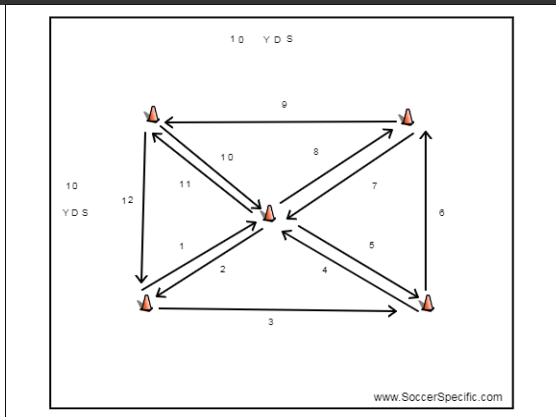


# Waconia Varsity Fitness

Date: **Mar 01, 2019** |

Intensity: ● (9/10) |



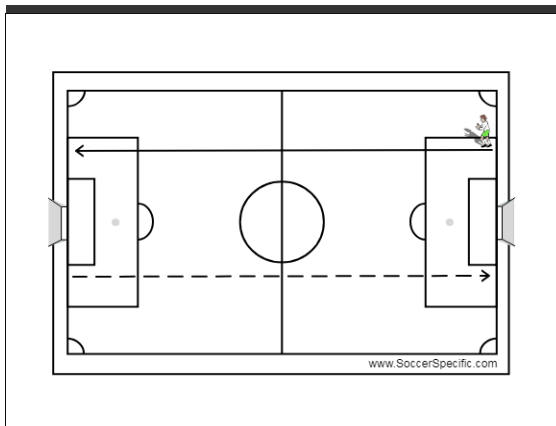
**Setup:** Star Shuttle Drill

10 yards by 10 Yards - Athlete decides which cone to start at

**Instructions:** Sprint from starting point to middle cones (1), Backpedal to the cone you started (2), Side shuffle right or left (player choice) (3), sprint to cone in the middle (4), backpedal to cone (5), Shuffle to next cone (6) Continue until you are back to cone you started

**Coaching Points:** Varsity Player Timing Expectations: 20 seconds or less  
Progression 1: Add soccer ball - Varsity Timing Expectations: 40 seconds or less

1



**Setup:** 120 Yard Sprint and Recovery

**Instructions:** Sprint as fast as you can from one end of the field to the other.

Jog back at a medium pace

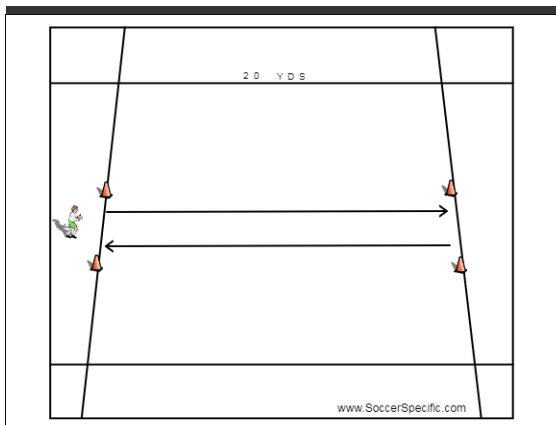
**Coaching Points:** Varsity Timing Expectations -

Sprint: 18/20 seconds

Jog back: 40-42 seconds

Varsity Player must complete 4 sets

2



**Setup:** 300 Yard Shuttle Run

20 Yard Distance run 15 times

**Instructions:** Player sprints back and forth 15 times to complete 300 Yard Shuttle Run.

Records Time

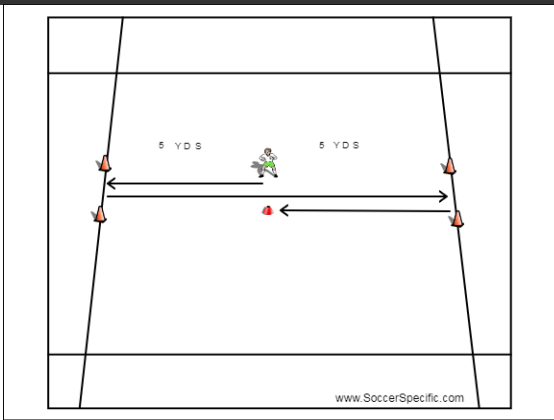
**Coaching Points:** Varsity Time: TBD based on National Average

3

# Waconia Varsity Fitness

Date: **Mar 01, 2019** |

Intensity: ● (9/10) |



**Setup:** 5-10-5 Pro Agility Test

Distance from Tall Cone to Tall Cone: 10 Yards

Distance from either cone to center cone 5 Yards

**Instructions:** Player Starts with one leg on each side of center cone with fingers from one hand touching the center cone.

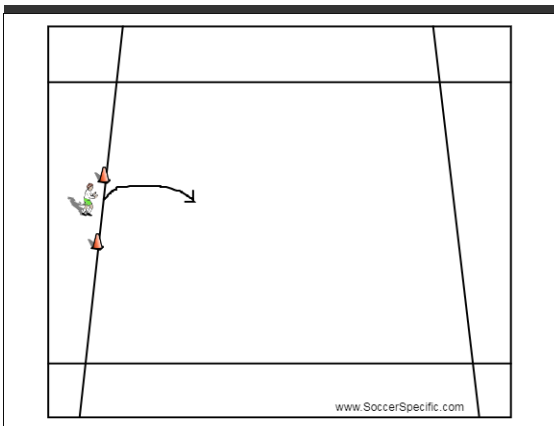
At the whistle, player sprints left or right (players choice) 5 yards and must touch the line at the game with one foot and one hand

Then change direction and sprint 10 yards to the far side, again touching the line with one foot and one hand

Then changing directions once more and sprinting back to the center cone (player does not need to stop at center cone but can accelerate past the center cone)

**Coaching Points:** Varsity Player Timing: TBD based on Program Timing

4



**Setup:** Broadjump from standing position to measure distance

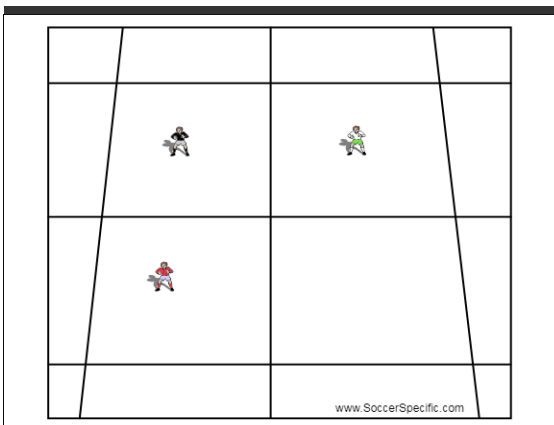
**Instructions:** Player starts with feet behind the starting line.

When ready, player jumps with both feet lunging forward

**Coaching Points:** Varsity Player Distance: > 6' 6.5" (feet inches)

Adjusted based on Average

5



**Setup:** Power 3:

Bench

Squad

Clean Lift

**Instructions:** Athletes will be tested on their ability to, in proper technique, do their maximum Bench, Squad and Clean to obtain a total Power 3 Score.

**Coaching Points:** Varsity Player Expectations: Ranking based on Soccer Team and Weight Room measurements and requirements

6