

# Silver City Youth Soccer 16 Week Training Program

***“If you fail to prepare, you’re prepared to fail.”***

Below is a 16 week workout program to prepare you for the upcoming season. This workout is intended to get you into the best possible condition for preseason and carry you through the entire season. Fitness will be the utmost importance in the Silver City Soccer Program and will not be taken lightly. This 16 week program, if followed, will help overall fitness when pre-season rolls around. Your fitness levels will be tested and graded during tryouts. The program will be incorporating all aspects of the game into your training. There is a lot of variety and if you do not understand anything please feel free to call at any time.

The work you put into this program will directly affect your season. Below lists how you should follow the weeks of training and attached is how each workout should be done with detailed instructions.

*Good luck and best wishes!*

Your workouts should last as long as it takes you to see some improvement. Each workout should be an improvement over the last workout. The principle is to compete against yourself. It’s about self-improvement, about being better than you were the day before.

***“Without self-discipline, success is impossible, period”***

	Topic	
Weeks 1, 2, & 3	Ball Control & Agility Workout	3 times per week
	Passing	3 times per week
	Shooting & Heading	3 times per week
	Strength Training	2 times per week
	Fitness Shuttles	2 times per week
	Condition Running	6 times per week
Weeks 4, 5, & 6	Ball Control & Agility Workout	3 times per week
	Passing & Shooting	3 times per week
	Speed Training	2 times per week
	Fitness Shuttles	2 times per week
	Strength Training	2 times per week
	Condition Running	6 times per week
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Weeks 7, 8, & 9	Ball Control & Agility Workout	3 times per week
	Speed Training	3 times per week
	Passing	3 times per week
	Shooting & Heading	3 times per week
	Fitness Shuttles	2 times per week
	Strength Training	2 times per week
	Condition Running	6 times per week
Weeks 10, 11, & 12	Ball Control & Agility	3 times per week
	Passing	3 times per week
	Shooting & Heading	3 times per week
	Speed Training	3 times per week
	Fitness Training	3 times per week
	Strength Training	3 times per week
	Condition Running	6 times per week
Weeks 13, 14, 15, & 16	Ball Control & Agility	5 times per week
	Shooting	5 times per week
	Passing	5 times per week
	Speed Training	5 times per week
	Fitness Shuttles	5 times per week
	Strength Training	5 times per week
	Condition Running	6 times per week

### **Ball Control, Agility, & Conditioning Workout**

Jog while dribbling ball with quick touches, changing direction and speed. Do this in a confined space where many changes and touches are necessary. Work on all the moves we have learned and be creative.

#### Head juggling

Throwing ball up, trap the ball with your feet as it hits the ground, and move off quickly with a short burst of speed with the ball - repeat.

#### Foot juggling

Starting in a sitting position, throw the ball up, get up and stop the ball before it hits the ground, settle it to your feet, and move off quickly with a short burst of speed with the ball - repeat using head, chest, each thigh, each foot, in that order to control the ball.

1. Dribble in a figure "8", use the inside of your feet for 6 figure "8's", then use the outside of your feet for 6 more. The markers you dribble around should be 15 yards apart. As you dribble around one marker, accelerate to the other as if you were beating a defender. As you round the marker, use quick touches to improve technical speed.
2. Rest by walking for 30 seconds.
3. Set a marker out about 25 yards from a starting point.
  - a. Sprint dribble to a marker
  - b. Sprint backwards to starting point
  - c. Sprint to ball
  - d. Collect ball and sprint dribble back to starting point
  - e. Repeat 2 times
4. Rest by walking for 30 seconds
5. Set ball on the ground to your left and set a marker out to your right about 10 yards. Move 10 times from side to side with the ball, without crossing legs do shuffles, toe touches, left foot sole roles, right footed sole roles, in that order.
6. Rest by walking for 30 seconds.
7. 60 jumps – Two footed jumping forward and backward over the ball without stopping.
8. Rest for 30 seconds.
9. 60 jumps – Two footed jumping from side to side over the ball without stopping.
10. Rest for 20 seconds.
11. *\*For Goal Keepers Only\** 30 jumps – Throw the ball in the air, jump, catch the ball and throw it back in the air before you hit the ground. Do this continuously for 30 jumps. Try to jump high enough to catch and throw before you come back down.
12. Rest for 30 seconds
13. 50 sit-ups and 25 push-ups *\*To start, increase the amount as much as you can each workout\**
14. Flutter kicks *\*Increase with every workout\**

***“The will to win is important, but the will to prepare is vital.”***

### **Silver City Speed Program**

This is for your speed development and muscle conditioning. If done properly and consistently (explosively and as fast as you can go) this will improve your speed through the winter and spring. Remember this is just part of what you have to do. You must continue training with the ball and continue playing throughout the winter and spring.

