

**Khazen AthletiKare Youth Soccer  
Strength & Conditioning Program**

Name:

Strength Coach: Lori Khazen

	2011-2012		2011-2012		2011-2012		2011-2012	
	IN-SEASON--Week 7		IN-SEASON--Week 8		IN-SEASON--Week 9		IN-SEASON--Week 10	
	October 17-23		October 24-30		October 31-November 6		November 7-13	
	parameters	sets x reps	parameters	sets x reps	parameters	sets x reps	parameters	sets x reps
<b>EVERYDAY WARMUP--see handout</b>								
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

<b>DAY 1--Team SC Stations &amp; Practice OR BOTH Stations &amp; SAQ (if no px)</b>								
4 Stations	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
1. LE--Spiderman Lunges into Downward Dogs								
2. UE--Pushup Partner Claps								
3. Core--V-ups (Leg Drops with Toe Touches)								
4. Anaerobic Fitness & Ballwork--10yd Dragging Dribbles (continuous, pause, & cutback)								
6-pack--see Day 3	set up in teams of 2-4	1x ea pattern	set up in teams of 2-4	1x ea pattern	set up in teams of 2-4	1x ea pattern	set up in teams of 2-4	1x 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)**

<b>DAY 3--Team SC SAQ &amp; Practice OR BOTH Stations &amp; SAQ (if no px)</b>								
Team 6-pack--line of 6 cones 5 yds apart (0-5-10-15-20-25)	set up in teams of 2-4	1x ea pattern	set up in teams of 2-4	1x ea pattern	set up in teams of 2-4	1x ea pattern	set up in teams of 2-4	1x ea pattern
1. shuttle (sprint all, 0-5-0-10-0-15-0-20-0-25-0) TIME!								
2. sprint forward 10yds, sidestep R return 5yds (only retreat back 5yds, sprint home on last one) (0-5-0-10-5-15-10-20-15-25-20-25-0)								
3. sprint forward 10yds, sidestep L return 5yds (only retreat back 5yds, sprint home on last one) (0-5-0-10-5-15-10-20-15-25-20-25-0)								
4. sprint forward 10yds, backpedal return 5yds (only retreat back 5yds, sprint home on last one) (0-5-0-10-5-15-10-20-15-25-20-25-0)								
5. sprint circle (sprint up 10yds, circle around cone, sprint up to next cone, repeat, sprint home on last one) (0-5-10-15-20-25-0)								
6. reverse shuttle (sprint all, 0-25-0-20-0-15-0-10-0-5-0) BEAT SHUTTLE TIME!								
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)**

<b>DAY 5--Independent SC Session (BOTH Stations &amp; SAQ) &amp; Interval Runs</b>								
LE--Spiderman Lunges into Downward Dogs		2x8		2x8		2x8		2x8
UE--Pushup Partner Claps		2x5-8		2x5-8		2x5-8		2x5-8
Core--V-ups (Leg Drops with Toe Touches)		2x20		2x20		2x20		2x20
Anaerobic Fitness & Ballwork--10yd Dragging Dribbles (continuous, pause, & cutback)		2x8		2x8		2x8		2x8
6-pack (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

<b>DAY 6--Road Run or Games</b>								
Road Run		30'		30'		30'		30'

**DAY 7--OFF (Cooldown Stretches only) or Games**

**EVERYDAY COOLDOWN STRETCHES--see handout**