

## **LISC Winter Training Curriculum**

### **Assessment:**

An assessment is a tool that is used to learn something about your athletes. An assessment will give you a starting point. It will also allow you to recognize weaknesses that must be addressed in order to improve performance and potentially reduce the risk of injury.

The LISC assessment will be based primarily on the following:

1. Observations to view common postural dysfunction
2. Dynamic and static exercises to assess mobility and stability
3. Dynamic and static exercises to assess flexibility
4. Assessment of various athletic abilities such as speed, quickness, endurance, and power

### **Observation Assessment**

Coaches should observe the natural postural positions of the athletes as they walk, run, and sit. If an athlete displays pronounced postural abnormalities such as slouched/rounded shoulders, forward head, a raised shoulder or hip, severely externally rotated feet, overly arched low back (lordosis), overly flat back (hips rolled under), or any other posture that isn't in alignment with "normal" posture, it should be addressed by the coach.

Many times it is a matter of telling the athlete to be more aware of the poor posture and to "straighten up"! In many cases the coach can have the athlete perform simple strengthening exercises and stretching exercises to bring normal posture back. In some cases the coach should bring the issue up to the parents and recommend they see a Physical Therapist or Trainer that deals with such issues.

**This should be with all ages U8-U18**

### **Dynamic and Static Exercises for Mobility and Stability Assessment**

An athlete of all ages should be able to move through a full range of motion while being stable with that joint or group of joints. For example; when a

athlete lands from a jump the hips should be able to stabilize the upper leg from caving inwards and causing the knees to go into *valgus* (drop inward).

To perform the assessment you will use a variation of the *Movement Screen* developed by Gray Cook.

The basic exercises you will use are:

1. Body weight squat
2. Single leg squat
3. Front lunge
4. Seated rotation
5. Push up hold/dynamic

How to perform the exercises:

- Body weight squat- Simply start with the feet shoulder width apart and the hands behind the head with the elbows out to the side. Keeping the heels on the ground lower down into the squat as low as possible without forcing tightness. **All ages should be able to get thighs parallel to the ground with good technique.** Perform 3-5 slow reps.
- Single leg squat/balance- Standing tall, balance on one leg and slowly drop into a squat keeping the heel on the ground, back neutral or slightly arched, and shoulders straight ahead. Go as low as possible until balance or form prohibits going any lower. **8-13 year olds may not go as low due to lack of natural strength, but 14-18 year olds should be able to come near to parallel.** Perform 3-5 reps on each side. Balance test is simply done by standing on one leg for 30 seconds.
- Front lunge- Standing tall with the feet under hips and hands behind the head with elbows out to the side; step forward into a lunge allowing the back knee to softly touch the floor and immediately rise back up. The front leg should be approximately at 90 degrees at the knee. It may be easiest to start in the down position to show the correct ending position. Perform 3-5 reps on each side

- Seated rotation/Lying rotation- Seating tall in a long seat position with the arms crossed over the chest rotate as far as possible to the right and to the left. Perform 3-5 times on each side. Can be done by lying on your back with knees bent and feet off the floor. Slowly allow the legs to lower to the floor on one side while the opposite shoulders remains in contact with the floor.
- Push up hold- Get into the up position of a push up and hold for 15 seconds. There should be no sagging or rising of the hips. the heels should be pointing straight up, and the shoulder blades should not be “winging”.

How to grade the exercises:

- Body weight squat- The main keys to look for are:
  - Heels raising off the floor
  - Knees caving in toward the middle
  - The feet rolling in/flattening arch
  - The low back rounding nearing a parallel squat position
  - The shoulders leaning forward
- Single leg squat/balance- The main keys to look for are:
  - Heel raising off the floor
  - Knee caving in toward middle
  - Arch flattening
  - Balance issue (completely unable to get poise/balance)
  - The hip tilting to aid in raising the leg
  - The support leg hip shifting way out to the side (trendellenbrug)
  - Unable to maintain balance
  - The body rotates away from facing straight ahead (externally rotates)
- Front lunge- The main keys to look for are:
  - Staying upright during the lunge low position
  - Keeping the back knee straight down during the low position
  - Arching the low back in the low position
  - Keeping the feet straight ahead
  - Inability to maintain balance during the lunge
  - The lunge knee collapsing to the inside

- Seated rotation/lying rotation- The main keys to look for are:
  - Ability to rotate to 45 degrees in both directions
  - If one side is more easily rotated than the other
  - Can the spine stay straight
  - Does the opposite shoulder stay down if doing it from the lying position
- Push up hold- The main keys to look for are
  - Do the hips drop or raise up out of neutral
  - Do the heels move in or out away from vertical
  - Do the shoulder blades wing or sick out
  - Does the head stay in line with the spine

**To grade the athlete- If none of these issues are present the athlete would receive a “0” for a grade. If there are any issues present the grade would be a “1”. If there is pain during the execution of the exercise the grade would be “2”.**

What to do with the information:

- Body weight squat-
  - If the heels come off the ground it is most likely a mobility and or a flexibility issue. The calve muscle can be tight and or the ankle joint is lacking mobility.
    - Perform calve stretches to lengthen the lower leg muscles
    - Perform ankle mobility like knee to wall ankle movement drills
  - If the back rounds during the decent into the squat there usually is a tight hamstring, Glutes, abdominals (rectus abdominus, external obliques) issue
    - Simple stretching of the hamstrings and glutes will help the lower pulling of the pelvis. Performing abdominal stretching will encourage lengthening of the tight muscles above the pelvis.
  - If there is shifting to one side this is usually do to a natural adjustment away from the tight muscles or joints to still get low in the squat.

- Locate the tight muscles or joint and address the issue
- Single leg squat
  - If the heels come off the ground it is most likely a mobility and or a flexibility issue. The calve muscle can be tight and or the ankle joint is lacking mobility.
    - Perform calve stretches to lengthen the lower leg muscles
    - Perform ankle mobility like knee to wall ankle movement drills
  - If the back rounds during the decent into the squat there usually is a tight hamstring, Glutes, abdominals (rectus abdominus, external obliques) issue
    - Simple stretching of the hamstrings and glutes will help the lower pulling of the pelvis. Performing abdominal stretching will encourage lengthening of the tight muscles above the pelvis
  - If the knees are caving into the middle and or the foot is flattening it is most likely the glute medius (lateral hip muscle) that is not strong enough to stabilize the femur (thigh bone) and or the calves are tight and not allowing normal ankle movement.
    - Simply perform lateral hip strengthening exercises such as band walks, isometric holds, side lying leg raises...
    - For the flattening of the feet, it may be possible that the lateral muscles of the lower leg (peroneals) are tight and need stretching.
    - The calves need to be stretched to promote proper ankle movement.
  - If the hip shifts way out to the side (trendellenburg) the lateral hip (glute medius...) is lacking strength. Perform the same exercise in the previous paragraph. Possible that the joint capsule can be stretched out and this may require a referral out to a PT or Orthopedic.
  - If there is external rotation of the body while balancing or going into the squat there is most likely a tightness of the external hip rotators and or secondary hip flexors (TFL).

- Simply stretch the hip external rotators by doing a standing toe in or “cigarette butt” stretch.
  - To stretch the TFL perform a lunge stretch with rotation away from the lunged leg or lay on your side and hold the knee of the top leg down on the floor with the bottom leg.
  - A great overall hip exercise is a 90/90 stretch...
- Front lunge-
  - If the body leans forward during the bottom portion of the lunge the back leg hip flexor is most likely tight
    - Simply perform a hip flexor stretch. This can be done by doing a “lunge stretch”
  - If the back leg moves out laterally during the lunge the IT Band and TFL are most likely tight, possible the externally hip rotators/
    - Simply perform a lunge stretch with rotation away from the lunged leg or lay on your side and hold the knee of the top leg down on the floor with the bottom leg
  - If the lunge knee collapses to the inside there is a weakness or lack of stability in the glute medius (lateral hip muscle).
    - Straitening of this muscle can be done with band walks, side lying leg raises, or isometric holds.
  - If there is an inability to maintain balance it is possible that there is an ankle or foot issue such as a reoccurring ankle sprain. There could be issues with the cervical spine (If balance is real poor- I would refer to a neck specialist...)
- Seated rotation/lying trunk rotation-
  - If rotation is less than 45 degrees in either direction or even worse, if one side is more than 45 and the other side is much less. There is a spinal rotation issue. If done from the lying position the opposite shoulder must stay down- if not- there is a tightness in the spinal rotators
    - Simply hold the rotation with some slight pressure for 5 seconds and repeat 3-5 times on the tight side(s).

- If in the long seat position and the back is rounded and it is difficult to sit up straight there is a hamstring tightness issue.
  - Simply perform hamstring exercises. (Waiters Bow...)
- Push up hold-
  - If the hips/belly drop or rise up out of the neutral position there is most likely an abdominal/low back weakness.
    - Simply perform static and or dynamic abdominal exercises such as; curl ups, planks, bridges, other core exercises...
  - If the heels turn in the external rotators of the hip are most likely tight.
    - Simply perform the cigarette butt stretch or other hip external stretches.
  - If the shoulder blades are winging there most likely is a weakness in the Rhomboids (muscles that pull the scapulae together) and or weakness in the serratus anterior (muscles that pull the scapulae apart, rotate, and depress... )
    - Simply strengthen the rhomboids by doing rowing exercises with elbows away from the side of the body and or do wall slides with the outside edge of the hands against a smooth wall.

**KEEP IN MIND THAT IT IS ALWAYS BEST TO REFER THE ATHLETE OUT TO A SPECIALIST (STRENGTH COACH, PHYSICAL THERAPIST, ORTHAPEDIST...) IF A POTENTIAL DYSFUNCTION EXISTS AND YOU WANT TO PREVENT A POTENTIAL INJURY!**

If you feel the problem is not major but would like to help correct the issue with basic stretching and or strengthening- follow the above outlines of the assessments and proceed accordingly. Please feel free to contact me (Lee Taft) any time with questions.

## Dynamic and Static Flexibility Assessment

The purpose of this assessment is to recognize gross lack of muscular and joint ROM both statically and dynamically. **I would not be overly concerned with performing this with 8-12 year olds. They are not going to follow through with the corrective stretching or understand the proper positions to maintain during stretching anyway. This is normal due to the natural excitability of their nervous system. They would need constant one on one attention.**

The basic exercises you will use are:

1. Supine leg raise
2. Prone knee flexion
3. Long seat toe touch
4. Arm raise and thoracic test.
5. Knee to wall test (ankle mobility)

How to perform the exercises:

- Supine leg raise- Lying on your back with both legs straight raise one leg up as far as possible without bending the knee. The opposite leg must stay straight and in contact with the floor. Hold at the top for 2-3 seconds
- Prone knee flexion- Lying on your stomach with both legs straight have a partner passively raise one foot up, bending the knee, and bringing the heel to the glutes. Do not force the foot to the glutes. Stop when resistance is felt. Hold for 2-3 seconds to see if the leg relaxes.
- Long seat toe touch- Sitting with the legs straight out in front bend at the waist and attempt to touch the toes with both hands even. Do not allow the knees to bend. This will measure the entire posterior chain (hamstrings, glutes, low back) as well as upper body tightness.
- Arm raise and thoracic test- To perform this test put the glutes, shoulders, and back of the head against the wall with the feet about 1 foot from the wall. Have a partner measure the space between the low back and the wall. Then raise the arms straight up above the head to the wall if possible. Now, with the arms raised measure the space between the low back and the wall.

- Knee to wall test- Face the wall with both toes touching the wall. Bend at the knee keeping the heels pressed against the floor. Attempt to touch the wall with the knee. This should be easy to do- if not there is a big issue in the lower leg and ankle.

How to grade the exercises:

- Supine leg raise- The main keys to look for are:
  - How short is the leg from getting to 90/180 degrees
  - Does the opposite leg stay down
- Prone knee flexion- The main keys to look for are:
  - How close does the heel get to the glute
  - Does the low back arch and raise the glutes up
- Long seat toe touch- The main keys to look for are:
  - Does the low back/sacrum tilt back while sitting up
  - When reaching forward does the low back stay flat
  - Does most of the bending come from the middle and upper back
  - Do the toes stay vertical
  - How close can the hands get to the toes
  - Does the upper body/shoulder region look restricted
- Arm raise and thoracic test- The main keys to look for are:
  - Does the low back arch more when the arms rise up
  - Can the hand touch the wall
  - Does the head get pushed away from the wall
- Knee to wall test- The main keys to look for are:
  - Can the knees get to the wall
  - Does one knee have more difficulty touching the wall
  - Do the heels keep constant pressure on the floor

Once you establish any issues with the athletes have them perform the stretches they need most. Static stretching should primarily be done after practice, but corrective stretching can be done before practice or a game, but must be done prior to the dynamic warm up and NEVER just before practice or games. It is best to do just after rolling.

What to do with the information:

- Supine leg raise-
  - If the leg is unable to get within 10 degrees of 90/180 degrees there is most likely a tight hamstring issue.
    - Simply perform any number of hamstring stretches especially the waiter bow. Perform 2-3 sets and hold for 20 seconds
  
- Prone knee flexion-
  - If the heel is unable to touch the glute with little pressure most likely the quadriceps are tight. **IT IS POSSIBLE THAT THERE IS A KNEE RESTRICTION DUE TO A PAST INJURY; DON'T FORCE THE KNEE PAST ITS NATURAL RANGE. REFER TO A PROFESSIONAL IF NECESSARY.**
    - Simply perform standing or side lying quad (knee flexion) stretches.
  
- Long seat toe touch-
  - If the fingers are unable to reach the toes there can be many reasons with this test.
    - If the low back is rounding and unable to sit up straight then the hamstrings are most likely the issue- perform hamstring stretches
    - If the low back is flat and does not round over during reaching the erectors of the back are most likely tight. Perform knee hug exercises to stretch the low back.
    - If the toes turn out the lateral hamstring are most likely tight- Perform hamstring stretches with the toes angles in slightly.
    - If it appears that the hamstrings, low back are properly moving at the desired length it may be the upper body is tight, namely the upper back (Lats). Stretch the lats by performing wall drills with palms facing.
    - It is also possible that the arms are shorter in proportion the legs
  
- Arm raise and thoracic test-

- If the low back comes away from the wall as the arms raise it is most likely a tightness in the shoulder and upper back (lats) and or lack of extension ability in the thoracic region (upper back/spine)
  - To stretch the lats/upper back simply lean against the wall with the head, shoulders, and glutes in contact with the feet about 1 foot away. Start with the palms facing the wall and touching the wall and at face level. Slowly raise the arms up until the palms cannot stay in contact and hold for 2 seconds and return. Repeat 5 times.
  - If the Thoracic region is not flattening out during the arm raise it would be best to refer to a professional. It is possible to have the individual perform thoracic extensions over a soccer ball or foam roller- This must be done with caution though.
- Knee to wall test-
  - If the knees are unable to touch the wall while the heel is being pressed into the floor, there is most likely a mobility issue within the ankle. There can also be flexibility issues in the gastroc and more importantly soleus.
    - Simply perform the exact same knee to wall test to help improve mobility within the ankle joint. The toes should touch the wall until the action is easy and then gradually move the toes off the wall to increase mobility.
    - If the soleus and gastroc are tight simply perform straight legged and bent leg calve stretches.

## **Assessment of Athletic Abilities**

These tests should be performed and measured individually. The goal is to see improvement when retesting. It is not necessary to compare to national norms, because improvement is the goal not comparisons.

The results should be used to determine the strengths and weaknesses as a team as well. If the entire team tests poorly on the 300 yard shuttle then conditioning is a factor.

The basic exercises you will use are:

1. 5-10-5 test
2. "I" test
3. Standing broad jump
4. 20 yard sprint/40 yard sprint
5. 150 yard shuttle

How to perform the exercises:

- 5-10-5 test-
  - Set up 3 cones at 5 yard increment in a row (total of 10 yards)
  - Start at the middle cone with the left hand touching the top of the cone.
  - Run to the right cone first and touch it then run to the far cone to the left and touch it, then back by the middle cone. Do not touch the middle cone when finishing.
  - The athlete must always face the cone so both legs are used to change direction.
  - Perform the test 2 times in each direction
- "I" Test-
  - Use the exact same set up as the 5-10-5 test
  - The athlete starts at the middle cone with the left hand touching the cone.
  - Run to the right cone and touch it then immediately back pedal to the far left cone and touch it and finish by sprinting by the middle cone.
  - Perform the test 2 times
- Standing broad jump-
  - Starting from a line with the toes up to but not touching the line
  - Jump out using both legs as far as possible landing on both feet only
  - Measure the closest foot or body part from the take off point.
  - Allow 3 attempts
- 20 yard sprint/40 yard sprint-
  - Starting in either a standing two point stance or a 3 point stance run through the 20 or 40 yard marker

- The clock should start when the athlete moves
- 150 yard shuttle (10-18 year olds)
  - set up cones at 5 yard increments out to 25 yards
  - Athlete must run from the start out 5 yards and back, to the 10 and back, 15 and back, 20 and back, finally to the 25 and back

Once all the data is collected from the individual test scores look at the strengths and weakness of each individual and the team as a whole. This will help to design practice plans. Keep working on the strengths but try to bring the weaknesses up.

## LISC Assessment Form

Athletes Name \_\_\_\_\_ Coach \_\_\_\_\_

Age \_\_\_\_\_ Team \_\_\_\_\_

Date \_\_\_\_\_

1) Observation: Are there any obvious issues such as:

Limping

Rounded shoulders (poor posture)

Extremely arched low back (lordosis)

Uneven shoulders

Uneven Hips

Feet rotated in or out

Other

2) Dynamic and static movements (write down comments of observation)

6. Body weight squat

7. Single leg squat

8. Front lunge

9. Seated rotation

10. Push up hold/dynamic

3) Dynamic and static flexibility assessment (write down comments of observation)

- a. Supine leg raise
- b. Prone knee flexion
- c. Long seat toe touch
- d. Arm raise and thoracic test.
- e. Knee to wall test (ankle mobility)

4) Assessment of athletic abilities (write in comments and time/distances)

- a. 5-10-5 test
- b. "I" test
- c. Standing broad jump
- d. 20 yard sprint/40 yard sprint
- e. 150 yard shuttle

ADDITIONAL COMMENTS:

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## LISC Exercise Progression Outline

The purpose of this outline is to give the appropriate progression for introducing and teaching skills to the athletes. This will aid in choosing the appropriate exercises for the age and ability level. Keep in mind that some athlete are naturally more advanced and will be able to progress much more quickly. This is fine as long as there is no danger of being too advanced the athletes ability and physical structure. Also, there are many more exercises that can be introduced that are not listed- use your imagination and have fun with doing new but appropriate exercises.

### Multi-directional speed exercises and progressions

- 1) Lift mechanics: (exercises to teach rhythm, coordination, knee drive execution, arm drive execution, and local and functional strength)
  - a) Wall run progression
    - i) Static hold.....8-18
    - ii) Snap downs and recover.....8-18
    - iii) Numbered runs.....8-18
    - iv) Continuous runs.....13-18
    - v) Skips.....13-18
  - b) Form running progression:
    - i) Ankle runs.....8-18
    - ii) Ankle skips.....8-18
    - iii) Heel kicks.....8-18
    - iv) Low skips.....8-18
    - v) Relaxed skips.....8-18
    - vi) A-skips.....10-18
    - vii) Step over runs (A-run) .....10-18
    - viii) Single leg fast leg.....10-18
  - c) Low hurdle run progression:
    - i) One step over each.....8-18
    - ii) Two steps over each.....8-18
    - iii) Sideways two steps over each.....8-18
    - iv) Sideways one step over each (crossover) .....10-18
    - v) Single leg step over (knee lift) .....10-18
    - vi) Sideways single leg step over (crossover knee list) .....10-18
    - vii) Graduated distance between hurdles.....12-18

- viii) Staggered distanced between hurdles.....12-18
- 2) Fast feet exercises and progressions:
- a) Line drills:
    - i) Side to side jumps.....8-18
    - ii) Front to back jumps.....8-18
    - iii) Alternate front to back jumps.....8-18
    - iv) Forward and backward moving side jumps.....8-18
    - v) Forward and backward moving front to back jumps (right/left)8-18
    - vi) Forward and backward moving alternate jumps (right/left) ...8-18
    - vii) Single leg front to back.....10-18
    - viii) Single leg side to side.....13-18
    - ix) Single leg front to back moving sideways (right/left) .....13-18
    - x) Single leg side to side moving sideways (right/left) .....13-18
    - xi) Russian short hops.....10-18
    - xii) Double touch side to side jumps.....8-18
    - xiii) Double touch front to back jumps.....8-18
    - xiv) Double touch alternate jumps.....8-18
    - xv) Line straddle jumps.....8-18
  
  - b) Low box, step, or ball (be cautious with ball) drills
    - i) Runs (right to left switching) .....8-18
    - ii) Side runs.....10-18
    - iii) Straddle jumps.....10-18
    - iv) Double touch runs.....10-18
    - v) Double touch side runs.....10-18
    - vi) Double touch straddles.....10-18
    - vii) Traveling runs around the box.....10-18
    - viii) Double touch traveling runs around the box.....10-18
    - ix) Side travel down several boxes.....12-18
  
  - c) Ladder drills and progressions:
    - i) One step in each.....8-18
    - ii) Two step in each.....8-18
    - iii) Sideways two steps in each.....8-18
    - iv) Sideways one step in each (crossover) .....8-18
    - v) Jump in and out of every other box .....8-18
    - vi) Run in and out of every box (2in 2out) .....8-18
    - vii) Sideways running in-in, out-out.....8-18
    - viii) X-country skier.....8-18

- ix) Hop on one foot for 3 boxes and switch feet.....10-18
  - x) Ickey shuffle.....8-18
  - xi) Skip a box ickey shuffle.....10-18
  - xii) Crossover ickey.....10-18
  - xiii) Backwards ickey.....8-18
- 3) Lateral shuffle and change of direction skills and progressions: (*The athlete needs to keep the hips level and push the ground away. There needs to be a good angle of the foot and leg to stop the body quickly and push off*).
- a) 5 yard shuffle.....8-18
  - b) 5 yard shuffle and stop.....8-18
  - c) 5 yard shuffle and change directions.....8-18
  - d) 555 shuffle drill.....8-18
  - e) Power shuffle drill.....10-18
  - f) Reaction shuffle to the right or left.....8-18
  - g) Reaction shuffle to the right or left and stop on command.....8-18
  - h) Reaction shuffle to the right or left and change direction on command.....8-18
  - i) Partner mirror drill.....10-18
  - j) Resisted lateral shuffle for 5 yards.....13-18
- 4) Crossover technique and progressions: (*The athlete needs to be able to disassociate the upper and lower body. The push off and knee drive needs to be aggressive*).
- a) 8 yard crossover.....8-18
  - b) 8 yard crossover and stop.....8-18
  - c) 8 yard crossover and change directions.....8-18
  - d) Reaction crossover to the right or left.....10-18
  - e) Reaction crossover to the right or left and stop on command...10-18
  - f) Reaction crossover to the right or left and change directions on command. ....10-18
  - g) Partner mirror drill.....10-18
  - h) Resisted crossover for 8 yards.....15-18
- 5) Hip turn, retreat, and backpedal progressions (*Athletes need to develop good body awareness and be able to control speed and balance while moving backwards. Athletes need to be able to quickly react and move the hips and feet to push off so they can retreat*).

