

HDvHS Girls Soccer Conditioning Program

6/7/2016

Beat Interval:

2 cones on field, 25 yards apart

Distance	Pace	Rest
2x300 yards (up & back 6 times)	75 seconds	90 seconds
3x200 yards (up & back 4 times)	50 seconds	60 seconds
5x100 yards (up & back 2 times)	25 seconds	30 seconds

6/10/2016

Track Latter:

Distance	Pace	Rest
1 mile (4 laps)	7:00 minutes	4:00 minutes
½ mile (2 laps)	3:30 minutes	2:00 minutes
½ mile (2 laps)	3:30 minutes	2:00 minutes
¼ mile (1 lap)	90 seconds	1:00 minute
¼ mile (1 lap)	90 seconds	1:00 minute
¼ mile (1 lap)	90 seconds	1:00 minute
¼ mile (1 lap)	90 seconds	1:00 minute

6/14/2016

10x25 yard shuttle

Cones set up 5, 10, 15, 20, 25 yards apart

Shuttle run to each cone and back to the start.

Goal: 38 seconds

Rest: Until 1:30 minutes, extra 30 seconds rest after set 3, 6, & 9.

6/16/2016

50 yard sprints

Cones set up 50 yards apart

Reps	Distance	Goal Time	Rest	Rest after all REPS
8x	50 yards		30 seconds	2:00 minutes
4x	2x50 yards (down & back)		45 seconds	2:00 minutes
2x	4x50 yards (down, back, down, back)		1:00 minute	2:00 minutes
1x	6x50 yards (down, back, down, back, down, back)			2:00 minutes
2x	4x50 yards (down, back, down, back)		1:00 minute	2:00 minutes
4x	2x50 yards (down & back)		45 seconds	2:00 minutes
8x	50 yards		30 seconds	2:00 minutes

6/21/2016

8x300 meters

Goal: 55 seconds

Rest: 2:00-3:00 minutes (walk back to 300 meter start)

6/24/2016

Full Field Sprints:

12x120 yards (full soccer field)

Goals: 20 seconds down, jog back. Total time 1:30 min. until next sprint.

After sprint 3 and 9, wait until 2:00 minutes total to start next run.

After sprint 6, wait until 4:00 minutes total to start next run.

6/28/2016

Full Field Sprints:

12x120 yards (full soccer field)

Goals: 20 seconds down, jog back. Total time 1:30 min. until next sprint.

After sprint 3, 6, and 9, wait until 2:00 minutes total to start next run.

7/1/2016

“Soccer Fit Test”

This is designed to test your physical endurance while performing technical exercises with the soccer ball. The time standards for this test are based on a field 120 x 75 yds. A passing score is as follows:

Field Players: 30 minutes

Goalkeepers: 35 minutes

1. Roll the ball with sole of foot along endline, dribble with both feet down the touchline. Complete two laps around the field.
2. 40 Crunches
3. Head juggle to midfield and back. (5 push-ups each time it hits the ground) Goalkeepers will replace head juggling with collapsed dives.
4. 40 jumps over ball side to side
5. Side to side shuttles to 18 and back 10 times
6. 40 V – Sit ups
7. Kick ball to midfield and retrieve it 3 times. Max of five attempts but must go at least 50 yards.
8. 20 burpies
9. Foot and thigh juggle down to other endline and back. (5 push-ups each time it drops) Goalkeepers will replace foot and thigh juggling with boxing.
10. 30 jumps over the ball forward and back
11. Dribble ball to 18 and back, midfield and back, other endline and back.
12. 40 sit-ups
13. 60 toe touches with ball
14. Chip ball in air over 18 and retrieve it 3 times. If ball does not make it you must do it again until you get 3.
15. Sprint to other end and back twice.(4 x 120 yds)