

## Conditioning Plan – 8 Weeks Program

**WeGotPlayers.com**<sup>™</sup> provides a complete college soccer workout plan where we also recognize the numerous challenges players deal with. We are confident that this program touches on many different aspects to prepare athletes for the upcoming season or simply stay in shape. This summer program is broken down into 8 weeks.

The first 3 weeks are demanding, but as you progress you will obviously find it easier if you follow it accordingly. As you approach the final weeks, the program tapers off so you can be ready for pre-season and to peak during the fall.

Days that you feel energetic, do a little bit more, but try to keep away from long distance running, it is not soccer related and will do very little to prepare you for the intensity at which college games are played. Develop a training mentality and use the off days to do absolutely nothing. Keep in mind running a few laps at a track starting in August and juggling a ball with your friend is not going to cut it, nor will playing in two summer league games a week, so get out there and light it up!!!

This is also the best time to start paying attention to your **nutrition**.

1. *Make sure you are properly hydrated during your summer workouts.*
2. *Start to consider the foods you eat as the substances that fuel your performance.*
3. *Keep away from fatty fast foods and sodas.*
4. *Start to integrate lean grilled meats and fish into your diet, along with complex carbohydrates.*

As always there are questions surrounding the logistics of this workout packet. Primarily they are questions involving how to plan your workouts around games or if you miss a day or summer vacations. These should not be excuses as to why you are not training. We understand these issues, and can only offer the following as advice:

*"We cannot give you a full blown course on human physiology, but you need to understand the basics of how your body works and what it is capable of doing during the stresses of training. If you are playing and you have a demanding game, then recover the next day and pickup the program accordingly."*

The **WeGotPlayers.com**<sup>™</sup> Team



## **Week 1**

### **Monday**

Squat Jumps 2 sets x 8 reps.

Single Leg Calf Raises: 2 sets x 10 reps (each leg).

Pushups: 2 sets x 20 reps.

Squat Thrusts: 2 sets x 20 reps, then jog 20 yards, and then sprint 20 yards. Walk back to start x 5.

Then full field sprint walk back to start x4.

### **Tuesday**

#### **Go to a Soccer Field**

2 min jog while dribbling your ball, change direction, quick touches and change speed.

2 min of ground juggling.

1 min-head juggling.

2 min -toss ball into air, trap on instep, and accelerate away, use different body parts to trap, then repeat.

2 min from sitting position on ground, toss ball up, get up trap and accelerate, vary trap, use thigh and head.

### **Wednesday**

#### **Weight Room**

Leg Press: 3 sets x 12 reps.

Bench Press: 3 sets x 12 reps.

Squats: 3 sets x 12 reps.

Lat Pull: 3 sets x 12 reps.

Sit-ups: 50.

**Note:** Use average weight for all exercises. Rest 1 minute between each set.

### **Thursday**

#### **Active Rest**

Swim, bike, no jogging or high impact activity (such as running or jogging).

### **Friday**



**Go to a Soccer Field**

1. Sprint to 18yd line and back 8 consecutive times, shoot for completing in less than 1 min, rest 1 min, go again, for a total of 3 times.
2. Set 4 markers (cones, shirts) 5 yards apart. Do suicides and complete in 30 sec, rest 1 min, repeat 4 times.
3. 5 sets x 100 yards sprint in less than 20 sec, recover for 40 seconds between each sprint.

**Saturday**

**OFF**

**Sunday**

**Go to a Track or Soccer Field**

Go for a 30 minute run at varying speeds, try to cover at least 3 miles, jogging and sprinting.

**Week 2**

**Monday**

Push-ups: work for 30 seconds, 15 sec rest, x 2 sets.

Pull ups: 30 sec, 15 sec rest, x 2 sets.

Lunges: each leg for 30 sec, 15 sec rest, x 2 sets.

Squat Thrust: 30s rest 15 sec, x 2 sets.

12 min run (soccer specific, vary pace, this is not a jog for 12 min!!!).

**Tuesday**

60 jumps-two footed jumps forward and back over your soccer ball.

60 jumps-two footed jumps side to side over soccer ball.

60 jumps-toss your ball into air, jump and trap on your foot.

2 min-jog with the ball, quick touches changing direction and speed.

2 min- from seated position on ground, toss ball into air, trapping before the ball hits the ground, then accelerate.



## Wednesday

### Go to a Track or Soccer Field

Run 800 meters (two laps) aim for 3 minutes rest for 3:03 minutes.

Run 600 meters, aim for 2:25 minutes, rest for 3 min.

Run 400 meters, aim for 1:40 minutes, rest for 2 min.

Run 200 meters, aim for 50 sec, rest for 1 min.

Run 100 meters for 25 sec then rest for 3 full minutes and repeat sequence as follows:

- 100 meters in 25 sec, rest 25 sec.
- 200 meters in 50 sec, rest 50 sec.
- 400 meters in 1:40 min, rest 1:40 min.
- 600 meters in 2:25 min, rest 2:25 min.
- 800 meters in 3:00 min, rest 3:00 min.

## Thursday

### OFF - Active Rest (Swim, Bike, etc.)

## Friday

Place 10 cones in zigzag formation about 5 yards apart.

