



# P.A.S.S.



**Plyometrics Aerobics Speed Strength**

## Soccer Specific Fitness Program

Start by asking yourself a few questions... the next time you step on the pitch to compete... Are you guaranteed to be the most skilled player? Is it a lock that you will be the fastest on the field? The tallest? Quickest? No. In fact, if you are truly challenging yourself at the highest levels of the sport, you very rarely will be any of the above. So... what can you control that will have a huge impact?

**You can do everything possible to be at the PHYSICAL PEAK of your POWERS!**

**P.A.S.S.** is a soccer specific fitness program that can help make that happen. So many times in the sport of soccer, where the narrowest of margins can make the difference in one of those hard fought 1-nil matches, the endurance, speed, agility and strength of a team can be the tipping point. Every soccer player knows this. Most soccer players say they want to have those qualities. Few actually do everything possible to make sure they have them.

The four components of this **P.A.S.S.** program are **plyometrics, aerobics, speed** and **strength**.

**PLYOMETRICS** - Prevent injuries before they happen and increase explosiveness in movement

**AEROBICS** - Raise your stamina and endurance levels to become truly '90 minutes fit'

**SPEED** - Increase the pace of those first two or three steps and change direction quickly

**STRENGTH** - Build your 'core' to not only withstand the physical battles but win them

This program requires NO EQUIPMENT aside from a soccer ball, a few cones or markers and a stopwatch. For all of the aerobics exercises, if you find a regulation track and a soccer field to train on, you're good to go. It can be done all on your own. No session lasts more than an hour and some can be completed in less than 30 minutes. All of the exercises are specific to SOCCER FITNESS and many come straight from national team programs.

"The true test of a man's character is what he does when no one is watching." - <b>John Wooden</b>	"Hard work always beats talent when talent doesn't work hard." - <b>Tim Tebow</b>
"Talent is never enough. With few exceptions the best players are the hardest workers." - <b>Magic Johnson</b>	"You can't cut corners if you want to be great. Natural skills are fine, but work makes you a champion." - <b>Ben Wallace</b>



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Plyometrics  
Aerobics  
Speed  
Strength

### INSTRUCTIONS SUPPLEMENT (PAGE 1 OF 7)

For standards by age and gender see 'P.A.S.S. Standards Expectations/Goals'

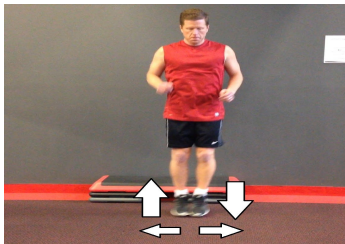
## PLYOMETRICS

### Tiny Jumps

#### VARYING SETS →

Keep feet 2-3 inches apart + knees slightly bent - jump continuously (like jumping imaginary rope) but not leaving the ground by much (no more than 1 inch) - land lightly on balls of feet

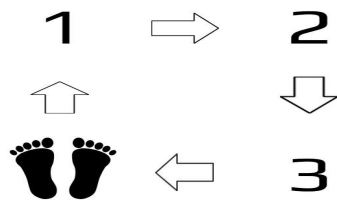
#### TINY JUMPS



### Tiny Jump Sets

- A: 2 FEET (UP + DOWN)
- B: RIGHT FOOT ONLY
- C: LEFT FOOT ONLY
- D: 2 FEET SIDE TO SIDE
- E: 2 FEET FRONT + BACK

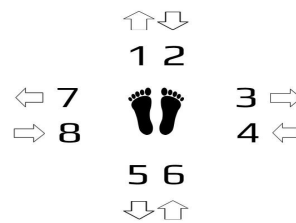
#### G: 2 FEET BOX PATTERN



#### F: 2 FEET HIP TWISTING



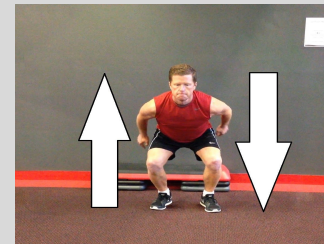
#### H: 2 FEET 'HASH TAG'



