

# W Soccer Off-Season Training Guide

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Level Two - Off Season

Name \_\_\_\_\_

Weekly Training Log

date \_\_\_\_\_

Workout:	Training Plan:	M	TU	W	TH	F	SAT	S
<b>Ten-Minute Stretching</b>	<b>4 x week</b> Record completion in shaded areas.							
<b>Speed</b>	<b>8 fast sprints during practice 3 x week</b>							
<b>Sprint 8 cardio</b>	<b>20 minutes 2 x week / or play your sport hard &amp; fast 20 mins X2</b>							
<b>Plyometrics</b>	<b>15 minutes 1 x week</b>							
<b>Hip Flexors</b>	<b>Hurdles - 15 minutes 1 x week</b>							
<b>Strength Training:</b>	<b>Exercise:</b>	<b>Record Sets &amp; Reps</b> sets / reps		Record amount of weight used during sets in shaded areas. Use E-Lifting technique on push and press exercises to failure in the "range" of 10 reps (6-12).				
<b>Chest</b>	Chest press 3/10 Chest flys 3/10							
<b>Back</b>	mach rows 3/10 or lat pull downs							
<b>Shoulders</b>	Shoulder press 3/10 Rear delt flys 1/10 shrugs 3/20							
<b>Sports Specific Strength</b>	DB Pullovers 3/10 Split-leg snatch DB 2/10							
<b>Biceps</b>	Machine curls 3/10 DB 21s 2/21							
<b>Triceps</b>	Rope Triceps 3/20							
<b>Leg superset:</b>								
<b>1. Quads</b>	Leg press 3/10 (or Squats)							
<b>2. Calves</b>	3 way calf raises 3/10							
<b>3. Bosu Balance Ball</b>	pause jumps 3/10 10 seconds each leg x3							
<b>ACL test</b>	Box drop jump -correct knee position landing							
<b>Sports Specific</b>	Overspeed jumps 1/10 Single-leg box jump 3/8							
<b>Hamstrings</b>	Leg curls 3/10							
<b>Tibialis</b>	Reverse calf raises 1/40							
<b>Abs</b>	Crunches 3/20 Leg raises 2/20							
<b>Low back Obliques</b>	Hyperextensions with Russian twist 2/15							