- a) Backpedal.....8-18
- b) Backpedal to 180 degree turn.....8-18
- c) Backpedal to 360 degree turn.....8-18
- d) Hip turn progression
  - i) Quick hips.....8-18
  - ii) Hip turn and shuffle.....10-18
  - iii) Hip turn and crossover.....10-18
  - iv) Hip turn and run.....8-18
  - v) Continuous hip turn.....8-18
  
- 6) Cutting (*Athletes need to learn that cutting is about being aggressive and making a quick change of direction. The cut comes from a quick plant with the outside foot to re-direct the path of the body*)
  - a) Speed cut: (less than 45 degree cut)
    - i) Slalom cutting.....8-18
    - ii) Random cutting.....8-18
  - b) Sharp cut (greater than 45 degree cut)
    - i) Slalom cutting
    - ii) Random cutting
  - c) Jump cut (land on two feet before cut is made)
    - i) Slalom jump cuts
    - ii) Random jump cuts
  
- 7) Linear acceleration skills and progressions: (*looking for proper arm and leg action and body position. The body should not bend at the waist. The knee and arm drive need to be aggressive*).
  - a) Staggered start 5,10, 15, 20... yard acceleration.....8-18
  - b) Parallel start.....8-18
  - c) Falling start (parallel or staggered) .....13-18
  - d) Ball drops.....8-18
  - e) Reaction staggered start.....8-18
  - f) Reaction parallel start.....8-18
  - g) Sideways facing start (parallel and staggered) .....8-18
  - h) Standing on one foot start.....8-18
  - i) On one knee start.....8-18
  - j) Push up start.....8-18
  - k) Down push up start.....8-18
  - l) Supine start.....8-18
  - m) Crab position start.....8-18
  - n) Partner chase drill.....8-18

- o) Resisted accelerations.....13-18
- 8) Top end speed (*The athletes need to learn to relax and maintain good form*).
- a) Stride outs- 30, 40, 50, 60 yards.....13-18
  - b) Ins and outs-  $\frac{3}{4}$  effort for 15 yards, full effort for 15 yards,  $\frac{3}{4}$  effort for 15 yards.....15-18
  - c) Sprints- 30, 40, 50, 60 yards (remember to relax) .....13-18
- 9) Speed endurance (*training the ability to maintain speed while under fatigue*)
- a) Relay races (lasting at least 15seconds) .....8-18
  - b) Obstacle course (lasting at least15 seconds).....8-18
  - c) Tag games (lasting at least 15 seconds) .....8-18
  - d) Intervals 10 yard intervals with 10 second rest 2 sets of 10 .....13-18
  - e) Intervals- 20 yard intervals with 20 second rest- 2 sets of 7 .....13-18
  - f) Intervals- 30 yard intervals with 30 second rest- 2 sets of 5-7 .....13-18
- 10) Plyometric and jump training exercises and progressions: (Important to make sure landing technique is perfect before doing any repetitive jumping and or plyometrics; especially higher level
- a) Jump rope.....8-18
  - b) Sights.....8-18
  - c) Line drills.....8-18
  - d) Stationary technique jumps (check landing tech) .....8-18
  - e) Jumps and bounce.....8-18
  - f) Box jump ups (step off) .....10-18
  - g) Low hurdle jumps (multiple hurdles) .....10-18
  - h) Side back and forth hurdle jumps (low cones can be used) .....10-18
  - i) Side multiple hurdle jumps (low cones can be used) .....12-18
  - j)  $\frac{1}{4}$  squat quick jumps.....12-18
  - k) Star jumps.....12-18
  - l) Tuck jumps.....15-18
  - m) Continuous standing long jumps.....15-18
  - n) Hop scotch jumps (2 feet to 1 foot to 2 feet to 1 foot...) .....8-18
  - o) Ice Skaters.....12-18

- p) Split squat jumps.....15-18
  - q) Split squat cycle jumps.....15-18
  - r) Hops and hold stationary.....12-18
  - s) Hop and bounce.....12-18
  - t) Single leg hops and hold forward moving.....12-18
  - u) Single leg hops continuous hops stationary.....14-18
  - v) Single leg hops forward.....14-18
  - w) Bounding.....15-18
  - x) RLL bounding.....15-18
- 11) Medicine ball drills and progressions: let the ball land so no hand injuries
- a) Chest pass- parallel stance.....8-18
  - b) Chest pass- staggered stance.....8-18
  - c) Chest pass- step forward.....8-18
  - d) Chest pass jump back.....10-18
  - e) Chest pass angled jump back.....10-18
  - f) Jump land, step and chest pass.....10-18
  - g) Push pass parallel stance.....8-18
  - h) Push pass staggered pass opposition.....8-18
  - i) Push pass staggered pass same side.....8-18
  - j) Side throw push pass parallel stance.....8-18
  - k) Side throw push pass shuffle forward.....8-18
  - l) Side throw push pass shuffle away.....8-18
  - m) Forward lunge chest pass.....8-18
  - n) Forward lunge push pass opposition .....8-18
  - o) Forward lunge push pass same side.....8-18
  - p) Forward lunge side push pass opposition.....8-18
  - q) Forward lunge side push pass same side.....8-18
  - r) Knee drive pass.....13-18
  - s) Underhand explosive throw forward.....13-18
  - t) Underhand explosive backward throw.....13-18
  - u) Explosive squat jump pass.....8-18
  - v) Two hand side scoop throws parallel.....8-18
  - w) Two hand side scoop throws staggered .....8-18
  - x) Feet throws to self.....14-18
  - y) Feet throws to partner.....14-18
  - z) Feet back flip up.....14-18
  - aa) One foot balance pass .....8-18

- 12) Strength training exercises
  - a) Lower body (all exercises can be weighted over time)
    - i) Heel and toe walks (feet turned in and out...).....8-18
    - ii) Body weight squats.....8-18
    - iii) Front lunge.....8-18
    - iv) Reverse lunge.....8-18
    - v) Side lunge.....8-18
    - vi) Multi-directional lunge.....8-18
    - vii) Walking lunge forward.....8-18
    - viii) Walking lunge backward.....13-18
    - ix) RDL.....10-18
    - x) Single leg RDL.....10-18
    - xi) Tubing single leg RDL.....14-18
    - xii) Bulgarian split squat.....10-18
    - xiii) Single leg box squat.....10-18
    - xiv) Single leg band squat.....15-18
    - xv) Single leg support squat.....15-18
    - xvi) Single leg squat.....15-18
  - b) Hip strength exercises and progression:
    - i) Supine straight leg raise.....8-18
    - ii) Supine leg cycle (bicycle) .....8-18
    - iii) Supine straight leg heel circles.....8-18
    - iv) Side lying leg raise.....8-18
    - v) Side lying bottom leg raise.....8-18
    - vi) Side lying butterfly.....8-18
    - vii) Prone hip circuit (up to the side, back up, down to start, up over, back up, back to the start) .....8-18
    - viii) Hip lift double leg.....8-18
    - ix) Hip lift single leg.....8-18
    - x) Quadruped kneeling leg raise.....8-18
    - xi) Quadruped kneeling leg and arm raise.....8-18
    - xii) Quadruped hands and feet leg raise.....8-18
    - xiii) Quadruped hands and feet leg and arm raise .....8-18
    - xiv) Band hip flexor hold.....10-18
    - xv) Band knees out hold.....8-18
    - xvi) Band side walks.....10-18
    - xvii) Band forward and backward walks.....8-18

xviii)	Band squats.....	10-18
xix)	Ball squats.....	10-18
c) Upper body strength:		
i) Push up progression		
(1)	Wall push up.....	8-18
(2)	Bench push up.....	8-18
(3)	Kneeling push up.....	8-18
(4)	Full push up.....	8-18
(5)	Feet raised push up.....	10-18
(6)	One leg push ups.....	10-18
(7)	Feet raised one leg push ups.....	10-18
(8)	Soccer ball push up.....	12-18
(9)	Two soccer ball push ups.....	15-18
(10)	Two feet on soccer ball push up.....	12-18
(11)	One foot on soccer ball push up.....	15-18
(12)	Plyo push plus push up.....	10-18
ii) Tubing progression pushing		
(1)	Staggered stance push.....	10-18
(2)	Parallel stance push.....	10-18
(3)	Staggered stance one arm push.....	10-18
(4)	Parallel stance one arm push.....	10-18
(5)	Stationary front Lunge push with stand up.....	10-18
(6)	Front Lunge one arm push.....	12-18
(7)	One foot push.....	12-18
(8)	One foot one arm push.....	12-18
iii) Tubing progression pulling		
(1)	Staggered stance pull.....	8-18
(2)	Parallel stance pull.....	8-18
(3)	Staggered stance one arm pull.....	8-18
(4)	Parallel stance one arm pull.....	8-18
(5)	Front Lunge pull with step back.....	12-18
(6)	Front Lunge one arm pull.....	10-18
(7)	One foot pull.....	10-18
(8)	One foot one arm pull.....	10-18
iv) Core development (Abdominals, low back, hips)		
(1) Plank progression		

- (a) Front kneeling plank.....8-18
- (b) Side kneeling plank.....8-18
- (c) Front plank.....10-18
- (d) Side plank.....10-18
- (e) Front plank with leg raise.....15-18
- (f) Side plank with leg raise.....15-18
- (g) Front plank with hands on soccer ball.....15-18
- (h) Mountain climbers .....8-18
- (i) Mountain climbers hands on two soccer balls.....15-18
- (j) Thrusts.....8-18

(2) Tubing rotation progression

- (a) Standing sideways parallel stance.....10-18
- (b) Standing sideways staggered stance close leg.....12-18
- (c) Standing sideways staggered stance far leg.....12-18
- (d) Standing sideways knee drive far leg.....15-18
- (e) Standing side ways wood chops.....10-18
- (f) Standing side ways reverse wood chops.....10-18
- (g) Facing parallel stance straight arm pull down.....12-18
- (h) Back facing pull through.....15-18
- (i) Back facing pull over.....12-18

(3) Curl up/crunch oriented (should not be a large part of program)

- (a) Crunch.....8-18
- (b) Rotational crunch.....8-18
- (c) Reverse crunch.....8-18
- (d) Sit up.....8-18
- (e) Chinnies.....10-18

(4) Medicine ball additional core

- (a) Slams.....8-18

Figure 8's.....8-18

## LISC Developmental Progression

The LISC athletes should be trained according to their developmental stage and to take advantage of what is called the “Critical Period” of development. The critical period is a time when physical abilities (speed, strength, and endurance...) naturally undergo development within the body. It is important to train those physical abilities during their critical period in order to help enhance the development.

Here are some physical abilities and the critical periods of development according to age. Keep in mind there are some discrepancies with the exact age these physical abilities are best developed but this outline is fairly accurate.

### U8-U9

#### 1. Speed:

- Reaction speed is highly developed during this age
- Frequency of movement (the turn over rate of the legs improves, and continual quick arm movement increases)
- Development of proper technique in sprinting should be a major focus.
- Do not do high volumes of sprinting with this age.
- Should be more play like games to increase speed qualities.
- All forms of quickness and change of directions exercises are great ways to develop reaction, and dynamic speed (frequency), but these exercises should be short in duration (5-10 seconds) so the anaerobic system is not overly taxed.

#### 2. Endurance:

- High rate of development for athletes at this age.
- Their aerobic system is more developed than the anaerobic system during pre-adolescence
- Exercises that require longer durations. This should be in the form of relays, obstacles, pattern running, and intervals at moderate paces.
- Longer anaerobic high intensity runs should be avoided, and more moderate continual running or intervals at lesser intensities should be substituted.

### 3. Strength:

- Develop body weight control and technique. Light tubing and medicine balls are a great way to introduce external resistance.
- This such as running, jumping, pulling body weight, crawling, pulling light tubing, and throwing medicine balls are great ways to increase strength.
- Strength gains are primarily due to neurological adaptations and less associated with muscular strength
- Repetitions should be higher to elicit a strength response and lighter weights will need to be used. (12-15 reps)

### 4. Flexibility:

- Flexibility during this age should be of the dynamic nature.
- Athletes age this age tend to get tighter in the hips and shoulders and should perform dynamic flexibility to increase the ROM.
- Static stretching is NOT advised due to the excitability of the nervous system during this age. They are not able to sit still and concentrate on the static stretch and the proper execution.
- Flexibility can be attained through crawling, swinging the limbs, and marching forms of movement.

## U10-U12

### 5. Speed:

- Reaction speed is highly developed during this age
- Even larger increases in overall speed qualities during this age as compared to the 8-9 year old.
- Development of proper technique in sprinting should be a major focus.
- More focus can be made to developing running form at higher speeds.
- Do not do high volumes of sprinting with this age.
- Still want a play like atmosphere of games to increase speed qualities. More focus on pure speed technique can be introduced.
- All forms of quickness and change of directions exercises are great ways to develop reaction, and dynamic speed (frequency), but these exercises should be short in duration (5-10 seconds) so the anaerobic system is not overly taxed.

### 6. Endurance:

- Girls and boys will develop endurance capacity equally until around 12-13. Boys will continue through out the teen years, as where girls will drop off soon.
- Their aerobic system is more developed then the anaerobic system during pre-adolescents
- Exercises that require longer durations lower intensities are best. This should be in the form of relays, obstacles, pattern running, and intervals at moderate paces.
- Longer anaerobic high intensity runs should be avoided, and more moderate continual running or intervals at lesser intensities should be substituted so the development of the aerobic system is acquired.

### 7. Strength:

- Develop body weight control and technique. Light tubing and medicine balls are a great way to introduce external resistance.
- This such as running, jumping, pulling body weight, crawling, pulling light tubing, and throwing medicine balls are great ways to increase strength.

- Strength gains are primarily due to neurological adaptations and less associated with muscular strength
- Repetitions should be higher to elicit a strength response and lighter weights will need to be used. (12-15 reps)
- A higher concentration on technique of loaded exercises for the 12 year olds to prepare them for the next training stage.

8. Flexibility:

- This is a crucial time for flexibility before the growth spurt age stage hits. Concentrate on full range of motion during flexibility.
- Due to increased weight gain rather than height gain during this age group- and increase in strength, it is important to perform all exercises through a full ROM, when appropriate.
- Dynamic stretching is important to ensure range of motion throughout the joints. Do not over stretch any joint for it can cause posture issues.
- Flexibility can be attained through crawling, swinging the limbs, and marching forms of movement.

## U13-U14

### 9. Speed:

- During this age muscular strength gains allow for greater anaerobic activity (greater anaerobic efficiency) and more speed training exercises can be implemented.
- Greater focus should be on perfecting actual speed techniques and relaxation during speed.
- It is important to use wide varieties of exercises to expose the nervous system to many stimuli. This will create a greater foundation of speed qualities.
- When more pure speed training at higher intensities becomes the focus, greater rest periods must be introduced in order for the energy system to replenish it self for further high intensity exercising.
- Keep the duration of an exercise for speed short to avoid fatigue (3-6 seconds)

### 10. Endurance:

- If girls do not develop endurance capacities by the age of 13 it this ability to increase is limited. Boys will continue to be able to develop endurance ability greater throughout the teens.
- Do to greater strength gains, more efficiency in running can be attained therefore anaerobic qualities can be increased.
- Great time to focus on running mechanics so to NOT allow wasted motion and less economical actions.
- Exercises to increase endurance are obstacle courses, relays, circuits training, and intervals.

### 11. Strength:

- Because athletes are still young and developing excessive loads are not advisable.
- The introduction of more advanced lifting techniques is advisable to prepare the athlete for the next training stage. Focus in on technique not high loads.
- Exercises should be kept below 60% of 1 RM.
- Repetitions should be around 10-12 to keep the quality of the lift high. This is not to say that lower reps cannot be used. It is to say

that higher reps require lighter weight and therefore will eliminate loading the athlete with too high intensity.

- Athlete should proper execution of explosive or speed strength movement with low intensities. This will address different strength qualities and make for more well rounded overall strength.

## 12. Flexibility:

- Due to the growth spurt and related issues of muscular tightness associated with bone growth, it is advisable to introduce and routinely practice stretching to try eliminate some of the discomfort of muscular stress.
- It is not advisable to only perform static stretching. Static stretching routines should be introduced but not practiced with any intensity. Dynamic flexibility still should be the majority of flexibility performed. Static stretching should be used to increase the length of the muscle if sore or knotted along with muscular release techniques, but not immediately before exercising, practicing, or games.
- ROM exercises for the hips and shoulders are important to maintaining proper functioning in growing athletes.

## U15-U18

### 13. Speed:

- During this stage boys are going to be considerably stronger and therefore have greater potential for speed.
- The anaerobic system is more efficient and able to replenish energy needs much better. This being said, greater speed training exercises can be used to enhance speed.
- Even though a 15 year old may still be developmentally underdeveloped, this stage can introduce more sport specific training for speed (ie. soccer speed).
- The greater the maximal strength of an athlete and the greater the relative strength the greater the potential for speed. Emphasis should be increasing relative strength for speed events that mass plays a role in the success of the athlete.
- Technique of speed execution is still a high priority and should be emphasized daily.

### 14. Endurance:

- Endurance during this stage should be more of a specific nature. If the sport requires a certain type of endurance to be successful then that quality should be focused on.
- It is not advisable to do long bouts of low intensity aerobic conditioning with older athletes to increase endurance. This can be better attained through interval training in which speeds can be greater, and the rest interval allows for many more reps than if pure continuous running was performed.
- The volume per week of endurance training will be higher for this age group than the younger ages.

### 15. Strength:

- Training for maximal strength is important to establish during this stage. As mentioned earlier, the 15 year old athlete can be younger in terms of developmental age. So it is advisable to use caution when strength training with this athlete.
- Athlete should be exposed to maximal forms of strength training, dynamic (speed) strength training, and Repetitive (hypertrophy) strength training. These are the 3 strength training methods that will increase well rounded strength.

- Athletes should be taught proper execution of all lifts prior to attempting higher intensities.
- Multiple exposures to strength training should occur every week. Three forms of strength training should be performed each week.
- Exercises should be varied and the sets and reps varied to elicit a new response.
- Strength needs to be maintained for posture and strength surrounding overused joints due to specialized participation.

#### 16. Flexibility:

- Flexibility at this age should be general for overall ROM but can become more sport specific to deal with repetitive actions occurring during practices and games.

Strength is important to make sure flexibility doesn't overextend a joint and weaken its ability to stabilize itself.

## **LISC Warm Up and Preparation**

The goal of the warm and preparation period is to prepare the athletes for activity. In order to do this it is important:

1. Alleviate muscle knots (myofascial trigger points) for greater muscle function, nerve activation, and blood flow.
2. Correct or reduce any tight areas that are causing an imbalance or dysfunction.
3. Increase blood flow by raising the cardiovascular and respiratory system.
4. Increase body awareness through kinesthetic and proprioceptive awareness.

The following information is the process in which the LISC athletes will prepare for practice and games.

### **Rolling**

Simply using a tennis ball or foam roller roll over different areas of the body to reduce the tension within a myofascial region.

The areas to be rolled are:

1. Calves/ shins
2. Hamstrings
3. Glutes
4. Quads
5. IT band
6. Low back

Simply sit or lie on the ground and place the tennis ball or foam roller under the muscle group that will be rolled. Using the weight of the body roll slowly over the muscle until a knot is felt. Stay on the knot for 3 seconds and then continue rolling. When coming back tot the same knot follow the same procedure. Spend about 15-30 seconds per area. You may not completely eliminate the knot in one session. But it will reduce some of the pain and increase muscle function.

DO NOT ROLL OVER A BONY SURFACE- ONLY SOFT TISSUE!! If pain continues after rolling has finished- do not continue rolling until the reason for the continued pain is found. See a professional to seek advice. **This process should only be approximately 3-4 minutes or less.**

## **Corrective Stretching**

The purpose of corrective stretching is to correct issues that may be causing an imbalance or dysfunction. This could be due to an injury or overuse of a dominant side.

This corrective stretching period is not meant to do a full body stretch; ONLY the areas of need. This period should be 2-5 minutes maximum. It is possible that this section is skipped entirely due to no issues with the athletes.

Examples:

- Tight right hamstring- Spend time statically stretching the hamstring in order to gain some length to restore close to normal function.
- Tight hip flexor causing difficulty in hip extension on one side during running. Perform a hip flexor stretch to correct gain length.

**As mentioned earlier, I would not be overly concerned with the 8-12 year olds going through this corrective stretching unless they are going to be fully supervised! They need to be fully aware of what they should feel during the stretch otherwise it will be useless.**

## **Activation**

This activation period is time to actively recruit muscle fibers and prepare important muscle groups for activity and stabilization of a joint.

The major activation exercises will be:

1. Hip lift
2. Band hip flexor holds
3. Band knee out holds
4. Ball squeeze squats

How to execute each activation exercise and purpose:

- Hip lift- Lying on your back pull one knee to the chest and hold it in that position (a tennis ball can be placed between the stomach and thigh to keep that hip flexed throughout the exercise. The opposite leg is bent with the heel about 8-12 inches from the glute. Simply raise the hips off the floor and hold for 2 seconds. Perform 10 repetitions on each side. The hips will only rise up about 3-4 inches off the ground. The low back should not be arching at all- if so the opposite hip is not in a full flexed position. The purpose is to activate the glutes so they can function properly during movement.
- Band hip flexor holds- Laying on your back place the band around both feet and flex the hips so the knees are facing straight up and the feet are off the floor (the knees are bent). With the bands around the feet pull one knee toward the chest (don't use the hands to help) and push out with the other leg to create a stretch on the band. The hip flexor of the knee pulled in is being activated isometrically. Hold for 5 seconds and switch sides. Perform 3-5 reps on each leg for 5 second holds.
- Band knee out holds- Laying on your back place the bands around the knees with the knees in the exact same starting position as the last exercise (knees up and feet off the ground). Keeping the heels together pull the knees apart and hold for 5 seconds. Perform 3-5 reps of 5 second holds. This exercise will activate the glute medius and external rotators of the hip.
- Ball squeeze squats- Stand with feet roughly shoulder with apart and squeeze a soccer ball between the knees (the knees should be lined up over the shoe laces, don't allow the knees to be caved inside. Simple perform 10 perfect technique squats at a tempo of 3 seconds down and 1 second up. This activation exercise will recruit the adductors (inner thigh muscles) as well as the hips and legs.

This entire routine should be roughly 2-3 minutes. The key is to go from one exercise to the next. Concentrate on the muscles being used.

The pre-adolescents will do fewer repetitions on the tubing holds until they gain strength.

## Dynamic Warm Up

This is the time to get the athletes heart rate increased, muscles fully activated and functioning, body awareness heightened, and teach correct movement.

Exercises should consist of running, skipping, lateral movements, backward movements, slow controlled full ROM exercises, and rotational movements.