### Spiderman Jumps (AKA Tuck Jumps)

Assume 'explosive' jumping stance with knees bent and slightly crouched - jump straight up and raise knees - use arms for power and land as softly as possible on balls of feet

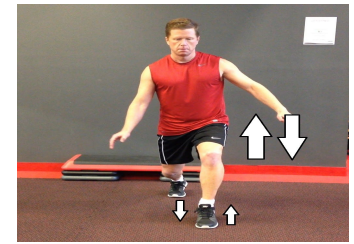
#### SPIDERMAN JUMPS



### Scissor Jumps (AKA Lunge Jumps)

Assume a lunge position (one foot in front of the other) - knees bent and crouched - jump up using arms for power and land in switched position (opposite foot now in front) - land softly on balls of feet

#### SCISSOR JUMPS



### Lateral Bounds

Assume athletic stance (knees and back slightly bent) with feet shoulder width apart - lift one foot off floor - jump sideways (using arm swing for power) in direction of raised foot and land on opposite foot - land softly on ball of feet

### Lateral Hops + Bound

Begin in same stance as Lateral Bounds - make two smaller sideways hops in direction of raised foot (but landing on planted foot) before bounding across and landing on opposite foot

#### LATERAL HOPS + BOUND



### One Leg Squats

Stand sideways on firm and solid 'step' at least 18 inches off the ground - dangle one foot off the edge - bend knee above planted foot and drop hanging foot closer to ground - use arms for balance and go SLOW both up and down

#### ONE LEG SQUATS





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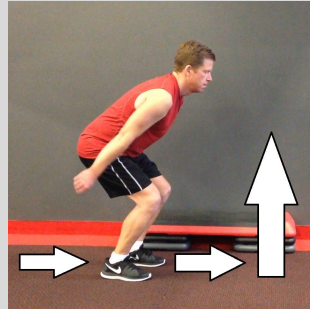
For standards by age and gender see 'P.A.S.S. Standards Expectations/Goals'

## PLYOMETRICS (CONTINUED)

### JJV Triple Jumps

Assume 'explosive' jumping stance with knees bent and crouched - jump as far forward as you can (arm swing for power) - land on balls of feet - pause for 1 second + repeat - THIRD jump is straight up (vertical)

### JJV TRIPLE JUMPS



### Hands + Ankles Crawl

Lean over at waist and go to 'all fours' (feet + hands on floor) - 'walk' hands out until body is nearly parallel to ground (similar to plank) - take tiny steps forward with knees mostly straight and 'inch' forward until bent at waist - repeat

### HANDS + ANKLES CRAWL



### Ball Hurdles

(ON SOFT SURFACE)  
Assume 'explosive' jumping stance behind/to side of soccer ball - use arm swing for power and jump over ball - land softly on balls of feet/foot - pause for 1 second then jump back in opposite direction

**SETS: Front-Back/Left-Right**

## CORE STRENGTH

### Superman

Lie flat on stomach with arms straight out in front of head - lift arms and feet completely off ground (very little bend in knees) - only surface touching ground should be from stomach to thighs

### SUPERMAN



### Flying Dog

Get on all fours (hands + knees) with good balance - pull left arm up and stick straight out in front of head - pull right knee off floor and extend leg out fully (with no knee bend) - ALTERNATE

### FLYING DOG



### V Sit

Sit up on rear and extend legs out (with no bend in knees) at 45 degree angle from floor - use arms for balance but do not touch ground - lean back (mostly straight spine) to 45 degrees from floor

### V SIT



### Plank

Lie flat on stomach - raise up so that elbows are on floor (under shoulders) - raise feet so that toes are on floor - keep rear low and full body parallel to ground - ADVANCED: Lift 1 foot/1 elbow off floor (ALTERNATE)

### PLANK





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## CORE STRENGTH (CONTINUED)

### Bench Dips

Sit on the edge of a (sturdy) bench or edge with hands (palms down) right next to buttocks - extend out and slide rear off edge - slowly lower rear until elbows are at 90 degrees then raise back up - repeat continuously (but do not rush)

