**Soccer workouts**

**Off-season**

Warm-up –

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 exercises (on the bulletin board by the door) should be done 3 x week.

Weight training workouts to choose from are listed below.

Day 1

Stretch and foam roll after workouts.

Team should be running together 3 x week if club team is not practicing or playing.

Squat or sumo squat 2 x 8-10

Single-leg squat 2 x 8 each leg

Single leg RDL 2 x 8-10 each leg

Lateral band walks 10-15 each way

Toe/heel walks – length of room

Bench Press – barbell or dumbbells 3 x 8-10

Upright row 3 x 8-10

Seated Dips 2 x 8-10

Front Plank 2 x 30 seconds

Side plank 2 x 30 seconds

Med ball slams forward 2 x 20

Day 2

Lunges 2 x 10 each leg

Side-to-side cone hops 2 x 30 seconds

Hamstring curls 3 x 10

Clamshells 2 x 10-15 each side

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

Pushups (any style) 3 x 8-10

Lat pulls or seated row 3 x 8-10

Overhead (military) press 3 x 8-10

Elastic band trunk rotation 2 x 20 each side

Incline situps 2 x 20

Day 3

Hang Cleans/Power Cleans 3 x 8

Squat with med ball throw 3 x 10

Box jump 2 x 8-10

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

Fire hydrants 2 x 15 each side

Cable or elastic band chest press 3 x 8-10

Supine pullups 3 x 8-10

Leg lifts 2 x 15

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

Crunch heel touches 2 x 20 each side