Exercises:

1. Relaxed skipping- Simply skip forward with a long relaxed arm swing and a good knee lift.
2. Lateral jumping jacks- Moving laterally, perform a jumping jack action with the arms but allowing them to cross the front of the body on the down swing. The legs are actively bouncing as if galloping. Do not cross the feet.
3. Carioca reach/knee drive- The first time, perform the carioca with a long reach of the legs. This requires the hips to fully rotate. The second time, have the lead knee drive quickly up as if doing a high knee action.
4. Monster walk- Have the athlete walk while lifting the leg out straight and up to meet the hands that are help out in front of the body.
5. Drop step skip- Skip backward while swinging open the leg that is up. Keep the shoulder straight ahead.
6. 3 step and split- jogging forward, every 3 steps perform a split step and immediately continue running. This can be done on angled runs as well.
7. Alligator crawl- start in a push up position. Bring the right knee up to touch the right elbow as the left leg and arm spread out away from each other. Crawl forward by reaching with the right arm out but keeping the right leg stationary, the left arm stays stationary as the left knee comes up to the left elbow, so basically the arms and legs switch position form the starting position. Repeat this for several feet.
8. Heel kicks- Similar to butt kick runs except the knees are allowed to come slightly forward. This is more natural in running.

9. Inch worm- This exercise is started in the push up position. The knees remain locked as the feet walk toward the hands. The hips will rise straight up. The hands can't move while the feet are and visa versa. Once the feet can't walk any closer to the hands due to hamstring tightness the hands will walk away from the feet. The hands can walk out passed the shoulder to increase core activation.

\*These are only a few on 100's of exercises that can be substituted.

\*\*You may want to perform 4-6 exercises prior to practice or game.

**Distances to perform exercises:**

- The running and skipping exercises should be performed for roughly 20 yards. Out and back should constitute one reps. Perform 1-2 reps of each.
- The walking and crawling exercise should be performed for roughly 5-10 yards.

**THE GOAL OF THIS WARM UP PERIOD IS TO PREPARE THE ATHLETE FOR HIGHER INTENSE ACTIVITIES AND TO REDUCE THE POTENTIAL FOR INJURY!**

This warm up and preparation time will become a normal part of the athletes' routine and it will run smoothly. Coaches must be willing to make athletes accountable for doing all that is expected of them.

Athlete should arrive at practice 10 minutes early and this entire process can be complete before practice. Don't let them join practice until this is completed and they will start to arrive early.

## **LISC Curriculum Multi-Directional Speed Training**

The goal of multi-directional speed training is to teach the athletes the skill of training for speed.

*Speed is not just about linear running. It is about acceleration in all directions with the ability to decelerate and change directions with quickness and control. It is about learning how to position the feet and legs for optimal force application. It is about learning how the arm and leg action must work to increase the potential for speed. Finally, it is about learning how to use the hips and disassociate the upper and lower body to make quick movement laterally and backwards.*

Speed training will be broken down into various components of speed. The components that this curriculum will cover are:

1. Linear acceleration
2. Linear top end speed
3. Lateral and angular acceleration
4. Deceleration, cutting, and change of direction
5. Retreat or backwards acceleration

Each of these components will be described and the skills and drills that help teach these components will be outlined.

### **Linear acceleration:**

The key to most plays in soccer is the ability to accelerate quickly to make a play either defensively or offensively. Many times linear acceleration in soccer is occurring from an active athletic stance. This means that the player is actively bouncing or moving the feet from a parallel stance preparing to engage in a play.

The key to acceleration is reacting to a stimulus and quickly applying force in the complete opposite direction of travel. This should be a natural occurrence much like a “fight or flight” mechanism.

Listed are some of the actions that must occur in order for linear acceleration to occur properly.

- A plyo step will be used to create force behind the center of mass.
- The plyo step is in the complete opposite direction of the intended travel.
- The shoulders should naturally drop forward to make an appropriate acceleration angle from the ankles straight up through the shoulders.
- The knees must lift up and then the hips must extend back aggressively so the foot can push into the ground to accelerate the body forward.
- The arms must aggressively drive forward and backward to aid in the power of the leg drive. This is important.

The lean in acceleration is a direct correlation to the speed of the acceleration. In other words, the acceleration comes first then the lean.

One thing that directly effects acceleration is leg strength and power. The more force the athlete can apply to the ground and the quicker they can do it the greater the acceleration will be.

### **Drills to improve acceleration:**

1. 5, 10, 20... yard accelerations
2. Reaction starts from different stances (staggered, parallel, one foot, one knee...) and distances.
3. Short hill sprints from 5 to 20 yards
4. Harness or tubing resisted accelerations for 10 to 20 yards max
5. Get ups and partner reaction chase down.
6. Ball drops

### **Guidelines of each drill**

- Accelerations from 5, 10, 20.... Yards
  - These acceleration drills should be done from a standard 2 point track start. The purpose is to work on pure acceleration.
  - Athletes need to get into the acceleration lean as quickly as possible by creating great force down and back into the ground
  - The force is improved by aggressive arm action
  - **Fine for ages 8-18!**

- Reaction starts from different stances
  - It is important to use many variations of starting stances, especially in the pre-ads and early adolescents.
  - During the reaction starts it is important to make the stimulus as random as possible to the athletes can't time the start. They must become reactive.
  - Athletes need to orient themselves as quickly as possible for varying stance and positions.
  - Must be super aggressive with the push off into the ground and arm action.
  - This is great for ages 8-18
  
- Short hill sprints from 5 to 20 yards
  - This is a great way to encourage the proper acceleration lean. The athlete still must produce large amounts of force to accelerate on the hill.
  - The key is to keep the hill slope low enough so technique is not disrupted.
  - Weaker and younger athletes need to avoid working on large slopes due to the priority of learning proper technique at a young age.
  - The older athletes can use larger slopes for strength and power training.
  - Great for ages 8-18 as long as the 8-12 year olds stay more on a gradual slope
  
- Harness or tubing resisted accelerations for 10 to 20 yards max
  - This is much like the hill training in that an artificial lean can be established and trained.
  - Do not allow the resistance to be too heavy when working acceleration technique due to change of mechanics to accommodate heavy loads.
  - Heavy resistance is fine for older more experience athlete working on strength and power.
  - Resistance is fine for ages 13-18 as long as the resistance allows proper mechanics. It is possible to go with the younger athletes but great attention must be used to be sure running technique is fine. REMEMBER, this is acceleration training not strength.

- Get ups and partner reaction chase down
  - Get ups are a great way to teach chasing and escaping skills.
  - You can simulate game situations by partnering athletes up and forcing them to either catch their partner or escape from them.
  - These are fun and add variety to acceleration training.
  - It is important to mix up the starting positions (lying face down, face up, crab position, side lying...)
  - The lead partner, roughly 3 yards or so ahead, will always be in a more difficult starting position to negate the advantage of having a lead.
  - These drills truly teach the essence of acceleration because it is random, reactive, and a chasing or escaping situation.
  
- Ball drops
  - Ball drops are a super way to have fun but really challenge the acceleration ability of the athlete.
  - The Athlete should start in parallel and staggered stances
  - The coach or partner will hold a tennis ball at shoulder height. The coach or partner is standing roughly 10 feet away to start. When the coach or partner drops the ball the athlete must quickly accelerate and catch the ball before the second bounce.
  - Be sure the athlete is aggressive with the knee drive and the arm action to help acceleration. The lean will be dependent upon the speed of the acceleration.

Within the five types of acceleration drills outlined above there are literally hundreds of variations to acceleration training. It is important to mix up the drills as often as possible so the body must continually adapt to new stimulus. This will cause greater growth.

### **Linear top end speed**

Top end speed training for most athletes is roughly 40 to 60 meters. It is difficult to maintain top end speed for vary long. As soon as acceleration stops the athlete is now at top speed, unless they are beginning to decelerate. Top end speed can really only be maintained for a couple seconds before deceleration takes over and the athlete is just trying to hold on to as much speed as possible.

For our purpose at LISC we want to teach our athletes to maintain top end speed through various running techniques, speed endurance, and strength. Listed below are the components we want our athletes to establish:

1. Sprinting mechanics- In order for athletes to maintain optimal sprinting speed they must possess efficient running mechanics.
  - a. Arm swing- athletes must learn to allow the arms to swing from the shoulder joint and not the elbow joint. They must NOT clench their fists so that tightening of the forearm doesn't exist. The arm swing must NOT cross the midline of the body. The hands swing should be from roughly the side of the face to 8-12 inches behind the hips (depending on how aggressive the run is)
  - b. The legs- The knee action should be aggressive as it drives up to at least a parallel position with the ground. The cycle action of the foot is a step over action of the opposite knee as it is pulled through to the front position just before it steps down to the ground. If the foot comes forward but doesn't pass by the opposite knee it is going to reduce the stride length potential. The knee should collapse at the pull through.
  - c. The legs- The leg that will contact the ground should be contacting the ground under the hips. If the heels are the first thing to touch down there will be a "braking" action that will slow the athlete down. The athlete should have a "dorsiflexed" foot position during the contact phase. This should occur naturally, but if it doesn't it needs to be corrected.
  - d. The torso- The torso should remain upright so the extremities can do their job more efficiently. Not every athlete will run the same, but certain mechanical issues need to be addressed.

### **How to train for top end speed**

Any time maximum speed training is the goal, recovery of the primary energy system must occur. The creatine phosphate system is the limiting energy system for high speed activities. It only lasts 7-10 seconds maximum. If this system doesn't recover and there isn't enough ATP to feed the muscles the ability for maximum efforts is limited.

Here are the main keys to training top end speed:

- Train in the proper energy system, going for too long of a distance is no longer speed training. Keep the distance under 7-10 seconds (roughly 30-80 yards)
- Full recovery is necessary for the energy system to be back at least to 95%. Roughly 1 minute of rest per 10 yards of sprinting. If you are sprinting 80 yards that is approximately 8 minutes of rest. Now it is possible to lower that rest time down to 5 minutes and still have close to full recovery, but any less rest and the body won't be recovered. Also it is fine to do active stretching or lighter activities while resting.
- Concentrate on running mechanics. Don't allow the athletes to get sloppy with their form or they will engrain this poor pattern.
- Run hard but relaxed. The tighter the athlete gets the less speed they will have.
- Encourage the athletes to step over the opposite knee so the stride is efficient and the rear leg doesn't come forward in too low of a position.
- Keep the arms and legs from crossing over to the opposite side of the body. Minimize visual rotation.

## **Lateral and angular acceleration**

Most court and field sports rely heavily on the ability to move laterally and on angles. Straight ahead speed is usually not the limiting factor in most athletes' athletic ability. It is the change of direction and acceleration ability moving in all directions.

- Lateral and angular acceleration-
  - When the soccer player needs to accelerate laterally/angular to chase down the ball or opponent, or if they are accelerating laterally/angular with the ball proper force must be applied:
    - To move quickly to the right the left leg must be on an angle wide enough outside the hips to have a horizontal pushing force and not too much vertical. If the push off foot is too far under the hips it will cause a vertical lift and a slow acceleration.
    - This action will be random and reactive. It is called a **plyo step**. This is an action of quickly applying force in the opposite direction of travel. So for the body to move

quickly to the right the left leg will reactively drive down and out into the ground to accelerate the body to the right.

- The shoulders must immediately lean in the direction of travel so the power from the push off leg goes through the entire body. If the shoulders “**rear up**” (drive up rather than in the direction of travel) the power from the push off will dissipate and not be as effective.

Here are the techniques that must be performed to accelerate in different patterns laterally and angularly:

- A. Shuffle- This is when the athlete pushes off laterally and completely stays sideways with the body. The knees must be bent and the feet do not cross.
- B. Crossover- This is when the athlete moves laterally or angular but is much more aggressive and speed is higher. The athlete does not turn and run completely. The lower body crosses over while the shoulders stay oriented to the opponent or ball.

Here are drills used to improve the shuffle and the crossover:

Shuffle:

- a. 5 yard shuffle- Staying in a good athletic stance shuffle for 5 yards in one direction.
- b. 555 shuffle drill- The athlete shuffles five yards, changes direction and returns to the starting line, changes direction and finishes on the far line.
- c. Power shuffle- Set up 6 cones at 3 yards apart. The athlete shuffles to the second cone and back to the first, then shuffle to the third cone and back to the SECOND cone, then to the fourth cone and back to the THIRD cone, and so on until all the cones have been touched.
- d. Slalom shuffle- Set up 6 cones 3 yards apart in a 45 degree slalom pattern. The athlete will shuffle forward to the outside of the cones in a zig zag pattern.
- e. Backward slalom shuffle- Same as the above drill except going backwards. This drill is best done without cones and by having a coach pointing when the athletes need to change directions.

- f. Partner mirror- Have partners facing each other within a 5 yard distance. One partner will be the leader while the other partner must mirror every move. Switch leader each set.
- g. Reaction shuffles- The athletes will change directions when the coach signals.

Crossover:

- a. Double crossover- The athlete will perform the crossover for 2 crossovers. This may be 5-8 yards depending on the athlete ability.
- b. Crossover test- Have the athletes perform the crossover within an 8 yard distance up and back two times. They must cross the lines at the starting and ending position of the 8 yards with one foot.
- c. Crossover mirror- Same as the shuffle mirror drill. Still use the 5 yard distance.
- d. Reaction crossovers- The coach will signal the direction the athletes will go and when they change directions.
- e. Backward slalom crossover- The athlete will perform crossovers on a 45 degree angle and switch directions when the coach points.

Combination shuffle and crossover drills:

- a. Shuffle out crossover back- The athlete will shuffle for 5 yards and crossover back.
- b. Crossover out shuffle back- The athlete will crossover for 5 yards and shuffle back-
- c. Reaction shuffles and crossover- All shuffle to the right and crossovers to the left. The athlete moves in the direction the coach points.
- d. Shuffle to crossover- Always moving in one direction the athlete shuffles for 5 yards then crossovers for 5 yards further.
- e. Crossover to shuffle- Always moving in one direction the athlete crossovers for 5 yards then shuffles for 5 yards further.

Combination shuffle, crossover, and linear acceleration:

- a. Shuffle to sprint- Shuffle for 5 yards then turn and sprint 5 yard more.
- b. Shuffle to sprint back- Shuffle for 5 yards then stop and sprint back to the start.
- c. Crossover to sprint- Crossover for 5 yards then turn and sprint 5 yards more.

- d. Crossover to sprint back- Crossover for 5 yards then stop and sprint back to the start.
- e. Crossover to sprint back to shuffle- Crossover for 5 yards stop and sprint back stop and shuffle back out for 5 yards.
- f. The combinations are endless.....

## **Deceleration, cutting, and change of direction**

Athletes that possess the ability to decelerate and reaccelerate quickly are usually the fastest in multi-directional speed. It is great to have linear speed, but if it can't be controlled it is not as effective.

Many ACL, ankle, and other injuries occur during the deceleration from running, change of directions of lateral or angular movements as well as landing from jumping. Being able to properly position the feet, legs and upper body to dissipate forces from the joints is crucial.

Here are deceleration progressions that all LISC athletes will learn:

1. Decelerating from linear running and lateral movement:
  - a. Lunge stop- have the athlete run forwards for 5 to 10 yards and gradually chop the feet with smaller steps as they approach the line. Slowly lower into the lunge with one foot in front and the knee angle at 90 degrees. The head and shoulders are slightly forward keeping the back from rounding. The opposite hand will touch the ground of the leg in front. Hold this position for 2-3 seconds to see if the athlete is under control.
  - b. Reverse lunge stop- The athlete will back pedal for 5 yards and perform a reverse lunge position and end up in the same position as the lunge stop. The front knee should be at 90 degrees while the back leg is bent and close to 90 as well. The opposite hand should touch the ground while in good position.
  - c. Angled stop (hockey stop)- The same distance is used as in the lunge stop, but now the athletes will run forward and quickly turn the hip and lead foot to stop with the foot sideways. This is a much safer and more athletic stop. By turning the foot there is more surface area to apply force into the ground. The ankle needs to be dorsiflexed (cocked) to protect the ankle joint from

- rolling and to provide a stretch reflex when needing to push off. The hips must turn so the knee of the plant leg is not torqued.
- d. Lateral stop- Much like the shuffle drills above the athlete will shuffle for 5 yards then stop directly on a spot. The angle of the plant leg must be outside the center of mass enough to stop the momentum yet not so far that the foot slips.
  - e. Split stop- This deceleration move occurs when both feet plant at the same time. It is usually used when the direction of travel isn't known, but deceleration is needed to be prepared. A goalie will most likely use this technique when preparing to move to make a stop.

One of these stops will be use in any direction the body is traveling. The key is to apply force in the opposite directions with good foot and leg position. The shoulders must be controlled to not allow the momentum to pull the athlete further into the deceleration or stop.

## 2. Here are the principles of cutting:

- a. When an athlete makes a cut it is either a reaction to a tactic or a tactic. The defensive player is always reacting to the offensive tactic. In the defensive case the cut must be random and reactive in nature.
- b. The offensive player can set up a cut to deceive an opponent. They are more under control. At time the offensive player must cut to avoid a move by a defender to stop them.
- c. The different kinds of cuts are:
  - Speed cut- This cut is done usually at less than 45 degrees when the soccer player is making a minor change in direction but needs to maintain speed. This is done by quickly planting the foot to the outside of the body with minimal lowering of the hips. The athlete changes direction with little change in posture and speed.
  - Sharp cut- The sharp cut is done at 45 degree angles or more. The athlete will need to decelerate speed much more to stay on the cut line. The hips will sink more to facilitate the greater angles and speed. There will need to be more stuttering of the feet to accomplish the sharp cut and to stay on the angle.
  - Jump cut- This is done when an athlete leaves the ground with both feet and lands with both feet at the same time. The

direction of the cut is determined upon landing and the foot in the opposite direction of the cut will be pushed out wider than the body to accelerate the body in the opposite direction.

- Inside foot cut- This is not as common due to its slower speed abilities and lack of cutting force, but it will occur when a quick situation presents itself and the inside foot must be used. The inside foot cut will most likely occur during a speed cut action. The inside foot gets placed way under the body to the opposite side to stop momentum and redirect the athlete's path. Even though the push off will come from the inside leg the outside leg will quickly redirect the body but then move into the crossover position to accelerate the body once out of the cut.

### 3. Change of direction:

- a. Change of direction is basically the culmination of cutting and deceleration.
- b. When an athlete changes direction it must be done as efficiently as possible to stay with or ahead of the play.
- c. Creating optimal angles with as little lowering as possible will help to ensure the speed of the direction change.

### **Retreat or backwards acceleration**

Retreating or backwards acceleration occurs primarily on the defensive side of the game. In order to maintain defensive position or to get back into the play the athlete must be able to quickly adjust forward momentum or the stationary stance into backwards acceleration.

Here are the skills involved in backwards accelerations:

1. Back pedal- The back pedal is normally done to get a picture of what is going to happen before committing to a run or change of direction. A back pedal is not a speed move so would not be used when an offensive player is attempting to go by the defender.
2. Hip turn progression: The hip turn is done by quickly rotating the hips and feet so an aggressive push off can be performed to accelerate the body in a new direction. Similar to the plyo step.

- a. Hip turn and shuffle- In this skill the athlete will quickly flip the hips and feet to push off and shuffle for 3-5 yards on any angle.
  - b. Hip turn and crossover- Once again the athlete will flip open the hips and feet so an aggressive crossover move can be used at any angle.
  - c. Hip turn and run- Now the athlete will flip the hips and feet to turn and run for greater speed.
3. Continuous hip turn- This is a skill that is used when retreating but attempting to keep the offensive player in front. The athlete will hip turn every couple of shuffles attempting to keep distance.  
*\*\*There are many combinations to this drill such as; turn and sprint on the signal, stop and sprint back, stop and sprint on angles...*

When attempting to retreat or use backwards acceleration it is paramount that the shoulders are positioned forward so that balance can be maintained and the ability to stop and go forward at anytime is possible. When the shoulders get too high the athlete starts to sit on the heels and this is not a good position to acceleration in any direction from.

### **Plyometric/Jumping/Landing**

Plyometric training is such a catch phrase in the sports training industry. It is largely misunderstood and misused by many. The premise behind plyometric training is to increase the ability of the muscles and nervous system to produce force faster. It is an explosive form of training.

Jumping and landing on the other hand are of much more value and importance to the beginning and lesser experienced athlete. In order to be able to correctly perform plyometrics the execution of jumping and landing must be mastered first, not to mention a certain level of strength in order to withstand the forces.

The primary issue with landing is the inability to stabilize the legs via the hip musculature, and the feet via the lower leg musculature. The hip weakness can have a major impact on the functioning of the feet and ankles as well. The other area of concern with landing is the strength musculature

around the pelvis and spine. The muscles must be strong enough to dissipate forces away from the pelvis and spine.

Without going into too much depth the major concern is that the knees are able to remain in line with the feet or the direction of force and not cave in (valgus) during landing and jumping. The other is the ability of the pelvis and spine to avoid extreme flexion or extension of the spine.

Here are some basic plyometric and jumping/landing exercises and progressions:

1. In-place:

- a. In-place jump hand hold- The goal with the in-place jumps is to properly assess jumping and landing technique from a quarter squat depth. Each landing should be held for at least 2 seconds before another is performed.
- b. In-place jump and bounce- When the athlete lands after a jump they will perform a short quick ‘bounce’ then hold.
- c. In-place continuous jumps- Here we want the athlete to land back into a quarter squat depth and immediately recoil and jump once again.
- d. In-place rocket jumps- The athlete will now jump with the arms reaching straight over head as if pretending to be a rocket. This can be done with holds or repeats.
- e. Tuck jumps- The athlete will jump as high as possible from a less than quarter squat position and when at the top of the jump tuck the knees up toward the chest. These jumps are done quickly off the ground.

2. Linear jumps:

- a. Low hurdle jump and hold- Athlete will jump forward over a low mini hurdle and hold each landing for control.
- b. Low hurdle jump and bounce- When the athlete lands after a jump they will perform a short quick ‘bounce’ then hold.
- c. Low hurdle continuous jumps- Athlete will jump repeatedly over the hurdles with no stopping. Emphasis is on quick jumps.

3. In-place hops:

- a. Jump to one foot landing and hold- The athlete will lightly jump off two feet and land on one foot and hold.
- b. Hop and hold- The athlete will hop on one foot and hold
- c. Hop and bounce- The athlete will hop on one foot and upon landing perform a quick bounce and hold.
- d. Hop continuous- The athlete will continue hopping.

4. Linear hops:

- a. Hop and hold- The athlete will hop forward and hold the landing.
- b. Hop and bounce- The athlete will perform a quick low bounce after the landing and hold.
- c. Hop continuous- Continue hopping with no pause.
- d. Hurdle hop and hold- The athlete will hop forward and hold the landing.
- e. Hurdle hop and bounce- The athlete will perform a quick low bounce after the landing and hold
- f. Hurdle continuous- The athlete will continue hopping.

5. Lateral jumps:

- a. Lateral hurdle jump and hold- Jump laterally over the hurdle and hold the landing.
- b. Lateral hurdle jump and bounce- Bounce quickly upon the landing over each hurdle and hold the landing after the bounce.
- c. Lateral hurdle jumps continuous- Continue jumping with no hold.

6. Lateral hops: Moving laterally and medially with each leg.

- a. Lateral hop and hold- The athlete will hop over a line or hurdle and hold.
- b. Lateral hop and bounce- The athlete will hop over a line or hurdle and bounce and hold.
- c. Lateral hop continuous- The athlete will continue to hop with no hold.