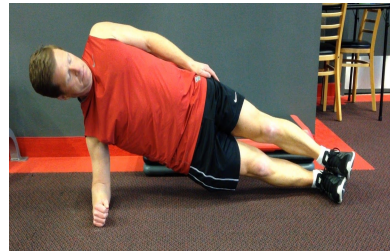
#### BENCH DIPS



### Side Bridge (with Leg Raise)

Lie on side with grounded elbow directly below shoulder and one leg on top of the other - raise up on elbow until body is at angle from floor (ramp shape) - keep rear in line + 'pin' top shoulder back (**ADVANCED:** Raise top leg two feet above off bottom leg and hold)

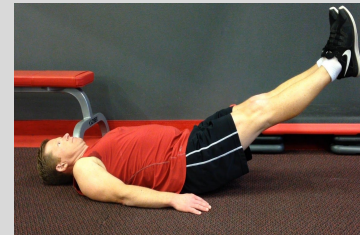
#### SIDE BRIDGE



### Leg Holds (with Flutter Kicks)

Lie flat on back with head on ground and legs side by side - arms tucked in next to body - raise heels from floor between 6-18 inches and keep legs entirely straight with no bend in knees (**ADVANCED:** Move straight legs up + down in alternating fashion ('flutters')

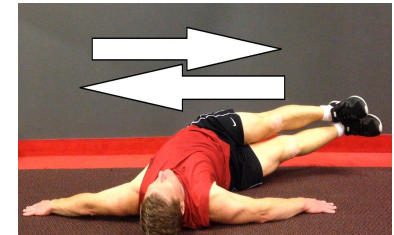
#### LEG HOLDS



### Lateral Hip Swings

Lie flat on back - extend arms out from body (90 degrees from torso) - lift legs together until straight up in air (no bend in knees) - slowly lower legs down to left until entire left leg is on floor - keep arms and shoulders grounded - raise legs back up to start position and then to right

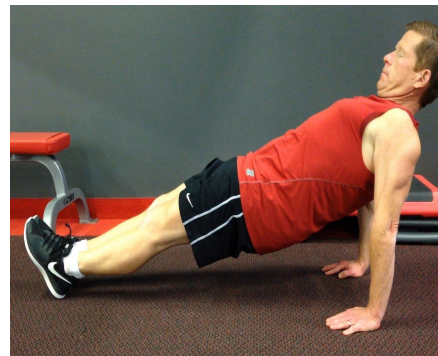
#### LATERAL LEG SWINGS



### Reverse Plank (w Chorus Line)

Sit on rear with legs straight out and on floor - place hands (palms down) on ground right next to rear (directly under shoulders) - raise rear off ground and 'walk' heels out until entire body at 45 degree angle from ground - keep rear 'tucked under' with no bend in hips (**ADVANCED:** Slowly raise one a leg up + down and then alternate)

#### REVERSE PLANK



### Russian Twists (ball needed)

Hold a soccer ball with both hands on sides - sit up on rear with heels off floor and knees bent at 45 degrees - rotate torso and touch ball to ground on left side of hips - immediately transfer ball from ground on left side to touch ground on right side - KEEP HEELS OFF GROUND and repeat at quick pace

#### RUSSIAN TWISTS





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## CORE STRENGTH (CONTINUED)

### Smiley Face

Lie on side with one straight leg on top of other and one elbow on the ground - raise elbow off ground and extend arms straight out from head while raising legs off ground until only one hip and upper torso is now on ground - alternate rep on other side

#### SMILEY FACE



### Sitting Cycle

Assume same position as Russian Twists (PAGE 3) but instead of holding ball clasp hands together behind head - bring right knee back + left elbow forward until they touch - immediately alternate as if cycling - repeat at quick pace

#### SITTING CYCLE



### Ball Transfer (ball needed)

Lie flat on back with head on ground and legs side by side - arms extended out on floor above head with ball in hands - slowly raise arms and straight legs simultaneously - transfer ball to feet (between ankles) and bring arms + legs back to floor - repeat SLOWLY (ball back to hands)

#### BALL TRANSFER



### Ball Push Ups (ball needed)

Normal push up position (on palms + toes with straight arms) - put ball under one palm - execute push up with ball under palm - roll ball over to other hand and then repeat