Sprint all out on every sprint! - Don't pace yourself

Take full rest period. Nothing less!

Concentrate on Explosive Starts! (Driving knees, leaning forward, pumping arms, etc.) keep stride smooth and powerful throughout sprint, stay low - DO NOT RAISE YOUR UPPER BODY!

Week 1	Week 2	Week 3	Rest Periods Weeks 1 - 3
2 x 20 yards	4 x 20 yards	6 x 20 yards	10 seconds in between
2 x 40 yards	3 x 40 yards	4 x 40 yards	15 seconds in between
2 x 60 yards	3 x 60 yards	3 x 60 yards	20 seconds in between
2 x 80 yards	2 x 80 yards	2 x 80 yards	25 seconds in between
1 x 100 yards	1 x 100 yards	1 x 100 yards	0 seconds
Week 4	Week 5	Week 6	Rest Periods Weeks 4 - 6
8 x 20 yards	10 x 20 yards	12 x 20 yards	15 seconds in between
6 x 40 yards	8 x 40 yards	10 x 40 yards	20 seconds in between
4 x 60 yards	6 x 60 yards	6 x 60 yards	30 seconds in between
2 x 80 yards	4 x 80 yards	4 x 80 yards	35 seconds in between
2 x 100 yards	2 x 100 yards	3 x 100 yards	40 seconds in between
Week 7	Weeks 8 & 9	Week 10, 11, & 12	Rest Periods Weeks 7 - 12
14 x 20 yards	16 x 20 yards	18 x 20 yards	15 seconds in between
12 x 40 yards	14 x 40 yards	16 x 40 yards	20 seconds in between
8 x 60 yards	10 x 60 yards	12 x 60 yards	30 seconds in between
6 x 80 yards	8 x 80 yards	10 x 80 yards	35 seconds in between
4 x 100 yards	5 x 100 yards	6 x 100 yards	40 seconds in between
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Weeks 13 - 14	Weeks 15 - 16		Rest Periods Weeks 13 - 16
20 x 20 yards	22 x 20 yards		15 seconds in between
18 x 40 yards	20 x 40 yards		20 seconds in between
14 x 60 yards	16 x 60 yards		30 seconds in between
12 x 80 yards	14 x 80 yards		35 seconds in between
8 x 100 yards	10 x 100 yards		45 seconds in between

***“You are never a loser until you quit trying.”***

### **Passing**

Requires a wall, side of a building, racquetball court, or anything else that will bounce the ball back to you.

1. Ball Control Technique: Position yourself 2-3 yards away from wall, using alternating feet, touching ball with instep, push ball to wall, control the ball as it comes back to you, and return it to wall. Do Not let the ball get past you, do not allow yourself to back-up. Maintain your position of 2-3 yards from wall.
2. Passing Technique: Position yourself 10-12 yards from wall and repeat Step 1.
3. Accurate Passing Techniques: Position yourself 15-20 yards from wall. Place a target on wall, no more than 3 feet by 3 feet. Position yourself at different locations and pass to hit target. Immediately run to a position to receive the ball, control the ball, and pass again.

***“What to do with a mistake: Recognize it, admit it, learn from it, forget it.”***

### **Shooting & Heading**

***You miss 100% of the shots you don't take.”***

For this section of the exercise, a soccer kick wall, the side of a gym, a tennis wall, racquetball court, or anything else the ball will bounce back at you necessary.

1. Technique Work: Get 10-12 yards from the wall and shoot the ball at the wall making sure the foot is pointed, knee over the ball, center of your foot is striking the center of the ball, and that all the power is derived from a quick snapping motion of your lower leg. Use your laces to strike the ball.
2. First-Time Shooting with Power: Back off 20 yards, and shoot the ball at the wall. Strike the ball as hard as you can regardless of the bounce, height, speed, etc., that the ball comes back to you. Pick a spot on the wall to shoot at each time and keep the ball low.

3. Trapping & Shooting: Again at 20 yards away, strike the ball with power, and as it come off the wall, trap it cleanly and quickly fire another shot at the wall. The point of the drill is to develop a sound, clean trap and set up a quick, hard shot.
4. From one to two yards away, first times head juggling against a wall.
5. Back off 7 more yards, throw the ball up against the wall and as it comes off head with power getting your entire body into the head motion to create power. Trap the ball with your body - control it to your feet - repeat.
6. Get within 10 yards of the wall, toss the ball against the wall to force you to jump and head the ball back at the wall. Trap the ball after you have headed it each time. Make sure your toss forces you to jump and head the ball at the peak of your jump. Remember your technique and head with power.

