



Spokane Sounders Week Two Training Plan!

Here is Week Two! You can even do this one inside if you have the space! This week is **BALL WORK!**

This is the weekly schedule of recommended exercises for you to follow. Put in maximum effort as you work through these each day. The effort you put forth will determine how much you continue to improve and maintain your soccer ability. Feel free to augment these drills with additional shooting and ball work on your own.

These guidelines don't take a lot of time to complete each day, so it shouldn't be difficult to stay sharp. The club will continue to provide even more content to add to the below.

The ball work is each of the Videos from the Seattle Sounders Youth Academy.

Videos of also proper way to do a lower body workout.

Please check with your coaches as well, since they might have particular items for you to work on.

DAY ONE: Ball Work — Ball Work

- Juggle for 3 minutes continuous switching feet every time.
- Juggle right foot only, hopping on your left, for 45 seconds continuous.
- Rest 15 seconds.
- Juggle left foot only, hopping on your right, for 45 seconds continuous.
- Rest 15 seconds.
- Repeat 3 times.
- Juggle above your head. Each touch of the ball should have the ball go above your head. Two minutes.
- Juggle head, thigh, foot (one touch, in order) for one minute. Can you do around the world?
- Rest 15 seconds.
- Juggle foot, thigh, head for one minute. Can you do around the world?
- Rest 15 seconds.
- Repeat three times.
- Seattle Sounders "Shuffles".
- One minute, break 15 seconds. Repeat five times.
- Seattle Sounders "Forwards/Backwards".
- One minute, break 15 seconds. Repeat five times.
- Seattle Sounders "Inside/Outside".
- One minute, break 15 seconds. Repeat five times.
- Seattle Sounders "Push/Pull".
- One Minute, break 15 seconds. Repeat five times.

Physical work:

- 50 flutter kicks
- 25 pushups
- 25 situps



- 10 burpees
- Rest for one minute
- Complete the cycle three more times.



DAY TWO: Lower Body & Core Exercises

- Warm-up: Dynamic Warmup - coaches should already have provided players the proper way. If not knowing please reach out to your coach.
- Lunges stepping forward on each foot forward. 1 Set is 10 right foot forward and 10 left foot forward. 3 sets on each side.
- 1 minute rest in between sets
- Lunges stepping backwards on each foot. 1 set is ten on right foot and 10 on the left foot. 3 sets on each side.
- 1 minute rest in between sets
- Body Squats - one set is 15 in a row. 3 sets.
- 1 minute rest in between sets
- Jump Squats - one set is 15 in a row. 3 sets
- 1 minute rest in between sets
- Mountain Climbers - one set is 45 seconds. 3 sets
- 45 second rest in between sets
- Cooldown: Jog at 50% max for 5 minutes
- Core work:
- 1 minute normal plank
- 30 seconds plank with right arm extended straight ahead
- 30 seconds plank with left arm extended straight ahead
- 30 seconds plank with right leg lifted four inches off the ground
- 30 seconds plank with left leg lifted four inches off the ground
- 30 seconds normal plank
- Rest 2 minutes then repeat the set a second and third time, cutting working time in half.
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DAY THREE: Ball Work —

- Juggle continuously for three minutes with all surfaces.
- As you are juggling knock the ball straight up in the air at least 10 yards above your head. Receive the ball with the inside of your foot as you push the ball to one side. Repeat 10 times with right foot and 10 times with left foot.
- As you are juggling knock the ball straight up in the air at least 10 yards above your head. Receive the ball with the outside of your foot as you push the ball to one side. Repeat 10 times with right foot and 10 times with left foot.
- Juggle continuously for three minutes switching feet each time.
- Seattle Sounders "Squish Roll".
- One minute, break 15 seconds. Repeat five times.
- Seattle Sounders "Brazilian Taps".
- One minute, break 15 seconds. Repeat five times.
- Seattle Sounders "Tap-Tap-Roll".
- One minute, break 15 seconds. Repeat five times.
- Seattle Sounders "Continuous Stepmover".
- One Minute, break 15 seconds. Repeat five times..



Physical work:

- 50 flutter kicks
- 25 pushups
- 25 situps
- 10 burpees
- Rest for one minute
- Complete the cycle three more times.

DAY FOUR: Fitness & Core Exercises

- Dynamic Warmup
- 6 x sprint for 20 seconds + 10 seconds rest
- 1 minute rest
- 6 x sprint for 20 seconds + 10 seconds rest
- 1 minute rest
- 6 x sprint for 20 seconds + 10 seconds rest
- 1 minute rest
- Cooldown: Jog at 50% max for 5 minutes

- Core work:
- 1 minute normal plank
- 30 seconds plank with right arm extended straight ahead
- 30 seconds plank with left arm extended straight ahead
- 30 seconds plank with right leg lifted four inches off the ground
- 30 seconds plank with left leg lifted four inches off the ground
- 30 seconds normal plank
- Rest 2 minutes then repeat the set a second and third time, cutting working time in half.

DAY FIVE: Recovery Day

DAY SIX: Ball Work

- Set up two cones 10 yards apart.
- Dribble to one cone and perform an inside of the foot turn with your right foot. Accelerate to the next cone and perform the inside of the foot turn with your left foot. 45 seconds on, 45 seconds rest. 4 sets
- Dribble to one cone and perform an outside of the foot turn with your right foot. Accelerate to the next cone and perform the outside of the foot turn with your left foot. 45 seconds on, 45 seconds rest. 4 sets
- Move the cones 20 yards apart. Juggle from one cone to the other. If you can do this without the ball dropping, try right foot only. Then try left foot only. Then switch feet every time you touch the ball. Give yourself 5-8 minutes of trying.
- Seattle Sounders "Continuous L-Turn".
- One minute, break 15 seconds. Repeat five times.
- Seattle Sounders "Backwards L-Turn".
- One minute, break 15 seconds. Repeat five times.
- Seattle Sounders "Single Foot V".
- One minute, break 15 seconds. Repeat five times.
- Seattle Sounders "Single Scissor".



- One Minute, break 15 seconds. Repeat five times..
- Rest one minute, then repeat until you've gone through five sets.

Physical work:

- 50 flutter kicks
- 25 pushups
- 25 situps
- 10 burpees
- Rest for one minute
- Complete the cycle Three more times.

DAY SEVEN: Recovery Day