#### BALL PUSH UPS

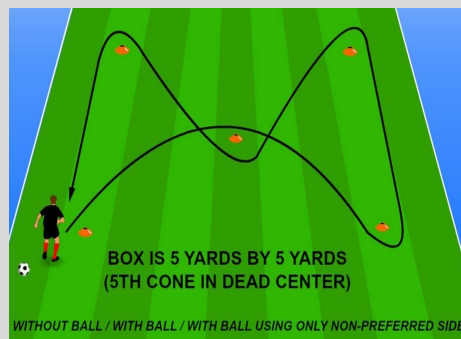


## SPEED

### Zig Zags (with and without ball)

Set out cones to create box of 5 yards by 5 yards - place 5th cone in center of box - begin at corner cone and sprint (dribble) forward as shown at right - when sprinting must run cleanly AROUND cones - when dribbling ball can't touch any cone and is 'killed' at start/finish

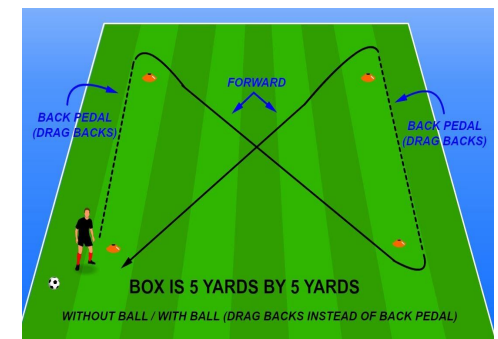
#### ZIG ZAGS



### Figure Eights (with and wo ball)

Set out cones to create box of 5 yards by 5 yards - begin at corner cone and BACK PEDAL along sides and sprint forward diagonally as shown at RIGHT - when using ball the back pedal segments are 'drag backs' (alternating L/R) and ball must be 'killed' at start/finish

#### FIGURE EIGHTS





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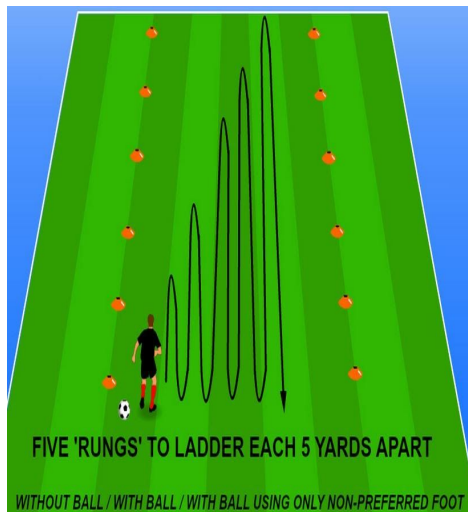
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## SPEED (CONTINUED)

### Ladder to Hell (with and wo ball)

Place cones five yards apart out to 25 yards (6 cones needed) to mark starting point and five 'rungs' of ladder - sprint out to first rung (5 yards) and back - 2nd rung (10 yards) and back - 3rd rung and back - 4th rung and back - 5th rung and back - must clearly place at least one foot beyond cone each time - when using ball turn must be made AROUND cone each time and ball must be 'killed' at starting cone at end

#### LADDER TO HELL

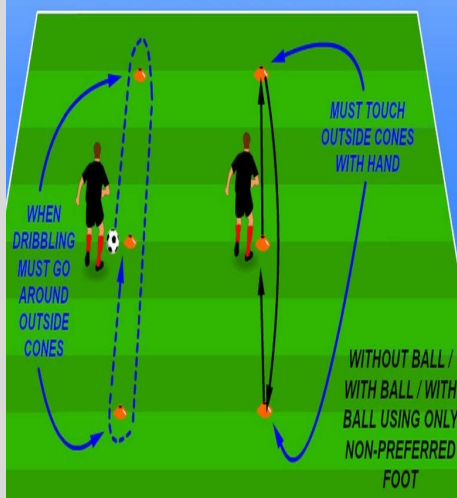


### Pro Agility (with and wo ball)

Place three cones in a line each five yards apart - start at middle cone - sprint to outer cone and TOUCH IT WITH HAND - sprint across to other outer cone (10 yards away) and TOUCH IT WITH HAND - finish by sprinting back to middle cone - when using ball turns must be AROUND cones and ball must be 'killed' at start/finish cone (OK to trap ball with sole and run beyond finish)

