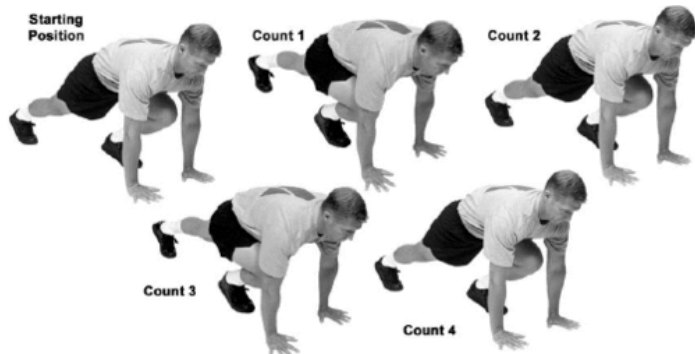


JV Soccer Workout

- **General Conditioning Rule: Plan conditioning around game schedule w/ intense workouts early, then taper off before games.**
- Daily Exercises
 - Superman - Hold for 2-5 secs; 3 sets of 12-15



- Mountain Climber - Set of 20



- Outside & Inside Ankle Rolls - Slowly walk on inside & outside of ankles for 30 seconds each side
- Neck Bridges (front & back) - use arms at all times to stabilize & limit weight on neck.



- Jumping Jacks - 2 reps X 20
- High frequency running in place - Transition to side & back rolls as called out by leader; alternate running in place & rolls
- Front & Side Planks - progress to Superman Plank



- Gate Stretch (groin/hip muscle conditioning) - "Open the gate": stand on your left leg and flex your right hip. Raise your right knee to hip level, turn it out and open away from your body. "Close the gate" = reverse.
- Shoulder conditioning - extend & raise arms to side & rotate arms in small circles; reverse direction after 1 min.
- Hamstring muscle stretch - From standing position, bend over with hands pointed towards feet; breathe slowly & allow hands to come closer to feet with each breath
- Calf stretch
- Quadriceps stretch
- Plyometric Exercises - once or twice weekly depending on game schedule; never within 3 days of a game.
 - Hand clap pushups - push up to lift hands off ground & clap.
 - Burpees - Conclude rep by springing high into air swinging hands over head
 - Skater jumps - Jump laterally, landing softly on outside foot; repeat to land softly on other foot; maintain comfortable balance & steady rhythm
 - Scissor jumps - alternate lunges; spring as high as possible, landing softly with balance
 - Bunny Hops
 - Stand in an upright position, with your arms at your sides.
 - Dropping into a half squat, simultaneously throw your arms back and then forward to create momentum, and jump forwards.
 - On contact with the ground, immediately repeat the process without pausing.
 - Concentrate on keeping the jumps low, and exploding through the ankles, while extending the legs and flicking the toes.
 - Jump over 5 low hurdles landing on one leg after final hurdle. Repeat landing on opposite leg on final hurdle. (Alternating between right and left landing leg on final jump = 1 rep)
 - Continue for 5 reps for 3 sets

JV Soccer Workout

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- Clockwise / Counter-Clockwise Grid Hops
 - Create/imagine a cross shape on the ground approx. 1 yd x 1 yd. Pick a square to stand in and proceed to hop with both feet, in a clockwise direction until back to start. Immediately repeat the process counter-clockwise.
Do this for 5 reps, where 1 cycle of clockwise and counter-clockwise = 1 rep Continue for 3 sets