SPSC NEXT LEVEL @HOME

Sponsored by

Cardinal Heating & Air Conditioning · Plumbing · Electrical

SUN PRAIRIE SOCCER CLUB

WEEK 3

Mark level completed in box

STRENGTH TRAINING

	Level 1	Level 2	Level 3	Days 1	2	3	4	5	6	7
Moving Push Ups	3 sets of 18	5 sets of 25	5 sets of 35							
Burpee	3 sets of 10	3 sets of 15	3 sets of 25							
V Ups	3 sets of 8	3 sets of 12	3 sets of 15							
Jump Rope	3 sets of 25	3 sets of 50	3 sets of 100							
Bounding Jumps	3 sets of 20	3 sets of 30	3 sets of 50							

SPEED AND AGILITY

	Level 1	Level 2	Level 3	Days 1	2	3	4	5	6	7
Jump Down V Shuttle	3 sets of 30 seconds	5 sets of 30 seconds	5 sets of 45 seconds							
4 Corner Sprint	3 sets of 20 seconds	5 sets of 20 seconds	5 sets of 30 seconds							
Transition Offense/Defense	3 sets of 20 seconds	5 sets of 20 seconds	5 sets of 30 seconds							
Speed Sideways Jumps	3 sets of 15 seconds	3 sets of 20 seconds	5 sets of 30 seconds							

BALL MASTERY

	Level 1	Level 2	Level 3	Days 1	2	3	4	5	6	7
1v1 Shuttle (down/back = 1)	3 sets of 3	5 sets of 3	8 sets of 3							
3 Cone to 3 Cone	3 sets of 30 seconds	5 sets of 30 seconds	5 sets of 45 seconds							
Push/Pull Recovery	3 sets of 20 seconds	5 sets of 20 seconds	5 sets of 30 seconds							
Triangle Touches	3 sets of 20 seconds	5 sets of 20 seconds	5 sets of 30 seconds							
Box Touches	3 sets of 20 seconds	5 sets of 20 seconds	5 sets of 30 seconds							
1v1 Triangle (one rotation forward/reversed = 1)	3 sets of 2	5 sets of 2	8 sets of 2							