#### PRO AGILITY TEST

##### THREE CONES IN A LINE EACH 5 YARDS APART



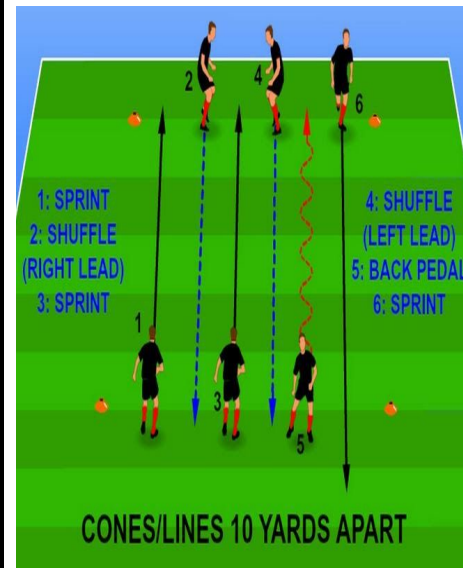
### Colgate Agility Test

Set cones 10 yards apart - perform six shuttles continuously in following order:

- 1) Sprint
- 2) Shuffle (with R leg leading)
- 3) Sprint
- 4) Shuffle (with L leg leading)
- 5) Back pedal
- 6) Sprint

Must clearly place one foot beyond cone each time

#### COLGATE AGILITY TEST



### M Drill (with and without ball)

Mark out 10x10 yard box with 4 cones and place 5th cone in center - start at corner of box and works through cones in 'M' shape

WITHOUT BALL SEQUENCE:  
Sprint - back pedal (diagonally) - sprint - back pedal (straight)

WITH BALL SEQUENCE:  
Rollovers (with left foot) - dribble - dribble - rollovers (R foot)

ALTERNATE STARTING SPOT WITH EACH REP

#### M DRILL

##### 10 YARD BOX (WITH 5TH CONE IN DEAD CENTER)





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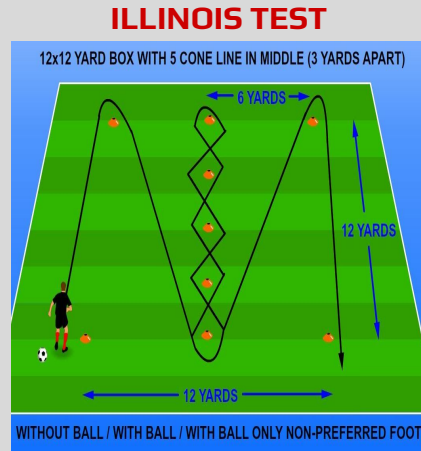
### INSTRUCTIONS SUPPLEMENT (PAGE 6 OF 7)

For standards by age and gender see 'P.A.S.S. Standards Expectations/Goals'

## SPEED (CONTINUED)

### Illinois Test (with and wo ball)

Mark out 12x12 yard box with four cones - use FIVE additional cones to split the box at the 6 yard mark with each cone 3 yards apart as shown at right- player starts at corner - sprint/dribble to top of box - back diagonally to bottom of 'ladder' - slalom dribble or 'shuffle' to top of box then back to bottom - sprint/dribble diagonally to far corner of box then to bottom corner



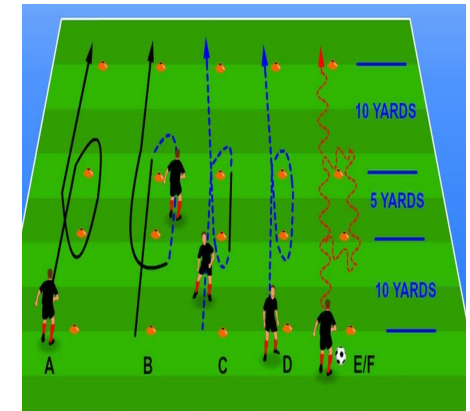
### 25 Yard Loops (with and wo ball)

