Khazen AthletiKare Youth Soccer
Strength & Conditioning Program

Name:

Strength Coach: Lori Khazen

	2011-2012 PRE-SEASON--Week 5 August 15-21		2011-2012 PRE-SEASON--Week 6 August 22-28		2011-2012 IN-SEASON--Week 1 August 29-September 4		2011-2012 IN-SEASON--Week 2 September 5-11	
	parameters	sets x reps	parameters	sets x reps	parameters	sets x reps	parameters	sets x reps
EVERYDAY WARMUP--see handout								
Active Warmup								
Crossover Touches or Flamingos (independent) or Single Leg Volleys (team)		1x10ea		1x10ea		1x10ea		1x10ea
Bounds (side, fwd/bwd, ro) or Hops (side, fwd/bwd) (alternating days)		1x5ea		1x5ea		1x5ea		1x5ea
DAY 1--Team SC Stations & Practice OR BOTH Stations & SAQ (if no px)								
4 Stations 1. LE--Switch Jumps 2. UE--Ball Partner Rolling Pushups 3. Core--Situp & Throws 4. Anaerobic Fitness & Ballwork--5yd Figure 8 Dribbles (R ft/L ft/both)	20"ea, 15" recover & rotate in between	3x thru	20"ea, 15" recover & rotate in between	3x thru	20"ea, 15" recover & rotate in between	3x thru	30"ea, 15" recover & rotate in between	3x thru
W-Drill--see Day 3	1 set w/o ball; 1 set w/ ball	2x ea pattern	1 set w/o ball; 1 set w/ ball	2x ea pattern	1 set w/o ball; 1 set w/ ball	2x ea pattern	1 set w/o ball; 1 set w/ ball	2x ea pattern
END OF PX--Escort Run (groups of 3 or 4)	20yds	1x	20yds	1x	20yds	1x	20yds	1x
DAY 2--OFF (Cooldown Stretches only)								
DAY 3--Team SC SAQ & Practice OR BOTH Stations & SAQ (if no px)								
Team W-Drill--3yd W, sp 10yds, jog 10yds) 1. side; inside ft volleys (field) or lateral dive (GK) 2. up-backs; header (field) or driveup catch (GK) on up, none on back 3. side-sprint; 2touch Lft after sprint 4. sprint-side; 2touch Rft after sprint	1 set without ball; 1 set with ball	2x ea pattern	1 set without ball; 1 set with ball	2x ea pattern	1 set without ball; 1 set with ball	2x ea pattern	1 set without ball; 1 set with ball	2x ea pattern
4 Stations--see Day 1	20"ea, 15" recover & rotate in between	3x thru	20"ea, 15" recover & rotate in between	3x thru	20"ea, 15" recover & rotate in between	3x thru	20"ea, 15" recover & rotate in between	3x thru
END OF PX--4-3-2-1 (4x10yds, 3x20yds, 2x30yds, 1x40yds)		1x		1x		1x		1x
DAY 4--OFF (Cooldown Stretches only)								
DAY 5--Independent SC Session (BOTH Stations & SAQ) & Interval Runs								
LE--Switch Jumps with Ball Tosses (partner or wall)		2x8		2x8		2x8		2x8
UE--Ball Partner Rolling Pushups (partner or to other arm)		2x5-8		2x5-8		2x5-8		2x5-8
Core--Situp & Throws (partner or wall)		2x20		2x20		2x20		2x20
Anaerobic Fitness & Ballwork--5yd Figure 8 Dribbles (R ft/L ft/both)		2x8		2x8		2x8		2x8
W-Drill (see above patterns on Day 3)		2x ea pattern		2x ea pattern		2x ea pattern		2x ea pattern
Interval Running--on (warmup jog 2', sprint:jog intervals, cooldown jog 2')	15":45"	5x	30":60"	4x	30":45"	6x	15":30"	10x
DAY 6--Road Run or Game								
Road Run		30'		30'		30'		30'
DAY 7--OFF (Cooldown Stretches only)								
EVERYDAY COOLDOWN STRETCHES--see handout								