

## Girls' Soccer Workout Plan (2017-2018)

### **Cardio**

- continuous cardio (heart-rate stays up)
- interval training (2 min. sprints with 1 min. walking breaks)

### **Flexibility**

- series of stretches focusing on important muscle groups for soccer

### **Power/Agility**

- introducing new exercises to focus more on balance, speed, and explosive strength

*\* All workouts should begin with a 5-10 minute warm-up and end with a 5-10 minute cool-down. \**

Do your best to follow this workout plan. It is a recommendation that will prepare you for tryouts and the upcoming season where fitness will be crucial.

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>CARDIO</b> <i>Intervals</i> <i>(2 min. sprint,</i> <i>1 min. walk)</i>	30-40 min		30-40 min		30-40 min
<b>POWER/ AGILITY</b> <i>Alternate</i> <i>between Group 1</i> <i>and Group 2</i>		Group 1		Group 2	
<b>FLEXIBILITY</b> <i>Alternate</i> <i>between Muscle</i> <i>Group A and B</i>	10 min focus Muscle Group A	10 min Muscle Group B	10 min Muscle Group A	10 min Muscle Group B	20 min full body stretch (or on Saturday)

## **Power/Agility**

### **Group 1** (Do all exercises 3 times each with a 1 min. break in between)

- a. Shuttle Run (3 different distances)
  - a. sprint to first line
  - b. sprint back to start
  - c. sprint to 2<sup>nd</sup> line and back
  - d. spring to 3<sup>rd</sup> line and back
  
- b. Calf Raises
  - a. Standing on edge of step/box, lift yourself all the way up to your tip toes, then extend down until the stretch is felt in your calves.
  - b. Repeat 20 times.
  
- c. Burpees
  - a. Standing with legs together, put hands on the ground in front of feet, kick backwards so toes are on the ground (in a push-up position), bring feet back to hands on floor in one jumping motion, and then jump up

### **Group 2** (Do all exercises 3 times each with a 1 min. break in between)

- a. Stairs
  - a. Run up a set of stairs as fast as possible, making sure that both feet end up on the same step (not a fast climb)
  
- b. Mountain Climbers
  - a. Start with hands on ground in front of you, crouched down in a sprinter's starting stance. One leg should be fully extended and the other leg should be bent at about 90 degrees. Alternate back and forth front foot positions as fast as possible.
  
- c. Shuttle/Tuck Jumps
  - a. Do a shuttle run (see above) combined with 20 tuck jumps every time you get back to the start line.
  - b. Tuck Jump – Jumping on the spot as high as you can, bringing knees up to chest into a “tuck” at the peak of the jump.

## Flexibility

<b>Muscle Group</b>	<b>Stretch</b>	<b>Explanation</b>
<b>GROUP A</b>		
Chest	Door Frame Stretch	Standing in a door frame, put arms up on the door frame at shoulder height and step through the door to feel an equal stretch through the chest.
Back	Door Handle Stretch	Holding onto a sturdy door handle, in a seated position, pull away from the door until you feel a stretch between the shoulder blades.
Triceps	Overhead Stretch	Raise arm up above head and bend elbow to put hand behind the head, using the other arm to pull the elbow down until feeling a stretch through the shoulder.
Biceps	C-Stretch	Put hand on the wall, making a C with the thumb and index finger. Turn away from the wall until a stretch is felt through the front of the shoulder.
<b>GROUP B</b>		
Quadriceps	Stranding Foot Pull	Standing on one foot, use your hand on the opposite side to pull the foot towards your butt.
Abductors	Side Lunge Seated Butterfly	Lunge out to the side until you feel a stretch in the groin area. In a seated position, grab feet and pull towards pelvis as knees flex out to the side, keep knees as close to the floor as possible, should feel stretch through groin
Hamstring	Toe Reaches	Seated, reach to touch the toe of one leg which is extended while the other is bent in.
Hip Flexor	Proposal Stretch	Get down on one knee and push the hips forward while keeping the back straight up from the floor.
Glutes	Knee-to-opposite shoulder	Laying on your back, pull your knee to the opposite shoulder until you feel a pull in your glutes. Keep the other leg straight and relaxed.
Calves	Sprinter Stretch	Get into sprinter starting position. With one heel off the ground, keep the other on the ground so that you feel a stretch in that calf.