

2004 MONDAY WORK-OUT BREAKDOWN

Testing Day Warm-up:

Set up two markers lining out between 15-20 yards of space. Always do each combination 2x. Make sure that your upper body is active in your warm-up with full arm swings across your body or circular rotations forward and back. Light twisting and turning

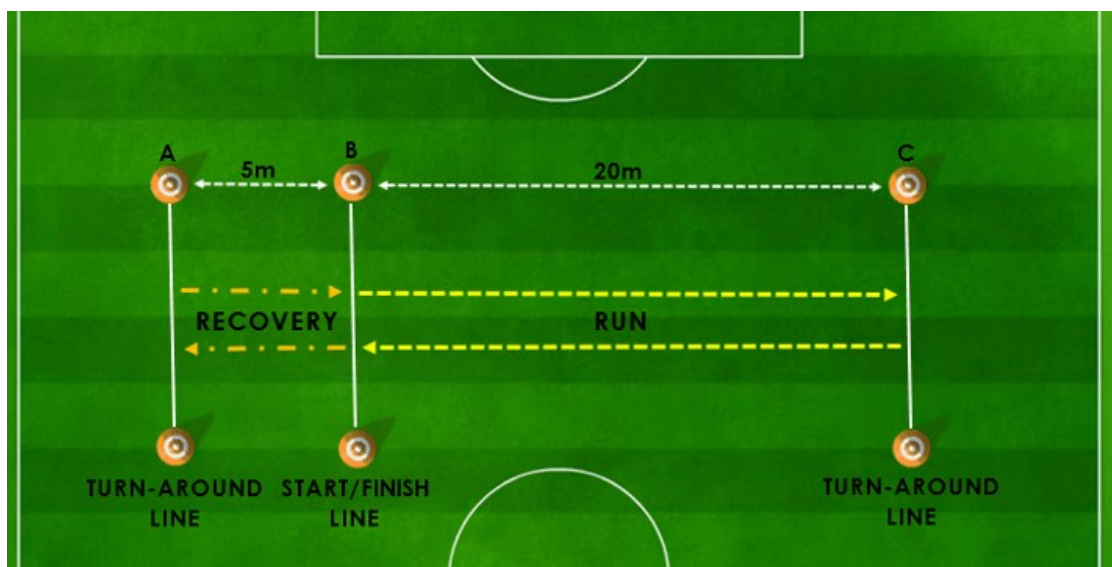
- Jog down & back **x2**
- Jog down, backpedal back **x2**
- Skip down, skip backwards coming back **x2**
- Hip swivel facing the same way down and aback **x2**
- High knees down, heel lifts (butt-kickers) back **x2**
- Sideway shuffle facing the same way down and back **x2**
- Open the gate down, close the gate back **x2**
- Straight leg kickouts down, kickbacks coming back **x2**
- Side lunges facing the same way down and back **x2**
- Add any additional dynamic stretching you would like. No stationary static stretching prior to work out!
- Do a few higher paced running activities prior to bodyweight workout. i.e.: three steps sprint forward, three step backpedal, sprint through the end. 3 step sideways on forward / back sprint through the end, zig zag change of direction (3 yard cuts) to the end.

3 min rest – water break

Nike SPARQ Beep Test

You will need to download the SoundCloud App to use the proper workout. After you have SoundCloud go and download “Girls Football Nike SPARQ Yoyo Test Level 1” by jesh.

You need to listen to the intro and the first three intervals before the workout so that you get a feel for the test.



Test Explained:

From the start/finish line run down and back on the first chime. The app will tell you when you when half your time is done and then when you should be done crossing the finish line. Walk down to the recovery like and back to the start/finish line, repeat when the program tells you to. You go until you fail to cross the finish line in time **twice in a row**. If you miss the time once and make it the next set you can continue on. Again, miss twice and you're finished. Record or report your score to your coach. Try to beat it the next time out.

5 min rest – water break

CORE WORK:

V-Ups – 25 reps (Use a soccer ball to pass the ball between your feet and your hands.)

Bicycles – 25 each leg pausing for half a second between each rep

REST for 1 minute

Side Plank with Elbow Touches – 15 elbow touches for each side

Alternating Leg Raises – 25 each leg pausing for half a second between each rep.

REST for 1 minute

Seated Side to Side Taps with a soccer ball – 50 total taps

Ab Rows – 25. Pretend that you are heading a soccer ball when you bring your knees to your chest.

REST for 1 minute

Front Plank – 30 seconds

Side Plank plus hip lower and raises – 30 seconds + 10 on each side

5 min rest – water break

Partner Passing (if you have a sibling) Wall Ball or Dynamic Juggling > 30 minutes:

Using different foot combinations to strike the ball against a wall or in juggling. All juggling is to be done on the move and not stationary. While you are allowed use your thighs, chest and head the focus when juggling should be on the feet. Wall Ball or Juggling > USE BOTH FEET AND ALL SURFACES!

End with cool down and stretching....

COOL DOWN

Set up two markers lining out between 15-20 yards of space to use to basically cool your body down. Everything is done loosely and slowly.