Line of 4 cones - 2nd cone 10 yards from 1st - 3rd cone 5 yds from 2nd - 4th cone 10 yds from 3rd - movement out and AROUND 3rd cone - back AROUND 2nd cone - end at 4th cone

#### SETS:

- A) All sprinting forward
- B) Sprint-back pedal-sprint
- C) Back pedal-sprint-back pedal
- D) All back pedal
- E) Dribble
- F) Dribble non-preferred foot only

### 25 YARD LOOPS



## AEROBICS

### Gauntlet (Mini Gauntlet)

On a regulation track (4 laps = mile)

- 1) Run one mile (4 laps)
  - 2) Rest for THREE minutes
  - 3) Run  $\frac{3}{4}$  of a mile (3 laps)
  - 4) Rest for THREE minutes
  - 5) Run  $\frac{1}{2}$  of a mile (2 laps)
  - 6) Rest for THREE minutes
  - 7) Run  $\frac{1}{4}$  of a mile (1 lap)
  - 8) Rest for TWO minutes
  - 9) Run 200 meters (half of a lap)
  - 10) Rest for ONE minute
  - 11) Run 100 meters (quarter lap)
- MINI-GAUNTLET IS STEPS 1, 5 AND 7 with TWO minute rest times**

### Fartlek Training

On a track or flat surface (no hills or declines) run hard (just below sprint) for 2 minutes - jog slowly for 1 minute - repeat 5 more times (total time of 18 minutes)

### US Soccer National Team Test

On a regulation track (4 laps on inside lane = mile)

- 1) Run  $\frac{3}{4}$  of mile (3 laps)
- 2) Rest for ONE minute
- 3) Run  $\frac{3}{4}$  of a mile (3 laps)
- 4) Rest for ONE minute
- 5) Run 1.25 miles (5 laps)

### Cooper Test (Mini Cooper)

On a regulation track (4 laps on inside lane = mile) run seven laps (1.75 miles)  
**MINI-COOPER IS 6 LAPS (1.5 MILES)**

### One-Twenties

Sprint 120 yards (the average length of full size soccer field) then jog slowly back to start in less than 40 seconds (THAT IS ONE REP)

### 300 Shuttles

Mark out a 50 yard distance (as a reference the WIDTH of an 18 yard box is 44 yards) - run back and forth for a total of 3 round trips (6x50=300) - rest for 90 seconds - repeat 5 more times (6 total) - if using a ball (dribbling) make only 4 round trips



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## AEROBICS (CONTINUED)

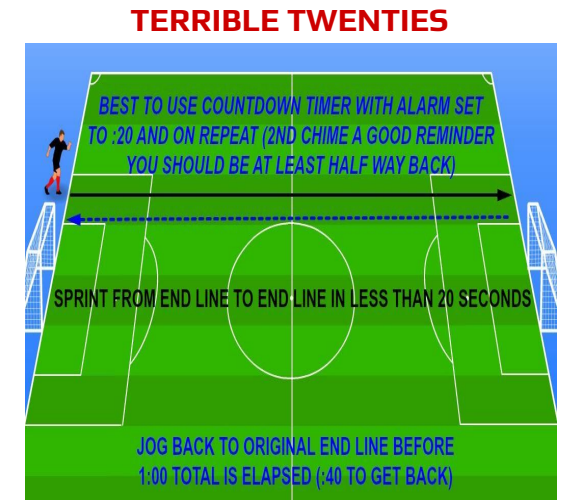
### Seventeens

On regulation size field (120 yds in length) run from end line to top of opposite 18 yard box in 17 seconds - jog/walk from top of box to end line in 17 seconds then repeat in other direction - continue for SEVENTEEN minutes (15 round trips is exactly 17 minutes) - use countdown timer with alarm set to 17 seconds and on repeat



### Terrible Twenties

On regulation size field (120 yds in length) run from end line to far end line in less than 20 seconds - jog back to starting end line before 1:00 total has elapsed (:40 to get back) - that is one ROUND TRIP - best to use countdown timer with alarm set to 20 seconds and on repeat (2nd alarm is reminder that you should be halfway back)



