**Soccer workouts**

**In-season**

Warm-up –

Warm-up with PE class

OR

3 minute run or 3 minutes of ladder drills and dot drills

**Dynamic warmup on the SportsMetric workout (see the bulletin board by the door).**

**The SportsMetric ACL prevention exercises (on the bulletin board by the door) should be done 2 x week.**

Weight training workouts to choose from are listed below.

Lower Body options-

Choose 2 of these

Stretch and foam roll after workouts.

Squat or sumo squat 2 x 8-10

Single-leg squat 2 x 8 each leg

Lunges 2 x 10 each leg

Squat with med ball throw 3 x 10

Box jump 2 x 8-10

Side-to-side cone hops 2 x 30 seconds

Choose 1 of these

Single leg RDL 2 x 8-10 each leg

Hamstring curls 3 x 10

Choose 1 of these

Lateral band walks 10-15 each way

Clamshells 2 x 10-15 each side

Upper body options-

Choose 1 of these

Bench Press – barbell or dumbbells 3 x 8-10

Pushups (any style) 3 x 8-10

Cable or elastic band chest press 3 x 8-10

Choose 1 of these

Upright row 3 x 8-10

Lat pulls or seated row 3 x 8-10

Supine pullups (inverted row) 3 x 8-10

Balance and ankle/knee injury prevention-

Choose 1 of these

Toe/heel walks – length of room

Bosu ball single-leg balance (eyes closed) 2 x 30 seconds each leg

Bosu ball single-leg med ball toss with partner 2 x 15 each leg

AB/Core stabilization-

Choose 3 of these

Side plank 2 x 30 seconds

Med ball slams forward 2 x 20

Front Plank 2 x 30 seconds

Elastic band trunk rotation 2 x 20 each side

Incline situps 2 x 20

Fire hydrants 2 x 15 each side

Leg lifts 2 x 15

Med ball slams side-to-side 2 x 10 each side

Crunch heel touches 2 x 20 each side