

Otterbein Women's Soccer Workout Program



OCWS Workout Program

BEFORE YOU BEGIN

Health

If you are experiencing pain that is worsening, stop immediately and contact our Head Trainer.

It does you no good to be fit, if you are injured and cannot play.

Mandatory vs Optional

NCAA rules do not allow us to make workouts (for you to do on your own) mandatory. The workout programs you receive from us are optional. If you use them and they help, great. If you do your own thing, great. All that matters is once mid-August rolls around, you need to be healthy and in the best shape of your life.

Safety Guidelines

Make sure the space you use is level, free of debris, well lit, etc.

Make sure the area you run in, is a safe area.

Keep your phone fully charged and with you at all times.

Do not use headphones if they limit your ability to hear cars, cyclists, etc.

If you run away from your house, remember you have to get back. Going 2 miles from your home is a 4 mile run.

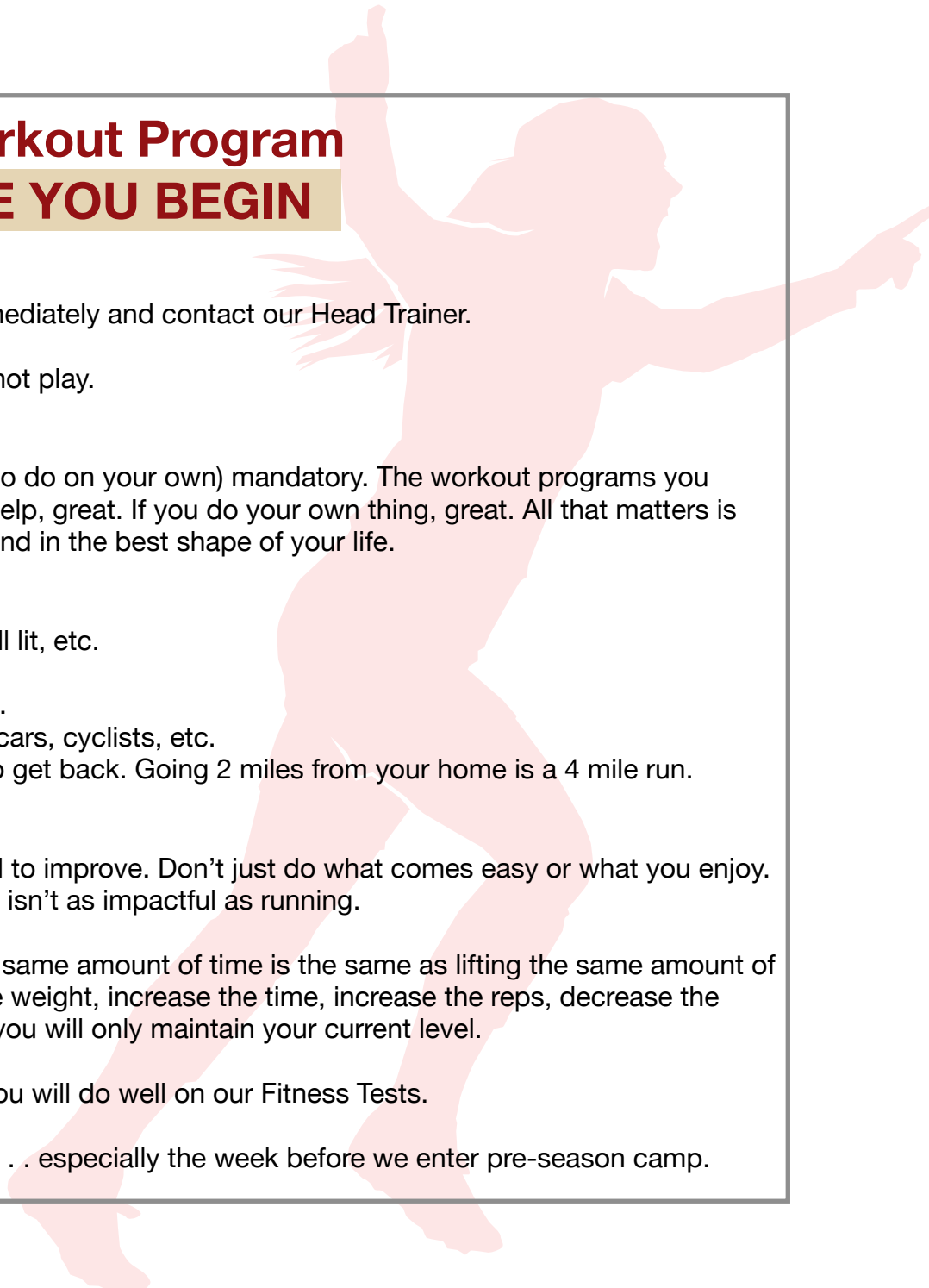
Effective Training

Maintain what you do well, but focus on areas you need to improve. Don't just do what comes easy or what you enjoy. If you need to improve cardio endurance, lifting weights isn't as impactful as running.

Running, cycling or swimming at the same pace for the same amount of time is the same as lifting the same amount of weight each time you workout. If you never increase the weight, increase the time, increase the reps, decrease the amount of time it takes you run a familiar distance, . . . you will only maintain your current level.

Do not train to do well on our Fitness Tests. Train and you will do well on our Fitness Tests.

Allow for proper rest. Every 6 weeks needs a week off, . . . especially the week before we enter pre-season camp.

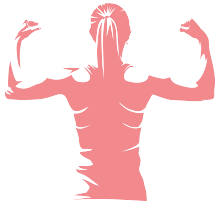


OCWS Workout Program

This program was put together to provide a plan for players to build from. Each player should create a custom plan to follow, adjust and improve through. Keep notes on your workouts, use the data to increase weight, reps, time, etc.



When you see Tan headlines, corners, etc. the content will be Cardiovascular Endurance focused.



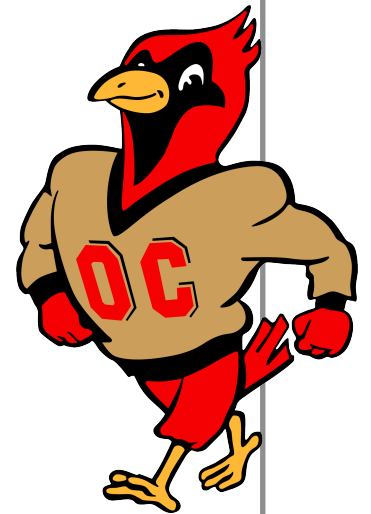
When you see Red headlines and such, the content will be Muscular Strength / Endurance focused.



Blue headlines indicate Skills based direction.



The final section will be separated with Black accents and will contain Example Workouts.



Chapter 1: Cardiovascular Endurance



Cardiovascular Endurance Outline

Warm-Up (10 Minutes)

Variations:

- FIFA 11+ Variations
- Wagenschutz Variation
- Synchronized

Balance Activity (5 Minutes)

Variations:

- Single Leg, Both Legs
- Unsteady Surfaces

Activation (5 Minutes)

Prep for Running Exercises

- Similar to Training Activation Events

Superset These Events

Endurance

Sprint Schedules (Following Pages)

- 10, 15, 20 Yard Variations

Strength

Variations:

- Plyometrics
- Bands
- Light Weights





Cardiovascular Endurance Template

Date:

Warm-Up (10 Minutes)

Balance Activities (5 Minutes)

Activation Event (5 Minutes)

Sprint Activities

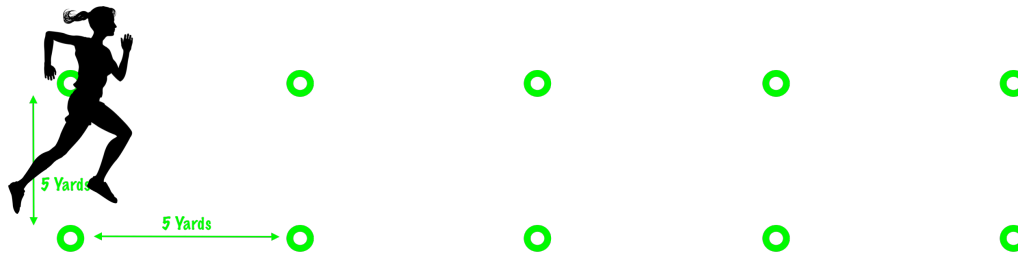
Strength Activities

Notes:

Cardiovascular Endurance Template

- Create a Plan
- If this is your focus plan for the Summer, these workouts should be done 3-4 times a week. Allow for rest to recover.
- Log Your Results
- Be Willing To Change As Needed
- Increase Distance or Resistance / Decrease Time Every Two Weeks
- Keep Your Phone Charged And With You
- Be Aware Of Your Surroundings / Workout In Safe Areas

*Use The Next Few Pages To Create Plans



FIFA

FIFA 11+

If you choose this warm-up, set your space up with discs in the shape shown above. The space is essentially four 5x5 yard squares.



1 STRAIGHT AHEAD

Jog straight to the last cone. Make sure you keep your upper body straight. Your hip, knee and foot are aligned. Do not let your knee buckle inwards. Run slightly more quickly on the way back. **2 sets.**



2 HIP OUT

Jog to the first cone, stop and lift your knee forwards. Rotate your knee to the side and put your foot down. At the next cone repeat exercise on the other leg. Repeat until you reach the other side of the pitch. **2 sets.**



3 HIP IN

Jog to the first cone, stop and lift your knee to the side. Rotate your knee forwards and put your foot down. At the next cone repeat exercise on the other leg. Repeat until you reach the other side of the pitch. **2 sets.**



4 CIRCLING PARTNER

Jog to the first cone. Shuffle sideways towards your partner, shuffle an entire circle around one other (without changing the direction you are looking in) and then shuffle back to the first cone. Repeat until you reach the other side of the pitch. **2 sets.**



5 SHOULDER CONTACT

Jog to the first cone. Shuffle sideways towards your partner. In the middle, jump sideways towards each other to make shoulder-to-shoulder contact. Land on both feet with your hips and knees bent. Shuffle back to the first cone. Repeat until you reach the other side of the pitch. **2 sets.**



6 QUICK FORWARDS & BACKWARDS

Run quickly to the second cone then run backwards quickly to the first cone, keeping your hips and knees slightly bent. Repeat, running two cones forwards and one cone backwards until you reach the other side of the pitch. **2 sets.**



7.1 STATIC

Starting position: Lie on your front, support upper body with forearms. Elbows directly under shoulders.
Exercise: Lift upper body, pelvis and legs up until your body is in a straight line from head to foot. Pull in stomach and gluteal muscles and hold the position for 20-30 sec. **3 sets.**
Important: Do not sway or arch your back. Do not move your buttocks upwards.



