better performance.

- Hold stretches for 30 seconds
- Lower and upper body
- Standing and seated stretching advised.

Day 1: Improving Vertical

Warm-up and Stretch:

Plyometric Work

1) Squat Jumps

Choose a taller box, but one you feel comfortable with. Start with both feet on the floor and bend at the knees, exploding to the top of the box then landing on the opposite side. 3 sets of 15 reps. Speed is not the goal here, gather yourself, squat and explode up using the legs and torso. Abs and push-ups in between sets. No more than two minutes in between plyometric sets.

2) Ankle Hops

Use the shortest box. Start with both feet on the floor and explode onto the top and back down. Your goal is to hit the floor and bounce back to the top of the box-speed again is not the issue but do not "double jump" 3 sets of 15 reps. Abs and push-ups in between sets. No more than two minutes in between plyometric sets.

3) Pyramid

Set the boxes in a line approx. 3 feet apart. Both feet stay together as you explode to the top and down to the other side, gather quickly and explode to the top of the next box etc... Safety first! Do not attempt a box you do not feel comfortable with. Work your way up. Don't rush- gather yourself and explode. Abs and push-ups in between sets. No more than two minutes in between plyometric sets.

4) Lateral Cone Jump : You can use anything to jump over from a cone to a t-shirt or even a line on the floor. Push yourself to jump higher as the weeks go by.

- Keep your feet together and explode at speed back and forth without stopping to gather yourself. 3 sets of 15-20 reps. Work up over time.

****Abs and push-ups in between.**

Weights

- **Squats:** Choose comfortable weight. 3 sets of 10-12.
- **Calf Raises:** Choose comfortable weight. 3 sets of 10-12.
- **Dumbbell Lunges**
 - forward (Choose comfortable weight. 3 sets of 10-12)
 - right (Choose comfortable weight. 3 sets of 10-12)
 - left (Choose comfortable weight. 3 sets of 10-12)

Cardio

- Jump Rope for 10 minutes

Day 2: Improving Upper Body Strength

Warm-up and Stretch: elliptical for 10 minutes/stretch stuff like that

Lifting heavy weights does not help—low weight with a consistent reps will improve strength. Stretching before and after work-outs is key to maintaining your flexibility as you gain muscle.

Weights

Technique Tip: slow and steady wins the race. Going fast defeats the purpose-slow down and press the muscles into action.

- **Flat Bench Press:** Start with low weight. 3 sets of 10-12 reps each
- **Incline Bench Press:** lower weight than flat bench. 3 sets of 10-12
- **Shoulder Press:** Choose a weight that is comfortable. 3 sets of 10-12
- **Pull Down:** Choose comfortable weight. 3 sets of 10-12
- **Arm Curls:** Choose comfortable weight. 3 sets of 10-12
- **Triceps:** Choose comfortable weight. 3 sets of 10-12

Cardio

- 20-30 minutes on the treadmill; as fast a pace as you can manage.

Day 3: Improving Speed/Agility

Warm-up and Stretch

Plyometric Work

1) Jump Run

This is one of the easiest plyometric exercises. Simply run in 'slow motion' landing on alternate feet. Try to achieve as much height and distance with each stride as possible. For every right and left foot strike, count one repetition.

**Abs and push-ups in between sets.

2) Bounding

Mark out a straight line of 15 small cones or obstacles about 3 feet apart.

- Start behind the first obstacle in a semi squat position.
- Jump as high and far as possible over each obstacle. It's a good idea to practice first to gauge how far apart you should set the markers. Again try to minimize ground contact time.
- You can use anything to jump over, a training top or even just a line

****Abs and push-ups in between sets.**

3) Ricochet

1. Mark out a small box shape on the floor (about 2 feet square) with tape
2. Keeping your feet together, start at one corner of the box and perform small jumps from corner to corner in a random manner.
3. For this exercise the emphasis should be on speed and rate of leg movement rather than height.
4. Each ground contact is 1 repetition. 3 sets of 20 reps.

****Abs and push-ups in between sets.**

4) Lateral Cone Jump

- You can use anything to jump over, a training top or even just a line on a track. Just make sure you discipline yourself to jump as high as possible
- Keeping your feet hip distance apart jump sideways as high over the obstacle as possible.
- Immediately jump back to the start position minimizing ground contact time. This counts as one repetition. 3 sets of 10-12 reps.

****Abs and push-ups in between sets.**

Weights

- **Glut Extensions:** Comfortable weight. 3 sets of 12 reps.

- **Back Presses:** Just like sit-ups but using your back. 3 sets of 35 reps.
- **Leg Curl:** Comfortable weight. 3 sets of 12 reps.
- **Leg Extension:** Comfortable weight. 3 sets of 12 reps.

Speed Work

- **Speed Ladder** (5 reps of each type)
 - **forward-back**
 - **sideways**
 - **tango**
 - **tango dip**
- **10 Yard Shuttle Runs** (5 reps)
- **20 yard sprints** (10 reps)

Day 4: Improving Overall Strength

Warm-up and Stretch

Natural Workout

- **Push-ups:** sets that increase: 500 total is the goal.
- **Pull-ups:** How many can you do?
- **Dips:** How many? Now improve each week.
- **Intense Ab Workout:** sets that increase: 500 is the goal.

Time Trials

- How many push-ups can you do in one minute?
- How many pull-ups can you do in one minute?
- How many dips can you do in one minute?
- How many times can you perform a sideways medicine ball throw against a wall in one minute?
- How many declined sit-ups can you do in a minute? With a medicine ball?
- How fast can you run two miles?