- Jog down & back x1
- Jog down, backpedal back x1
- Skip down, skip backwards coming back x1
- Hip swivel facing the same way down and aback x1
- Sideway shuffle facing the same way down and back x1

Static Stretching – 45 seconds of stretch a quick shake out and 45 more seconds for a total of 90 seconds per exercise per side. Make sure you never go to the point of pain you should simply feel the muscle stretch itself. Making sure to hit all muscle groups. Here are some exercises you can do but will need to address areas you need more attention to.

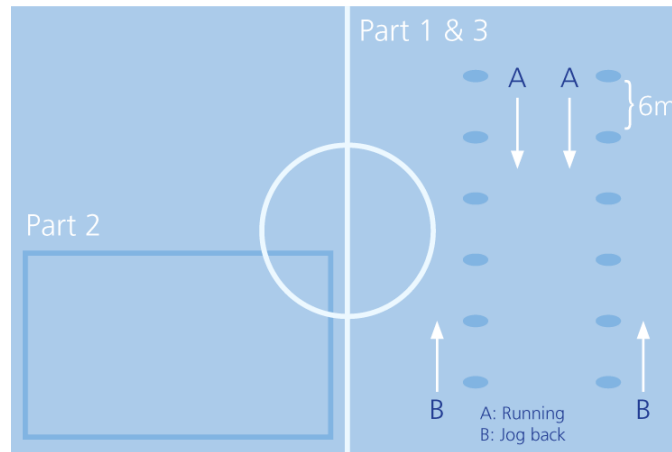
- Standing hamstring stretch – feet together
- Standing hamstring stretch – feet apart
- Standing quad stretch
- Seated groin stretch
- Standing calf stretch against a wall or ball.

Next 4 Stretches can be seen [here](#).

- Child pose stretch
- Cobra Pose
- QL Stretch
- PSOAS Stretch

2004 TUESDAY WORK-OUT BREAKDOWN

FIFA 11+ Warm-up: Refer to the guide provided for exercises.
Set-up:



3 min rest – water break

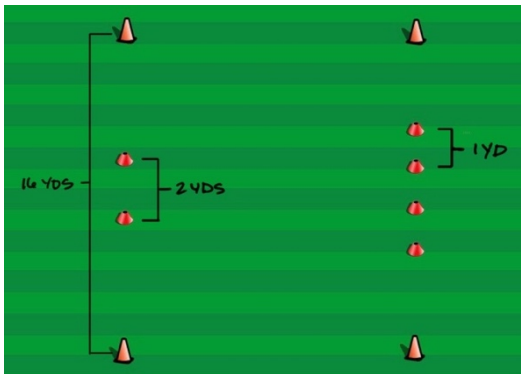
Dribble Patterns: 45 minutes

Set-Up:

There are two set-ups. Start with the two-cone set up for the Figure 8 series. After completing that series, you will set-up for the four-cone fitness with the ball series. Here is the link to the video we are using for this activity : [SSA BASIC DRIBBLE PATTERNS](#)

For both the Two-Cone and Four-Cone Series: Complete each exercise and then recover by walking to the end and back twice. When you get back repeat set for a total of 3 Sets. Example: In the two-cone series, you will do 12 exercises in Set 1 (4 exercises x 3 sets = 12). You will do 24 exercises in Set 2 (2 x 4 exercises x 3 sets = 24). Etc. Look at the [VIDEO](#) to actually see the exercise demonstrated.

These are NOT done at full sprint. They should be done at about 65-75% max speed depending on fitness level. If you are struggling take an extra walk down and back on recovery when needed.



Two cone figure 8 exercises:

Set 1: 1 x each exercise before recovery

- * All right foot
- * All left foot
- * All insides
- * All outsides

Set 2: 2 x each exercise before recovery

- *dribble-roll-pull-drag-dribble right foot
- * dribble-roll-pull-drag-dribble left foot
- * dribble-roll-pull-drag-dribble into a figure 8 right foot
- * dribble-roll-pull-drag-dribble into a figure 8 LEFT foot

Set 3: 2 x each set before recovery

- *dribble-360 Roulette-dribble right foot
- *dribble-360 Roulette-dribble left foot
- *dribble-360 Roulette-dribble into a figure 8 RIGHT foot

Four cone dribbling exercises:

Set 1: 1 x each exercise before recovery

Weave in and out of the cones to the end and back.

- * All right foot
- * All left foot
- * All insides
- * All outsides

Set 2: 1 x each exercise before recovery

Dribble out and around first cone and dribble back and around the start cone, repeat to the second, third, fourth and end cone.