1. Run and plant outside foot repeat five times, change distance between cones to work on deceleration and braking. 2. Then use same formations and use no braking or planting repeat 5 times.
2. Change distances then set a marker 25 yards out:
  - a. sprint dribble to marker leave your ball.
  - b. back pedal to starting point and sprint to your ball.
  - c. collect ball and sprint dribble back to start. Rest 30 sec, repeat x5.
  - d. pass ball to marker with intensity.
  - e. sprint to ball as it arrives at marker.
  - f. collect ball and sprint back to starting line, no rest and repeat 3 times.

## Saturday

OFF

## Sunday



Put two cones 40 yards apart.

Sprint up and back 3 times and do it in 50 sec, rest 50 sec for 6 repetitions.

After you repeat 3 times, rest one minute between each run.

## Week 3

### Monday

Push-ups: 15 reps x 3 sets.

Bodyweight Squat: 20 reps.

Lunges: each leg 20.

Ankle jumps (like jumping rope with no rope).

20 Wide Stances.

Bodyweight Squat: 20 reps.

**Note:** Do 3 sets of all exercises, rest 30 seconds between each set.

### Tuesday

**OFF**

### Wednesday

#### **Go to a Track Field**

10 min run at a track, you should try to cover 1800 meters, or 4.5 laps.

### Thursday

Run to 18 yd line and back to end line 8 consecutive times in less than 1 min. Repeat x 4 times, rest 1 min between each set.

Run 2x400 on field in less than 1:45min, from end line to end line, 4 times. Rest 3 minutes then repeat.

### Friday

**OFF**

### Saturday



### **Weight Room**

Sit ups: 50 reps.

Bench Press: 3 sets x 12 reps.

Squats: 3 sets x 12 reps.

Lat Pull: 3 sets x 12, rest one minute between each set and use average weight.

Pushups: 3 sets x 12 reps.

## **Sunday**

### **Agility, Speed & Acceleration**

Start from different positions like:

1. Soccer Start: x 2 over 10 yards.
2. Staggered Start: x 2.
3. Balance Start x 2.
4. Lateral start x 2.
5. Back Step (like defending turn and sprint 10 yards).

Plant and cut drills:

- A. set cones or markers in zigzag fashion 5 yards apart.
- B. Run through remembering to plant the outside foot and hold then cut to the next cone x4 change the distance between the cones (make longer) and repeat x4.

## **Weeks 4**

### **Monday**

#### **Speed Workout**

8 sprints x 20 yards, 30 seconds recovery between each sprint.

6 sprints x 40 yards, 40 seconds recovery.

4 sprints x 60 yards, 75 seconds recovery.

1 sprint x 100 yards, 90 seconds recovery.

### **Tuesday**

**OFF**



## Wednesday

### Go To A Track Field

3 sets x 3 min run.

**Note:** You should try to cover 563 meters or 1.4 laps for each set.

## Thursday

### Ball Play As In Previous Weeks

2 minute jog while dribbling your ball change direction, quick touches and change speed.

2 minute of foot juggling.

1 min head juggle.

2 min toss ball into air trap on instep, accelerate away, use different body parts to trap and repeat.

2 min from sitting position on ground, toss ball up, get up trap and accelerate, vary trap, use thigh and head.

## Friday

### Weight Room

Bodyweight Squats: x 20 Lunges (each leg) x20 reps.

Wide Stance Squat: x 20 Squat Thrust x20 reps.

**Note:** Rest 30 seconds between each exercise and repeat.

## Saturday

**OFF**

## Sunday

### Speed Training

10 sprints x 20 yards, 30 seconds recovery between each sprint.

8 sprints x 40 yards, rest 40 seconds.

6 sprints x 80 yards, rest 60 seconds.

4 sprints x 80 yards, rest 75 seconds.

2 sprints x 100 yards, rest 90 seconds.



## Week 5

### Monday

#### Ball Workout

1 min dribble in tight space touching the ball often changing direction.

1 min head juggle.

1 min throw ball into air trap on head accelerate away.

1 min thigh juggles and after that 1 min juggle with no spin.

2 min from sitting position on ground, toss ball into air get up trap on instep and accelerate away, repeat with thigh, head, and chest.

60 jumps over your soccer ball front to back.

60 jumps side to side over your ball.

30 pushups.

### Tuesday

#### Go To A Track Or Soccer Field

Run a 120 yards sprint in 25 seconds (full field), jog back to start in 35 seconds, then rest at start for 30 sec, and repeat x 5.

### Wednesday

**OFF**

### Thursday

#### Weight Training In Weight Room

Bench Press: 3 sets x 6 reps with 40% body weight.

Overhead Press: 3 sets x 6 reps with 40% body weight.

Pushups: x 30 reps.

Sit ups: x 60 reps.

### Friday

**ACTIVE REST (NO IMPACT EITHER BIKE OR ELLIPTICAL OR SWIMMING)**



## Saturday

### Go To A Track Field

20 minutes run at a track.

**Note:** You should try to cover 8.5 laps.

## Sunday

**OFF**

## Week 6

## Monday

### 5-10-15 Shuttle Runs

Place cones 5, 10, 15 yards apart, go 5 and back, 10 and back, 15 and back in less than 1 min.

