

GIRLS SOCCER OFF-SEASON PLAN 2018: 6-9-2 2019: ???

	Day 1	Day 2	Day 3	Day 4
Week 1	Tricep Dips (Upright) (5x5) Bench Press (5x5) Machine or DB Lateral Raises (5x5) Rear Leg Elevated DB Split Squat (5x5) Seated Quad Extension (5x5) Box Jumps (5x5)	Hamstring Curls (5x5) RDL (3x5) Seated Calf Raises (2x10) Hammer Curls (3x10) Barbell Row 5x5 Resistance Band Scissor kicks (3x20) Extra Core (10 minutes)	DB Overhead Press (5x5) DB Incline Press (5x5) Tricep Pulldowns / Close grip pushups (3x8) Back Squat (5x5) Rear Leg Elevated Split Squat (3x5)	Barbell Bicep Curls (5x5) Bent Over DB Row (5x5) Standing Calf Raises (2x10) SLDL (3x5) Resistance Band Side Shuffle (3x20) Single Leg Box Jumps (5x5)
Week 2	Skull Crushers (5x5) Pectoral Flys (5x5) Barbell Military Press (5x5) Rear Leg Elevated DB Split Squat (5x5) Seated Quad Extension (5x5) Seated Box Jumps (5x5)	Single Leg SLDL 5x5 Seated Calf Raises (2x10) Seated DB Curls 5x5 Seated Cable Row (5x5) Resistance Band Side Shuffle (3x20) Extra Core (10 Minutes)	1/2 Kneeling DB Press 3x5 Bench Press (5x5) Tricep Dips (Upright) 5x5 Back Squat (5x5) Rear Leg Elevated Split Squat (3x5)	Hammer Curls 3x10 Lat Pulldowns/Assisted Pull ups (5x5) Standing Calf Raises (2x10) Hamstring Curls 5x5 RDL 3x5 Resistance Band Scissor kicks (3x20) Straight Leg Box Jumps (5x5)
Week 3	Tricep Pulldowns 3x8 DB Incline Press (5x5) Machine or DB Lateral Raises (5x5) Rear Leg Elevated DB Split Squat (5x5) Seated Quad Extension (5x5) Box Jumps (5x5)	SLDL 3x5 Seated Calf Raises (2x10) Barbell Bicep Curls 5x5 Barbell Row 5x5 Resistance Band Scissor kicks (3x20) Extra Core (10 Minutes)	DB Overhead Press (5x5) Pectoral Flys (5x5) Skullcrushers (5x5) Back Squat (5x5) Rear Leg Elevated Split Squat (3x5)	Seated DB Curls 5x5 Bent Over DB Row (5x5) Standing Calf Raises (2x10) Single Leg SLDL (5x5) Resistance Band Side Shuffle (3x20) Single Leg Box Jumps (5x5)
Week 4	Tricep Dips 5x5 Bench Press (5x5) Barbell Military Press 5x5 Rear Leg Elevated DB Split Squat (5x5) Seated Quad Extension (5x5) Seated Box Jumps (5x5)	Hamstring Curls (5x5) RDL (3x5) Seated Calf Raises (2x10) Hammer Curls (3x10) Seated Cable Row (5x5) Resistance Band Side Shuffle (3x20) Extra Core (10 Minutes)	1/2 Kneeling DB Press 3x5 DB Incline Press (5x5) Skullcrushers (5x5) Back Squat (5x5) Rear Leg Elevated Split Squat (3x5) Straight Leg Box Jumps (5x5)	Hamstring Curls (5x5) RDL (3x5) Seated Calf Raises (2x10) Hammer Curls (3x10) Barbell Row 5x5 Resistance Band Scissor kicks (3x20)