7.2 ALTERNATE LEGS

Starting position: Lie on your front, support upper body with forearms. Elbows directly under shoulders. **Exercise:** Lift upper body, pelvis and legs up until your body is in a straight line from head to foot. Pull in stomach and gluteal muscles. Lift each leg in turn, holding for a count of 2 sec. Continue for 40-60 sec. **3 sets.**
Important: Do not sway or arch your back. Do not move your buttocks upwards. Keep pelvis stable and do not let it tilt to the side.



7.3 ONE LEG LIFT AND HOLD

Starting position: Lie on your front, support upper body with forearms. Elbows directly under your shoulders. **Exercise:** Lift upper body, pelvis and legs up until your body is in a straight line. Pull in stomach and gluteal muscles. Lift one leg about 10-15cm off the ground and hold the position for 20-30 sec. Repeat with other leg. **3 sets.**
Important: Do not sway or arch your back. Do not move your buttocks upwards. Keep pelvis is stable and do not let it tilt to the side.



9.1 BEGINNER

Starting position: Kneel with knees hip-width apart; partner pins your ankles firmly to the ground with both hands.
Exercise: Slowly lean forward, while keeping your body straight from the head to the knees. When you can no longer hold the position, gently take your weight on your hands, falling into a press-up position. **3-5 repetitions.**
Important: Do exercise slowly at first, but once you feel more comfortable, speed it up.



9.2 INTERMEDIATE

Starting position: Kneel with knees hip-width apart; partner pins your ankles firmly to the ground with both hands.
Exercise: Slowly lean forward, while keeping your body straight from the head to the knees. When you can no longer hold the position, gently take your weight on your hands, falling into a press-up position. **7-10 repetitions.**
Important: Do exercise slowly at first, but once you feel more comfortable, speed it up.



9.3 ADVANCED

Starting position: Kneel with knees hip-width apart; partner pins your ankles firmly to the ground with both hands.
Exercise: Slowly lean forward, while keeping your body straight from the head to the knees. When you can no longer hold the position, gently take your weight on your hands, falling into a press-up position. Min. **12-15 repetitions.**
Important: Do exercise slowly at first, but once you feel more comfortable, speed it up.



8.1 STATIC

Starting position: Lie on your side with the knee of lowermost leg bent to 90 degrees, support yourself on forearm and lowermost leg. Elbow of supporting arm directly under shoulder.
Exercise: Lift pelvis and uppermost leg until they form a straight line with your shoulder and hold the position for 20-30 sec. Repeat on other side. **3 sets.**
Important: Keep pelvis stable and do not let it tilt downwards. Do not tilt shoulders, pelvis or leg forwards or backwards.



8.2 RAISE & LOWER HIP

Starting position: Lie on your side with both legs straight, support yourself on forearm. Elbow of supporting arm directly under shoulder. **Exercise:** Raise pelvis and legs until your body forms a straight line from the uppermost shoulder to the uppermost foot. Lower hips to the ground and raise them back up again. Continue for 20-30 sec. Repeat on other side. **3 sets.**
Important: Do not tilt shoulders or pelvis forwards or backwards. Do not rest head on your shoulder.



8.3 WITH LEG LIFT

Starting position: Lie on your side with both legs straight, support yourself on forearm and lower leg. Elbow of supporting arm directly under shoulder. **Exercise:** Raise pelvis and legs until your body forms a straight line from the uppermost shoulder to the uppermost foot. Lift uppermost leg up and slowly lower it down again. Continue for 20-30 sec. Repeat on other side. **3 sets.**
Important: Keep pelvis stable and do not let it tilt downwards. Do not tilt shoulders or pelvis forwards or backwards.



10.1 HOLD THE BALL

Starting position: Stand on one leg, knee and hip slightly bend and hold the ball in both hands. **Exercise:** Hold balance and keep body weight on the ball of your foot. Hold for 30 sec., and repeat on the other leg. Exercise can be made more difficult by lifting the heel from the ground slightly or passing the ball around your waist and/or under your other knee. **2 sets** on each leg. **Important:** Do not let your knee buckle inwards. Keep pelvis horizontal and do not let it tilt to the side.



10.2 THROWING BALL WITH PARTNER

Starting position: Stand on one leg, face a partner at a distance of 2-3m. **Exercise:** Keep balance while you throw the ball to one another. Hold in your stomach and keep weight on the ball of your foot. Continue for 30 sec. and repeat on the other leg. Exercise can be made more difficult by lifting the heel from the ground slightly. **2 sets** on each leg. **Important:** Do not let your knee buckle inwards. Keep pelvis horizontal and do not let it tilt to the side.



10.3 TEST YOUR PARTNER

Starting position: Stand on one leg, at arm's length from your partner. **Exercise:** Keep balance while you and your partner in turn try to push the other off balance in different directions. Continue for 30 sec. and repeat on the other leg. **2 sets** on each leg. **Important:** Do not let your knee buckle inwards. Keep pelvis horizontal and do not let it tilt to the side.



11.1 WITH TOE RAISE

Starting position: Stand with feet hip-width apart, hands on your hips. **Exercise:** Slowly bend hips, knees and ankles until your knees are flexed to 90 degrees. Lean upper body forwards. Then straighten upper body, hips and knees, and stand up on your toes. Then slowly lower down again, and straighten up slightly more quickly. Repeat for 30 sec. **2 sets.** **Important:** Do not let your knee buckle inwards. Lean upper body forward with a straight back.



11.2 WALKING LUNGES

Starting position: Stand with feet hip-wide apart, hands on your hips. **Exercise:** Lunge forward slowly at an even pace. Bend hips and knees slowly until your leading knee is flexed to 90 degrees. The bent knee should not extend beyond the toes. 10 lunges on each leg. **2 sets.** **Important:** Do not let your knee buckle inwards. Keep upper body straight and pelvis horizontal.



11.3 ONE-LEG SQUATS

Starting position: Stand on one leg, loosely hold on to your partner. **Exercise:** Slowly bend your knee, if possible until it is flexed to 90 degrees, and straighten up again. Bend slowly then straighten slightly more quickly. Repeat on the other leg. 10 squats on each leg. **2 sets.** **Important:** Do not let your knee buckle inwards. Keep upper body facing forward and pelvis horizontal.



12.1 VERTICAL JUMPS

Starting position: Stand with your feet hip-width apart, hands on your hips. **Exercise:** Slowly bend hips, knees and ankles until your knees are flexed to 90 degrees. Lean upper body forwards. Hold this position for 1 sec. then jump as high as you can, and straighten whole body. Land softly on the balls of your feet. Repeat for 30 sec. **2 sets.** **Important:** Jump off both feet. Land gently on the balls of both feet with your knees bent.



12.2 LATERAL JUMPS

Starting position: Stand on one leg. Bend hips, knee and ankle slightly and lean upper body forwards. **Exercise:** Jump from your supporting leg approximately 1m to the side onto the other leg. Land gently on the ball of your foot and bend your hips, knee and ankle. Hold this position for about a second and then jump on the other leg. Repeat for 30 sec. **2 sets.** **Important:** Do not let your knee buckle inwards. Keep upper body stable and facing forward and pelvis horizontal.



12.3 BOX JUMPS

Starting position: Stand with feet hip-width apart, imagine a cross you are standing in the middle of. **Exercise:** Jump with both legs forwards and backwards, from side to side, and diagonally across the cross. Keep upper body slightly leaned forwards. Jump as quickly and explosively as possible. Repeat for 30 sec. **2 sets.** **Important:** Land softly on the balls of both feet. Bend hips, knees and ankles on landing. Do not let your knee buckle inwards.



13 ACROSS THE PITCH

Run approx 40m across the pitch at 75-80% of maximum pace and then jog the rest of the way. Keep your upper body straight. Your hip, knee and foot are aligned. Do not let your knees buckle inwards. Jog easily back. **2 sets.**



14 BOUNDING

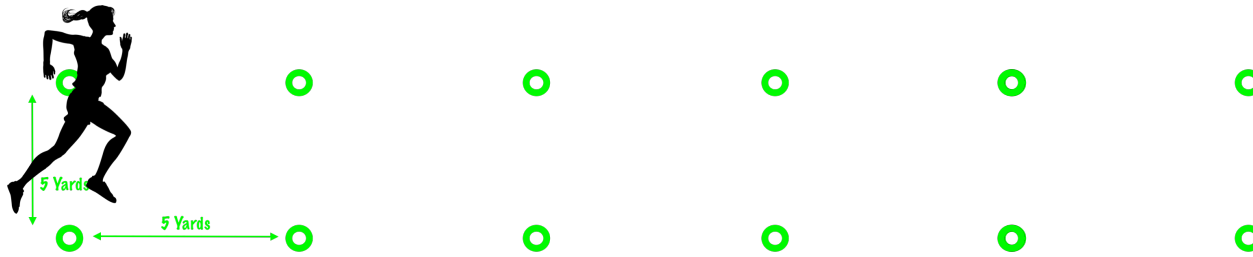
Take a few warm-up steps then take 6-8 high bounding steps with a high knee lift and then jog the rest of the way. Lift the knee of the leading leg as high as possible and swing the opposite arm across the body. Keep your upper body straight. Land on the ball of the foot with the knee bent and spring. Do not let your knee buckle inwards. Jog back easily to recover. **2 sets.**



15 PLANT & CUT

Jog 4-5 steps straight ahead. Then plant on the right leg and cut to change direction to the left and accelerate again. Sprint 5-7 steps (80-90% of maximum pace) before you decelerate and plant on the left foot and cut to change direction to the right. Do not let your knee buckle inwards. Repeat the exercise until you reach the other side of the pitch, then jog back. **2 sets.**

FIFA



(James) Wagenschutz Preparation

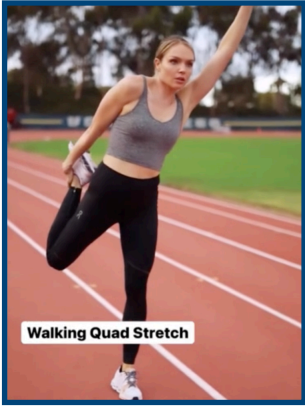
If you choose this warm-up, set your space up with discs in the shape shown above. The space is essentially four 5x5 yard squares.