Take a 1-minute rest by walking between each drill. Make sure you are working the entire time of each drill and no rest. This is developed to work on technique but also work on fitness. As you get tired, concentrate on your technique along with the work. In the 79th minute of a game, you have to focus on your technique when the game is on the line.

***“If you can’t outplay them, outwork them.”***

### **Strength Training Workout**

This workout should take between 30-45 minutes and should be done three days a week. Focus on technique and muscular endurance (i.e. you should push through the pain and every time it will get easier). To ensure proper technique, try to work out with a partner if you need any extra help.

<b>Weeks 1, 2, 3, &amp; 4</b>	<b>Weeks 5, 6, 7, &amp; 8</b>	<b>Weeks 9, 10, 11, &amp; 12</b>	
Legs	Legs	Legs	
Squats: 3 sets of 10 reps	Squats: 4 sets of 15 reps	Squats: 5 sets of 20 reps	
Lunges: 3 sets of 8 reps per leg	Lunges: 4 sets of 10 reps per leg	Lunges: 5 sets of 15 reps per leg	
Power lunges: 30 reps alternating	Power lunges: 35 reps alternating	Power lunges: 40 reps alternating	
Wall-sits: 3 sets of 1 minute each	Wall-sits: 4 sets of 1.5 minutes each	Wall-sits: 5 sets of 2 minutes each	
Calve raises on stairs: 2 sets of 30 reps	Calve raises on stairs: 3 sets of 40 reps	Calve raises on stairs: 5 sets of 35 reps	
Arms/Chest/Back	Arms/Chest/Back	Arms/Chest/Back	
Push-ups: 3 sets of 10	Push-ups: 4 sets of 12	Push-ups: 5 sets of 15	
Triceps sit-ups: 3 sets of 40	Triceps sit-ups: 4 sets of 12	Triceps sit-ups: 5 sets of 15	6

Abs & Back	Abs & Back	Abs & Back	
Crunches: 30	Crunches: 40	Crunches: 50	
Plank: 2 minutes	Plank: 2.5 minutes	Plank: 2 x 2 minutes	
Here are the rest intervals between each exercise:	Here are the rest intervals between each exercise:	Here are the rest intervals between each exercise:	
Week 1 = 30 seconds	Week 1 = 30 seconds	Week 1 = 30 seconds	
Week 2 = 15 seconds	Week 2 = 15 seconds	Week 2 = 15 seconds	
Week 3 = 15 seconds	Week 3 = 15 seconds	Week 3 = 15 seconds	
Week 4 = No rest	Week 4 = No rest	Week 4 = No rest	
Week 13	Week 14	Week 15	Week 16
Legs	Legs	Legs	Legs
Squats & Lunges: 6 set of 25 reps	Squats & Lunges: 7 sets of 25 reps	Squats & Lunges: 8 sets of 30 reps	Squats & Lunges: 10 sets of 40 lunges
Power lunges: 45 reps	Power lunges: 50 reps	Power lunges: 55 reps	Power lunges: 60 reps
Wall sits: 6 sets of 2.5 minutes each	Wall sits: 7 sets of 3 minutes each	Wall sits: 8 sets of 3.5 minutes each	Wall sits: 10 set of 4 minutes each
Calve raises on stairs: 6 sets of 40 reps	Calve raises on stairs: 7 sets of 45 reps	Calve raises on stairs: 8 sets of 50 reps	Calve raises on stairs: 10 sets of 60 reps
Arms/Chest/Back	Arms/Chest/Back	Arms/Chest/Back	Arms/Chest/Back
Push-ups: 6 sets of 20 reps	Push-ups: 7 sets of 25 reps	Push-ups: 8 sets of 30 reps	Push-ups: 10 sets of 40 reps
Triceps sit-ups: 6 sets of 20 reps	Triceps sit-ups: 7 sets of 25 reps	Triceps sit-ups: 8 sets of 30 reps	Triceps sit-ups: 10 sets of 40 reps
Abs & Back	Abs & Back	Abs & Back	Abs & Back
Crunches: 60	Crunches: 70	Crunches: 80	Crunches: 100
Plank: 3 x 2.5 minutes	Plank: 4 x 3 minutes	Plank: 6 x 3 minutes	Plank: 8 x 3 minutes

***“If you train hard, you’ll not only be hard, you’ll be hard to beat.”***

## **Silver Fitness Shuttles (Conditioning)**

### **10-Yard shuttle**

- Two markers 40 yards apart is the setup for this drill
- Up and back three times (total of 240 yards) with the ball
- Rest after each set for 30 seconds
- Weeks 1-6 = 6 sets
- Weeks 7-12 = 8 sets
- Weeks 13-16 = 10 sets