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Week 5	Tricep Dips (Upright) (5x5) Bench Press (5x5) Machine or DB Lateral Raises (5x5) Rear Leg Elevated DB Split Squat (5x5) Seated Quad Extension (5x5) Box Jumps (5x5)	Hamstring Curls (5x5) RDL (3x5) Seated Calf Raises (2x10) Hammer Curls (3x10) Barbell Row 5x5 Resistance Band Scissor kicks (3x20) Extra Core (10 minutes)	DB Overhead Press (5x5) DB Incline Press (5x5) Tricep Pulldowns / Close grip pushups (3x8) Back Squat (5x5) Rear Leg Elevated Split Squat (3x5)	Barbell Bicep Curls (5x5) Bent Over DB Row (5x5) Standing Calf Raises (2x10) SLDL (3x5) Resistance Band Side Shuffle (3x20) Single Leg Box Jumps (5x5)
Week 6	Skull Crushers (5x5) Pectoral Flys (5x5) Barbell Military Press (5x5) Rear Leg Elevated DB Split Squat (5x5) Seated Quad Extension (5x5) Seated Box Jumps (5x5)	Single Leg SLDL 5x5 Seated Calf Raises (2x10) Seated DB Curls 5x5 Seated Cable Row (5x5) Resistance Band Side Shuffle (3x20) Extra Core (10 Minutes)	1/2 Kneeling DB Press 3x5 Bench Press (5x5) Tricep Dips (Upright) 5x5 Back Squat (5x5) Rear Leg Elevated Split Squat (3x5)	Hammer Curls 3x10 Lat Pulldowns/Assisted Pull ups (5x5) Standing Calf Raises (2x10) Hamstring Curls 5x5 RDL 3x5 Resistance Band Scissor kicks (3x20) Straight Leg Box Jumps (5x5)
Week 7	Tricep Pulldowns 3x8 DB Incline Press (5x5) Machine or DB Lateral Raises (5x5) Rear Leg Elevated DB Split Squat (5x5) Seated Quad Extension (5x5) Box Jumps (5x5)	SLDL 3x5 Seated Calf Raises (2x10) Barbell Bicep Curls 5x5 Barbell Row 5x5 Resistance Band Scissor kicks (3x20) Extra Core (10 Minutes)	DB Overhead Press (5x5) Pectoral Flys (5x5) Skullcrushers (5x5) Back Squat (5x5) Rear Leg Elevated Split Squat (3x5)	Seated DB Curls 5x5 Bent Over DB Row (5x5) Standing Calf Raises (2x10) Single Leg SLDL (5x5) Resistance Band Side Shuffle (3x20) Single Leg Box Jumps (5x5)
Week 8	Tricep Dips 5x5 Bench Press (5x5) Barbell Military Press 5x5 Rear Leg Elevated DB Split Squat (5x5) Seated Quad Extension (5x5) Seated Box Jumps (5x5)	Hamstring Curls (5x5) RDL (3x5) Seated Calf Raises (2x10) Hammer Curls (3x10) Seated Cable Row (5x5) Resistance Band Side Shuffle (3x20) Extra Core (10 Minutes)	1/2 Kneeling DB Press 3x5 DB Incline Press (5x5) Skullcrushers (5x5) Back Squat (5x5) Rear Leg Elevated Split Squat (3x5) Straight Leg Box Jumps (5x5)	Hamstring Curls (5x5) RDL (3x5) Seated Calf Raises (2x10) Hammer Curls (3x10) Barbell Row 5x5 Resistance Band Scissor kicks (3x20) Extra Core (10 minutes)

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Week 9	Tricep Dips (Upright) (3x8) Bench Press (5x5) Machine or DB Lateral Raises (3x8) Rear Leg Elevated DB Split Squat (5x5) DB Walking Lunge (4x8) Box Jumps (5x5)	Hamstring Curls (5x5) RDL (3x5) Seated Calf Raises (2x10) Hammer Curls (4x10) Barbell Row 3x8 Resistance Band Scissor kicks (3x20) Extra Core (10 minutes)	DB Overhead Press (3x8) DB Incline Press (5x5) Tricep Pulldowns / Close grip pushups (3x8) Back Squat (5x5) Rear Leg Elevated Split Squat (3x5)	Barbell Bicep Curls (3x8) Bent Over DB Row (3x8) Standing Calf Raises (2x10) SLDL (3x5) Resistance Band Side Shuffle (3x20) Single Leg Box Jumps (5x5)
Week 10	Skull Crushers (3x8) Pectoral Flys (3x8) Barbell Military Press (5x5) Rear Leg Elevated DB Split Squat (5x5) DB Walking Lunge (4x8) Seated Box Jumps (5x5)	Single Leg SLDL 5x5 Seated Calf Raises (2x10) Seated DB Curls 3x8 Seated Cable Row (3x8) Resistance Band Side Shuffle (3x20) Extra Core (10 Minutes)	1/2 Kneeling DB Press 3x8 Bench Press (5x5) Tricep Dips (Upright) 3x8 Back Squat (5x5) Rear Leg Elevated Split Squat (3x5)	Hammer Curls 4x10 Lat Pulldowns/Assisted Pull ups (5x5) Standing Calf Raises (2x10) Hamstring Curls 5x5 RDL 3x5 Resistance Band Scissor kicks (3x20) Straight Leg Box Jumps (5x5)
Week 11	Tricep Pulldowns 3x8 DB Incline Press (5x5) Machine or DB Lateral Raises (3x8) Rear Leg Elevated DB Split Squat (5x5) DB Walking Lunge (4x8) Box Jumps (5x5)	SLDL 3x5 Seated Calf Raises (2x10) Barbell Bicep Curls 3x8 Barbell Row 3x8 Resistance Band Scissor kicks (3x20) Extra Core (10 Minutes)	DB Overhead Press (3x8) Pectoral Flys (3x8) Skullcrushers (3x8) Back Squat (5x5) Rear Leg Elevated Split Squat (3x5)	Seated DB Curls 3x8 Bent Over DB Row (3x8) Standing Calf Raises (2x10) Single Leg SLDL (5x5) Resistance Band Side Shuffle (3x20) Single Leg Box Jumps (5x5)
Week 12	Tricep Dips 3x8 Bench Press (5x5) Barbell Military Press 5x5 Rear Leg Elevated DB Split Squat (5x5) DB Walking Lunge (4x8) Seated Box Jumps (5x5)	Hamstring Curls (5x5) RDL (3x5) Seated Calf Raises (2x10) Hammer Curls (4x10) Seated Cable Row (3x8) Resistance Band Side Shuffle (3x20) Extra Core (10 Minutes)	1/2 Kneeling DB Press 3x8 DB Incline Press (5x5) Skullcrushers (3x8) Back Squat (5x5) Rear Leg Elevated Split Squat (3x5) Straight Leg Box Jumps (5x5)	Hamstring Curls (5x5) RDL (3x5) Seated Calf Raises (2x10) Hammer Curls (4x10) Barbell Row 3x8 Resistance Band Scissor kicks (3x20)