1. Stationary, Light Bounce On Balls of Your Feet
2. Backward Skip (10 Yards with 2,3,4 or 5 Bounces Between Each Skip)
3. Walking Quad Stretch
4. Stationary Lunge (Forward and Back)
5. B-Run
6. Smell The Toes (Figure 4s, 4s, Cradle Walk) (10 Yards)
7. Butt Kicks (10 Yards)
8. Lunge Rotations (10 Yards)
9. Lunge with Reach Above Head (10 Yards)
10. Open The Gate (10 Yards)
11. Lunge Walk
12. Walking Kicks, Straight Leg March (10 Yards)
13. Squats
14. Open The Gate, Moving Backward (10 Yards)
15. Fire Hydrants
16. Fire Hydrants with Wide / Forward Kick
17. Spinal Twist On Back
18. Same as #17, On Stomach
19. Ankling
20. Push-Up Position, Inchworm, Repeat

(James) Wagenschutz Preparation

Be creative, one day do the even numbers, the next day do the odds. Maybe one day you do exercises 1-10 and 11-20 on another.

Examples of exercises can be found on the next page or online (we will be adding videos eventually).



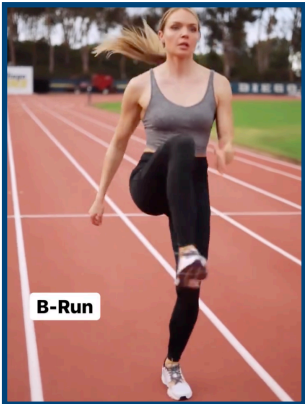
Walking Quad Stretch

1. Do not pull too hard. This is a gentle stretch.
2. Try to keep your knee directly below you. Don't lean too far left or right.



Stationary Lunge

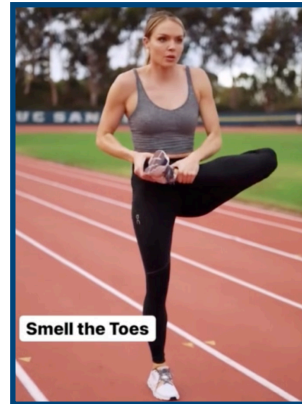
1. Step forward (with your right) into a lunge, then backward with your right, into a lunge.
2. Step forward (with your left) into a lunge, then backward with your left, into a lunge.



B-Run

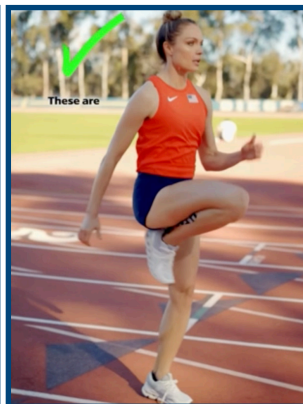
During One Stride:

1. Lift your knee as if you're about to kick a door open.
2. Extend the sole of your foot forward ("toward the door").



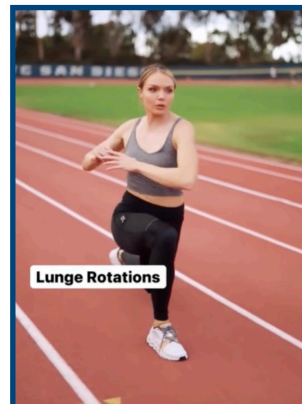
Smell The Toes (Cradle Walk)

1. Do not pull too hard. This is a gentle stretch.
2. Support your foot and ankle as shown in the picture.



Butt Kicks

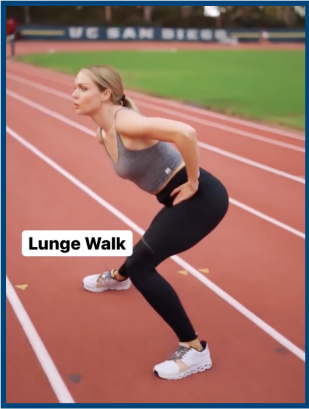
The proper form can be seen here. Try to replicate that until you get it.



Lunge Rotations

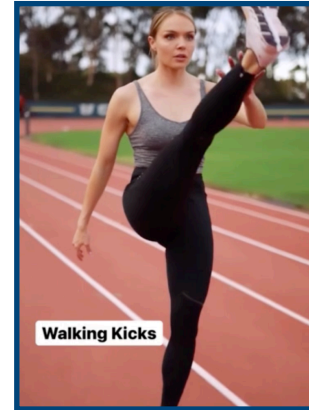
1. In the lunge position, twist (gently) left, then right.
2. Repeat

* For "Lunge with Reach Above Head," do the same as above, except reach above your head (instead of twisting).



Lunge Walk

1. Face East, Lunge Left then Right.
2. Step to face West, Lunge Left then Right.
3. Repeat 1 and 2



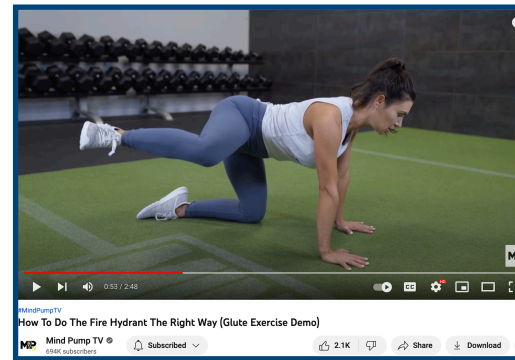
Walking Kicks

1. This should be with a hop, in a light jog.
2. Get into a rhythm. Don't just walk through it.
3. Land light on your feet.



Squats

1. Feet a little wider than hip width.
2. Sit into a squat position. Keep your heels and toes on the ground, chest up and shoulders back.
3. Knees are bent to a 90-degree angle.



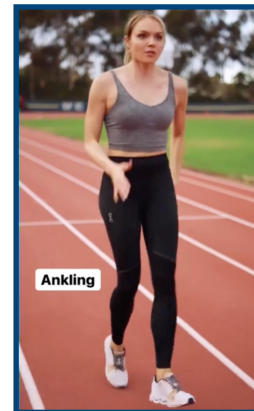
Fire Hydrants

Serene Wilken of Mind Pump TV does a good job of describing the benefits and proper form of Fire Hydrants. Add the forward extension, as if shooting, for the Wide / Forward Kick.



Spinal Twist on Back

1. Lying on your back with arms out to the sides. Bend the right knee and place the right foot on the left knee.
2. Bring your right knee to the left side of your body, twisting the spine and low back. Shoulders flat on the floor.
3. Repeat on the opposite side.



Ankling

[_charihawkins](#)
September 3rd, 2022 Post

1. You're going to have to see Chari do this. Find her post from 09.02.2022

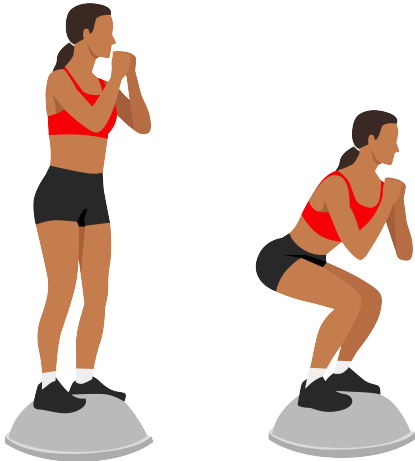


Synchronized Warm-Up

If you choose this warm-up, set your space up with discs in the shape shown on the previous pages. Whichever Warm-Up you choose, . . . you have to work with teammates to synchronize your movements.



Balance Activities



Try this movement for squats, or a squat hold, . . . add weights for another variation, . . . be creative.



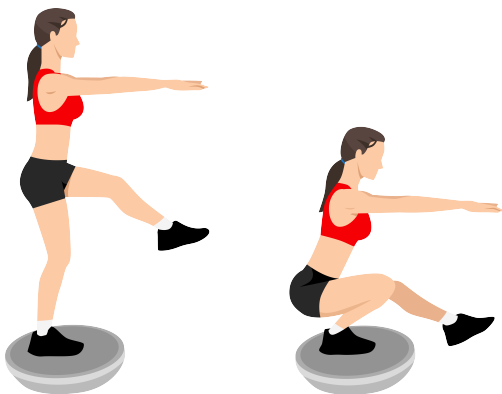
Balance - One Legged Skills

This can be completed doing Soccer skills or other activities. On one leg, toss a Tennis Ball back and forth, . . . try more or less challenging throws as needed.



Balance - Bosu Ball

This can be completed doing Soccer skills or other activities. On one leg, toss a Tennis Ball back and forth, . . . try more or less challenging throws as needed.



Try this movement with either side of the Bosu Ball, add weights as a variation, . . .



Core - Stability Ball 01



Balance Battles

Balance Activities Yoga Series



Warrior III with Airplane Arms



Standing Pigeon



Revolved Figure Four



Warrior III



Warrior III with Prayer Hands



Half Moon



Five Pointed Star



Standing Hand to Toe



Chair



Tree with Prayer Hand

Activation Events

Modify These Activities To Work For Fewer Numbers



Disc Pick Up - Teams 02



Sprint In - Dribble Out



Circle Chase



Mirror And Chase 01 - Mic'd



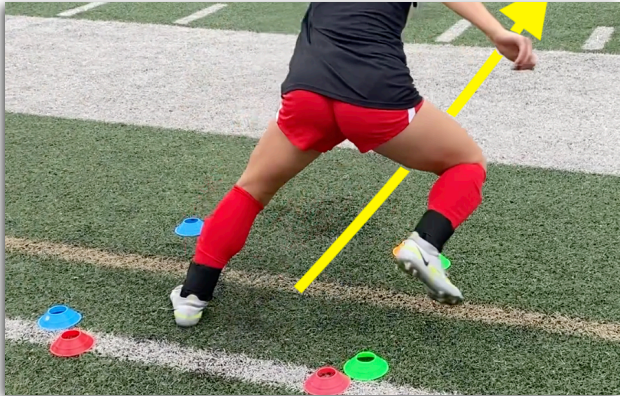
Two Color Turn and Chase



Opposing Lines

Activation Events

Modify These Activities To Work For Fewer Numbers



Four Color Square 02



FFF 02 - Recovery and GIF SIF



Plyo Boxes to Defender Runs



Lateral Ladders



Steps and Stability Balls



Penalty Boxes and Wall People

Activation Events

Modify These Activities To Work For Fewer Numbers



Weighted Pass and Follow



Obstacle Course Tag



Rock, Paper, Scissors - 2022



Sprint Schedule

The Sprint Series is superset with exercises from above. Which exercises you choose, are up to you. It's suggested players plan a program and keep the exercises organized.

