



BAPTIST HEALTH
SPORTS MEDICINE



Spring Break Training Program U- 13 and older

Kentucky Fire Junior players and parents,

Spring break is a time to relax and have fun; however it should also be viewed as an opportunity to improve our soccer fitness and conditioning. The time has come with tournaments, games, and training sessions happening each and every week, so we need to make sure that we are continuing to improve our fitness levels to handle this workload. This spring break training program is about quality training and not quantity, try and get some type of fitness work in each day and you will reap the benefits once you come back. It should take no more than 30 minutes for each work out, and on most days closer to 15-20 minutes. I know we can find 20 minutes each day to GET BETTER!

You should touch the ball every day!

Warm up everyday before activity

- Dynamic warm up
 - Jogging, knees up, heels up, shuffling, and skipping
- Dynamic Stretching
 - Walking lunge, side lunge, knee hugs, quad stretch, ankle and knee (cradle stretch), hamstring

Monday

- Warm up
- Stretching
- Strength x 3 sets
 - Body weight squats x 15, progress to squat jumps if easy
 - Push ups x 10
 - Planks x 20-30 seconds
- Conditioning
 - 60 yard shuttles x 6
 - Mark out 5 yards, 10 yards, and 15 yards
 - Sprint up to 5 and back, up to 10 and back, and up to 15 and back
 - Should take aprox 14-17 seconds
 - Rest 45 seconds between sets
 - Rest should be an active rest, juggling the soccer ball

Tuesday

- Warm up
- Stretch
- Strength x 3 sets
 - Split squats (stationary lunges) x 10 each leg, progress to lunges if easy
 - Side planks x 20-30 seconds each side
 - Pull ups x max
- Conditioning
 - Run for 1 minute x 7 sets
 - Run at 80-90% for 1 minute
 - Active rest for 3 minutes, juggle, pass, or dribble

Wednesday

- OFF DAY
- You should still touch the ball though!

Thursday

- Warm up
- Stretch
- Strength x 3 sets
 - Body weight squats x 15, progress to squat jumps if easy
 - Push ups x 10
 - Planks x 20-30 seconds
- Touches on the ball
- Conditioning
 - Distance run
 - Find an area that has changing landscape, hills, sand, mountains etc. Run for 20-25 minutes

Friday

- Warm up
- Stretch
- Strength x 3 sets
 - Split squats (stationary lunges) x 10 each leg, progress to lunges if easy
 - Side planks x 20-30 seconds each side
 - Pull ups x max
- Conditioning
 - Find a small 5 x 5 yard space
 - For 30 seconds dribble in the grid as fast as you can while maintaining control
 - Every step you take you should have a touch on the ball, use different surfaces, and be creative
 - Rest 1 minute, and do 8-10sets