**Note:** Rest for 1 minute and repeat x 3 times.

## Tuesday

### Weight Training In Weight Room

Bench Press: 3 sets x 6 reps 40% body weight.

Overhead Press 3 sets x 6 reps 40% body weight

Pushups: x 35 reps.

Sit ups: x 70 reps.

## Wednesday

### Ball Workout

2 min quick touches while dribbling in a confined space. Change direction and speed x 2 sets.

1 min head juggle x 2 sets.

2 min from seated position toss ball into air, trap on thigh, instep and accelerate x 2 sets.

2 min foot juggling.



## Thursday

### Technical Speed

1. Set a cone at 25 yards.
  - A. Speed dribbles to cone and leave your ball.
  - B. Back pedal back to start.
  - C. Sprint to your ball.
  - D. Speed dribble back to start.
2. Rest by walking for 30 seconds.
3. Set a marker at 10 yards. One footed jumps to marker and return to start. Change feet and repeat; rest for 30 sec, then 2 footed jumps over 10 yards and back, rest 30 sec.
4. Set a marker at 25 yards. Pass your ball with proper weight and pace to marker, sprint to collect ball, speed dribble back to start and repeat x 3 sets.

## Friday

### ACTIVE REST (NO IMPACT EITHER BIKE OR ELLIPTICAL OR SWIMMING)

## Saturday

### Go To A Track Field

Go for a 120 yards sprint in 18 sec, jog back in 30 sec, rest at line for 30 sec, and repeat x5 sets.

## Sunday

OFF

## Week 7

## Monday

### Weight Training In Weight Room

Bench Press: 3 sets x 6 reps 40% body weight.

Overhead Press: 3 sets x 6 reps 40% body weight.

Pushups: x35 reps.



Sit ups: x70 reps.

## **Tuesday**

### **Lateral Speed & Agility Drill**

Use "plant and cut" drills: Agility, speed and acceleration.

1. Soccer Start x 2 sets over 10 yards.
2. Staggered Start x 2 sets.
3. Balance Start x 2 sets.
4. Lateral Start x 2sets
5. Back Step (like defending turn and sprint 10 yards).

Plant and Cut Drills:

- A. set cones or markers in zigzag fashion 5 yards apart.
- B. run through remembering to plant the outside foot and hold then cut to the next cone x4 change the distance between the cones (make longer) and repeat x 4 times.

## **Wednesday**

### **Speed Training**

- 16 sprint x 20 yards, 20 seconds recovery.
- 10 sprints x 40 yards, 30 seconds recovery.
- 8 sprints x 60 yards, 45 seconds recovery.
- 4 sprints x 80 yards, 60 seconds recovery.
- 2 sprints x 100 yards, 75 seconds recovery.

## **Thursday**

### **Active Recovery**

## **Friday**

### **Anaerobic Work**

Two markers 10 yards apart Up and back (20 yards) = 1x Go for 10x In 55 sec Rest 1 min. Go for 8x increase rest by 15 sec after every 3rd (i.e 3, 6, 9).

## **Saturday**



**OFF**

## **Sunday**

### **Weight Training**

Bench Press 3 sets x 5 reps with what you perceive to be heavy weight after each 5 reps.

10 quick pushups with no rest in between.

Lat Pull Downs 3 sets x 5 reps again with heavy weight.

After that do 10 medicine ball throws after each 5 reps we are aiming for "explosive power" (use front lat pull downs).

## **Week 8**

### **Monday**

#### **Speed Training**

16 sprints x 20 yards, 20 seconds recovery.

10 sprints x 40 yards, 30 seconds recovery.

8 sprints x 60 yards, 45 seconds recovery.

4 sprints x 80 yards, 60 seconds recovery.

2 sprints x 100 yards, 75 seconds recovery.

### **Tuesday**

#### **Weight Training**

Squat with either DB or BB 3 sets x 5 reps, then Bodyweight Squat x 10 after each 5 reps.

Dead Lift either DB or BB 3 sets x 5 reps Med Ball chest Pass x10 after each 5 reps, again use heavy weight and remember that we are developing explosive power.

### **Wednesday**

**OFF**

### **Thursday**



**Anaerobic Work**

Two markers 10 yards apart Up and back (20 yards) = 1x Go for 10x In 55 sec Rest 1 min.  
Go for 8 x increase rest by 15 seconds after every 3rd (i.e 3, 6, 9).

**Friday**

**Ball Workout**

2 min quick touches while dribbling in confined space change direction and speed x2 sets.  
1 min head juggle x 2 sets.  
2 min from seated position toss ball into air trap on thigh, instep and accelerate x 2sets.  
2 min foot juggling.

**Saturday**

**Speed Training**

16 sprints x 20 yards, 20 seconds recovery.  
10 sprints x 40 yards, 30 seconds recovery.  
8 sprints x 60 yards, 45 seconds recovery.  
4 sprints x 80 yards, 60 seconds recovery.  
2 sprints x 100 yards, 75 seconds recovery.

**Sunday**

**OFF**