The amount of time between runs (for exercises) is based on the distance of the run before the break. Every ten yards equals one minute of rest. For example, a 30 yard sprint is followed by three minutes of rest. You can read an article that explains the work to rest ratio, on the next page.

A Sprint section could look like this:

- 10 Yard Sprint Lunge Variation for 1 minute
- 10 Yard Sprint Lunge Variation for 1 minute
- 10 Yard Sprint Squat Holds (10 Seconds on / 10 Seconds Off) for 1 minute
- 10 Yard Sprint Single Leg RDLs for 1 minute
- 10 Yard Sprint Step Ups for 1 minute
- 20 Yard Sprint Ab Variation for 2 minutes
- 20 Yard Sprint Ab Variation for 2 minutes
- 20 Yard Sprint Ab Variation for 2 minutes
- 20 Yard Sprint Ab Variation for 2 minutes



Rest Interval for Sprints

When training for speed development, two things are particularly critical. First, **speeds must be 90-100% of max velocity**. Second, rest times must be sufficient to maintain those necessary intensities. If you short your athlete's rest times, their output will likely drop over subsequent reps. We recommend two simple methods of keeping rest time.

When measuring sprint reps/volumes by time, use work to rest ratio:

1:20 - 1:40 (work:rest)

When measuring sprint reps/volumes by distance, use time per distance:

1 min per 10 meters

The 1 min per 10 meters method is especially practical if you don't want to time every rep. It's also *the author's opinion* that the math is a bit easier...

Practical Consideration

Sprint intensity is measured as a percentage of velocity, *not effort*. If you're observing your athlete and they *appear* to be giving 100% effort on every rep but they are under-rested, their velocities may not be reaching the stimulus threshold necessary for proper speed development. Even if they promise you they are "giving it all they've got," they are still no longer benefiting from the training.

At Athletic Lab, we will sometimes set up timing gates for our athletes. We are not doing this to test times necessarily, but rather to watch for significant drop-offs in velocity each subsequent rep. This method is useful because it can give us some flexibility to individualize our athlete's daily sprint volumes without having to guess. Athletes may drop off at different volumes which we will use to dictate how many reps they complete in the session. Consider that athletes may have a bad rep or two, so you should be looking for a consistent drop-off before cutting them off.

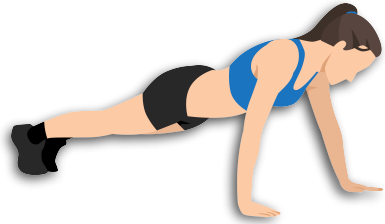
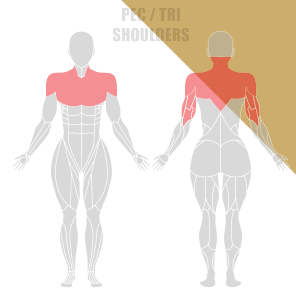
A Word of Caution

That said we definitely don't recommend timing your athletes every session as there are disadvantages that can arise when an athlete becomes too aware they are being timed. To get around this, you can let your athletes know why you have the gates out but that you will not be sharing their times. There's a time to test, and even a time for having a bit of motivation or incentive by having your athlete aware of their times. This is not that time.

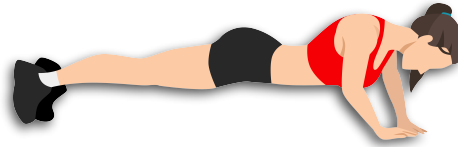
Strength Activities

Pecs, Triceps

To Be Paired With Sprints



Push-Ups Wide



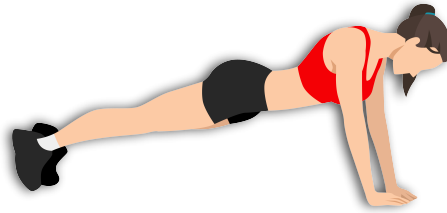
Push-Ups Tight



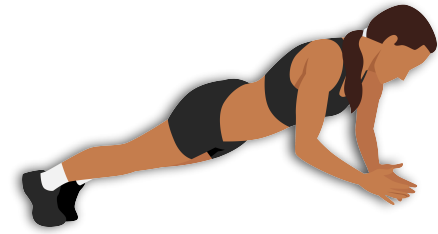
Push-Ups Clap



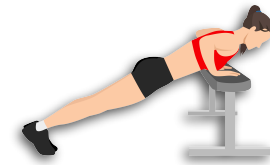
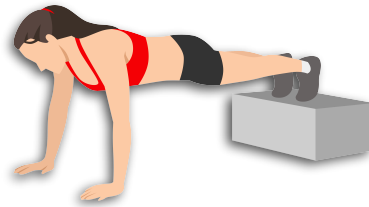
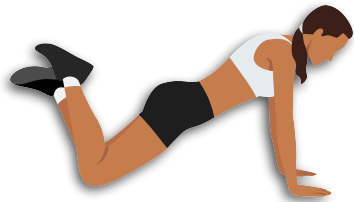
Push-Ups From Knees



Push-Ups Decline



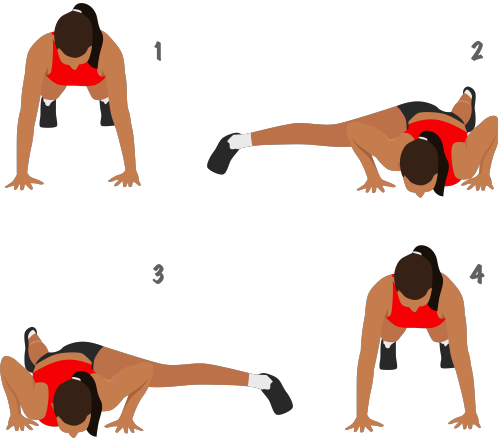
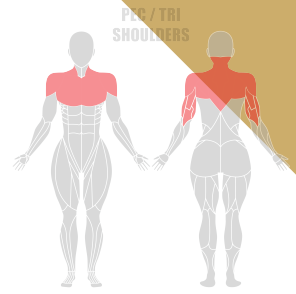
Push-Ups Incline