- * All right foot - entire line
- * All left foot - entire line
- * All insides - entire line
- * All outsides - entire line

5 min rest – water break

BODY WEIGHT PLYOS:

- 3 x 30 second push-up position holds
-> lower yourself down hold at the bottom of your pushup for 3-5 seconds and push backup. You can also alter this if you are having difficulty by dropping your knees on the push up portion and then planking to lower yourself.
- 3 x 10 yards [Bear Crawl](#)
- Push-Ups 3 x 10 with 5 count eccentric
-> descend for a 5 count and immediately push back up and repeat
- [Burpees](#) 4 x 30 seconds
- [Close Grip Push-](#) Up 3 x 5
- [Dead bug](#) 3 x 30 seconds each
- [Mountain climbers](#) 3 x 30 seconds

5 min rest – water break

20 MINUTE JOG – THIS IS NOT A RUN! Light jog to lead into your cool down and stretch.

- We cannot play so we need to continue to move throughout the time we want to hit best we can.
- Remember you have a timed 2 mile run tomorrow.
- Prefer this be on grass if possible

End with cool down and stretching....

COOL DOWN

Set up two markers lining out between 15-20 yards of space to use to basically cool your body down. Everything is done loosely and slowly.

- Jog down & back **x1**
- Jog down, backpedal back **x1**
- Skip down, skip backwards coming back **x1**
- Hip swivel facing the same way down and aback **x1**
- Sideway shuffle facing the same way down and back **x1**

Static Stretching – 45 seconds of stretch a quick shake out and 45 more seconds for a total of 90 seconds per exercise per side. Make sure you never go to the point of pain you should simply feel the muscle stretch itself. Making sure to hit all muscle groups. Here are some exercises you can do but will need to address areas you need more attention to.

- Standing hamstring stretch – feet together
- Standing hamstring stretch – feet apart
- Standing quad stretch
- Seated groin stretch
- Standing calf stretch against a wall or ball.

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- Child pose stretch
- Cobra Pose
- QL Stretch
- PSOAS Stretch

THURSDAY WORKOUT WORK-OUT BREAKDOWN

Testing Day Warm-up: **This will take time to complete and is NOT a short warm-up!**

Set up two markers lining out between 15-20 yards of space. Always do each combination 2x. Make sure that your upper body is active in your warm-up with full arm swings across your body or circular rotations forward and back. Light twisting and turning

- Jog down & back **x2**
- Jog down, backpedal back **x2**
- Skip down, skip backwards coming back **x2**
- Hip swivel facing the same way down and aback **x2**
- High knees down, heel lifts (butt-kickers) back **x2**
- Sideway shuffle facing the same way down and back **x2**
- Open the gate down, close the gate back **x2**
- Straight leg kickouts down, kickbacks coming back **x2**
- Side lunges facing the same way down and back **x2**
- Add any additional dynamic stretching you would like. No stationary static stretching prior to work out!
- Do a few higher paced running activities prior to bodyweight workout. i.e.: three steps sprint forward, three step backpedal, sprint through the end. 3 step sideways on forward / back sprint through the end, zig zag change of direction (3 yard cuts) to the end.

3 min rest – water break

Nike RUN CLUB – 2 Mile Run for Time.

You will need to download the Nike Run Club App to track your time. You will need to have your phone with you to track your time unless you have a IWatch that does not need your phone to be near you.



Rules for the run:

- *Remember that you are getting a baseline for you to try to improve on. If it is not where you want it to be you work to improve your time.*
- *Do not run on busy streets, on the shoulders of roads, in remote areas, etc. Be smart in where you are choosing to run and if there are no safe options... skip the run! No worries at all!*
- *Make sure you let your parents know where you are running before you leave and stick to that route.*
- *If your team is sharing your scores on GroupMe take a screen shot and post it. If you would rather send it directly to your coach instead of the team that is an option but please also include your manager in the text. Or don't report at all and keep track of your own improvements!*
- **WORK HARD! DO YOUR BEST!** *You are trying to get the best time possible each time out.*

5 min rest – water break

Dribbling, Juggling & Wall Ball

5 CONE DRILL – four sets of the four activities, 30 seconds rest between foot combinations and 3 minutes of juggling between each set. You will end up doing a total of 16 reps (4 each foot combo) when you are finished.

WALL BALL – use a wall, a sibling, or a parent to complete these exercises (3 sets x 3 reps of each exercise). If you don't have any of those and can't then juggle 30 minutes using different combinations of feet, surfaces and heights.

5 min rest – water break

CORE WORK:

V-Ups – 25 reps (Use a soccer ball to pass the ball between your feet and your hands.)

Bicycles – 25 each leg pausing for half a second between each rep

REST for 1 minute

Side Plank with Elbow Touches – 15 elbow touches for each side

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REST for 1 minute

Seated Side to Side Taps with a soccer ball – 50 total taps

Ab Rows – 25. Pretend that you are heading a soccer ball when you bring your knees to your chest.

REST for 1 minute

Front Plank – 30 seconds

Side Plank plus hip lower and raises – 30 seconds + 10 on each side

End with cool down and stretching....

COOL DOWN – Again this will take time if done correctly. Don' be in a rush!

Set up two markers lining out between 15-20 yards of space to use to basically cool your body down. Everything is done loosely and slowly.

- Jog down & back x1
- Jog down, backpedal back x1
- Skip down, skip backwards coming back x1
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