### Crazy Eights

On regulation size field (approx 120x70 yds) start in one corner and sprint along the end line to the other corner - slow jog along sideline to midfield - sprint across midfield stripe - slow jog to third corner - sprint along end line to fourth corner - slow jog along sideline to midfield - sprint across midfield stripe - slow jog to starting corner - that is 1 REP



### US Soccer YBMI

#### (You Better Make It)

On regulation size field (120 yds in length)

- 1) Run two laps
- 2) Rest for 90 seconds
- 3) Run one lap
- 4) Rest for 90 seconds
- 5) 6yd-18yd-half shuttle
- 6) Rest for 30 seconds
- 7) 6-18-half shuttle
- 8) Rest for 90 seconds
- 9) Run two laps
- 10) Rest for 90 seconds
- 11) Run one lap





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What should you be aiming for as you increase your endurance, gain strength and speed and work to prevent injury? **HERE ARE THE LEVELS THAT AN ELITE SOCCER PLAYER (AT YOUR AGE) SHOULD STRIVE FOR!**

### A few important things to keep in mind...

Every soccer player is unique. You may be very strong in some areas and not as strong in others. That's OK. Consider factors that will affect your performance, such as fatigue, weather conditions, surface, nutrition and hydration. Don't expect improvement every time. These are ambitious targets!

## AEROBICS

*(all times INCLUDE rest periods)*

YEAR	Gauntlet	Mini Gauntlet	Crazy 8s	Terrible 20s	Cooper	Mini Cooper	National Team Test	One Twenties	300 Shuttles	17s	US Soccer YBMI	Fartlek
FRESHMAN	31:00	15:20	6 in 16:00	12 reps	11:45	10:15	20:00	9 reps	14:40 (no ball)	last for 16:30	19:00	2.4 mi
SOPHOMORE	30:40	15:00	8 in 24:00	14 reps	11:40	10:00	19:45	10 reps	14:20 (no ball)	PASS (17:00)	18:45	2.5 mi
JUNIOR	30:20	14:40	8 in 21:20	16 reps	11:30	9:50	19:30	11 reps	14:00 (no ball)	PASS (17:00)	18:30	2.6 mi
SENIOR	30:00	14:20	8 in 21:20	18 reps	11:20	9:45	19:15	12 reps	13:30 (no ball)	PASS (17:00)	18:10	2.7 mi
COLLEGE	29:40	14:00	8 in 18:40	20 reps	11:10	9:40	19:00	13 reps	13:00 (no ball)	PASS (17:00)	17:15	2.8 mi

## SPEED + STRENGTH

*(all speed standards below are WITHOUT ball and on first rep - strength standards are with :15 rest)*

YEAR	Ladder to Hell	Zig Zags	Pro Agility	Colgate Test	M Drill	Illinois Test	Superman	Plank	Leg Holds	Side Bridge
FRESHMAN	:28	7.8 seconds	4.9 seconds	16.5 seconds	10 seconds	19 seconds	3 for :45	4 for 1:00	2 for 1:00 /w/ flutters	2 for :45 top leg raise
SOPHOMORE	:26	7.5 seconds	4.8 seconds	16.25 seconds	9.5 seconds	18 seconds	3 for 1:00	4 for 1:15	3 for :45	2 for 1:00 top leg raise
JUNIOR	:25	7.3 seconds	4.7 seconds	16 seconds	9 seconds	17 seconds	3 for 1:15	2 for 1:00 (top leg raise)	3 for 1:00	4 for :45 top leg raise
SENIOR	:23	7.2 seconds	4.6 seconds	15.5 seconds	8.5 seconds	16 seconds	3 for 1:30	4 for :45 (top leg raise)	3 for 1:00 /w/ flutters	4 for 1:00 top leg raise
COLLEGE	:22	7 seconds	4.3 seconds	15 seconds	8 seconds	15 seconds	3 for 1:30	4 for :45 (top leg raise)	3 for 1:00 /w/ flutters	4 for 1:00 top leg raise