### **50-Yards Shuttles**

- Six markers at ten yard intervals is the set up for this drill
- 10 and back, 20 and back, 30 and back, 40 and back, 50 and back (total of 300 yards) with the ball
- Rest after each set for 30 seconds
- Weeks 1-6 = 6 sets
- Weeks 7-12 = 8 sets
- Weeks 13-16 = 10 sets

### **Super set**

- 120 yard sprint in 20 seconds with the ball
- jog back
- Rest from your starting position for 30 seconds
- Weeks 1-6 = 10 sets
- Week 7-12 = 15 sets
- Weeks 13-16 = 20 sets

### Condition Running

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	1 mile - easy run	1 mile - easy run	1 mile - easy run	1 mile - push for time	1 mile - easy recovery run	1 mile - push for time	1.5 mile - easy recovery run
2	2 miles - easy run	2 miles - easy run	2 miles - easy run	2 miles - push for time	2 miles - easy recovery run	Rest	2.5 miles - easy warm-up run
3	3 miles - easy run	3 miles - easy run	3 miles - easy run	3 miles - easy run	3 miles - easy recovery run	Rest	3 miles - easy run
4	3 miles - easy run	3 miles - easy run	3 miles - hills	3 miles - easy recovery run	3 miles - push for time	Rest	3.5 miles - easy warm-up run
	3.5 miles - easy run	3.5 miles - easy run	3.5 miles – push for time	3.5 miles - easy recovery run	3.5 miles - hills	Rest	4 miles - warm up run
6	4 miles - easy run	4 miles - easy run	4 miles - hills	4 miles - easy recovery run	4 miles - push for time	Rest	- warm up run
7	4.5 miles - easy run	4.5 miles - easy run	4.5 miles - hills	4.5 miles - easy recovery run	4.5 miles - push for time	Rest	5 miles - warm up run
8	5 miles - easy run	5 miles - easy run	5 miles - hills	5 miles - easy recovery run	5 miles - hills	Rest	5.5 miles - warm up run
9	5.5 miles - easy run	5.5 miles - easy run	5.5 miles - easy run	Rest	5.5 miles - easy run	Rest	6 miles - warm up run
10	6 miles - easy run	6 miles - easy run	6 miles - hills	6 miles - easy recovery run	6 miles - hills	Rest	6 miles - push for time
11	6 miles - easy recovery run	6 miles - easy run	6 miles - push/jog	6 miles - easy recovery run	6 miles - push/jog	Rest	6.5 miles - warm up run
12	6.5 miles - easy run	6.5 miles - easy run	6.5 miles - push for time	6.5 miles - easy recovery run	6.5 miles - hills	Rest	7 miles - warm up run
13	7 miles - easy run	7 miles - easy run	7 miles - push/jog	7 miles - easy recovery run	7 miles - hills	Rest	7.5 miles - warm up run
14	7.5 miles - easy run	7.5 miles - easy run	7.5 miles - hills	7.5 miles - easy recovery run	7.5 miles - hills	Rest	8 miles - warm up run
15	8 miles - easy	8 miles - easy	8 miles -	8 miles - easy	8 miles -	Rest	8 miles - easy

	run	run	push for time 64 minutes or less	recovery run	push/jog		run
16	8 miles - easy run	8 miles - push for time 64 minutes or less	8 miles - easy recovery run	Rest	8 miles - push for time 64 minutes or less	Rest	8 miles - hills

### Static Stretching

Basic stretching is a slow-sustained stretch of a particular muscle group. The muscles are lengthened gradually through a joint's complete range of motion and the final position is held for a few seconds (15 - 30 seconds).

a slow sustained stretch causes the muscles to relax and thereby achieve greater length and flexibility. The intensity, or degree of stretch, should be only to a point of mild discomfort. Undue pain does not have a part in the stretching routine. All stretching should be done to "slightly below the pain threshold. As you reach this point, you need to relax the muscle group being stretched. If you feel pain, the load is too high, "back off", you may cause injury, and the injury may not be felt until you start your next exercise. Remember this "chase the pain, but don't catch."

#### Frequency

During your conditioning phase, static stretching should be conducted 5 - 7 times per day. After 6-8 week into your training, you *may* be able to back off to 3 times a day. Your body will let you know, so listen to your body.

#### When to Stretch

We talked about stretching 5-7 times a day. This can be done while doing homework, watching TV, during your lunch break, etc. Give the GameBoy, Xbox, and PlayStation a break! They are not going to win you a championship.

However, never perform static stretching just prior to conducting an exercise. The best time to stretch is after your workout. The higher body temperature, in itself, helps to increase the joint range of motion.

***"When you win, say nothing, when you lose, say less."***