7. Bounding/hopping:

- a. Right/left bounding - The athlete will bound from one leg to the other in a continuous pattern.
- b. Hop bound- The athlete will hop from right foot to right foot then bound to the opposite.

8. Box jumps:

- a. Jump ups- The athlete will jump up onto the box and step off.
- b. Continuous jumps- The athlete will jump on and off the box continuously. (A low box should be used)

Please keep in mind that there are many exercises that can be added to the above list. The most important factor in all exercises is proper technique!

All participants should be cleared to participate in any activity by a physician.

## LISC Reaction Training

Part of being a good athlete is having good reaction time. This is an ability that can be improved with concentration and continual work. This ability is on a nervous system level, so if there can be clean neural pathways developed the chances to improve reaction are good.

Listed are drills that can be used to improve reaction:

### 1. Hand drills-

- a. Palm to palm- In this drill one partner will place their palms facing up while the other partner places their palms about ½ inch above. The partner with the palms facing up must attempt to slap the hands of the back side of the hands of the other partner before they move the hands.
- b. Gun slinger- One partner will hold their hands out in front of their body with palms together and thumbs facing up. The other partner will have their hands resting on their hips as if ready to draw guns. The partner with the hands on the hips must quickly move the right or left hand and slap the other partners' hands before they move them out of the way.
- c. Ball drop catch- One partner holds a tennis ball at waist height while the other partner places both hands face down on each side of the ball. The partner with the ball drops it at anytime and the second partner must catch it before the ball hits the floor.

### 2. Foot drills-

- a. Foot stomp- Both partners will be in an athletic stance about 2 feet apart. The partner that is it must try to quickly stomp their foot on top of one of their partners feet before they move it. Do not stomp hard!!
- b. Hand to knee- same set up as the foot stomp drill except the partner that is it must slap the other partners knee before they get in out of the way.

### 3. Total body reaction-

- a. Ball drops- These drills were outlined in the linear acceleration section. Simply have a partner or coach drop the ball from shoulder height while you are in an athletic stance and roughly 10 yards away. Catch the ball before the second bounce.

- b. Get ups- These are done by getting up off the floor from various positions upon the coaches signal and racing for 5-10 yards. This can be done by chasing down a partner as well
- c. Z-ball- The Z-ball is a ball with several dimples on it that cause the ball to take unpredictable bounces. This can be done in several variations.
  1. Individual catch- The athlete drops the ball and catches it after one bounce. This can be done forcing the athlete to catch the ball with either hand or just one hand.
  2. Partner catch- Partners toss the ball back and forth with one bounce before the catch. This can be done as a game as well.
  3. Group catch- This game is done ball calling out the name of the person you wish to catch the ball. Everyone is in a circle and the ball gets tossed up into the middle by the person who caught it last. If they miss they are out until a new game is started.
  4. Wall ball- This game is played like racquet ball. The ball must be caught before the second bounce.

## **LISC Curriculum**

### **Strength Training Exercises and Descriptions**

The strength training section will outline many of the various exercises and progressions. There are going to be obvious separations from the pre-adolescent athletes to the adolescent athletes. Many of the same exercises can be performed by all age levels, although many will not be, the difference will be the program design (sets, reps, tempo, rest periods)

The primary goals for strength training are to improve strength and therefore performance, reduce the potential for injury, improve posture, and increase or maintain a functional range of motion within the joints.

Listed below are many strength training exercises that will be available for use:

#### **Lower body (all exercises can be weighted)**

Hip and knee bending exercises:

1. Body weight squat- Perform a basic parallel stance squat with no additional weight added. The hips must push back to start the action followed by the knees flexing. The knees should track over the second toe during the action. The back is arched with shoulder blades pulled back and down. Variations are: holding a medicine ball or using tubing.
2. Bulgarian split squat- This is a single leg squatting action with the rear leg supported on a bench. The squatting leg should be balanced with weight distributed on the heels. Keeping the knee lined up with the second toe slowly lower down into a squat. The back leg should not be aiding in lifting.
3. Single leg box squat- The athlete will stand on one leg slightly in front of a box or seat that allows them to lower slowly onto and get back up from. The knee must still stay positioned properly with the weight on the heel. Once the athlete touches the box they immediately rise back up.
4. Single leg band squat- Same as the single leg box squat, but with a mini band around both knees. This forces the hips to work harder to keep proper alignment.
5. Single leg supported squat- In this squat the athlete will go as low as possible without a box to stop the depth. The athlete will use a support to help balance.

6. Single leg squat- Squat as deep as possible without any support. Be sure the weight is on the heels as much as possible.
7. Front lunge- Starting from a standing parallel stance step forward with one leg with the heel contacting the ground first. Slowly lower down by bending the knee, still keeping the weight on the heel. The back leg naturally bends and lowers until the knee is touching or slightly above the ground. The front knee should be at roughly 90 degrees with the upper body up straight.
8. Reverse lunge- This lunge is just like the front lunge except the action starts out with the non-support leg going back first. The body will simply squat down on the front leg with the same angles as the front lunge.
9. Front to reverse lunge- Using the same execution for the front and reverse lunge, simply alternate with the same leg from a front to a reverse lunge.
10. Side lunge- Here the athlete will step out to the side with the toe pointing straight ahead. The athlete will then squat down with the weight on the heels. The opposite leg should remain somewhat straight with no weight bearing. Keep good upper body posture.
11. Multi-directional lunge- The athlete will combine several different lunges into one exercise. For example; front, side, reverse can all be one lunge.
12. Walking lunge- Perform a front lunge and step forward out of the lunge and continue the step forward into another lunge with the opposite foot, just like exaggerated walking. This exercise will be more explosive.
13. Reverse walking lunge- Same as walking lunge, but in reverse- this is more powerful and more difficult.

#### Hip bending exercises

1. RDL- Standing in a parallel stance with legs hip width apart, the athlete will slightly unlock the knees at about 20 degrees. The back must be arched with the shoulders back. The only action is to push the hips straight back while maintaining the arch in the back and the same knee angle. Lower slowly and rise up quicker.
2. Single leg RDL- Same action as the RDL but with one leg. The opposite leg is going to be straight and will raise up by squeezing the glute as the body leans forward. Keeping the toe pointing toward the floor.

3. Tubing or Medicine ball RDL- Use tubing or a medicine ball as additional resistance.
4. Tubing or Medicine single leg RDL- Use tubing or a medicine ball as additional resistance.

### **Hip strengthening exercises:**

1. Supine straight leg raise- Lying Supine raise one leg straight up as far as possible without it bending and lower slowly
2. Supine leg cycle- Pull the knee to the chest then extend the leg straight up toward the ceiling and lower down to start slowly.
3. Supine straight leg heel circles- Point the heel to the ceiling with the leg straight. Make small circles going clockwise and counter-clockwise.
4. Side lying leg raise- Raise the top leg up with the toe pointing straight ahead and lower slowly. Keep the leg slightly behind the bottom leg throughout the action.
5. Side lying bottom leg raise- Keeping the toe straight ahead, raise and lower the bottom leg under control. The range will be much less.
6. Side lying butterfly- Laying sideways bend the knees so the heels are directly lined up with the tailbone and about 6-8 inches away. Slowly raise and lower the top leg without leaning back. The range will be short.
7. Supine hip circuit- Raise the leg straight up and slowly lower out to the side and touch the floor keeping the leg straight. Rise back up so the foot is facing the ceiling again. Slowly lower to the start. Raise it back up the lower across the body and touch the floor with the foot and rise back up and then lower slowly. This circuit counts as one repetition. Control the speed and keep the shoulder in contact all the time.
8. Hip lift double leg- Lying supine with the knees bent raise the hips off the floor by squeezing the glutes and pushing the heels into the floor. Do not arch the back.
9. Hip lift single leg- Same as the Double leg, but with one leg. Pull the free leg to the chest so the pelvis is locked in neutral or posterior rotation.
10. Quadruped single leg raise- On hands and knees raise one leg by squeezing the glute and keeping the leg straight. Don't arch the back to help the action. Lower slower back to the starting position.

11. Quadruped arm and leg raise- Same as quadruped single leg raise, but now raise the opposite arm at the same time. The body will be balancing on one knee and one arm which will cause more hip strength.
12. Quadruped hands and feet leg raise- Same as the quadruped kneeling but know from hands and feet. This is much more difficult.
13. Quadruped hands and feet leg and arm raise- Raise one arm and one leg while balancing on the opposite arm and leg.
14. Band hip flexor hold- Lying supine with a mini band around both feet and the knees tucked up to the chest. Keep one leg tucked in under it's own strength while pushing away with the other so the band stretches and the hip flexor of the tucked knee must statically resist.
15. Band knees out hold- Lying supine with the knees bent and hip at 90 degrees place a mini band just above the knees. Keeping the heels together hold the knees apart for causing the band to stretch. This is for the lateral hip musculature and external rotators of the hip.
16. Band side walks- With the bands around the feet walk sideways keeping tension on the band. Do not scrap feet along the floor.
17. Band forward and backward walks- Walk forward and backwards with the band around the feet and the feet separated so the band has tension.
18. Band squats- With the bands around the knees perform a properly executed squat.
19. Ball squats- Place a soccer ball between the knees and squeeze it firmly. The knees should be lined up over the second toe. Perform a properly executed squat while maintaining the ball position. This works the adductors of the thighs.

## **Upper body strength**

1. Push up progression- The following exercises are performed in progression in order for the athlete to be able to control the movement of the shoulder blades, core region (hips, abdominals, low back)
  - a. Wall push up- Place the hands roughly shoulder height on the wall. Depress and retract the shoulder blades to encourage stability among the shoulder girdle will executing the push up. Upon returning to the starting position finish with a reaching action of the arms so the shoulders blades now protract (move forward) and allow full movement of the shoulder blades forward and backwards.

- b. Bench push up- Perform the same execution as above but now from a more gravity prone position. Use a bench, chair, table...
- c. Kneeling push up- Perform the same position as above but now from the floor with knees in contact with the floor. The fulcrum (pivot point) is now the knees, but the line from the knees to the shoulders should be straight.
- d. Full push up- Perform a normal push up from the toes and hand with the body straight.
- e. One leg push up- Perform the push up as normal but slightly raise one leg off the ground to create a rotational force within the core region. Squeeze the glute of the raise leg.
- f. Feet raised push up- Place the feet on a step or low box to increase the intensity to the upper body and core region.
- g. Soccer ball push up- Place the hands on a well blown up soccer ball. The hands being close will cause more of a arm strength issue. The instability of the ball will force the body to stabilize itself in order to perform the exercise.
- h. Two soccer ball push up- Place each hand on a separate soccer ball. The soccer balls should be roughly shoulder width. Each arm and shoulder will need to stabilize its own ball.
- i. Two feet on one soccer ball push up- Place each foot on one soccer ball. The intensity of the core and hip musculature will increase. The hands will need to work hard to grip the floor and stabilize the body.
- j. One foot on soccer ball push up- Place only one foot on the soccer ball while the other leg is off the floor. This will cause not only a stability issue, but a rotational issue as well.

### **Tubing progression for upper body pushing**

1. Staggered stance push- Place one foot further ahead than the other but not in line. Hold the tubing at the chest level and push the tubing away and slowly return to the starting position.
2. Parallel stance push- standing with feet slightly wider than shoulder width push the tubing away and slowly returns to the stating position.
3. Staggered stance one arm push- Stand with one foot further ahead than the other and the opposite hand holding the tubing than the leg forward (right foot forward and left hand pushing tubing). Slowly push the tubing away while rotating the body so the non pushing side

- rotates back in the opposite direction. Slowly return both sides to the starting position.
4. Parallel stance one arm push- Standing with feet slightly wider than shoulder width push the tubing away with one hand while resisting rotation of the body. Slowly return to the starting position.
  5. Stationary front lunge push with stand up- Starting in a low front lunge position and holding the tubing handles at the chest. Stand up in the lunge position and push the tubing away. Slowly lower back down to the bottom position of the lunge and bring the tubing back to the starting position.
  6. Front lunge and one arm push- Perform a front lunge while pushing the tubing away with one arm. Return from the lunge and then slowly return the tubing.
  7. One foot push- Balancing on one foot push the tubing away with two hands. Slowly return it under control while maintaining balance.
  8. One foot push one arm- Balancing on one foot, push the tubing away with one arm. Avoid rotating during the action of pushing.

### **Tubing progression for upper body pulling**

1. Staggered stance pull- Standing with one foot further in front than the other Pull the tubing with two arms toward the chest with the elbows slightly out to the side away from the ribs. Slowly return the tubing to the starting position.
2. Parallel stance pull- standing with the feet slightly wider than shoulder width; pull the tubing toward the chest with the elbows out to the side. Slowly return the tubing to the starting position.
3. Staggered stance one arm pull- Standing with one foot further in front than the other Pull the tubing with the opposite arm of the leg that is forward back to the chest. The shoulders should rotate with the pull and return actions.
4. Parallel stance one arm pull- standing with the feet slightly wider than shoulder width; pull the tubing toward the chest with one arm. Avoid rotating the shoulders during the pulling and returning action. This in itself is creating a rotational force.
5. Front Lunge pull with step back- Holding on to the tubing with two hands perform a front lunge. Upon return to the start position pull the tubing to the chest and hold the position for a couple seconds before lunging and extending the arms again.

6. Front Lunge pull with step back one arm- Holding on to the tubing with one hand perform a front lunge. Upon return to the start position pull the tubing to the chest and hold the position for a couple seconds before lunging and extending the arms again. Avoid rotating the shoulders during the action.
7. One foot pull- While balancing on one foot pull the tubing with two hands back to the chest position.
8. One foot pull one arm- While balancing on one foot pull the tubing with one hand back to the chest position. Avoid rotating the shoulders.

### **Core Development (abdominals, low back, hips)**

1. Plank progression: The plank is a static hold position where the abdominals, hips, low back..., must contract to hold the position of the body still.
  - a. Front kneeling plank- Place the forearms on the floor with the elbows directly aligned under the shoulders. The knees are on the floor and the body is tight and straight from the knees to the shoulders. Hold this position for a predetermined time.
  - b. Front plank- Place the forearms on the floor with the elbows directly aligned under the shoulders. The feet are on the floor and the body is tight and straight from the feet to the shoulders. Hold this position for a predetermined time.
  - c. Side kneeling plank- Place one forearm on the floor with the elbow directly under the shoulder. The opposite shoulder should be directly above the bottom shoulder. The topside hip should be directly above the bottom side hip. There should be a straight line from the knees to the shoulders. Hold this position for a predetermined time.
  - d. Side plank- Place one forearm on the floor with the elbow directly under the shoulder. The opposite shoulder should be directly above the bottom shoulder. The topside hip should be directly above the bottom side hip. There should be a straight line from the feet to the shoulders. Hold this position for a predetermined time.
  - e. Front plank with leg raise- Same position as the front plank, but raise one leg slowly off the ground for a few second or longer. Avoid rotating the body and squeeze the glutes.
  - f. Side plank with leg raise- Same position as the side plank, but raise the lop leg slowly in the air for a predetermined time.

- g. Front plank with hands on soccer ball- Hold the plank position but with both hands resting on one soccer ball.
- h. Mountain climbers- From an up push up position quickly raise one knee toward the chest without allowing the foot to touch the floor and hold for 2 seconds, switch the leg position so the opposite knee is now up and the other knee is straight. Perform for a predetermined time frame.
- i. Mountain climbers' hands on two soccer balls- From an up push up position with each hand on a soccer ball quickly raise one knee toward the chest without allowing the foot to touch the floor and hold for 2 seconds, switch the leg position so the opposite knee is now up and the other knee is straight. Perform for a predetermined time frame.
- j. Thrusts- From an up push up position quickly bring both knees up under the chest and hold for 2 seconds as the abdominals are squeezed. Quickly straighten the legs out and return back up immediately. Perform a predetermined amount of reps.

### **Tubing rotation exercises**

1. Standing sideways parallel stance- Standing sideways of the attached tubing with feet wider than shoulder width and with both handles held together by both hands, rotate the arms from one side of the body to the other while keeping the arms straight. Slowly return to the starting position.
2. Standing sideways staggered stance close leg- Standing sideways with the close leg further in front of the back leg rotate the tubing from one side of the body to the other with arms straight. Return slowly.
3. Standing sideways staggered stance far leg- Standing sideways with the far leg further in front of the back leg rotate the tubing from one side of the body to the other with arms straight. Return slowly.
4. Standing sideways knee drive far leg- Standing sideways in a parallel or slightly staggered stance, rotate the tubing from one side of the body to the other while raising the far side knee up. This will cause a greater need for balance and increase the rotation forces.
5. Standing side ways wood chops- Standing sideways of the tubing and the tubing attached high above the head height, pull the tubing in a rotational pattern from high to low while performing a squatting pattern. The tubing/hands should end just outside the far knee position.

6. Standing side ways reverse wood chops- Standing sideways of the tubing and the tubing attached below the knee height, pull the tubing in a rotational pattern from low to high while coming up from a squatting pattern. The tubing/hands should end just above the far shoulder with the arms extended position.
7. Facing parallel stance straight arm pull down- Facing the attachment of the tubing in a parallel stance, pull the tubing with straight arms down toward the outside of the thighs while flexing forward at the hips. *DO NOT allow the arms to go past the outside of the thighs so the tubing doesn't rotate the shoulders all the way around.* Slowly allow the tubing to rise back up in front keeping arms straight as the body extends back up.
8. Back facing pull through- Standing with a parallel stance and with the back facing the attachment of the tubing, grab the tubing with both hands by reaching through the legs (the trunk is bent over with the hips up high and the knees slightly bent). The back must remain arched as the tubing is pulled through the legs as the hips extend and the body stands up. Slowly lower back down to the starting position. This is an advanced exercise for athlete with a strong core region and no low back issues.
9. Back facing pull over- Standing with a parallel stance and with the back facing the attachment of the tubing, grab the tubing with both hands by reaching over each shoulder. Begin by flexing the abdominals and the crunch over into a bend forward position. The tubing will be pulled over the shoulders. Be sure to lean forward slightly to maintain balance. Slowly stand up and return to the starting position. Do not allow the back to arch at the top position as this may put undue stress on the low back.

### **Curl up/crunch oriented**

1. Crunch- Lying supine with the knees bent, start by flexing the neck followed by the upper back, and finally middle back (or as high as possible). Slowly lower back down by one segment at a time.
2. Rotational crunch- Lying supine with the knees bent, start by flexing the neck followed by the one side of the upper back, and finally middle back (or as high as possible). One shoulder should be higher than the opposite at the top position. Slowly lower back down by one segment at a time

3. Reverse crunch- Lying supine with the knees bent; slowly raise the knees toward the chest curling the spine. The low back/sacrum region should rise off the floor. Hold for a second and slowly lower back until the thighs are vertical. Do not let the feet touch again.
4. Sit up- Lying supine with the knees bent or straight, slowly raise the upper body one segment at a time until fully upright. Lower down one segment at a time to the bottom position.
5. Chinnies- Lying supine with one knee bent and foot off the floor while the other leg is straight and about 6 inches off the floor. Perform a crunch action with the upper body while the straight leg knee drives in toward the chest during the crunch. When the upper body goes down the leg goes back out. The opposite leg must remain still with the knee bent and the foot off the floor.

### **Medicine ball additional core**

1. Slams- Sitting on the floor with the knees bent and the feet off the floor and a slight backward lean of the upper body, rotate the medicine ball with both hands and touch the floor on each side of the body. This is done explosively.
2. Figure "8"- Standing in a parallel stance holding a medicine ball in front of the chest with arms extended, move the ball quickly in the pattern of an 8 as if it were laying on its side. The movement is more lateral than vertical.

## Daily Training Outline: (Day #1)

Date \_\_\_\_\_ Practice # \_\_\_\_\_

- 1) Warm up and activation:
  - a) Rolling
  - b) Activation
  - c) Dynamic warm up
  
- 2) Medicine ball throws:
  - a)
  - b)
  
- 3) Fast feet drills/plyometrics/jumping:
  - a)
  - b)
  - c)
  
- 4) Lateral acceleration/cutting
  - a)
  - b)
  - c)
  
- 5) Strength exercises
  - a) Squatting action:
    - i)
  
  - b) Push up progressions:
    - i)
  
  - c) One arm pulling (Tubing)
    - i)
  
  - d) Plank progressions (Abdominals)
    - i)
  
  - e) Heel and Toe variation walking

## Daily Training Outline: (Day #2)

Date \_\_\_\_\_ Practice # \_\_\_\_\_

- 6) Warm up and activation:
  - a) Rolling
  - b) Activation
  - c) Dynamic warm up
  
- 7) Lift mechanics:
  - a)
  - b)
  
- 8) Fast feet drills/plyometrics/jumping:
  - a)
  - b)
  - c)
  
- 9) Speed and speed endurance:
  - a)
  - b)
  
- 1) Hip strength
  - a) Lying exercise:
    - i)
  - b) Bending exercise
    - i)

**Daily Training Outline: (Day #3)**

Date \_\_\_\_\_ Practice # \_\_\_\_\_

- 10) Warm up and activation:
  - a) Rolling
  - b) Activation
  - c) Dynamic warm up
  
- 11) Medicine ball throws
  - a)
  - b)
  
- 12) Fast feet drills/plyometrics/jumping
  - a)
  - b)
  - c)
  
- 13) Linear acceleration/retreating/back pedal
  - a)
  - b)
  - c)
  
- 14) Strength exercises
  - a) Lunging action:
    - i)
  
  - b) Pushing action (Tubing):
    - i)
  
  - c) Two arm pulling (Tubing)
    - i)
  
  - d) Rotational and pulling (Abdominals)
    - i)
  
  - e) Heel and toe variation walking

**Daily Training Outline: (Day #1)**

Date \_\_\_\_\_ Practice # 1 Age: U8-U9

- 15) Warm up and activation:
  - a) Activation- Choose exercises from warm up sheet.
  - b) Dynamic warm up- choose exercises from warm up sheet
  
- 16) Medicine ball throws:
  - a) Chest pass- parallel stance (1 set of 8)
  - b) Chest pass- staggered stance (1 set of 5 each)
  
- 17) Fast feet drills/plyometrics/jumping: (perform 2-3 sets of 7 seconds)
  - a) Side to side jumps
  - b) Front to back jumps
  - c) Alternate front to back jumps
  
- 18) Lateral acceleration/cutting (perform 3 sets of each in each direction)
  - a) 5 yard shuffle
  - b) 5 yard shuffle and stop
  - c) 5 yard shuffle and change directions
  
- 19) Strength exercises
  - a) Squatting action:
    - i) Body weight squats (2 sets of 10)
  
  - b) Push up progressions:
    - i) Wall push up (2 sets of 10 with varying hand position)
  
  - c) Pulling two arm (Tubing)
    - i) Parallel stance pull (1-2 sets of 10)
  
  - d) Plank progressions (Abdominals)
    - i) Front kneeling plank (1 set for 20-30 seconds)
  
  - e) Heel and Toe variation walking (1-2 sets of 30-40 steps)

**Daily Training Outline: (Day #1)**

Date \_\_\_\_\_ Practice # 2 Age: U8-U9

- 20) Warm up and activation:
  - a) Activation- Choose exercises from warm up sheet.
  - b) Dynamic warm up- choose exercises from warm up sheet
  