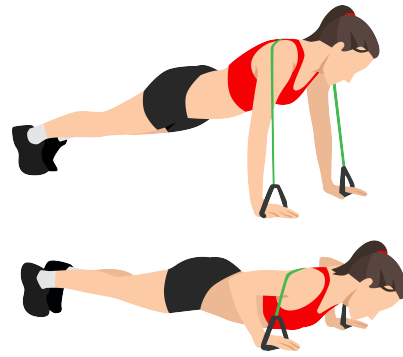
Strength Activities

Pecs, Triceps

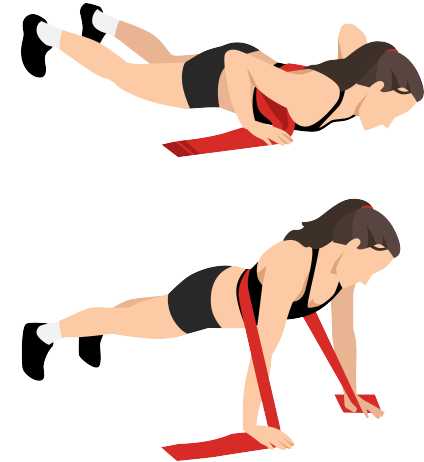
To Be Paired With Sprints



Push-Ups Spiderman



Push-Ups Band 01



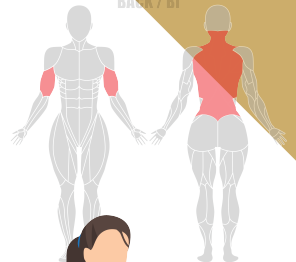
Push-Ups Band 02



Push-Ups 03



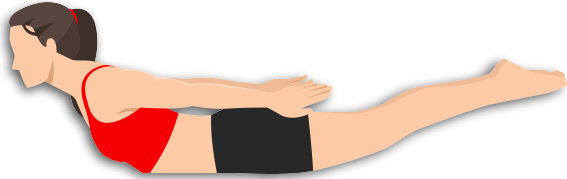
Wheelbarrow Race



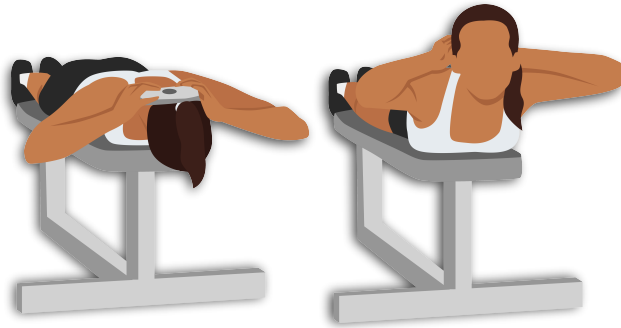
Strength Activities

Back, Biceps

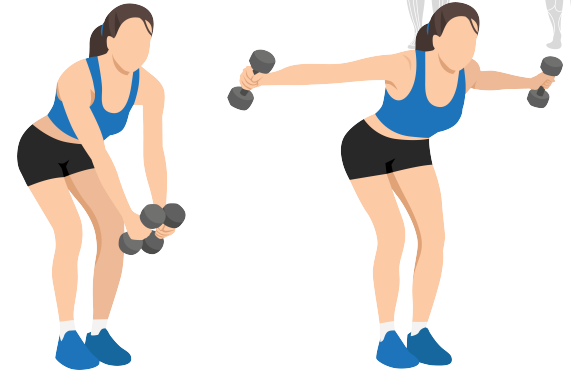
To Be Paired With Sprints



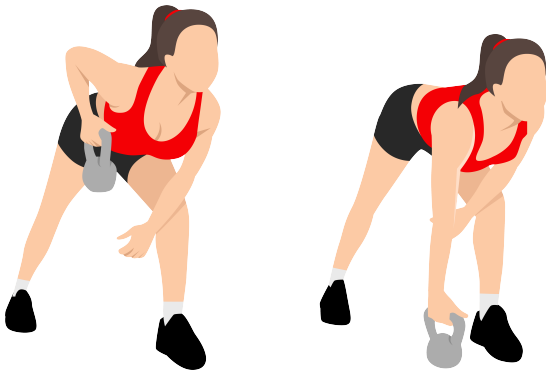
Superman



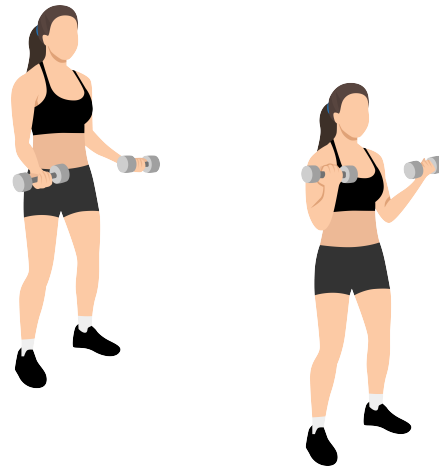
Back Extension



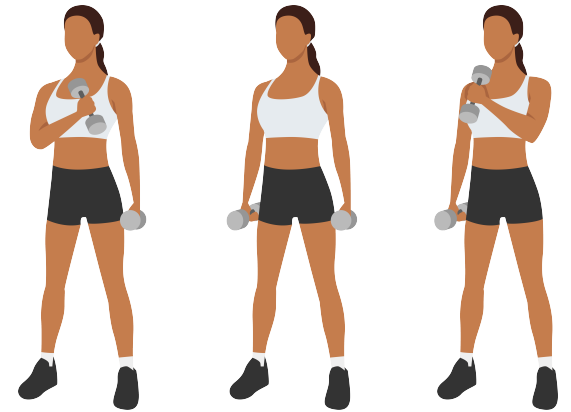
Reverse Fly



Single Arm - Bent Over Row



Dumbbell Bicep Curl

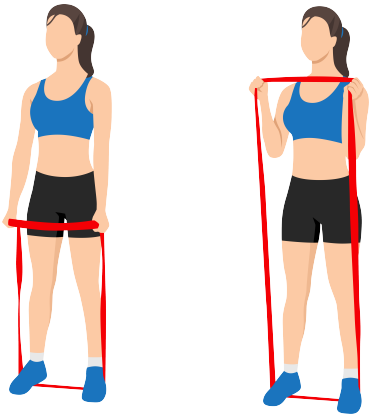
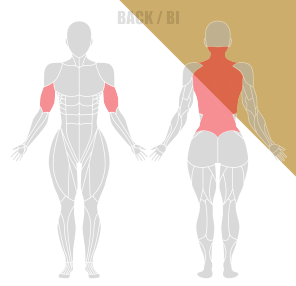


Cross Body Bicep Curl

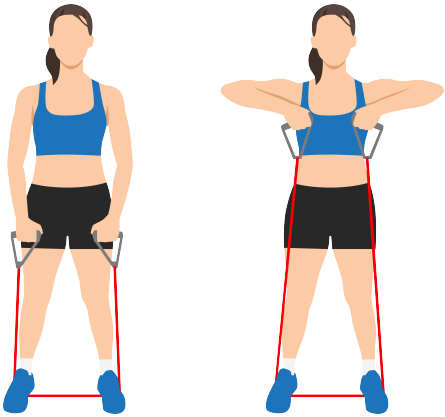
Strength Activities

Back, Biceps

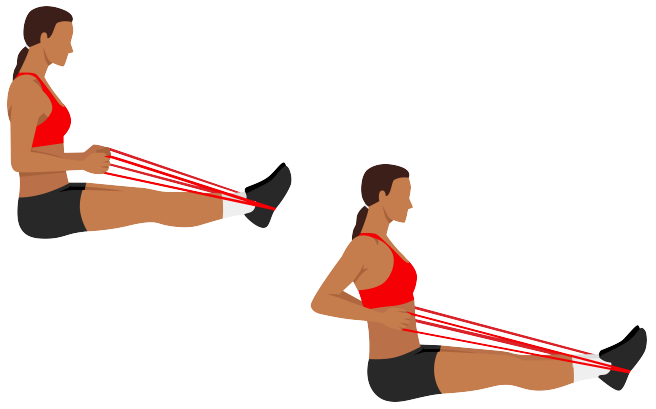
To Be Paired With Sprints



Bicep Curl

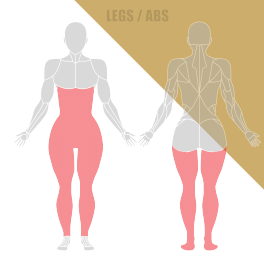


Upright Row



Seated Row

This can be done with a traditional Bicep Curl Grip, or a Hammer Curl Grip.

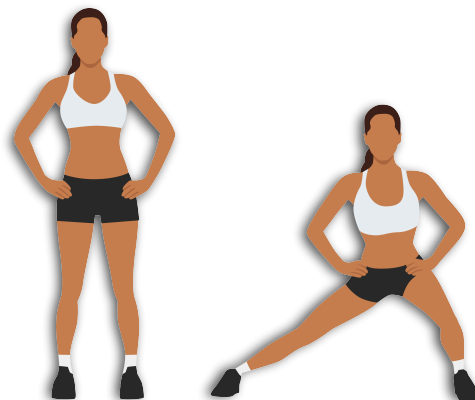


Legs and Abs

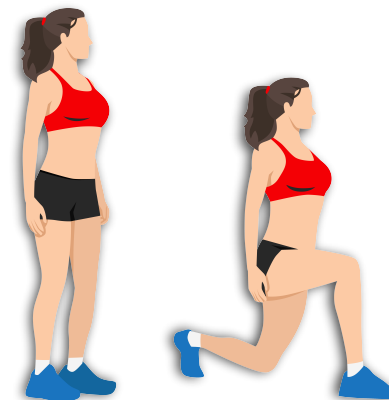
To Be Paired With Sprints



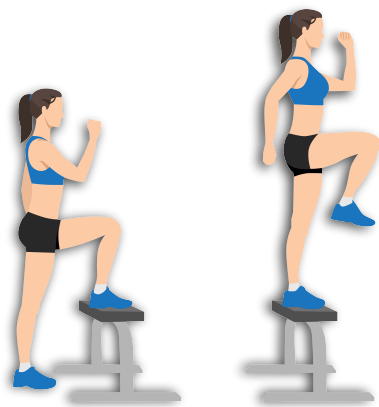
Squat Hold and Jump



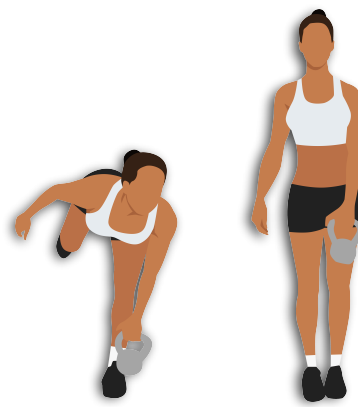
Lateral Lunge



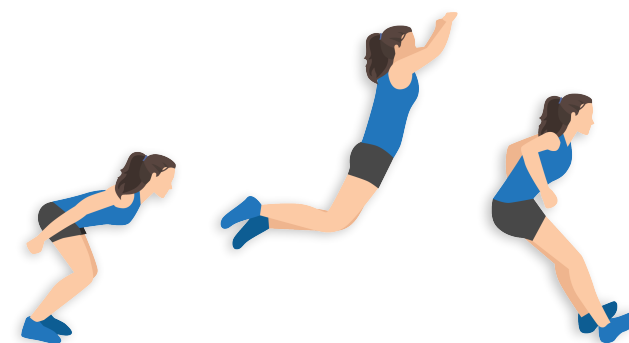
Forward Lunge



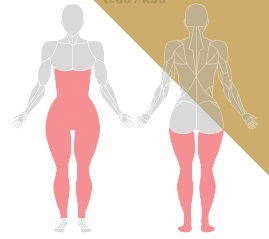
Step Ups



Single Leg RDLs

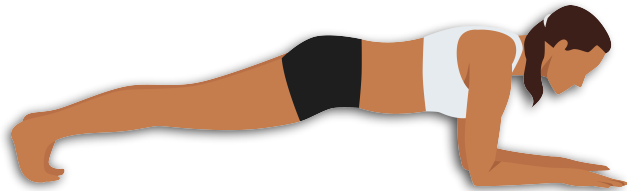


Broad Jump

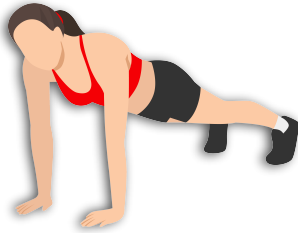


Legs and Abs

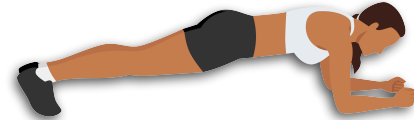
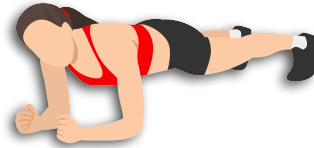
To Be Paired With Sprints



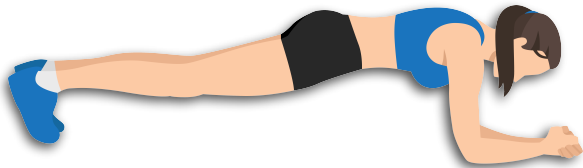
Low Plank



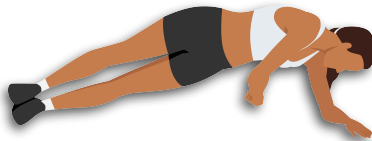
Plank Up Downs



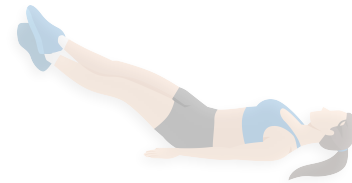
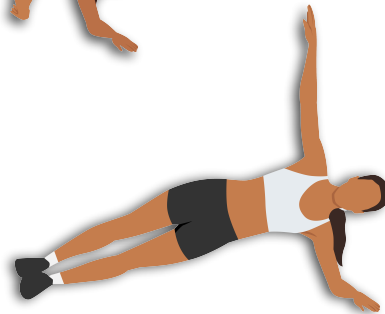
Low Plank Spiderman



