

# Soccer Athlete Yearly Calendar

Winter Off Season  
Spring Season  
Summer Off Season  
Fall Season

**DECEMBER**  
**MARCH**  
**JUNE**  
**SEPTEMBER**

**JANUARY**  
**APRIL**  
**JULY**  
**OCTOBER**

**FEBRUARY**  
**MAY**  
**AUGUST**  
**NOVEMBER**

## Winter Off Season

Month One:  
Month Two:  
Month Three:

**Month**  
**December**  
**January**  
**February**

**Physical Needs**  
Recovery  
Muscle Building  
Cardio Building

**Recommendations**  
Rest, Stretching, Band work,  
Supervised lifting, Pilates, Sled push  
Running, Spinning, Elliptical, Swimming,

## Spring In Season

Month Four:  
Month Five:  
Month Six:

**March**  
**April**  
**May**

Speed & Agility  
Strength Maintenance  
Fitness Maintenance

Agility ladder, shuttles, speed treadmill  
Press ups, Planks, Lunges,  
Light jogging, Swimming, Exercise bike

## Summer Off Season

Month Seven:  
Month Eight:  
Month Nine:

**June**  
**July**  
**August**

Recovery Month  
Muscle Building  
Cardio Building

Rest, Ice, Stretching, Band work,  
Supervised lifting, Pilates, Sled push  
Running, Spinning, Swimming, Hiking, Biking

## Fall In Season

Month Ten:  
Month Eleven:  
Month Twelve:

**September**  
**October**  
**November**

Speed & Agility  
Strength Maintenance  
Fitness Maintenance

Agility ladder, shuttles, speed treadmill  
Press ups, Planks, Lunges,  
Light jogging, Swimming, Exercise bike

*All strength and conditioning activities should take place under the supervision of a certified fitness professional.  
This periodization calendar is intended for educational purposes only.*