- 21) Medicine ball throws:
  - a) Push pass parallel stance (1 set of 8 reps on each)
  - b) Push pass staggered pass opposition (1 set of 5 each)
  
- 22) Fast feet drills/plyometrics/jumping: (perform 2-3 sets of 7 seconds)
  - a) Ladder: (perform 2-3 sets of each)
    - i) One step in each
    - ii) Two step in each
    - iii) Sideways two steps in each
  
- 23) Linear acceleration/cutting (perform 3 sets of each in each direction)
  - a) Staggered start 10 yard accelerations (3 sets)
  - b) Parallel start (3 sets)
  - c) Ball drops (4 sets facing)
  
- 24) Strength exercises
  - a) Lunging action:
    - i) Front lunge (1-2 sets of 6 on each)
  
  - b) Push up progressions:
    - i) Wall push up (2 sets of 10 with varying hand position)
  
  - c) Pulling One arm (Tubing)
    - i) Parallel stance one arm pull (1-2 sets of 8 on each)
  
  - d) Rotational (Abdominals)
    - i) Slams (2 sets of 20 reps)
  
  - e) Heel and Toe variation walking (1-2 sets of 30-40 steps)

**Daily Training Outline: (Day #1)**

Date \_\_\_\_\_ Practice # 3 Age: U8-U9

- 25) Warm up and activation:
  - a) Activation- Choose exercises from warm up sheet.
  - b) Dynamic warm up- choose exercises from warm up sheet
  
- 26) Medicine ball throws:
  - a) Side throw push pass parallel stance (1 set of 5 on each)
  - b) Chest pass- staggered stance (1 set of 5 each)
  
- 27) Fast feet drills/plyometrics/jumping: (perform 2-3 sets of 7 seconds)
  - a) Forward and backward moving side jumps
  - b) Forward and backward moving front to back jumps
  - c) Forward and backward moving alternate front to back jumps
  
- 28) Lateral acceleration/cutting (perform 3 sets of each in each direction)
  - a) 8 yard crossover
  - b) 8 yard crossover and stop
  - c) 8 yard crossover and change directions
  
- 29) Strength exercises
  - a) Squatting action:
    - i) Medicine ball body weight squats (2 sets of 8-10)
  
  - b) Push up progressions:
    - i) Kneeling push up (2 sets of 8-10)
  
  - c) Pulling two arm (Tubing)
    - i) Staggered stance pull (1-2 sets of 10)
  
  - d) Plank progressions (Abdominals)
    - i) Side kneeling plank (1 set for 20-30 seconds)
  
  - e) Heel and Toe variation walking (1-2 sets of 40-50 steps)

**Daily Training Outline: (Day #1)**

Date \_\_\_\_\_ Practice # 4 Age: U8-U9

- 30) Warm up and activation:
    - a) Activation- Choose exercises from warm up sheet.
    - b) Dynamic warm up- choose exercises from warm up sheet
  
  - 31) Medicine ball throws:
    - a) Explosive squat jump pass (1 set of 5 reps)
    - b) Two hand side scoop throws parallel (1 set of 5 each)
  
  - 32) Fast feet drills/plyometrics/jumping: (perform 2-3 sets of 7 seconds)
    - a) Ladder: (perform 2-3 sets of each)
      - i) Sideways one step in each (crossover)
      - ii) Jump in and out of every other box
      - iii) Run in and out of every box (2in 2out)
  
  - 33) Linear acceleration/cutting (perform 3 sets of each in each direction)
    - a) Partner chase drill (3 sets for each partner)
    - b) Down push up start (2 sets)
    - c) Standing on one foot start (2 on each foot)
  
  - 34) Strength exercises
    - a) Lunging action:
      - i) Side lunge (1-2 sets of 5 on each)
  
    - b) Push up progressions:
      - i) Bench push up (2 sets of 8-10 with)
  
    - c) Pulling One arm (Tubing)
      - i) Staggered stance one arm pull (1-2 sets of 8 on each)
  
    - d) Rotational (Abdominals)
      - i) Rotational crunch (1-2sets of 10-15 reps)
- Heel and Toe variation walking (1-2 sets of 40-50 steps)

**Daily Training Outline: (Day #1)**

Date \_\_\_\_\_ Practice # \_\_\_\_ 1 \_\_\_\_ Age:U10-U12

35) Warm up and activation:

- a) Rolling
- b) Activation
- c) Dynamic warm up

36) Medicine ball throws:

- a) Chest pass- parallel stance (1 set of 10)
- b) Chest pass- staggered stance (1 set of 5 each)

37) Fast feet drills/plyometrics/jumping:

- a) Ladder drills (2-3 sets of each)
  - i) One step in each
  - ii) Two step in each
  - iii) Sideways two steps in each

38) Lateral acceleration/cutting (3 sets of each in each direction)

- a) 5 yard shuffle
- b) 5 yard shuffle and stop
- c) 5 yard shuffle and change directions

39) Strength exercises

- a) Squatting action:
  - i) Body weight squat (2 sets of 10 reps)
- b) Push up progressions:
  - i) Wall push up (3 sets of 8 at a slow tempo)
- c) One arm pulling (Tubing)
  - i) Parallel stance one arm pull (2 sets of 8 on each, slow tempo)
- d) Plank progressions (Abdominals)
  - i) Front kneeling plank (20-30 seconds)
- e) Heel and Toe variation walking (40-50 steps)

**Daily Training Outline: (Day #2)**

Date \_\_\_\_\_ Practice # 2 Age: U10-12

- 40) Warm up and activation:
  - a) Rolling
  - b) Activation
  - c) Dynamic warm up
  
- 41) Lift mechanics:
  - a) Wall run
    - i) Snap downs and recover (1-2 sets of 10 reps on each)
    - ii) Numbered runs (3-4 sets of 10-12 seconds)
  
- 42) Fast feet drills/plyometrics/jumping:
  - a) Line drills (2-3 sets of 7 seconds)
    - i) Side to side jumps
    - ii) Front to back jumps
    - iii) Alternate front to back jumps
  
- 43) Speed and Speed endurance:
  - a) Tag games
  - b) xxxxxxx
  
- 2) Hip strength
  - a) Lying exercise:
    - i) Supine straight leg raise (1 set of 10 on each)
  - b) Bending exercise
    - i) RDL (1 set of 10 reps done slowly)

**Daily Training Outline: (Day #3)**

Date \_\_\_\_\_ Practice # 3 Age U10-U12

- 44) Warm up and activation:
  - a) Rolling
  - b) Activation
  - c) Dynamic warm up
  
- 45) Medicine ball throws
  - a) Chest pass jump back (5 reps)
  - b) Jump land, step and chest pass (8 reps)
  
- 46) Fast feet drills/plyometrics/jumping
  - a) Box runs (can use a ball for some exercises) (2-3 sets of each)
    - i) Runs (right to left switching)
    - ii) Side runs
    - iii) Traveling runs around the box
  
- 47) Linear acceleration/retreating/back pedal
  - a) Staggered start 10-15 yard accelerations (3 sets)
  - b) Sideways facing start (2 sets in each direction)
  - c) Ball drops (2 sets facing ahead and side facing each)
  
- 48) Strength exercises
  - a) Lunging action:
    - i) Front lunge (2 sets of 6 on each)
  
  - b) Pushing action (Tubing):
    - i) Staggered stance push (1-2 sets of 8-10 reps)
  
  - c) Two arm pulling (Tubing)
    - i) Parallel stance pull (2 sets of 8 reps)
  
  - d) Rotational and pulling (Abdominals)
    - i) Tubing standing sideways parallel stance (1-2 sets of 6 on each)
  
  - e) Heel and Toe variation walking (1 set of 40-50 steps)

**Daily Training Outline: (Day #1)**

Date \_\_\_\_\_ Practice # \_\_\_\_\_ 4 \_\_\_\_\_ Age:U10-U12

- 49) Warm up and activation:
  - a) Rolling
  - b) Activation
  - c) Dynamic warm up
  
- 50) Medicine ball throws:
  - a) Push pass staggered pass same side (1 set of 5 on each)
  - b) Side throw push pass shuffle forward (1 set of 5 each)
  
- 51) Fast feet drills/plyometrics/jumping:
  - a) Ladder drills (2-3 sets of each)
    - i) Sideways one step in each (crossover)
    - ii) Jump in and out of every other box
    - iii) Run in and out of every box (2in 2out)
  
- 52) Lateral acceleration/cutting (3 sets of each in each direction)
  - a) 8 yard crossover
  - b) 8 yard crossover and stop
  - c) 8 yard crossover and change directions
  
- 53) Strength exercises
  - a) Squatting action:
    - i) Medicine ball body weight squat (2 sets of 10 reps, slow tempo)
  
  - b) Push up progressions:
    - i) Bench push up (2 sets of 8 at a slow tempo)
  
  - c) One arm pulling (Tubing)
    - i) Staggered stance one arm pull (2 sets of 8 on each, slow tempo)
  
  - d) Plank progressions (Abdominals)
    - i) Side kneeling plank (20-30 seconds each side)
  
  - e) Heel and Toe variation walking (40-50 steps)

**Daily Training Outline: (Day #2)**

Date \_\_\_\_\_ Practice # 5 Age: U10-12

54) Warm up and activation:

- a) Rolling
- b) Activation
- c) Dynamic warm up

55) Lift mechanics:

- a) Wall run
  - i) Static hold (1-2 sets of 8-10 seconds on each)
  - ii) Numbered runs (3-4 sets of 10-12 seconds)

56) Fast feet drills/plyometrics/jumping:

- a) Line drills (2-3 sets of 7 seconds)
  - i) Double touch side to side jumps
  - ii) Double touch front to back jumps
  - iii) Double touch alternate front to back jumps

57) Speed and Speed endurance:

- a) Relay races (organized so athletes sprint at least 20 yards)
- b) xxxxxxx

3) Hip strength

- a) Lying exercise:
  - i) Supine leg cycle (bicycle) (1 set of 12 on each)
- b) Bending exercise
  - i) RDL (2set of 10 reps done slowly)

**Daily Training Outline: (Day #3)**

Date \_\_\_\_\_ Practice # 6 Age U10-U12

- 58) Warm up and activation:
  - a) Rolling
  - b) Activation
  - c) Dynamic warm up
  
- 59) Medicine ball throws
  - a) Side throw push pass shuffle forward (5 reps on each)
  - b) Forward lunge chest pass (4 reps on each side)
  
- 60) Fast feet drills/plyometrics/jumping
  - a) Box runs (can use a ball for some exercises) (2 sets of 7-10 sec. each)
    - i) Double touch runs
    - ii) Double touch Side runs
    - iii) Double touch traveling runs around the box
  
- 61) Linear acceleration/retreating/back pedal
  - a) On one knee start for 10 yards (2 sets on each)
  - b) Supine start (3 sets)
  - c) Backpedal (4 sets, reminder- keep nose over toes so no falling)
  
- 62) Strength exercises
  - a) Lunging action:
    - i) Reverse lunge (2 sets of 6-8 on each)
  
  - b) Pushing action (Tubing):
    - i) Parallel stance push (1-2 sets of 8-10 reps)
  
  - c) Two arm pulling (Tubing)
    - i) Staggered stance pull (2 sets of 8 reps)
  
  - d) Rotational and pulling (Abdominals)
    - i) Slams (medicine ball) (1-2 sets of 20-30 reps, explosive)
  
  - e) Heel and Toe variation walking (1 set of 40-50 steps)

**Daily Training Outline: (Day #1)**

Date \_\_\_\_\_ Practice # \_\_\_\_ 1 \_\_\_\_ Age U13-U14

- 63) Warm up and activation:
  - a) Rolling
  - b) Activation
  - c) Dynamic warm up
  
- 64) Medicine ball throws:
  - a) Chest pass- parallel stance (1 set of 10 reps)
  - b) Push pass parallel stance (1 set of 8 on each)
  
- 65) Fast feet drills/plyometrics/jumping:
  - a) Ladder Drills: (3 sets of each exercise)
    - i) One step in each
    - ii) Two step in each
    - iii) Sideways two steps in each
  
- 66) Lateral acceleration/cutting (3-4 sets of each, 15 second rest)
  - a) 5 yard shuffle
  - b) 5 yard shuffle and stop
  - c) 5 yard shuffle and change directions
  
- 67) Strength exercises
  - a) Squatting action:
    - i) Body weight squat (2-3 sets of 8 with a 301 tempo)
  
  - b) Push up progressions:
    - i) Wall push up (2 sets of 8 reps with a 301 tempo)
  
  - c) One arm pulling (Tubing)
    - i) Parallel stance one arm pull (2-sets of 10 with 201 tempo)
  
  - d) Plank progressions (Abdominals)
    - i) Kneeling front plank (1 set of 30-40 hold)
  
  - e) Heel and Toe variation walking (40-50 walks)

## Daily Training Outline: (Day #2)

Date \_\_\_\_\_ Practice # \_\_\_\_\_ 2 \_\_\_\_\_ Age U13-U14

68) Warm up and activation:

- a) Rolling
- b) Activation
- c) Dynamic warm up

69) Lift mechanics:

- a) Snap downs and recover (2 sets of 8 on each leg)
- b) Relaxed skips (3 sets at 20-25 yards)

70) Fast feet drills/plyometrics/jumping:

- a) Line Drills
  - i) Side to side jumps
  - ii) Front to back jumps
  - iii) Alternate front to back jumps

71) Speed and Speed endurance:

- a) Stride outs- 30 yards (1 set of 5 reps with 35-45 second rest)
- b) 10 yard intervals (1 sets of 8 reps with 10 second rest)

4) Hip strength

- a) Lying exercise:
  - i) Supine straight leg raise (1 set of 15 reps on each, 201 tempo)
- b) Bending exercise
  - i) RDL holding a medicine ball (2 sets of 10 reps with a 20-30 second rest, 30x tempo)

**Daily Training Outline: (Day #3)**

Date \_\_\_\_\_ Practice # 3 Age U13-U14

- 72) Warm up and activation:
- a) Rolling
  - b) Activation
  - c) Dynamic warm up
- 73) Medicine ball throws
- a) Chest pass jump back (1 set of 8 reps)
  - b) Push pass staggered pass opposition (1 set of 6 on each)
- 74) Fast feet drills/plyometrics/jumping
- a) Box or ball fast feet drills: (2-3 sets of 7-10 seconds, 30 seconds rest)
    - i) Runs (right to left switching)
    - ii) Side runs
    - iii) Double touch runs
- 75) Linear acceleration/retreating/back pedal
- a) Staggered start 10 yards (4 sets with a 20 second rest)
  - b) Parallel start 10 yards (4 sets with a 20 second rest)
  - c) Ball drops (2 sets facing ahead and sideways- 2 each way)
- 76) Strength exercises
- a) Lunging action:
    - i) Front lunge (2 sets of 8 on each, 30 second rest, 20x tempo)
  - b) Pushing action (Tubing):
    - i) Staggered stance push (2 sets of 8, 30 second rest, 301 tempo)
  - c) Two arm pulling (Tubing)
    - i) Staggered stance pull (2 sets of 10, 30 second rest, 301 tempo)
  - d) Rotational and pulling (Abdominals)
    - i) Standing sideways parallel stance (1-2 sets of 10 on each, 30 second rest, 311)
  - e) Heel and Toe variation walking (2 sets of 40 steps)

**Daily Training Outline: (Day #1)**

Date \_\_\_\_\_ Practice # 4 Age U13-U14

- 77) Warm up and activation:
  - a) Rolling
  - b) Activation
  - c) Dynamic warm up
  
- 78) Medicine ball throws:
  - a) Side throw push pass parallel stance (1 set of 8 reps each side)
  - b) Jump land, step and chest pass (1 set of 10)
  
- 79) Fast feet drills/plyometrics/jumping:
  - a) Ladder Drills: (3 sets of each exercise)
    - i) Sideways one step in each (crossover)
    - ii) Jump in and out of every other box
    - iii) Run in and out of every box (2in 2out)
  
- 80) Lateral acceleration/cutting (3-4 sets of each, 15 second rest)
  - a) 555 shuffle drill (3 sets, 20 second rest)
  - b) 8 yard crossover and stop (3 sets each direction)
  - c) 8 yard crossover and change directions (2 sets each direction)
  
- 81) Strength exercises
  - a) Squatting action:
    - i) Medicine ball squat (2-3 sets of 8 with a 301 tempo)
  
  - b) Push up progressions:
    - i) Bench push up (2 sets of 5 reps with a 501 tempo)
  
  - c) One arm pulling (Tubing)
    - i) Staggered stance one arm pull (2-sets of 8 with 401 tempo)
  
  - d) Plank progressions (Abdominals)
    - i) Kneeling side plank (1-2 set of 30-40 hold)
  
  - e) Heel and Toe variation walking (1-2 sets of 40-50 walks)

## Daily Training Outline: (Day #2)

Date \_\_\_\_\_ Practice # \_\_\_\_\_ 5 \_\_\_\_\_ Age U13-U14

- 82) Warm up and activation:
  - a) Rolling
  - b) Activation
  - c) Dynamic warm up
  
- 83) Lift mechanics:
  - a) Static hold (1-2 sets of 8 seconds on each leg)
  - b) Numbered wall runs (3 sets 10-12 seconds)
  
- 84) Fast feet drills/plyometrics/jumping:
  - a) Line Drills
    - i) Double touch side to side jumps
    - ii) Double touch front to back jumps
    - iii) Double touch alternate front to back jumps
  
- 85) Speed and Speed endurance:
  - a) Stride outs- 30 yards (1 set of 5 reps with 35-45 second rest)
  - b) 20 yard intervals (1 sets of 6 reps with 20 second rest)
  
- 5) Hip strength
  - a) Lying exercise:
    - i) Supine leg cycle (bicycle) (1 set of 15 reps on each, 201 tempo)
  - b) Bending exercise
    - i) RDL holding a medicine ball (2 sets of 10 reps with a 20-30 second rest, 30x tempo)

**Daily Training Outline: (Day #3)**

Date \_\_\_\_\_ Practice # \_\_\_6\_\_\_ Age U13-U14

- 86) Warm up and activation:
- a) Rolling
  - b) Activation
  - c) Dynamic warm up
- 87) Medicine ball throws
- a) Chest pass angled jump back (1 set of 8 reps)
  - b) Explosive squat jump pass (1 set of 8 reps)
- 88) Fast feet drills/plyometrics/jumping
- a) Box or ball fast feet drills: (2-3 sets of 7-10 seconds, 30 seconds rest)
    - i) Double touch runs (right to left switching)
    - ii) Double touch side runs
    - iii) Traveling runs around the box
- 89) Linear acceleration/retreating/back pedal
- a) Falling start 15 yards (parallel) (4 sets, 20 second rest)
  - b) Sideways facing start 10 yards (2 sets on each, 20 second rest)
  - c) Push up start 10 yards (4 sets, 20 second rest)
- 90) Strength exercises
- a) Lunging action:
    - i) Reverse lunge (2 sets of 8 on each, 30 second rest, 20x tempo)
  - b) Pushing action (Tubing):
    - i) Parallel stance push (2 sets of 8, 30 second rest, 30x tempo)
  - c) Two arm pulling (Tubing)
    - i) Parallel stance pull (2 sets of 10, 30 second rest, 30x tempo)
  - d) Rotational and pulling (Abdominals)
    - i) Slams (2 sets of 30 reps, 40 second rest, explosive)
  - e) Heel and Toe variation walking (2 sets of 50 steps)

**Daily Training Outline: (Day #1)**

Date \_\_\_\_\_ Practice # \_\_\_\_ 1 \_\_\_\_ Age U15-U18

- 91) Warm up and activation:
  - a) Rolling
  - b) Activation
  - c) Dynamic warm up
  
- 92) Medicine ball throws:
  - a) Chest pass- parallel stance (2 set of 8 reps)
  - b) Push pass Staggered stance (1 set of 8 on each)
  
- 93) Fast feet drills/plyometrics/jumping:
  - a) Ladder Drills: (4 sets of each exercise)
    - i) One step in each
    - ii) Two step in each
    - iii) Sideways two steps in each
  
- 94) Lateral acceleration/cutting (3-4 sets of each, 15 second rest)
  - a) 5 yard shuffle
  - b) 5 yard shuffle and stop
  - c) 5 yard shuffle and change directions
  
- 95) Strength exercises
  - a) Squatting action:
    - i) Body weight squat (1 sets of 8, 301 tempo)
    - ii) Medicine ball squat (1-2 sets of 8, 201 tempo)
  
  - b) Push up progressions:
    - i) Wall push up (1sets of 8, 301 tempo)
    - ii) Bench push up (1-2 set of 6, 501 tempo)
  
  - c) One arm pulling (Tubing)
    - i) Parallel stance one arm pull (2-3 sets of 10 each, 201 tempo)
  
  - d) Plank progressions (Abdominals)
    - i) Kneeling front plank (1 set of 30-40 hold)
  
  - e) Heel and Toe variation walking (40-50 walks)

## Daily Training Outline: (Day #2)

Date \_\_\_\_\_ Practice # \_\_\_\_\_ 2 \_\_\_\_\_ Age U15-U18

96) Warm up and activation:

- a) Rolling
- b) Activation
- c) Dynamic warm up

97) Lift mechanics:

- a) Static hold (2 sets of 8 seconds on each leg)
- b) Relaxed skips (4 sets at 20-25 yards)

98) Fast feet drills/plyometrics/jumping:

- a) Line Drills (3 sets of 7 seconds each)
  - i) Side to side jumps
  - ii) Front to back jumps
  - iii) Alternate front to back jumps

99) Speed and Speed endurance:

- a) Stride outs- 30 yards (1 set of 6 reps with 30-45 second rest)
- b) 10 yard intervals (1 sets of 10 reps with 10 second rest)

6) Hip strength

- a) Lying exercise:
  - i) Supine straight leg raise (1 set of 15 reps on each, 201 tempo)
- b) Bending exercise
  - i) RDL holding a medicine ball (2 sets of 10 reps with a 20-30 second rest, 30x tempo)

**Daily Training Outline: (Day #3)**

Date \_\_\_\_\_ Practice # \_\_\_3\_\_\_ Age U15-U18

- 100) Warm up and activation:
  - a) Rolling
  - b) Activation
  - c) Dynamic warm up
  
- 101) Medicine ball throws
  - a) Chest pass jump back (1 set of 8 reps)
  - b) Push pass staggered pass opposition (1 set of 8 on each)
  
- 102) Fast feet drills/plyometrics/jumping
  - a) Box or ball fast feet drills: (3 sets of 7-10 seconds, 30 seconds rest)
    - i) Runs (right to left switching)
    - ii) Side runs
    - iii) Double touch runs
  
- 103) Linear acceleration/retreating/back pedal
  - a) Staggered start 15 yards (4 sets with a 20 second rest)
  - b) Parallel start 15 yards (4 sets with a 20 second rest)
  - c) Ball drops (2 sets facing ahead and sideways- 2 each way)
  
- 104) Strength exercises
  - a) Lunging action:
    - i) Front lunge medicine ball (2 sets of 8 on each, 30 second rest, 20x tempo)
  
  - b) Pushing action (Tubing):
    - i) Parallel stance push (2 sets of 8, 30 second rest, 301 tempo)
  