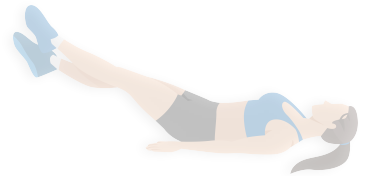
Low Plank Jack



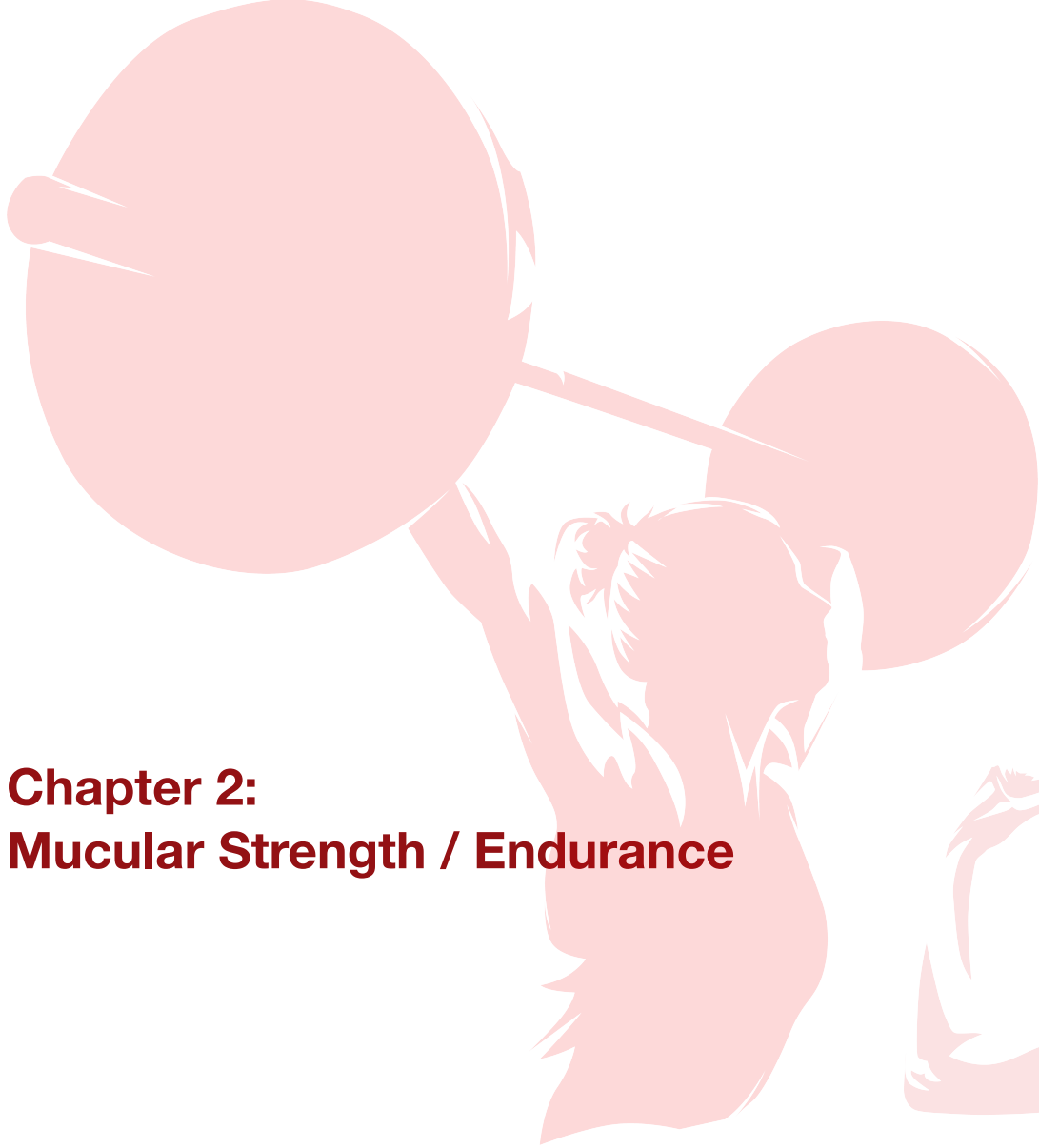
Side Plank - Thread The Needle



Choose Your Favorite Ab Exercises



**Chapter 2:
Muscular Strength / Endurance**



Brandon's Program

Muscular Endurance Outline

Warm-Up

5 Minutes (Elliptical or Bike), Wagenschutz Variation

Day 1: Back / Bi

Back: Lat Pull Down, Wood Chop, Wide Dumbbell Bent-Over Row, Barbell Deadlift, Single Arm Dumbbell Row, Reverse Fly, . . .

Bicep: Bicep Dumbbell Curl, Barbell Curl, Concentration Curl, Hammer Curl, EZ Bar Curl, Twisting Dumbbell Curl

Day 2: Pec / Tri

Pectoral: Barbell Flat Bench Press, Incline Press, Decline Press, Chest Fly, Dumbbell Bench Press, . . .

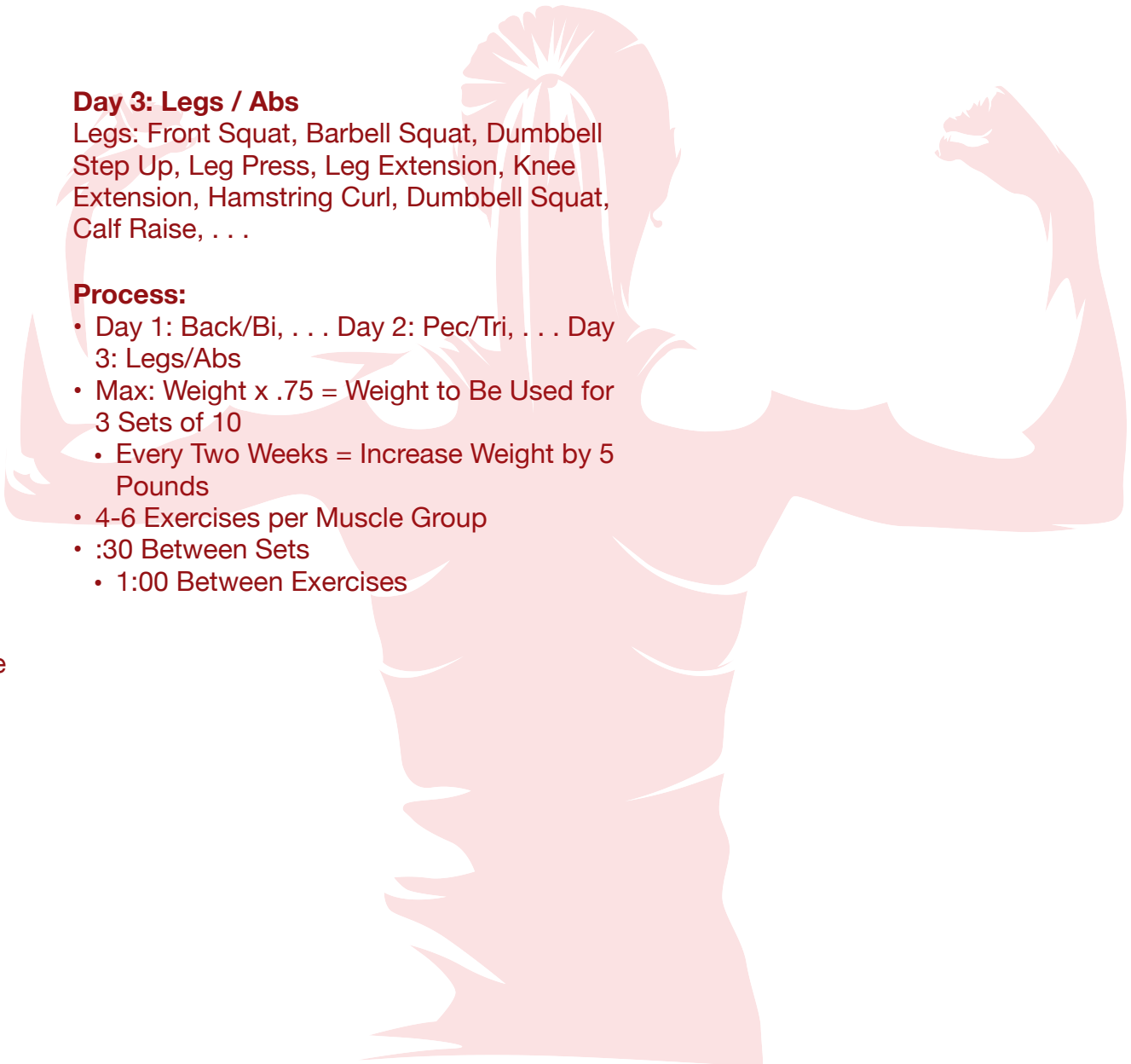
Tricep: Close Grip Chest Press, Skull Crushers, Tricep Pushdown, Board Press, Dumbbell Overhead Tricep Extension, Single Arm Kick-backs,

Day 3: Legs / Abs

Legs: Front Squat, Barbell Squat, Dumbbell Step Up, Leg Press, Leg Extension, Knee Extension, Hamstring Curl, Dumbbell Squat, Calf Raise, . . .