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Week 13	Tricep Dips (Upright) (4x10) Bench Press (5x5) Machine or DB Lateral Raises (4x10) Rear Leg Elevated DB Split Squat (5x5) DB Walking Lunge (4x10) Box Jumps (5x5)	Hamstring Curls (5x5) RDL (3x5) Seated Calf Raises (2x10) Hammer Curls (4x10) Barbell Row 4x8 Resistance Band Scissor kicks (3x20) Extra Core (10 minutes)	DB Overhead Press (4x8) DB Incline Press (5x5) Tricep Pulldowns / Close grip pushups (3x8) Back Squat (5x5) Rear Leg Elevated Split Squat (3x5)	Barbell Bicep Curls (4x8) Bent Over DB Row (4x8) Standing Calf Raises (2x10) SLDL (3x5) Resistance Band Side Shuffle (3x20) Single Leg Box Jumps (5x5)
Week 14	Skull Crushers (4x8) Pectoral Flys (4x8) Barbell Military Press (5x5) Rear Leg Elevated DB Split Squat (5x5) DB Walking Lunge (4x10) Seated Box Jumps (5x5)	Single Leg SLDL 5x5 Seated Calf Raises (2x10) Seated DB Curls 4x8 Seated Cable Row (4x8) Resistance Band Side Shuffle (3x20) Extra Core (10 Minutes)	1/2 Kneeling DB Press 4x8 Bench Press (5x5) Tricep Dips (Upright) 4x10 Back Squat (5x5) Rear Leg Elevated Split Squat (3x5)	Hammer Curls (4x10) Lat Pulldowns/Assisted Pull ups (4x8) Standing Calf Raises (2x10) Hamstring Curls 5x5 RDL 3x5 Resistance Band Scissor kicks (3x20) Straight Leg Box Jumps (5x5)
Week 15	Tricep Pulldowns 3x8 DB Incline Press (5x5) Machine or DB Lateral Raises (4x10) Rear Leg Elevated DB Split Squat (5x5) DB Walking Lunge (4x10) Box Jumps (5x5)	SLDL 3x5 Seated Calf Raises (2x10) Barbell Bicep Curls 4x8 Barbell Row 4x8 Resistance Band Scissor kicks (3x20) Extra Core (10 Minutes)	DB Overhead Press (4x8) Pectoral Flys (4x8) Skullcrushers (4x8) Back Squat (5x5) Rear Leg Elevated Split Squat (3x5)	Seated DB Curls 4x8 Bent Over DB Row (4x8) Standing Calf Raises (2x10) Single Leg SLDL (5x5) Resistance Band Side Shuffle (3x20) Single Leg Box Jumps (5x5)
Week 16	Tricep Dips 4x10 Bench Press (5x5) Barbell Military Press 5x5 Rear Leg Elevated DB Split Squat (5x5) DB Walking Lunge (4x10) Seated Box Jumps (5x5)	Hamstring Curls (5x5) RDL (3x5) Seated Calf Raises (2x10) Hammer Curls (4x10) Seated Cable Row (4x8) Resistance Band Side Shuffle (3x20) Extra Core (10 Minutes)	1/2 Kneeling DB Press 4x8 DB Incline Press (5x5) Skullcrushers (4x8) Back Squat (5x5) Rear Leg Elevated Split Squat (3x5) Straight Leg Box Jumps (5x5)	Hamstring Curls (5x5) RDL (3x5) Seated Calf Raises (2x10) Hammer Curls (4x10) Barbell Row 4x8 Resistance Band Scissor kicks (3x20) Extra Core (10 minutes)