  - c) Two arm pulling (Tubing)
    - i) Parallel stance pull (2 sets of 12, 30 second rest, 301 tempo)
  
  - d) Rotational and pulling (Abdominals)
    - i) Standing sideways parallel stance (2 sets of 10 on each, 30 second rest, 311)
  
  - e) Heel and Toe variation walking (2 sets of 50 steps)

**Daily Training Outline: (Day #1)**

Date \_\_\_\_\_ Practice # \_\_\_\_\_ 4 \_\_\_\_\_ Age U15-U18

105) Warm up and activation:

- a) Rolling
- b) Activation
- c) Dynamic warm up

106) Medicine ball throws:

- a) Side throw push pass shuffle forward (1 set of 8 reps each side)
- b) Knee drive pass (1 set of 8 on each)

107) Fast feet drills/plyometrics/jumping:

- a) Ladder Drills: (4 sets of each exercise)
  - i) Sideways one step in each (crossover)
  - ii) Jump in and out of every other box
  - iii) Run in and out of every box (2in 2out)

108) Lateral acceleration/cutting (3-4 sets of each, 15 second rest)

- a) 555 shuffle drill (4 sets, 20 second rest)
- b) 8 yard crossover and stop (3 sets each direction)
- c) 8 yard crossover and change directions (2 sets each direction)

109) Strength exercises

- a) Squatting action:
  - i) Single leg box squat (2 sets of 5 each leg, 301 tempo)
- b) Push up progressions:
  - i) Full push up or kneeling (2 sets of 5, 502 tempo)
- c) One arm pulling (Tubing)
  - i) Staggered stance one arm pull (2-3sets of 8, 301 tempo)
- d) Plank progressions (Abdominals)
  - i) Side plank (1-2 set each of 20-40 hold)
- e) Heel and Toe variation walking (2 sets of 40-50 walks)

## Daily Training Outline: (Day #2)

Date \_\_\_\_\_ Practice # \_\_\_\_\_ 5 \_\_\_\_\_ Age U15-U18

- 110) Warm up and activation:
  - a) Rolling
  - b) Activation
  - c) Dynamic warm up
  
- 111) Lift mechanics:
  - a) Snap downs and recover (1-2 sets of 10 on each leg)
  - b) Continuous runs (4 sets 6 seconds)
  
- 112) Fast feet drills/plyometrics/jumping:
  - a) Line Drills: 2-3 sets each for 5 seconds
    - i) Single leg front to back
    - ii) Single leg side to side
    - iii) Russian short hops 3-4 yards
  
- 113) Speed and Speed endurance:
  - a) 20 yard intervals (2 sets of 6 reps with 20 second rest, with 2 minute rest between sets)
  
- 7) Hip strength
  - a) Lying exercise:
    - i) Supine hip circuit (1 set of 3 on each leg, 201 tempo)
  - b) Bending exercise
    - i) Single leg RDL (2 sets of 6 on each leg, 20-30 second rest, 30x tempo)

**Daily Training Outline: (Day #3)**

Date \_\_\_\_\_ Practice # \_\_\_6\_\_\_ Age U15-U18

- 114) Warm up and activation:
  - a) Rolling
  - b) Activation
  - c) Dynamic warm up
  
- 115) Medicine ball throws
  - a) Chest pass angled jump back (1 set of 10 reps)
  - b) Explosive squat jump pass (1 set of 10 reps)
  
- 116) Fast feet drills/plyometrics/jumping
  - a) Box or ball fast feet drills: (2-3 sets of 7-10 seconds, 30 seconds rest)
    - i) Traveling runs around the box
    - ii) Double touch traveling runs around the box
  
- 117) Linear acceleration/retreating/back pedal
  - a) On one knee start 15 yards (2 sets on each, 20 second rest)
  - b) Resisted accelerations 10-15 yards (4-5 reps, 45-1:00 rest)
  
- 118) Strength exercises
  - a) Lunging action:
    - i) Reverse lunge medicine ball (2 sets of 8 on each, 30 second rest, 20x tempo)
  
  - b) Pushing action (Tubing):
    - i) One foot push (1 sets of 8 on each, 30 second rest, 301 tempo)
  
  - c) Two arm pulling (Tubing)
    - i) One foot pull (1 sets of 10, 30 second rest, 401 tempo)
  
  - d) Rotational and pulling (Abdominals)
    - i) Slams (3 sets of 30 reps, 40 second rest, explosive)
  
  - e) Heel and Toe variation walking (2 sets of 60 steps)

## **LISC U-8 and U-9 Daily Scheduling**

The U-8 and U-9 LISC program is an introductory program and will emphasis fun and new exercises. Multi-directional speed and strength training are going to be introduced and taught to increase coordination and movement ability. It is important at this level that the athletes grasp certain concepts and routines in order to become more time efficient. This will greatly enhance the ability to move into the next age level and progress further in development.

The exercises are introduced and taught but are randomly chosen through out the weeks. There is no need to progress systematically at this age and development level. It is best to expose these athletes to as many movements and games like exercises as possible. The primary goals are:

- To introduce multi-directional speed skills and prepare them to understand the names and execution of the skills in order to be proficient at the next level.
- The strength training exercises are also introduced at a body weight level with some light tubing and medicine ball exercises to expand the exercise library, and once again prepare them for the next level.
- The main emphasis with regard to strength training is on learning the techniques involved in executing the exercises. Tempo and rest periods are not manipulated except to encourage control and no jerking of the movement.
- Posture is a high priority during this phase. Athletes will need to learn how to keep the neck and shoulders moving properly through out a full range of motion. The low back, hips, and feet are also exercises to encourage good functional movement.

### **U-8 and U-9**

Week 1

Day 1

- 1) Introduce the warm up and preparation system.
  - a) For the U-8 and U-9 groups they will concentrate on the Activation and Dynamic warm up only.
    - i) Activation:
      - (1) Hip lift
      - (2) Band hip flexor holds

- (3) Band Knee out holds
- ii) Dynamic warm up:
  - (1) Relaxed skip
  - (2) Lateral jumping jacks
  - (3) Carioca reach only
  - (4) Monster walk
  - (5) Drop step skip
  - (6) Inch worm
- 2) Assessment and soccer skill work
  - a) Break the group into half and do skills work with one group and assessment with the other. Switch when finished with assessment.
    - i) Dynamic and static movement
      - (1) Body weight squat
      - (2) Single leg squat
      - (3) Front lunge
      - (4) Seated rotation
      - (5) Push up hold
- 3) Lift mechanics
  - b) Wall runs
    - i) Perform 3-4 sets of numbered wall runs

## **Day 2**

- 1) Review warm up and preparation exercises
  - a) Activation- Same as day one
  - b) Dynamic warm up- Same as day one
- 2) Assessment and soccer skill work
  - a) Break the group into half and do skills work with one group and assessment with the other. Switch when finished with assessment
  - b) Athletic assessment
    - i) 5-10-5 test
    - ii) "I" test
    - iii) Standing broad jump
- 3) Fast feet drills
  - c) Ladder drills (2-3 sets of each)
    - i) One step in each
    - ii) Two steps in each

- iii) One step in each side ways
- iv) Two steps in each side ways

## **Week 2**

### **Day 3**

- 1) Warm up and preparations exercises
  - a) Activation- Continue with same exercises
  - b) Dynamic warm up- Add/replace one new exercise
    - i) Heel kicks- New exercise added to the dynamic warm up
- 2) Assessment and soccer skill work
  - a) Athletic assessment
    - i) 20 yard sprint
- 3) Deceleration Skills
  - a) Lunge stop (introduce the skill and practice for about 1 minute)
- 4) Lift mechanics (2-3 sets of each)
  - a) Mini hurdle runs
    - i) One step over each

### **Day 4**

- 1) Warm up and preparations exercises
  - a) Activation- Continue with same exercises
  - b) Dynamic warm up- Add/replace one new exercise
    - i) Alligator crawl- New exercise added to the dynamic warm up
- 2) Fast feet drills (perform 2-3 sets for 7 seconds)
  - a) Line drills
    - i) Side to side
    - ii) Front to back
    - iii) Alternating front to back
- 3) Linear acceleration
  - a) Reaction starts ( perform 5-8 reps from different stances for 10 yards)
- 4) Introduce strength exercises
  - a) Wall push up progression (1-2 sets of 8-10 reps)
  - b) Reverse lunge (1-2 sets of 6-8 on each leg)
  - c) Front plank (1 set hold for 15-30 seconds)

## **Week 3**

### **Day 5**

- 1) Warm up and preparations exercises
  - a) Activation- Continue with same exercises
  - b) Dynamic warm up- Add/replace one new exercise
    - i) 3 step and split
- 2) Lift mechanics (4 sets of up and back- 15-25 yards)
  - a) Skipping- work on lifting the knee up and good arm swing
- 3) Deceleration skills
  - a) Lunge stop (Do 4 reps on each leg)
  - b) Angled stop (Do 4 reps on each leg)
- 4) Strength exercises
  - a) Medicine ball chest pass (10 reps)
  - b) One arm tubing row (1-2 sets of 12 reps on each side)
  - c) Side plank- (1 set hold for 15-30 seconds on each side)

### **Day 6**

- 1) Warm up and preparation exercises
  - a) Activation- Continue with same exercises
  - b) Dynamic warm up- Add/replace one new exercise
    - i) slights- Hop on both feet quickly and low to the ground
- 2) Fast feet drills
  - a) Ladder drills (2-3 sets of each)
    - i) One step in each
    - ii) Two steps in each
    - iii) One step in each side ways
    - iv) Two steps in each side ways
- 3) Lateral acceleration and change of direction
  - a) 555 shuffle drill (2-3 sets covering 5 yards)
  - b) Lateral take off accelerations (baseball steal) (3-4 on each side for 5-8 yards)
- 4) Strength exercises

- a) Medicine ball side push pass- (1 set of 8 throws each side)
- b) Reverse lunge- (1-2 sets of 6-8 each leg)
- c) Tubing 2 arm row (1-2 sets of 12 reps)

## **Week 4**

### **Day 7**

- 1) Warm up and preparation exercises
  - a) Activation:
    - i) Hip lift
    - ii) Band hip flexor holds
    - iii) Band side walks- (walk 10 steps to the right and left 1 set)
  - b) Dynamic warm up- repeat day one
- 2) Lift mechanics
  - a) Low hurdle runs;
    - i) One step over each
    - ii) Two step over each side ways
- 3) Reaction Z-ball
  - a) Individual catch (5 catches with the right, left, either)
- 4) Strength exercises
  - a) Alligator crawl (2 sets of 10 yards)
  - b) Front lunge (1-2 sets of 6 on each leg)

### **Day 8**

- 1) Warm up and preparation exercises
  - a) Activation:
    - i) Hip lift
    - ii) Band hip flexor holds
    - iii) Band side walks- (walk 10 steps to the right and left 1 set)
  - b) Dynamic warm up- Add new one
- 2) Fast feet drills
  - a) Line drills (2-3 sets of 7 seconds each)
    - i) Side to side
    - ii) Front to back
    - iii) Alternating front to back
- 3) Crossover skills

- a) Double crossovers (spend 4 or 5 minutes practicing this skill so the kids understand the action and purpose)
- 4) Strength exercises
- a) Wheel barrow (2 times each for 5-10 yards)
  - b) Side plank (1-2 seconds for 20-35 seconds)
  - c) Combination front to reverse lunge (1-2 sets of 5 on each leg)

## **Week 5**

### **Day 9**

- 1) Warm up and preparation exercises
- a) Activation:
    - i) Hip lift
    - ii) Band hip flexor holds
    - iii) Band side walks- (walk 10 steps to the right and left 1 set)
  - b) Dynamic warm up- Add new one/mix them up...
- 2) Lateral speed and quickness
- a) 5-10-5 drill (Do 2-3 sets, this can also be a re-test of the assessment)
  - b) I-drill (Do 2-3 sets, this can also be a re-test of the assessment)
  - c) Partner shuffle mirror drill (each partner leads 2-3 times)
- 3) Retreat/backwards acceleration
- a) Introduce and practice the Hip Turn action through reactive games
  - b) If they do it correctly naturally leave it alone
  - c) If they pivot- try to teach the hip turn progression
- 4) Strength exercises
- a) Medicine ball chest pass (8 throws)
  - b) Medicine ball side push pass (1 set of 5 throws each)
  - c) Tubing one arm row (1-2 sets of 10 reps on each arm)
  - d) Medicine ball squat- (perform 1 set of 12-15 reps)

### **Day 10**

- 1) Warm up and preparation exercises
- a) Activation:
    - i) Hip lift
    - ii) Band hip flexor holds
    - iii) Band side walks- (walk 10 steps to the right and left 1 set)
  - b) Dynamic warm up- Add new one/mix them up...

- 2) Fast feet drills
  - a) Ladder drills (perform 2-3 sets of each)
    - i) Jump 2 in two out every other one
    - ii) Hop on one foot for 3 boxes and switch
    - iii) X-country skier
- 3) Linear acceleration
  - a) Partner chase (3-4 sets with each partner leading)
  - b) Ball drops (using a parallel and staggered stance)
- 4) Strength exercises
  - a) Hopping and hold (hop on one leg and hold landing with bend knees for 3 seconds, do 4-8 on each leg)
  - b) Wall push ups with hands staggered (2 sets of 8 reps, switch hands position for second set)

## **Week 6**

### **Day 11** (repeat day 7 and a few additions)

- 1) Warm up and preparation exercises
  - a) Activation:
    - i) Hip lift
    - ii) Band hip flexor holds
    - iii) Band side walks- (walk 10 steps to the right and left 1 set)
  - b) Dynamic warm up- repeat day one
- 2) Lift mechanics
  - a) Low hurdle runs;
    - i) One step over each
    - ii) Two step over each side ways
- 3) Reaction Z-ball
  - a) Individual catch (5 catches with the right, left, either)
  - b) Partner catch (catch a total of 16 between the partners)
- 4) Strength exercises
  - a) Alligator crawl (2 sets of 10 yards)
  - b) Front lunge (1-2 sets of 6 on each leg)

- c) Partner one leg tug o war (hold right hands stand on left leg and try to pull partner over the line, repeat with opposite hand, play for 2-3 minutes, mix up partners)

## **Day 12**

- 1) Warm up and preparation exercises
  - a) Activation:
    - i) Hip lift
    - ii) Band hip flexor holds
    - iii) Band side walks- (walk 10 steps to the right and left 1 set)
  - b) Dynamic warm up- Add new one/mix them up...
- 2) Combination fast feet and lift mechanics
  - a) Ladder to mini hurdles (Do 1-2 sets of each)
    - i) One step in the ladder and one step over the hurdles
    - ii) Two step side ways in the ladder and two steps over the hurdles
    - iii) Jump 2 feet in and out of every other box and jump two feet over the hurdles
- 3) Linear accelerations
  - a) Relay races
    - i) Sprints/acceleration (teams of 3 or 4, sprint up and back for 20 yards, 3-5 races)
- 4) Strength exercises
  - a) Soccer ball wall push ups (use the ball against the wall to do the push up, 1-2 sets of 8-10 reps)
  - b) Reverse lunge holding a medicine ball (2 sets of 6 each leg)
  - c) Tubing row both arms (2 sets of 10-12 reps)

## **Week 7**

### **Day 13** (repeat day 8, with changes)

- 1) Warm up and preparation exercises
  - a) Activation:
    - i) Hip lift
    - ii) Band hip flexor holds
    - iii) Band side walks- (walk 10 steps to the right and left 1 set)
  - b) Dynamic warm up- Add new one
- 2) Deceleration skills

- a) Angles stop (4 sets on each side from 10 yards)
  - b) Backwards lunge stop ( 4 sets on each leg from 5 yards)
- 3) Crossover skills
- a) Double crossovers (spend 4 or 5 minutes practicing this skill so the kids understand the action and purpose)
- 4) Strength exercises
- a) Wheel barrow (2 times each for 5-10 yards)
  - b) Side plank (1-2 seconds for 20-35 seconds)
  - c) Combination front to reverse lunge holding a medicine ball(1-2 sets of 5 on each leg)

## **Day 14**

- 1) Warm up and preparation exercises
- a) Activation: (new one added)
    - i) Hip lift
    - ii) Band hip flexor holds
    - iii) Band squat- band around the knees do 10 squats
  - b) Dynamic warm up- Add new one
- 2) Quickness and change of directions
- a) Shuffle and sprint back (shuffle out for 5 yards and sprint back, 3 sets each directions)
  - b) Power shuffle drill (using 6 cones, 1-2 sets on each side)
- 3) Strength exercises
- a) Front plank (1 set for 30 seconds)
  - b) Supine hip extensions (1 set for 12 reps with 2 second pause at the top)
  - c) Medicine ball Jump back pass ( 8 reps)

## **Week 8**

### **Day 15** (repeat week 9)

- 1) Warm up and preparation exercises
- a) Activation:
    - i) Hip lift
    - ii) Band hip flexor holds
    - iii) Band side walks- (walk 10 steps to the right and left 1 set)
  - b) Dynamic warm up- Add new one/mix them up...

- 2) Lateral speed and quickness
  - a) 5-10-5 drill (Do 2-3 sets, this can also be a re-test of the assessment)
  - b) I-drill (Do 2-3 sets, this can also be a re-test of the assessment)
  - c) Partner shuffle mirror drill (each partner leads 2-3 times)
  
- 3) Retreat/backwards acceleration
  - a) Introduce and practice the Hip Turn action through reactive games
  - b) If they do it correctly naturally leave it alone
  - c) If they pivot- try to teach the hip turn progression
  
- 4) Strength exercises
  - a) Medicine ball chest pass (8 throws)
  - b) Medicine ball side push pass (1 set of 5 throws each)
  - c) Tubing one arm row (1-2 sets of 10 reps on each arm)
  - d) Medicine ball squat- (perform 1 set of 12-15 reps)

## **Day 16**

- 1) Warm up and preparation exercises
  - a) Activation: (new one added)
    - i) Hip lift
    - ii) Band hip flexor holds
    - iii) Band squat- band around the knees do 10 squats
  - b) Dynamic warm up- Add new one
  
- 2) Crossover technique
  - a) Double crossover drill (can try partner mirror, 2-3 sets each for 5 yards)
  
- 3) Fast feet drills with linear acceleration
  - a) Line drills (while doing a line drill sprint 5 yards on the coaches signal)
    - i) Side to side
    - ii) Front to back
    - iii) Alternate front to back
  
- 4) Strength exercises
  - a) Alligator (2 sets for 10 yards)
  - b) Partner Tug o war (4 games with each hand/foot)

- c) One leg squat (squat balancing on one leg, hold wall only if needed, do 1-2 sets of 8 reps on each)

## **Week 9**

### **Day 17**

#### 1) Re-assessment

- a) Break the group into half and do skills work with one group and assessment with the other. Switch when finished with assessment.

- i) Dynamic and static movement

- (1) Body weight squat
    - (2) Single leg squat
    - (3) Front lunge
    - (4) Seated rotation
    - (5) Push up hold

- b) Athletic assessment

- i) 5-10-5 test
    - ii) "I" test
    - iii) Standing broad jump
    - iv) 20 yard sprint

### **Day 18**

#### 1) Warm up and preparation system.

- a) Introduce rolling (teach the U-8 and U-9 what rolling is and how to perform it)

- i) Rolling-Hamstrings and calves only

- ii) Activation:

- (1) Hip lift
    - (2) Band hip flexor holds
    - (3) Band Knee out holds

- iii) Dynamic warm up:

- (1) Relaxed skip
    - (2) Lateral jumping jacks
    - (3) Carioca reach only and knee drive introduction
    - (4) Monster walk
    - (5) Drop step skip
    - (6) Inch worm

- 2) Lift mechanics
  - a) Wall runs- Do 4 sets of numbered wall runs
  - b) Skips- Do 3 sets of 20 yard skips
  
- 3) Reaction drills and acceleration
  - a) Shuffle drill- Athletes will shuffle in the direction the coach points (2-3 sets)
  - b) 5-10-5 drill- Athletes will start in the direction the coach points. (2-3 sets)
  
- 4) Strength exercises
  - a) Side lunge (1-2 sets of 6 on each side)
  - b) Medicine ball side push pass (1 set of 8 on each side)
  - c) Front plank (30 second holds)

## **Week 10**

### **Day 19**

- 1) Warm up and preparation system
  - a) Roll- Do not need to do everyday with this age at this point
  - b) Activation- repeat day 18
  - c) Dynamic warm up- repeat day 18
  
- 2) Fast feet
  - a) Ladder (2-3 sets of each)
    - i) 2 in 2 out runs
    - ii) x-country skier
    - iii) ickey shuffle
  
- 3) Retreat/backward accelerate
  - a) Ball drops with back facing coach (2 hip turning each way)
  - b) Continuous hip turn (2-3 sets of 15 yards)
  
- 4) Strength exercises
  - a) Push progression- wall, kneeling, floor (2 sets of 8 reps)
  - b) Side lunge holding a med ball (1-2 sets of 6 reps on each)
  - c) Side plank (30 second holds on each)

## **Day 20**

- 1) Warm up and preparation system
  - a) Activation-
    - i) Hip lift
    - ii) Band hip flexor holds
    - iii) Band squat- band around the knees do 10 squats
  - b) Dynamic warm up- repeat day 18
  
- 2) Deceleration and acceleration
  - a) Angled stop and backward lunge stop (perform within a 5-10 yard distance, sprint forward and angle stop then backpedal and backward lunge stop, 3-4 sets)
  - b) Lateral shuffle stop and angle stop (perform within a 5 yard distance, shuffle for 5 yards stop and sprint back and angle stop, perform 2-3 sets on each side)
  
- 3) Strength exercises
  - a) Medicine ball chest pass (1 set of 10 throws)
  - b) Reverse lunge holding a medicine ball (2 sets of 6 reps on each)
  - c) Tubing one arm row (1-2 sets of 12 on each)

## **Week 11**

### **Day 21**

- 1) Warm up and preparation system
  - a) Activation-
    - i) Hip lift
    - ii) Band hip flexor holds
    - iii) Band squat- band around the knees do 10 squats
  - b) Dynamic warm up- repeat day 18
  
- 2) Lift mechanics
  - a) Wall runs- Do 2 sets of continuous wall runs for 8 seconds
  - b) Skips- Do 3 sets of 20 yard skips
  
- 3) Sprints/obstacle
  - a) Hurdles, ladder, sprint (run over 6 hurdles with one step between each, run through the ladder with one step in each, go around the cone at the end of the ladder and sprint back to the start, 2-3 sets)
  - b) Make up any combination of obstacle races....

- 4) Strength
  - a) Medicine ball squats (2 sets of 10)
  - b) Tubing row (2 sets of 12 reps, 2 arms)
  - c) Alligator (10 yards 2 times)

**Day 22** (repeat day 19)

- 1) Warm up and preparation system
  - a) Roll- Do not need to do everyday with this age at this point
  - b) Activation- repeat day 18
  - c) Dynamic warm up- repeat day 18
- 2) Fast feet
  - a) Ladder (2-3 sets of each)
    - i) 2 in 2 out runs
    - ii) x-country skier
    - iii) ickey shuffle
- 3) Retreat/backward accelerate
  - a) Ball drops with back facing coach (2 hip turning each way)
  - b) Continuous hip turn (2-3 sets of 15 yards)
- 4) Strength exercises
  - a) Push progression- wall, kneeling, floor (2 sets of 8 reps)
  - b) Side lunge holding a med ball (1-2 sets of 6 reps on each)
  - c) Side plank (30 second holds on each)

**Week 12**

**Day 23 and Day 24**

- 1) Perform the entire assessment over to see improvements and starting point for outdoor season
- 2) Play movement games....

