



**Essentia Health**



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## **East Select Soccer at Home Workout Program**

This program should be started on Tuesday, March 24<sup>th</sup> and is designed for the older players in our club. All players should find this program challenging. 14U players may need to shorten their requirements based on age and size of the players.

We do suggest that for the longer runs that players either run with a parent or sibling as to not run alone. If running with a non-family member please keep social distances as recommended by the CDC.

### **WARMING UP IS PART OF THE GAME**

Warming up before each soccer drill is a very important part of soccer. Warm up drills should be used by players to minimize risk of injury, and avoid those awful sideline times that come with soccer related injuries. Warm up drills, before a soccer game or training session, will greatly reduce the players potential for injury.

Take 10 - 15 minutes of time to prepare the body for the stress that it will endure during the session. Warming up will bring the players heart rate up, and prepare the muscle fibers for more stressful situations on the field.

Every practice should start with a light jog, followed by dynamic stretching from head to ankles.



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## **CONDITIONING WORKOUTS**

### **Burn Outs:**

A burn out is a quick acceleration to maximum speed for about 40 yards. It takes about 10 yards to accelerate, after you achieve full speed dig deep for the next 30 yards and push yourself. Vary your start to running, don't start stationary and simply start running. Shuffle sideways, start on your back, start on a knee, start jogging at an angle, be creative, and don't start from a stationary position. The key to this is explosion, continuing your full speed run through the 40 yard space and a FULL RECOVERY!!! We are not trying to build endurance in this program; we are trying to build top end speed. Allowing for full recovery will build muscle memory and improve fast twitch muscles, the two things needed for a high end speed. These are not accomplished if your muscles are fatigued from the run you just did, after you finish the run walk back, rest and wait for your body to feel back to 100%.

### **Decline Burn Outs:**

Very similar to the Burn Out. The key to this drill is to find a hill with a slight decline. You will run the same drill as a burn out only run it slightly down hill. The purpose for this is to improve muscle memory as you will be running fast downhill than on a flat plain. This will force your muscles to get into faster habits. It will also lengthen your stride which will help you maintain a higher speed. Again, after completing one decline burn out walk back up the hill and allow for your body to be fully recovered before doing the next run. FULL RECOVERY IS THE KEY TO ACHIEVING MORE SPEED!!!





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**SOCCER CONDITIONING DRILLS INSTRUCTIONS**

- Player will start running from the STARTING cone on the right, back to and around Cone 2, sprinting forward to and around Cone 3, and coming back to STARTING Cone 1, to complete the first triangle.
- Keep going until all 3 triangles are completed.

**Graham Cracker:**

Time	Activity
0:00 - 0:30	Fast Jog
0:30 - 4:00	Jog
4:00 - 5:00	Fast Jog
5:00 - 8:00	Jog
8:00 - 9:30	Fast Jog
9:30 - 12:00	Jog
12:00 - 14:00	Fast Jog
14:00 - 16:00	Jog
16:00 - 18:30	Fast Jog
18:30 - 20:00	Jog
20:00 - 23:00	Fast Jog
23:00 - 24:00	Jog
24:00 - 28:00	Fast Jog
28:00 - 30:00	Walk

**Recovery Run:**

Recovery runs can last for 3 to 5 miles (or 25 to 40 minutes), preferably on the smaller end of this range.

Keep your speed steady. There should be no fluctuation in tempo or training intensity.