Process:

- Day 1: Back/Bi, . . . Day 2: Pec/Tri, . . . Day 3: Legs/Abs
- Max: $\text{Weight} \times .75 = \text{Weight to Be Used for 3 Sets of 10}$
- Every Two Weeks = Increase Weight by 5 Pounds
- 4-6 Exercises per Muscle Group
- :30 Between Sets
- 1:00 Between Exercises



Priscilla's Program

Outline A (Muscular Strength):

- 3 sets, 8-10 reps for EACH exercise (heavier weight)
 - 1 Compound Movement
 - 3 Superset Accessory Lifts (6 exercises total)

Outline B (Muscular Strength):

- 5 sets, 3-5 reps
 - 1 Compound Movement
- 3 sets, 8-10 reps
 - Accessory Lifts

Outline C (Muscular Endurance):

- 3-5 sets, 12-15 reps for EACH exercise (lighter weight)
 - 1 Compound Movement
 - Superset Accessory Lifts (6 to 8 exercises total)

* See Example Workouts In The Examples Section At The End Of This Document.



Chapter 3: Skills



To Be Used Between Sprints, With Another Plan Or As A Stand Alone Workout



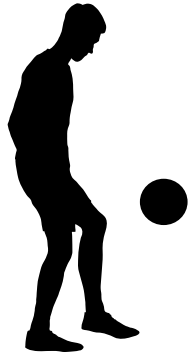
Lifts

Find lifts on any of the Instagram sites above or YouTube, . . . learn new lifts from your teammates, etc. Practice these between activities and improve your ability to weight the ball properly.



Passing

Play with a teammate, friend or family member.
Improve:
1st Touch (Wide of Body and Out From Feet)
2-Touch
1-Touch
Inside, Instep, Pinky Toe
Varied Distances
Chipped, Low Drive, Flighted, Bending



Juggling

Use periods between exercises to improve your first touch through juggling. Create patterns and practice until you can follow the pattern consistently.



Shooting

Use anything you're allowed to use as a goal (small, regular size, fence, etc.) to practice finishing with all surfaces of both of your feet. Practice finishing on 1 touch, 2 touches, off the dribble, etc. Try 2 touches in tight spaces. Improve hitting a ball that is not stationary, bouncing, flighted and so on.



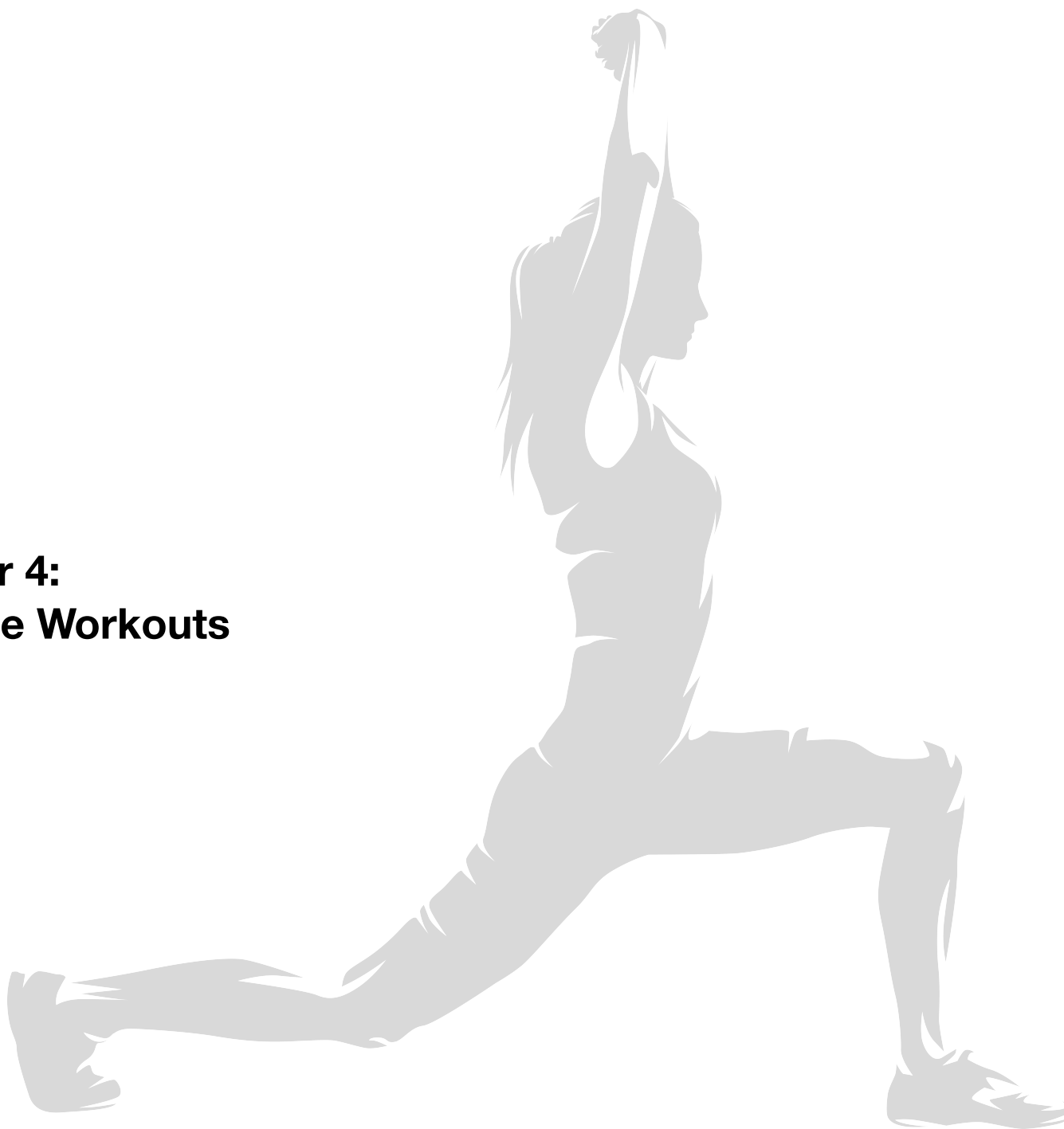
Dribbling

Dribbling exercises can be set up easily in your backyard. Make sure you vary the distance and angles between discs to force you to change pace and direction while you're practicing.

Skills

Don't overdo it with shooting. Numerous strikes with your laces can stress your quads and hamstrings.

**Chapter 4:
Example Workouts**



Cardiovascular Endurance Workout Examples

Workout Example #1 (40 Minutes)

1. Dynamic Stretch
 - Exercises 1-10
2. Balance
 - 10 Yoga Poses, :30 Each
3. Activation
 - Rock, Paper Scissors vs Teammate
4. Sprints
 - 10 Yard Sprint, Work on a new lift for 1 minute
 - 10 Yard Sprint, Work on a new lift for 1 minute
 - 10 Yard Sprint, Work on a new lift for 1 minute
 - 10 Yard Sprint, Work on a new lift for 1 minute
 - 10 Yard Sprint, Work on a new lift for 1 minute
 - 10 Yard Sprint, Juggling for 1 minute
 - 10 Yard Sprint, Juggling for 1 minute
 - 10 Yard Sprint, Juggling for 1 minute
 - 10 Yard Sprint, Juggling for 1 minute
 - 10 Yard Sprint, Juggling for 1 minute
 - 10 Yard Sprint, Juggling for 1 minute
 - 10 Yard Sprint, Dribbling for 1 minute
 - 10 Yard Sprint, Dribbling for 1 minute
 - 10 Yard Sprint, Dribbling for 1 minute
 - 10 Yard Sprint, Dribbling for 1 minute
 - 10 Yard Sprint, Dribbling for 1 minute
5. Sprints
 - 20 Yard Sprint, Passing for 2 minutes
 - 20 Yard Sprint, Passing for 2 minutes
 - 20 Yard Sprint, Passing for 2 minutes
 - 20 Yard Sprint, Shooting for 2 minutes
 - 20 Yard Sprint, Shooting for 2 minutes

Workout Example #2 (50 Minutes)

1. Dynamic Stretch
 - Exercises 11-20
2. Balance
 - One-Legged Skills
 - (Laces, Inside, Thigh to Foot, Chest to Foot, Headers)
3. Activation
 - Mirror And Chase vs Teammate
4. Sprints
 - 15 Yard Sprint, Work on a new lift for 1.5 minutes
 - 15 Yard Sprint, Work on a new lift for 1.5 minutes
 - 15 Yard Sprint, Juggling for 1.5 minutes
 - 15 Yard Sprint, Juggling for 1.5 minutes
 - 15 Yard Sprint, Juggling for 1.5 minutes
 - 15 Yard Sprint, Dribbling for 1.5 minutes
 - 15 Yard Sprint, Dribbling for 1.5 minutes
 - 15 Yard Sprint, Passing for 1.5 minutes
 - 15 Yard Sprint, Passing for 1.5 minutes
 - 15 Yard Sprint, Passing for 1.5 minutes
5. Sprints
 - 10 Yard Sprint, 15 Yard Sprint, 20 Yard Sprint
 - Pass, Receive, Juggle, Dribble, Shoot for 4.5 minutes
 - 10 Yard Sprint, 15 Yard Sprint, 20 Yard Sprint
 - Pass, Receive, Juggle, Dribble, Shoot for 4.5 minutes
 - 10 Yard Sprint, 15 Yard Sprint, 20 Yard Sprint
 - Pass, Receive, Juggle, Dribble, Shoot for 4.5 minutes
 - 10 Yard Sprint, 15 Yard Sprint, 20 Yard Sprint
 - Pass, Receive, Juggle, Dribble, Shoot for 4.5 minutes
 - 10 Yard Sprint, 15 Yard Sprint, 20 Yard Sprint
 - Pass, Receive, Juggle, Dribble, Shoot for 4.5 minutes

Workout Example #3 (30 Minutes)

1. Dynamic Stretch
 - Exercises 2,4,6,8,10,12,14,16,18,20
2. Balance
 - Balance - Bosu Balls Skills
3. Activation
 - Four Color Square
4. Sprints
 - 15 Yard Sprint, Work on a new lift for 1.5 minutes
 - 15 Yard Sprint, Work on a new lift for 1.5 minutes
 - 15 Yard Sprint, Juggling for 1.5 minutes
 - 15 Yard Sprint, Juggling for 1.5 minutes
 - 15 Yard Sprint, Juggling for 1.5 minutes
 - 15 Yard Sprint, Dribbling for 1.5 minutes
 - 15 Yard Sprint, Dribbling for 1.5 minutes
 - 15 Yard Sprint, Passing for 1.5 minutes
 - 15 Yard Sprint, Passing for 1.5 minutes
 - 15 Yard Sprint, Passing for 1.5 minutes
5. Sprints
 - 20 Yard Sprint, Passing for 2 minutes
 - 20 Yard Sprint, Passing for 2 minutes
 - 20 Yard Sprint, Passing for 2 minutes
 - 20 Yard Sprint, Shooting for 2 minutes
 - 20 Yard Sprint, Shooting for 2 minutes