## **LISC U-10, U-11, and U-12 Daily Scheduling**

The U-10 through U-12 LISC program is similar to the U-8 and U-9 program except slightly more advanced exercises will be used both in strength training and speed training. The primary goals of this program is

- To re-introduce multi-directional speed skills from the U-8 and U-9 program and slightly expand on the skills and intensity.
- The strength training exercises are also re-introduced but due to more time allotment to train, more exercises were introduced and progressed in a slow manor
- The main emphasis with regard to strength training is on learning the techniques involved in executing the exercises. Tempo and rest periods are not manipulated except to encourage control and no jerking of the movement.
- Posture is a high priority during this phase. Athletes will need to learn how to keep the neck and shoulders moving properly through out a full range of motion. The low back, hips, and feet are also exercises to encourage good functional movement.

### **U-10, U-11, and U-12**

Week 1

Day 1

- 1) Introduce the warm up and preparation system.
  - a) Rolling: (15-20 seconds per muscle group)
    - i) Calves
    - ii) Glutes
    - iii) IT Band
  - b) Activation:
    - (1) Hip lift
    - (2) Band hip flexor holds
    - (3) Band Knee out holds
  - c) Dynamic warm up:
    - (1) Relaxed skip
    - (2) Lateral jumping jacks
    - (3) Carioca reach only
    - (4) Monster walk
    - (5) Drop step skip
    - (6) Inch worm

- 2) Assessment and soccer skill work
  - c) Break the group into half and do skills work with one group and assessment with the other. Switch when finished with assessment.
    - i) Dynamic and static movement
      - (1) Body weight squat
      - (2) Single leg squat
      - (3) Front lunge
      - (4) Seated rotation
      - (5) Push up hold

## **Day 2**

- 2) Review warm up and preparation exercises
  - a) Rolling
  - b) Activation- Same as day one
  - c) Dynamic warm up- Same as day one
  
- 2) Assessment and soccer skill work
  - d) Break the group into half and do skills work with one group and assessment with the other. Switch when finished with assessment
  - e) Athletic assessment
    - i) 5-10-5 test
    - ii) "I" test
    - iii) Standing broad jump
    - iv) 20 yard sprint

## **Day 3**

- 1) Review warm up and preparation exercises
  - a) Rolling
  - b) Activation- Same as day one
  - c) Dynamic warm up- Same as day one
  
- 2) Dynamic and static flexibility assessment
  - a) Supine leg raise
  - b) Prone knee flexion
  - c) Long seat toe touch
  - d) Arm raise and thoracic test
  - e) Knee to wall test
  
- 3) 150 yard shuttle (Do this one time)

## Week 2

### Day 4

- 1) Review warm up and preparation exercises
  - a) Rolling
  - b) Activation- Same as day one
  - c) Dynamic warm up- Same as day one
  
- 2) Introduce linear
  - a) Linear acceleration/lift mechanics
    - i) Wall runs (3-4 sets of numbered wall runs)
    - ii) Reaction starts from various stances (5 and 10 yard starts, 2-3 reps each)
  
- 3) Strength exercises
  - a) Rear lunge (1-2 sets of 6 on each)
  - b) Medicine ball side push pass (1 set of 6 on each)
  - c) Prone plank (1 set of 20 to 30 seconds)

### Day 5

- 1) Review warm up and preparation exercises
  - a) Rolling
  - b) Activation- Same as day one
  - c) Dynamic warm up- Introduce one new exercise
  
- 2) Fast feet
  - a) Ladder drill (2-3 sets for each)
    - i) One step in each
    - ii) Two step in each sideways
    - iii) One step in each sideways (crossover)
  
- 3) Reaction drills
  - a) Z-ball reaction
    - i) Individual catch (catch 5 with right, left, either)
  
- 4) Hip strength
  - a) Leg raise circuit (laying supine with legs straight)
    - i) Raise straight up, all the way to the outside, back up, down to the starting position, back up, over across the body, back up, and down to the starting position- this equals one rep (2-5 reps on each leg)

## **Day 6**

- 1) Warm up and preparation exercises
  - a) Rolling
  - b) Activation- Same as day one
  - c) Dynamic warm up
  
- 2) Lateral acceleration
  - a) Teach the proper stance and how to push off
  - b) 555 shuffle drill (3-4 sets)
  
- 3) Strength exercises
  - a) Rear lunge (2 sets of 8 reps on each)
  - b) Wall push up progression (2 sets of 10 reps)
  - c) Side plank (1 set of 20-30 second holds on each)

## **Week 3**

### **Day 7**

- 1) Warm up and preparation exercises
  - a) Rolling
  - b) Activation- Same as day one
  - c) Dynamic warm up- Add new one
  
- 2) Teach the crossover technique
  - a) Double crossover drill (3-4 sets, out and back 2 times counts as one)
  
- 3) Deceleration techniques
  - a) Lunge stop (4 reps on each leg)
  - b) Angled stop (4 reps to each side)
  
- 4) Strength exercises
  - a) Front lunge (2 sets of 6 on each)
  - b) Tubing one arm row (1 set of 12 on each)
  - c) Medicine ball chest pass (10 reps)

### **Day 8**

- 1) Warm up and preparation exercises
  - a) Rolling
  - b) Activation- Same as day one
    - i) Introduce Soccer ball squeeze squat
  - c) Dynamic warm up

- 2) Linear Acceleration (mix up the starting positions)
  - a) 5 yard reaction starts (5 sets)
  - b) 10 yard reaction starts (5 sets)
- 3) Hip strength exercises
  - a) Band walks sideways (up and back 10 yards)
  - b) Band walks forward and backward (up and back 10 yards)

## **Day 9**

- 1) Warm up and preparation exercises
  - a) Rolling
  - b) Activation- Same as day 8
  - c) Dynamic warm up- Add new one
- 2) Retreat and backward acceleration
  - a) Hip turn progression: (2-3 of each on each side)
    - i) Hip turn and shuffle
    - ii) Hip turn and crossover
    - iii) Hip turn and run
- 3) Strength exercises
  - a) Walking lunge (2 sets of 12 steps)
  - b) Wall push up progression (use a bench or chair if available, 2 sets of 10-12)
  - c) Tubing row (2 sets of 12 reps)

## **Week 4**

### **Day 10**

- 1) Warm up and preparation exercises
  - a) Rolling
  - b) Activation- Same as day one
  - c) Dynamic warm up
- 2) Fast feet
  - a) Line drills: (Do each drills for 2-3 sets each for 7 seconds)
    - i) Side to side
    - ii) Front to back
    - iii) Alternate front to back

- 3) Z-ball drills
  - b) Partner catch (5 catch with right, left, and either hand)
  - c) Individual catch toss over head (10 catches)
- 4) Strength exercises
  - d) Medicine ball squats (2 sets of 12 reps)
  - e) Medicine ball side push pass (1 set of 10 throw on each side)
  - f) Tubing 1 arm row from a staggered stance (2 sets of 8 on each side)
  - g) Side plank (1 set of 30 seconds on each side)

### **Day 11**

- 1) Warm up and preparation exercises
  - a) Rolling
  - b) Activation- Same as day one
  - c) Dynamic warm up- Add a new one
- 2) Deceleration and acceleration
  - a) Split step and react- The coach will point in a new direction as the athlete approaches, the athlete must split step and accelerate in the new direction. (4-6 reps)
  - b) Angled deceleration and sprint back to start- (Do 4 reps in each direction)
- 3) Retreat and Backward acceleration
  - a) Continuous hip turn- (Do 3 sets for 15 to 20 yards)
  - b) Continuous hip turn stop and accelerate- (Do 3 sets)

### **Day 12**

- 1) Warm up and preparation exercises
  - a) Rolling
  - b) Activation-
    - i) Add band tubing walk- 10 steps to the right and left
  - c) Dynamic warm up
- 2) Lateral acceleration and reaction
  - a) 555 shuffle drill (3-4 sets)
  - b) Partner take off (shuffle to the right or left when partner does, 2 sets lead by each partner)
- 3) Strength exercises

- a) Rear lunge to front lunge (2 sets of 5 reps on each)
- b) Alligator crawl- (2 sets of 10 yards)
- c) Side plank (1 set of 20-30 second holds on each)

## **Week 5**

### **Day 13**

- 1) Assessment and soccer skill work
  - a) Break the group into half and do skills work with one group and assessment with the other. Switch when finished with assessment
  - b) Athletic assessment
    - i) 5-10-5 test
    - ii) "I" test
    - iii) Standing broad jump
    - iv) 20 yard sprint

### **Day 14**

- 1) Assessment and soccer skill work
  - d) Break the group into half and do skills work with one group and assessment with the other. Switch when finished with assessment.
    - i) Dynamic and static movement
      - (1) Body weight squat
      - (2) Single leg squat
      - (3) Front lunge
      - (4) Seated rotation
      - (5) Push up hold

### **Day 15**

- 1) Assessment and soccer skill work
  - a) Break the group into half and do skills work with one group and assessment with the other. Switch when finished with assessment.
    - i) Dynamic and static flexibility assessment
      - (1) Supine leg raise
      - (2) Prone knee flexion
      - (3) Long seat toe touch
      - (4) Arm raise and thoracic test
      - (5) Knee to wall test
- 2) Assessment of endurance
  - a) 150 yard shuttle (Do this one time)

## **Week 6**

### **Day 16**

- 1) Warm up and preparation exercises
  - a) Rolling
  - b) Activation-
    - i) Add band tubing walk- 10 steps to the right and left
  - c) Dynamic warm up
  
- 2) Foot speed
  - a) Ladder drills
    - i) One step in each
    - ii) Ickey shuffle
    - iii) Crossover ickey shuffle
  
- 3) Reaction accelerations
  - a) Ball drops (do 3-4 of each stance)
    - i) Parallel stance
    - ii) Lateral stance
    - iii) Backward parallel stance
  
- 4) Strength exercises
  - a) Multi-directional lunge (forward, sideways, backward) (Do 2 sets of 5 on each leg)
  - b) Tubing row (2-3 sets of 8)
  - c) Medicine ball staggered push pass (2 sets of 5 on each)
  - d) Medicine ball slams (2 sets of 30 reps)

### **Day 17 (repeat day 11)**

- 1) Warm up and preparation exercises
  - a) Rolling
  - b) Activation- Same as day one
  - c) Dynamic warm up- Add a new one
  
- 2) Deceleration and acceleration
  - a) Split step and react- The coach will point in a new direction as the athlete approaches, the athlete must split step and accelerate in the new direction. (4-6 reps)
  - b) Angled stop deceleration and sprint back to start- (Do 4 reps in each direction)

- 3) Retreat and Backward acceleration
  - a) Continuous hip turn- (Do 3 sets for 15 to 20 yards)
  - b) Continuous hip turn stop and accelerate- (Do 3 sets)

#### Day 18

- 1) Warm up and preparation exercises
  - a) Rolling
  - b) Activation-
    - i) Soccer ball squat (10 reps)
  - c) Dynamic warm up
- 2) Linear acceleration
  - a) 5 yard acceleration from one knee take off (2 reps on each leg)
  - b) 10 yard get ups from push up position (5 reps)
- 3) Strength exercises
  - a) Walking lunge (2 sets of 16 steps)
  - b) One arm tubing row (2 sets of 12 reps on each)
  - c) Medicine ball side push pass
  - d) Wall soccer ball push up (2 sets of 8 reps)

#### **Week 7**

##### **Day 19** (repeat day 16 to start to build consistency)

- 1) Warm up and preparation exercises
  - a) Rolling
  - b) Activation-
    - i) Add band tubing walk- 10 steps to the right and left
  - c) Dynamic warm up
- 2) Foot speed
  - a) Ladder drills
    - i) One step in each
    - ii) Ickey shuffle
    - iii) Crossover ickey shuffle
- 3) Reaction accelerations
  - a) Ball drops (do 3-4 of each stance)
    - i) Parallel stance
    - ii) Lateral stance

- iii) Backward parallel stance
- 4) Strength exercises
  - a) Multi-directional lunge (forward, sideways, backward) (Do 2 sets of 5 on each leg)
  - b) Tubing row (2-3 sets of 8)
  - c) Medicine ball staggered push pass (2 sets of 5 on each)
  - d) Medicine ball slams (2 sets of 30 reps)

## **Day 20**

- 1) Warm up and preparation exercises
  - a) Rolling
  - b) Activation-
    - i) Add band tubing walk- 10 steps to the right and left
  - c) Dynamic warm up
- 2) Combination lateral and linear
  - a) Shuffle to sprint back (2 sets on each side for 5 yards)
  - b) Crossover sprint back (2 sets on each side for 5 yards)
  - c) Shuffle out and back and sprint out (2 sets on each side for 5 yards)
  - d) Crossover out and back and sprint out (2 sets of each for 5 yards)
- 3) Hip strength
  - a) Kneeling quadruped hip raise (2 sets of 10 on each)
  - b) Supine leg raise circuit
    - i) Leg raise up down, up to the side back up down, up down over the body back up and down (3 reps on each leg)

## **Day 21**

- 1) Warm up and preparation exercises
  - a) Rolling
  - b) Activation
  - c) Dynamic warm up
- 2) Fast feet
  - a) Line drills (2-3 sets of each for 7 seconds)
    - i) Side to side
    - ii) Front to back
    - iii) Alternate front to back

- 3) Lift mechanics
  - a) Mini hurdles (2-3 sets of each)
    - i) One step over each
    - ii) One step over each sideways- crossover
    - iii) Two steps over each sideways
- 4) Strength exercises
  - a) Walking lunge (2 sets of 16 steps)
  - b) One arm tubing row (2 sets of 12 reps on each)
  - c) Medicine ball side push pass (8 throws on each)
  - d) Wall soccer ball push up (2 sets of 8 reps)

## **Week 8**

### **Day 22**

- 1) Warm up and preparation exercises
  - a) Rolling
  - b) Activation
  - c) Dynamic warm up (add a new exercise or two)
- 2) Lift mechanics
  - a) Wall runs (4 sets of numbered wall runs)
  - b) Skips (4 sets of 25 yard skips)
- 3) Retreat and deceleration to acceleration
  - a) Continuous hip turn (3 sets of 15-20 yards)
  - b) Continuous hip turn to a stop and accelerate back to start (2 sets)
  - c) Continuous hip turn to a stop and angled acceleration back toward starting position, coach will point (2-3 sets)
- 4) Strength exercises
  - a) Walking lunge (2 sets of 20 steps)
  - b) One arm tubing row staggered stance (2 sets of 12 reps on each)
  - c) Medicine ball jump back chest pass (10 reps)
  - d) Wall, bench, floor push up- what ever level allows for an appropriate push up (2 sets of 8 reps)

### **Day 23** (repeat day 20 to build on exercise progressions)

- 1) Warm up and preparation exercises
  - a) Rolling
  - b) Activation

- c) Dynamic warm up
- 2) Combination lateral and linear
  - a) Shuffle to sprint back (2 sets on each side for 5 yards)
  - b) Crossover sprint back (2 sets on each side for 5 yards)
  - c) Shuffle out and back and sprint out (2 sets on each side for 5 yards)
  - d) Crossover out and back and sprint out (2 sets of each for 5 yards)
- 3) Hip strength
  - a) Kneeling quadruped hip raise (2 sets of 10 on each)
  - b) Supine leg raise circuit
    - i) Leg raise up down, up to the side back up down, up down over the body back up and down (3 reps on each leg)
    - ii) Leg cycle- Knee to chest followed by lifting heel to the ceiling then leg comes straight down to start (1 set of 10 reps)

## **Day 24**

- 1) Warm up and preparation exercises
  - a) Rolling
  - b) Activation- Add forward band walks (10 steps forward and backwards)
  - c) Dynamic warm up
- 2) Reaction drills
  - a) Z-ball individual catch (catch 5 with the right, left, either)
  - b) Z-ball individual overhead toss, hip turn (catch 10 with either)
  - c) Lateral shuffle and crossover mirror drill (each partner leads 3 times within 5 yards)
- 3) Linear speed
  - a) Stride outs- Relaxed sprints for 25-40 yards (4 reps with walk back to start)
- 4) Strength exercise
  - a) Reverse lunge holding a medicine ball (2 sets of 8 on each leg)
  - b) Tubing press staggered stance (2 sets of 12 reps)
  - c) Medicine ball slams (3 sets of 30 reps)
  - d) Kneeling quadruped alternate superman (1 set of 12 reps on each)

## **Week 9**

### **Day 25**

- 1) Warm up and preparation exercises
  - a) Rolling
  - b) Activation
  - c) Dynamic warm up (add a new exercise or two)
  
- 2) Lift mechanics
  - a) Wall runs (2-3 sets of 8 second continuous running)
  - b) Skips (4 sets of 25 yard skips)
  
- 3) Retreat and deceleration to acceleration
  - a) Continuous hip turn (3 sets of 15-20 yards)
  - b) Continuous hip turn to a stop and accelerate back to start (2 sets)
  - c) Continuous hip turn to a stop and angled acceleration back toward starting position, coach will point (2-3 sets)
  
- 4) Strength exercises
  - a) Walking medicine ball power lunge (2 sets of 16 steps)
  - b) Tubing row parallel stance (2 sets of 12 reps)
  - c) Medicine ball seated chest pass (10 reps)
  - d) Wall, bench, floor push up- what ever level allows for an appropriate push up (2 sets of 8 reps)

### **Day 26**

- 1) Warm up and preparation exercises
  - a) Rolling
  - b) Activation
  - c) Dynamic warm up
  
- 2) Deceleration and acceleration (within a 5-10 yard area)
  - a) Split step and react- The coach will point in a new direction as the athlete approaches, the athlete must split step and accelerate in the new direction. (4-6 reps)
  - b) Angled stop deceleration and sprint back to start- (Do 4 reps in each direction)
  
- 3) Retreat and Backward acceleration
  - a) Continuous hip turn- (Do 3 sets for 15 to 20 yards)
  - b) Continuous hip turn stop and accelerate- (Do 3 sets)

- 4) Hip strength
  - a) Supine leg raise circuit
    - i) Leg raise up down, up to the side back up down, up down over the body back up and down (4 reps on each leg)

## **Day 27**

- 1) Warm up and preparation exercises
  - a) Rolling
  - b) Activation
  - c) Dynamic warm up
- 2) Linear Speed
  - a) Stride outs (5 reps of 25 to 40 yards of relaxed sprinting)
- 3) Strength exercises
  - a) Front lunge holding a medicine ball (2 sets of 8 on each leg)
  - b) Tubing press parallel stance (2 sets of 12 reps)
  - c) Prone plank (1 set of 40 seconds)
  - d) Kneeling quadruped alternate superman (1 set of 12 reps on each)

## **Week 10**

### **Day 28**

- 1) Warm up and preparation exercises
  - a) Rolling
  - b) Activation
  - c) Dynamic warm up (add a new exercise or two)
- 2) Lift mechanics
  - a) Wall runs (4 sets of numbered will runs)
  - b) Hurdles runs (4 sets of each)
    - i) One step over each
    - ii) Two steps over each sideways
    - iii) One step over each sideways (crossover)
- 3) Reaction accelerations
  - a) Ball drops (4 sets of each direction)
    - i) Parallel stance facing ahead
    - ii) Parallel stance facing sideways (2 in each direction)
    - iii) Parallel stance facing backwards (2 hip turns in each direction)

- 4) Strength exercises
  - a) Walking medicine ball power lunge (2 sets of 20 steps)
  - b) Tubing one arm row parallel stance (2 sets of 12 reps on each)
  - c) Tubing one arm push staggered stance ( 2 sets of 8 reps on each)
  - d) Medicine ball seated chest pass (10 reps)

### **Day 29**

- 1) Warm up and preparation exercises
  - a) Rolling
  - b) Activation- New activation
  - c) Dynamic warm up- New exercise added
- 2) Deceleration and acceleration (within a 5-10 yard area)
  - a) Split step and react- The coach will point in a new direction as the athlete approaches, the athlete must split step and accelerate in the new direction. (4-6 reps)
  - b) Angled stop deceleration and sprint back to start- (Do 4 reps in each direction)
- 3) Z-ball drills
  - a) Partner catch (each partner catches 8 with each hand)
  - b) Partner hip turn and catch (when partner 1 says go partner 2 hip turns and catch the ball after one bounce, each partner catches 8)
- 4) Hip strength
  - a) Supine leg raise circuit
    - i) Leg raise up down, up to the side back up down, up down over the body back up and down (4 reps on each leg)

### **Day 30 (repeat day 27)**

- 1) Warm up and preparation exercises
  - a) Rolling
  - b) Activation
  - c) Dynamic warm up
- 2) Linear Speed
  - a) Stride outs (5 reps of 25 to 40 yards of relaxed sprinting)
- 3) Strength exercises

- a) Front lunge holding a medicine ball (2 sets of 8 on each leg)
- b) Tubing press parallel stance (2 sets of 12 reps)
- c) Prone plank (1 set of 40 seconds)
- d) Kneeling quadruped alternate superman (1 set of 12 reps on each)

## **Week 11**

### **Day 31** (repeat day 28)

- 5) Warm up and preparation exercises
  - a) Rolling
  - b) Activation
  - c) Dynamic warm up (add a new exercise or two)
  
- 6) Lift mechanics
  - a) Wall runs (4 sets of numbered will runs)
  - b) Hurdles runs (4 sets of each)
    - i) One step over each
    - ii) Two steps over each sideways
    - iii) One step over each sideways (crossover)
  
- 7) Reaction accelerations
  - a) Ball drops (4 sets of each direction)
    - i) Parallel stance facing ahead
    - ii) Parallel stance facing sideways (2 in each direction)
    - iii) Parallel stance facing backwards (2 hip turns in each direction)
  
- 8) Strength exercises
  - a) Walking medicine ball power lunge (2 sets of 20 steps)
  - b) Tubing one arm row parallel stance (2 sets of 12 reps on each)
  - c) Tubing one arm push staggered stance ( 2 sets of 8 reps on each)
  - d) Medicine ball seated chest pass (10 reps)

### **Day 32**

- 1) Warm up and preparation exercises
  - a) Rolling
  - b) Activation
  - c) Dynamic warm up
  
- 2) Deceleration and acceleration (within a 5-10 yard area)

- a) Backward lunge stop- The coach will point in a new direction as the athlete approaches the backward lunge stop, the athlete must accelerate in the new direction. (4-6 reps)
  - b) Angled stop deceleration and sprint back- (Do 4 in each direction)
- 3) Retreat and Backward acceleration
- a) Continuous hip turn, turn and sprint- (Do 3 sets for 15 to 20 yards)
  - b) Continuous hip turn stop and accelerate- (Do 3 sets)
- 4) Hip strength
- a) Supine leg raise circuit
    - i) Leg raise up down, up to the side back up down, up down over the body back up and down (4 reps on each leg)

### **Day 33**

- 1) Warm up and preparation exercises
- a) Rolling
  - b) Activation
  - c) Dynamic warm up
- 2) Lateral acceleration
- a) Reaction shuffles- Shuffle 5 yards on signal (3 sets in each direction)
  - b) Reaction crossovers- Crossover for 5 yards on the coaches signal (3 sets in each direction)
- 3) Strength exercises
- a) Front lunge holding a medicine ball (2 sets of 8 on each leg)
  - b) Tubing press parallel stance (2 sets of 12 reps)
  - c) Prone plank (1 set of 40 seconds)
  - d) Kneeling quadruped alternate superman (1 set of 12 reps on each)

### **Week 12**

#### **Day 34**

- 1) Use this week to re-assess and to establish what will need to be accomplished in the outdoor season.
- 2) Talk to the 12 year olds how the training program will be more progressive and organized once they join the 13 and 14 year old team.
- 3) Re-assess what you as the coach needs to work on during the outdoor season.