Workout Example #4 (40 Minutes)

1. Dynamic Stretch
 - Exercises 1,3,5,7,9,11,13,15,17,19
2. Balance
 - Balance Battles
3. Activation
 - Circle Chase vs Teammate (:20 Battles)
4. Sprints
 - 20 Yard Sprint, Work on a new Lift for 2 minutes
 - 20 Yard Sprint, Juggle for 2 minutes
 - 20 Yard Sprint, Dribbling for 2 minutes
 - 20 Yard Sprint, Passing for 2 minutes
 - 20 Yard Sprint, Shooting for 2 minutes
5. Sprints
 - 10 Yard Sprint, 15 Yard Sprint, 20 Yard Sprint
 - Pass, Receive, Juggle, Dribble, Shoot for 4.5 minutes
 - 10 Yard Sprint, 15 Yard Sprint, 20 Yard Sprint
 - Pass, Receive, Juggle, Dribble, Shoot for 4.5 minutes
 - 10 Yard Sprint, 15 Yard Sprint, 20 Yard Sprint
 - Pass, Receive, Juggle, Dribble, Shoot for 4.5 minutes
 - 10 Yard Sprint, 15 Yard Sprint, 20 Yard Sprint
 - Pass, Receive, Juggle, Dribble, Shoot for 4.5 minutes
 - 10 Yard Sprint, 15 Yard Sprint, 20 Yard Sprint
 - Pass, Receive, Juggle, Dribble, Shoot for 4.5 minutes

Priscilla's Muscular Strength Workout Examples

Quad & Hamstring Focus

- 1a. Back Squat – 3 x 4 (compound)
- 2a. Goblet Squat – 4 x 6 (accessory)
- 2b. RDL – 4 x 6 each (accessory)
- 3a. Reverse Lunge – 4 x 6 each (accessory)
- 3b. Kettlebell or DB Swing – 4 x 6 (accessory)
- 4a. Step-ups – 4 x 6 each (accessory)
- 4b. Sumo Deadlift – 4 x 6 (accessory)

** add in 5 minutes of core at the end **

Upper Body Focus

- 1a. Bench Press – 4 x 5 (compound)
- 2a. Close Grip Chest Press – 3 x 8 (accessory)
- 2b. Low Row – 3 x 8 (accessory)
- 3a. Hammer Curl – 3 x 8 (accessory)
- 3b. Skull Crusher – 3 x 8 (accessory)
- 4a. Neutral Grip Shoulder Press – 3 x 8 (accessory)
- 4b. Lateral Raise – 3 x 8 (accessory)

** add in 5 minutes of core at the end**

Total Body Focus

- 1a. Squat to Press – 5 x 5 (compound)
- 2a. Split Squat – 3 x 8 each (accessory)
- 2b. Single Leg RDL – 3 x 8 each (accessory)
- 3a. Chest Fly – 3 x 10 (accessory)
- 3b. Single Arm Low Row – 3 x 10 each (accessory)
- 4a. Cross Body Bicep Curl – 3 x 10 total (accessory)
- 4b. Overhead Tricep Extension – 3 x 10 (accessory)

Priscilla's Muscular Endurance Workout Examples

Lower Body Focus

- 1a. Hex Bar Deadlift – 3 x 5 (compound)
- 2a. Box Jumps – 3 x 12 (accessory)
- 3a. Lateral Lunge – 3 x 12 each (accessory)
- 3b. Pulsing Squat – 3 x 12 (accessory)
- 4a. Walking Lunges – 3 x 12 each (accessory)
- 5a. Alternating Step-out Squat – 3 x 12 total (accessory)
- 5b. Bridge – 3 x 12 (accessory)
- 6a. Jump Squats – 3 x 12 (accessory)

** add in 5 minutes of core at the end**

Chest & Bicep Focus

- 1a. Incline Chest Press – 4 x 6 (compound)
- 2a. Single Arm Chest Press – 3 x 12 each (accessory)
- 2b. Bicep Curl – 3 x 15 (accessory)
- 3a. Decline Push-up – 3 x 12 (accessory)
- 3b. Concentration Curl – 3 x 12 each (accessory)
- 4a. Side-to-Side Push-up – 3 x 16 total (accessory)
- 4b. Zottman Curl – 3 x 15 (accessory)

** add in 5 minutes of core at the end**

Cardiovascular Endurance Workout Examples

Cardio Endurance Example #1 (30 Minutes)

1. Dynamic Stretch
 - Exercises 1-10
2. Sprints
 - 10 Yard Sprint, Work on a new lift for 1 minute
 - 10 Yard Sprint, Work on a new lift for 1 minute
 - 10 Yard Sprint, Work on a new lift for 1 minute
 - 10 Yard Sprint, Work on a new lift for 1 minute
 - 10 Yard Sprint, Work on a new lift for 1 minute
 - 10 Yard Sprint, Juggling for 1 minute
 - 10 Yard Sprint, Juggling for 1 minute
 - 10 Yard Sprint, Juggling for 1 minute
 - 10 Yard Sprint, Juggling for 1 minute
 - 10 Yard Sprint, Juggling for 1 minute
 - 10 Yard Sprint, Juggling for 1 minute
 - 10 Yard Sprint, Dribbling for 1 minute
 - 10 Yard Sprint, Dribbling for 1 minute
 - 10 Yard Sprint, Dribbling for 1 minute
 - 10 Yard Sprint, Dribbling for 1 minute
 - 10 Yard Sprint, Dribbling for 1 minute
3. Sprints
 - 20 Yard Sprint, Passing for 2 minutes
 - 20 Yard Sprint, Passing for 2 minutes
 - 20 Yard Sprint, Passing for 2 minutes
 - 20 Yard Sprint, Shooting for 2 minutes
 - 20 Yard Sprint, Shooting for 2 minutes

Cardio Endurance Example #2 (45 Minutes)

1. Dynamic Stretch
 - Exercises 11-20
2. Sprints
 - 15 Yard Sprint, Work on a new lift for 1.5 minutes
 - 15 Yard Sprint, Work on a new lift for 1.5 minutes
 - 15 Yard Sprint, Juggling for 1.5 minutes
 - 15 Yard Sprint, Juggling for 1.5 minutes
 - 15 Yard Sprint, Juggling for 1.5 minutes
 - 15 Yard Sprint, Dribbling for 1.5 minutes
 - 15 Yard Sprint, Dribbling for 1.5 minutes
 - 15 Yard Sprint, Passing for 1.5 minutes
 - 15 Yard Sprint, Passing for 1.5 minutes
 - 15 Yard Sprint, Passing for 1.5 minutes
3. Sprints
 - 10 Yard Sprint, 15 Yard Sprint, 20 Yard Sprint
 - Pass, Receive, Juggle, Dribble, Shoot for 4.5 minutes
 - 10 Yard Sprint, 15 Yard Sprint, 20 Yard Sprint
 - Pass, Receive, Juggle, Dribble, Shoot for 4.5 minutes
 - 10 Yard Sprint, 15 Yard Sprint, 20 Yard Sprint
 - Pass, Receive, Juggle, Dribble, Shoot for 4.5 minutes
 - 10 Yard Sprint, 15 Yard Sprint, 20 Yard Sprint
 - Pass, Receive, Juggle, Dribble, Shoot for 4.5 minutes
 - 10 Yard Sprint, 15 Yard Sprint, 20 Yard Sprint
 - Pass, Receive, Juggle, Dribble, Shoot for 4.5 minutes

Cardio Endurance Example #3 (30 Minutes)

1. Dynamic Stretch
 - Exercises 2,4,6,8,10,12,14,16,18,20
2. Sprints
 - 15 Yard Sprint, Work on a new lift for 1.5 minutes
 - 15 Yard Sprint, Work on a new lift for 1.5 minutes
 - 15 Yard Sprint, Juggling for 1.5 minutes
 - 15 Yard Sprint, Juggling for 1.5 minutes
 - 15 Yard Sprint, Juggling for 1.5 minutes
 - 15 Yard Sprint, Dribbling for 1.5 minutes
 - 15 Yard Sprint, Dribbling for 1.5 minutes
 - 15 Yard Sprint, Passing for 1.5 minutes
 - 15 Yard Sprint, Passing for 1.5 minutes
 - 15 Yard Sprint, Passing for 1.5 minutes
3. Sprints
 - 20 Yard Sprint, Passing for 2 minutes
 - 20 Yard Sprint, Passing for 2 minutes
 - 20 Yard Sprint, Passing for 2 minutes
 - 20 Yard Sprint, Shooting for 2 minutes
 - 20 Yard Sprint, Shooting for 2 minutes

Cardio Endurance Example #4 (40 Minutes)

1. Dynamic Stretch
 - Exercises 1,3,5,7,9,11,13,15,17,19
2. Sprints
 - 20 Yard Sprint, Work on a new Lift for 2 minutes
 - 20 Yard Sprint, Juggle for 2 minutes
 - 20 Yard Sprint, Dribbling for 2 minutes
 - 20 Yard Sprint, Passing for 2 minutes
 - 20 Yard Sprint, Shooting for 2 minutes
3. Sprints
 - 10 Yard Sprint, 15 Yard Sprint, 20 Yard Sprint
 - Pass, Receive, Juggle, Dribble, Shoot for 4.5 minutes
 - 10 Yard Sprint, 15 Yard Sprint, 20 Yard Sprint
 - Pass, Receive, Juggle, Dribble, Shoot for 4.5 minutes
 - 10 Yard Sprint, 15 Yard Sprint, 20 Yard Sprint
 - Pass, Receive, Juggle, Dribble, Shoot for 4.5 minutes
 - 10 Yard Sprint, 15 Yard Sprint, 20 Yard Sprint
 - Pass, Receive, Juggle, Dribble, Shoot for 4.5 minutes
 - 10 Yard Sprint, 15 Yard Sprint, 20 Yard Sprint
 - Pass, Receive, Juggle, Dribble, Shoot for 4.5 minutes