## **LISC U13 and U14 Daily Training Schedule**

The 13 and 14 year old soccer players at LISC will now enter a more progressive training program. Exercises will not be as random and mixed in as was the case for the 8 through 12 year olds.

- The speed program will progress skills to create a more solid foundation and to prepare athletes for more intense training at the U15 through U18 program. There is still a game like mentality that must exist to encourage kids to have fun and realize training is not only a hard demanding process!
- The strength training program will also progress skills and build upon basic exercises and gradually add more challenging variation to the original exercise. Individual athletes will be encouraged to increase exercise progression if proficiency presents itself.
- Exercise variable such as Tempo (speed of the exercise) and Rest period (amount of time between sets) will be closely monitored.
- Posture, as in the U-8 through U-12 program, is still a high priority and will be encouraged throughout the program.

### **U-13 and U-14 (Follow the same assessment week)**

#### **Week 1**

#### **Day 1**

- 3) Introduce the warm up and preparation system.
  - a) Rolling: (15-20 seconds per muscle group)
    - i) Calves
    - ii) Hamstrings
    - iii) Glutes
    - iv) IT Band

\*At this age it is a good idea to teach proper technique of corrective stretching if needed. REMEMBER, this is only for the muscle groups that need to be corrected due to extreme tightness or imbalance!!

- b) Activation:
  - (1) Hip lift
  - (2) Band hip flexor holds
  - (3) Band Knee out holds
- c) Dynamic warm up:
  - (1) Relaxed skip
  - (2) Lateral jumping jacks
  - (3) Carioca reach only

- (4) Monster walk
  - (5) Drop step skip
  - (6) Inch worm
- 4) Assessment and soccer skill work
- e) Break the group into half and do skills work with one group and assessment with the other. Switch when finished with assessment.
    - i) Dynamic and static movement
      - (1) Body weight squat
      - (2) Single leg squat
      - (3) Front lunge
      - (4) Seated rotation
      - (5) Push up hold

### **Day 2**

- 3) Review warm up and preparation exercises
- a) Rolling
  - b) Activation- Same as day one
  - c) Dynamic warm up- Same as day one
- 2) Assessment and soccer skill work
- f) Break the group into half and do skills work with one group and assessment with the other. Switch when finished with assessment
  - g) Athletic assessment
    - i) 5-10-5 test
    - ii) "T" test
    - iii) Standing broad jump
    - iv) 20 yard sprint

### **Day 3**

- 4) Review warm up and preparation exercises
- a) Rolling
  - b) Activation- Same as day one
  - c) Dynamic warm up- Same as day one
- 5) Dynamic and static flexibility assessment
- a) Supine leg raise
  - b) Prone knee flexion
  - c) Long seat toe touch
  - d) Arm raise and thoracic test

- e) Knee to wall test
- 6) 150 yard shuttle (Do this one time)

## **Week 2**

### **Day 4, 5, and 6**

The focus of week 2 is to introduce multi-directional speed techniques and strength training exercises and to ensure all athletes understand the expectations of the movements!

**Once you introduce the basic movement pattern, whether it is strength or speed- exercises can be progressed off the basic movement pattern!**

- 1) Warm up and preparations (Corrective stretching will be for those that need it and immediately following Rolling)
  - a) Rolling
  - b) Activation
  - c) Dynamic warm up
- 2) \*For the remainder of the weeks the warm up period, which is clearly outlined here, will be written only as *Warm up and preparation*.
- 3) Lateral and linear acceleration and change of direction techniques.
  - a) **Lateral shuffle and 555 shuffles** can be used to teach proper technique and reinforce movement efficiency. How to push off and how to stop
  - b) **Crossover technique** will also be introduced on this day. The double crossover drill will be used to teach athletes how to explode laterally without completely turning and running and losing orientation of the person they are marking.
  - c) **Hip turn movements-** Show the importance of quick movements with the hips and feet to apply quick force into the ground
  - d) **Acceleration starts-** Show athletes how to be aggressive with knee and arm action.
  - e) **Stride outs-** Explain the concept of running relaxed but not slow...
- 4) Jumping/landing and plyometric training-
  - a) Jumping- Teach how to land from a simple two foot jump up and down. This same concept applies to the one leg.
  - b) Plyometric- be quick off the ground with great form.
- 5) Strength exercises

- a) Proper execution of the following exercises will be practiced:
  - i) Body weight squat
  - ii) Front, reverse, and side lunge
  - iii) Push up progression (proper posture and shoulder control)
    - (1) Wall push up
    - (2) Bench push up
    - (3) Kneeling floor push up
    - (4) Total body push up
  - iv) Tubing push and pull from parallel stance
  - v) Tubing rotation exercises
  - vi) Abdominal exercises:
    - (1) Front and side planks
      - (a) Progression is from the knees to eventually total body
- 6) Medicine ball exercises (demonstration and explanation of execution)
  - a) Chest pass and progression
    - i) Step chest pass
    - ii) Jump back chest pass
    - iii) Jump, land, step and chest pass
  - b) Push pass and progression
    - i) Parallel stance
    - ii) Staggered stance
    - iii) Moving forward and backward with shuffle

**\*\*Coaches will need to outline their week so they can introduce the above exercises. Allow enough time for athletes to attempt the exercise and ask questions but then move on to the next exercise. It is important to get all the basic foundational movements in so as the weeks progress new progressions can be added off the basic foundation exercises.**

### **Week 3**

#### **Day 7**

- 1) Warm up and preparation
- 2) Lift mechanics:
  - a) Wall runs-
    - i) Holds (2 sets of 10 seconds on each)
    - ii) Numbered wall runs (4 sets)
- 3) Fast feet:

- a) Line drills (2 sets of all for 5 seconds with 20 seconds rest)
  - i) Side to side
  - ii) Front to back
  - iii) Alternate front to back
  
- 4) Lateral speed
  - a) 5 yard shuffle (3 reps each direction)
  - b) 5 yard shuffle and stop (3 reps each direction)
  - c) 8 yard crossover (3 reps each direction)
  - d) 8 yard crossover and stop (3 reps each direction)
  
- 5) Strength exercises:
  - a) Body weight squat (2 sets of 10 reps, 301 tempo, with 30-45 second rest)
  - b) Push up progression (choose appropriate level, 2 sets of 8 reps, 301 tempo, 30-45 second rest)
  - c) Tubing parallel pull (2 sets of 10 reps, 301 tempo, 30-45 seconds rest)
  - d) Front plank progression (1 sets of 20-40 second hold)
  - e) Toe and heel walks (2 sets of 50 steps each, 30 second rest)

## **Day 8**

- 1) Warm up and preparation
- 2) Lift mechanics:
  - a) Skips- 20 yards (3 sets)
  - b) Heel kicks -20 yards (2 sets)
  
- 3) Fast feet:
  - i) Ladder drills: (2 sets of each)
    - (1) One step in each
    - (2) Two step in each
    - (3) Sideways two steps in each
    - (4) Sideways one step in each (crossover)
  
- 4) Speed endurance- 10 yard intervals (1 sets of 10 reps with 10 second rest)
  
- 5) Hip strength:
  - a) Prone straight leg raise (2 sets of 10 on each, 201 tempo)
  - b) Prone straight leg heel circles (1 set of 10 each direction on each leg, X tempo)

## **Day 9**

- 6) Warm up and preparation
- 7) Lift mechanics:
  - a) Hurdle runs: 2-3 sets of each
    - i) One step over each
    - ii) Two steps sideways over each
    - iii) One step sideways over each (crossover)
- 8) Fast feet:
  - a) Fast feet: 2 sets of each for 7-10 seconds with 25 second rest
    - i) Box or ball drills:
      - (1) Runs (right to left switching)
      - (2) Side runs
      - (3) Straddle jumps (only if box)
- 9) Linear acceleration
  - a) Staggered start 5-20... yard acceleration (6 reps, 20 second rest)
  - b) Ball drops (2 sets facing, sideways, back facing)
- 10) Strength exercises:
  - a) Reverse lunge (2 sets of 6-8 reps on each, 111 tempo, rest 30 seconds)
  - b) Staggered stance push (2 sets of 10, 201 tempo, rest 30 seconds)
  - c) Staggered stance pull (2 sets of 12, 201 tempo, rest 30 seconds)
  - d) Medicine ball slams (1-2 set of 30 reps on each)

## **Week 4**

### **Day 10**

- 1) Warm up and preparation
- 2) Lift mechanics:
  - a) Wall runs-
    - i) Holds (2 sets of 12 seconds on each)
    - ii) Numbered wall runs (4 sets)
- 3) Fast feet:
  - a) Line drills (2 sets of all for 5 seconds with 20 seconds rest)
    - i) Side to side
    - ii) Front to back
    - iii) Alternate front to back
- 4) Lateral speed

- a) 555 shuffle (3-4 sets with 30 second rest)
  - b) 8 yard crossover and change directions (3-4 sets with 30 second rest)
  - c) Reaction crossover to the right or left (3-4 each direction)
- 5) Strength exercises:
- a) Medicine ball squat (2 sets of 10 reps, 301 tempo, with 30-45 second rest)
  - b) Push up progression (choose appropriate level, 2 sets of 8-12 reps, 301 tempo, 30-45 second rest)
  - c) Tubing parallel pull (2 sets of 10-12 reps, 301 tempo, 30-45 seconds rest)
  - d) Front plank progression (1 sets of 20-40 second hold)
  - e) Toe and heel walks (2 sets of 50 steps each, 30 second rest)

## **Day 11**

- 1) Warm up and preparation
- 2) Lift mechanics:
  - a) Step over runs (A-run) - 20 yards (3 sets)
  - b) Ankle runs -20 yards (2 sets)
- 3) Fast feet:
  - i) Ladder drills: (2 sets of each)
    - (1) One step in each
    - (2) Two step in each
    - (3) Sideways two steps in each
    - (4) Sideways one step in each (crossover)
- 4) Speed endurance- 20 yard intervals with 20 second rest- 1 sets of 8-10
- 5) Hip strength:
  - a) Prone straight leg raise (2 sets of 10 on each, 201 tempo)
  - b) Prone straight leg heel circles (1 set of 10 each direction on each leg, X tempo)

## **Day 12**

- 1) Warm up and preparation
- 2) Lift mechanics:
  - a) Hurdle runs: 3 sets of each
    - i) One step over each
    - ii) Two steps sideways over each

- iii) One step sideways over each (crossover)
- 3) Fast feet:
  - a) Fast feet: 3 sets of each for 7-10 seconds with 25 second rest
    - i) Box or ball drills:
      - (1)Runs (right to left switching)
      - (2)Side runs
      - (3)Straddle jumps (only if box)
- 4) Linear acceleration
  - a) Parallel start- 5-20... yard acceleration (6 reps, 20 second rest)
  - b) Sideways facing start (parallel and staggered)- (2 sets each direction for 8 yards, 20 second rest)
- 5) Strength exercises:
  - a) Front lunge (2 sets of 6-8 reps on each, 111 tempo, rest 30 seconds)
  - b) Parallel stance Tubing push (2 sets of 10, 201 tempo, rest 30 seconds)
  - c) Parallel stance pull (2 sets of 12, 301 tempo, rest 30 seconds)
  - d) Tubing rotation standing sideways parallel stance (1-2 set of 8-10 reps on each)

## **Week 5**

### **Day 13**

- 1) Warm up and preparation
- 2) Lift mechanics:
  - a) Wall runs-
    - i) Holds (2 sets of 12 seconds on each)
    - ii) Continuous runs (2-3 sets, 7-10 seconds with 30 second rest)
- 3) Fast feet:
  - a) Line drills (2 sets of all for 5 seconds with 20 seconds rest)
    - i) Forward and backward moving side jumps
    - ii) Forward and backward moving front to back jumps (right/left)
    - iii)Forward and backward moving alternate jumps
- 4) Lateral speed
  - a) Power shuffle drill (2 sets on each side with 30 second rest)
  - b) Reaction crossover to the right or left and stop on command (3-4 sets with 30 second rest)

c) Partner mirror shuffle drill (2-3 each partner leading for 7 seconds, 20-30 seconds rest)

5) Strength exercises:

a) Medicine ball squat (3 sets of 8 reps, 301 tempo, with 30-45 second rest)

b) Push up progression (choose appropriate exercise level, 2 sets of 10-12 reps, 301 tempo, 30-45 second rest)

c) Staggered stance one arm pull (2 sets of 8-10 reps each arm, 301 tempo, 30-45 seconds rest)

d) Front plank progression (1 sets of 25-45 second hold)

e) Toe and heel walks (2 sets of 50 steps each, 30 second rest)

**Day 14**

1) Warm up and preparation

2) Lift mechanics:

a) Relaxed skips - 25 yards (4 sets)

b) Ankle Skips -15-25 yards (2 sets)

3) Fast feet:

i) Ladder drills: (2 sets of each)

(1) One step in each

(2) Jump in and out of every other box

(3) Run in and out of every box (2in 2out)

(4) Sideways running in-in, out-out

4) Speed endurance- 20 yard Relay races (lasting at least 15seconds)

5) Hip strength:

a) Prone leg cycle (bicycle) (2 sets of 10 on each, 201 tempo)

b) Side lying leg raise (1 set of 15 on each leg, 301 tempo)

**Day 15**

1) Warm up and preparation

2) Lift mechanics:

a) Hurdle runs: 4 sets of each with a 5 yard sprint after the last hurdle

i) One step over each (Graduated distance between hurdles)

ii) Two steps sideways over each (Graduated distance between hurdles)

- 3) Fast feet:
  - a) Fast feet: 3 sets of each for 7-10 seconds with 25 second rest
    - i) Box or ball drills:
      - (1) Double touch runs (right to left switching)
      - (2) Double touch side runs
      - (3) Double touch straddles (only if box)
- 4) Linear acceleration
  - a) Falling start (parallel or staggered) - 5-20... yard acceleration (6 reps, 20 second rest)
  - b) Reaction parallel start (parallel and staggered)- (4 sets for 8 yards, 20 second rest)
- 5) Strength exercises:
  - a) Walking lunge forward (2 sets of 16 reps (8 on each, X tempo, rest 30 seconds)
  - b) Parallel stance one arm push (2 sets of 8 on each, 201 tempo, rest 30 seconds)
  - c) Parallel stance one arm pull (2 sets of 10, 301 tempo, rest 30 seconds)
  - d) Standing sideways staggered stance close leg (1-2 set of 8-10 reps on each)

## **Week 6**

### **Day 16**

- 1) Warm up and preparation
- 2) Lift mechanics:
  - a) Wall runs-
    - i) Snap downs and recover (2 sets of 10 reps on each)
    - ii) Skips (2-3 sets, 10 seconds with 30 second rest)
- 3) Fast feet:
  - a) Line drills (2 sets of all for 5 seconds with 20 seconds rest)
    - i) Single leg front to back (on each)
    - ii) Single leg side to side (on each)
    - iii) Forward and backward moving alternate jumps
- 4) Lateral speed
  - a) Reaction shuffle to the right or left and change direction on command (4-5 sets with 15 second rest)
  - b) Partner mirror shuffle drill (3-4 sets with 30 second rest)

- c) Reaction crossover to the right or left and change directions on command (3-4 reps each direction, 15 seconds rest)
- 5) Strength exercises:
- a) Bulgarian split squat (2 sets of 8 reps, 301 tempo, with 30-45 second rest)
  - b) Push up progression (choose appropriate exercise level, 2 sets of 10-12 reps, 301 tempo, 30-45 second rest)
  - c) Lunge pull with step back (2 sets of 8-10 reps, X tempo, 30-45 seconds rest)
  - d) Front plank progression (1 sets of 25-45 second hold)
  - e) Toe and heel walks (2 sets of 60 steps each, 30 second rest)

### **Day 17**

- 1) Warm up and preparation
- 2) Lift mechanics:
  - a) Step over runs - 25 yards (4 sets)
  - b) Ankle Skips -15-25 yards (2 sets)
- 3) Fast feet:
  - i) Ladder drills: (2 sets of each)
    - (1) Sideways running in-in, out-out
    - (2) X-country skier
    - (3) Hop on one foot for 3 boxes and switch feet
    - (4) Ickey shuffle
- 4) Speed endurance- 30 yard intervals with 30 second rest- 1 sets of 7
- 5) Hip strength:
  - a) Prone hip circuit (3 sets on each leg, 201 tempo)
  - b) Hip lift double leg (1 set of 15-20, 301 tempo)

### **Day 18**

- 1) Warm up and preparation
- 2) Lift mechanics:
  - a) Hurdle runs: 4 sets of each with a 5 yard sprint after the last hurdle
    - i) One step over each (Graduated distance between hurdles)
    - ii) Staggered distanced between hurdles

- 3) Fast feet:
  - a) Fast feet: 3 sets of each for 7-10 seconds with 25 second rest
    - i) Box or ball drills:
      - (1)Runs (right to left switching)
      - (2)Side runs side runs
      - (3)Traveling runs around the box
- 4) Linear acceleration
  - a) Standing on one foot start - 5-20... yard acceleration (2 reps on each, 20-30 second rest)
  - b) On one knee start (2 sets on each leg for 10 yards, 20-30 second rest)
- 5) Strength exercises:
  - a) Side lunge (2 sets of 6-8 reps on each, X tempo, rest 30 seconds)
  - b) Tubing Lunge push with stand up (2 sets of 8 on each, 201 tempo, rest 30 seconds)
  - c) Tubing Parallel stance pull (2 sets of 10, 301 tempo, rest 30 seconds)
  - d) Tubing Standing sideways staggered stance far leg (1-2 set of 8-10 reps on each)

## **Week 7**

### **Day 19**

- 1) Warm up and preparation
- 2) Lift mechanics:
  - a) Wall runs-
    - i) Snap downs and recover (2 sets of 10 reps on each)
    - ii) Skips (2-3 sets, 10 seconds with 30 second rest)
- 3) Fast feet/plyometric/jump training:
  - a) Slights (2 sets of 20 yards with 20 seconds rest)
  - b) Stationary technique jumps (check landing tech) (2 sets of 8 reps)
  - c) Low hurdle jumps (6 hurdles, 2-3 sets with 20-30 second rest)
- 4) Lateral speed/cutting
  - a) Slalom cutting (6 cones at 5 yard, 3-5 sets with 20-30 second rest)
  - b) 555 shuffle drill (3-4 sets with 20-30 second rest)
  - c) Reaction crossover to the right or left and change directions on command (3-4 reps each direction, 15 seconds rest)
- 5) Strength exercises:

- a) Bulgarian split squat (2 sets of 8 reps, 301 tempo, with 30-45 second rest)
- b) Push up progression (choose appropriate exercise level, 2 sets of 10-12 reps, 301 tempo, 30-45 second rest)
- c) One foot one arm pull (2 sets of 8 reps on each, 301 tempo, 30-45 seconds rest)
- d) Mountain climbers (2 sets of 20-30 reps, 30 second rest)
- e) Toe and heel walks (2 sets of 60 steps each, 30 second rest)

## **Day 20**

- 1) Warm up and preparation
- 2) Lift mechanics:
  - a) Step over runs - 25 yards (4 sets)
  - b) Ankle Skips -15-25 yards (2 sets)
- 3) Fast feet:
  - i) Ladder drills: (2 sets of each)
    - (1) Sideways running in-in, out-out
    - (2) X-country skier
    - (3) Hop on one foot for 3 boxes and switch feet
    - (4) Ickey shuffle
- 4) Speed endurance- 30 yard intervals with 30 second rest- 1 sets of 7
- 5) Hip strength:
  - a) Prone hip circuit (3 sets on each leg, 201 tempo)
  - b) Hip lift double leg (1 set of 15-20, 301 tempo)

## **Day 21**

- 1) Warm up and preparation
- 2) Lift mechanics:
  - a) Hurdle runs: 3 sets of each
    - i) Sideways two steps over each
    - ii) Sideways one step over each (crossover)
- 3) Fast feet:
  - a) Line drills (2 sets of all for 5 seconds with 20 seconds rest)
    - i) Single leg front to back (on each)
    - ii) Single leg side to side (on each)
    - iii) Forward and backward moving alternate jumps

- 4) Linear speed
  - a) Push up start- 5-15 yards (4 sets with 20-30 second rest)
  - b) Ball drops (facing, sideways, back facing, 2 sets each way with 10-15 second rest)
  - c) Partner chase drill for 8 yards (3-4 reps each partner, 15 seconds rest)
- 5) Strength exercises:
  - a) Multi-directional lunge (3 sets of 5 reps each, X tempo, with 30-45 second rest)
  - b) Tubing parallel stance push (3 sets of 8 reps, 301 tempo, 30-45 second rest)
  - c) Tubing one foot pull (2 sets of 8-10 reps, X tempo, 30-45 seconds rest)
  - d) Side plank progression (1 sets of 25-45 second hold)
  - e) Toe and heel walks (2 sets of 60 steps each, 30 second rest)

## **Week 8**

### **Day 22**

- 1) Warm up and preparation
- 2) Lift mechanics:
  - a) Wall runs-
    - i) Snap downs and recover (2 sets of 10 reps on each)
    - ii) Skips (2-3 sets, 10 seconds with 30 second rest)
- 3) Fast feet/plyometric/jump training:
  - a) Slight (2 sets of 20 yards with 20 seconds rest)
  - b) Stationary technique jumps (check landing tech) (2 sets of 8 reps)
  - c) Low hurdle jumps (6 hurdles, 2-3 sets with 20-30 second rest)
- 4) Lateral speed/cutting
  - a) Slalom cutting (6 cones at 5 yard, 3-5 sets with 20-30 second rest)
  - b) 555 shuffle drill (3-4 sets with 20-30 second rest)
  - c) Reaction crossover to the right or left and change directions on command (3-4 reps each direction, 15 seconds rest)
- 5) Strength exercises:
  - a) Bulgarian split squat (2 sets of 8 reps, 301 tempo, with 30-45 second rest)
  - b) Push up progression (choose appropriate exercise level, 2 sets of 10-12 reps, 301 tempo, 30-45 second rest)

- c) One foot one arm pull (2 sets of 8 reps on each, 301 tempo, 30-45 seconds rest)
- d) Mountain climbers (2 sets of 20-30 reps, 30 second rest)
- e) Toe and heel walks (2 sets of 60 steps each, 30 second rest)