

Summer 2017 CRSM Boys Soccer Conditioning and Individual Skills Development Program (Revised 7.2.2017)

Assumptions

- Limited amount of time each day
- No safe hills available
- No training partners available
- Not participating in a serious 3-5 day per week club soccer program and/or conditioning program
- Playing pick-up soccer and other sports occasionally (2-3 times per week)
- Not doing strenuous manual labor on a regular basis
- Equipment available
 - One soccer ball
 - 10 markers/cones (might be socks, rags, bags, etc.)
 - Stopwatch
 - Running shoes, soccer shoes, athletic attire, etc.
 - Water bottle
- Open/Flat/Grassy area available
- Hard surface for juggling available (see below)
- Ability to measure distances by walking comfortably across a standard sized soccer goal—8 yards; then, using math to determine approximate length of each of your steps; Examples:
 - 8 of your steps: 8 yards; each step equals one yard
 - 10 of your steps: 8 yards; setup ratio $10/8=x/5$; $x=50/8=6.25$ steps=5 yards (a common measurement for agility and sprint drills); using similar ratio, 31.25 steps=25 yards (another common measurement for fitness drills)

Program Overview (5 Weeks)

- Monday, July 3: Start of Program
- Saturday, August 5: End of Program
- 5-6 days per week
 - M-W-F: total body workout (low to moderate impact)
 - Tu-Th-Sa: walking/striding/jogging/cruising/sprinting/changing directions/jumping/flexibility (high impact with/without the ball)—if sore and need more recovery or if not enough time, do at least two days per week (Tu-Th; Tu-Sa; Th-Sa)
- August 6-9: Off-days (or light jogging/static stretching/ball work)
- Thursday, August 10: Start of CRSM Boys Soccer Pre-season Training

Goals

- To develop a base of aerobic cardiovascular fitness
- To develop total body strength, balance, and flexibility
- To develop agility and speed with/without the ball
- To develop individual technical soccer skills

Daily Schedule (Monday-Sunday)

Important Note:

The Monday/Wednesday/Friday workouts make up the base of the Summer 2017 CRSM Boys Soccer **conditioning** portion of this program. Each player who is not in a serious club training environment or a serious conditioning program over the Summer should do those workouts consistently between now and the start of the pre-season on August 10. The workouts follow a progression developed by Mark Lauren. Mark

Lauren is a very accomplished trainer. You can learn more about his You are Your Own Gym concept at www.marklauren.com.

The Tuesday/Thursday/Saturday workouts are higher impact than the M/W/F workouts and include a component with the ball since this Summer's group soccer practices were cancelled due to lack of player interest. A player who is sore or does not have sufficient time may opt not to do portions of the ball and/or running sections of the Tu/Th/Sa workouts, but he should always do the warm up and cool down if he attempts any portion of the ball and/or running sections of a Tu/Th/Sa workout.

Tu/Th/Sa workouts are only included for the first two weeks of the program. The remainder of the Tu/Th/Sa workouts will be added soon.

Finally, each player should review the videos for a workout at least one day in advance and take notes and/or have the videos available during a workout.

Week 1: July 3-July 9

Monday—[Warm Up](#), [Main Workout \(Novice--Timed Sets\)](#), [Cool Down](#)

Tuesday—[Dynamic Warm Up \(Coach Yuri Elkaim\)](#), [Fast Footwork Part I \(Mark Lavery\)](#)—do not do the dynamic warmup portion of this video, [Cool Down \(Progressive Soccer Training\)](#)

Wednesday—[Warm Up](#), [Main Workout \(Novice—Ladders\)](#), [Cool Down](#)

Thursday—[Dynamic Warm Up \(Coach Yuri Elkaim\)](#), [Fast Footwork Part II \(Mark Lavery\)](#)—do not do the conditioning and cool down portions of this video, [Cool Down \(Progressive Soccer Training\)](#)

Friday—[Warm Up](#), [Main Workout \(Novice—Circuit Training\)](#), [Cool Down](#)

Saturday—[Dynamic Warm Up \(Emily Grant\)](#), [Soccer Juggling Part I \(Mark Lavery\)](#), [Cool Down \(Mark Lauren\)](#)

Sunday—Off-day

Week 2: July 10-July 16

Monday—[Warm Up](#), [Main Workout \(Novice--Timed Sets\)](#), [Cool Down](#)

Tuesday—[Dynamic Warm Up \(Coach Yuri Elkaim\)](#), [Fartlek \(Edge of Play\)](#), [Soccer Juggling Part II \(Mark Lavery\)](#), [Cool Down \(Progressive Soccer Training\)](#)

Wednesday—[Warm Up](#), [Main Workout \(Novice—Ladders\)](#), [Cool Down](#)

Thursday—[Dynamic Warm Up \(Emily Grant\)](#), [Line Dribbling \(Mark Lavery\)](#), [Cool Down \(Mark Lauren\)](#)

Friday—[Warm Up](#), [Main Workout \(Novice—Circuit Training\)](#), [Cool Down \(Mark Lauren\)](#)

Saturday—[Warm Up \(Mark Lauren\)](#), [Fartlek \(Edge of Play\)](#), repeat fast footwork/line dribbling/juggling (your choice from previous workouts), [Cool Down \(Progressive Soccer Training\)](#)

Sunday—Off-day

Week 3: July 17-July 23

Monday—[Warm Up](#), [Main Workout \(Intermediate—Timed Sets\)](#), [Cool Down](#)

Tuesday—TBA

Wednesday—[Warm Up](#), [Main Workout \(Intermediate—Ladders\)](#), [Cool Down](#)

Thursday—TBA

Friday—[Warm Up](#), [Main Workout \(Intermediate—Circuit Training\)](#), [Cool Down](#)

Saturday—TBA

Sunday—Off-day

Week 4: July 24-July 30

Monday—[Warm Up](#), [Main Workout \(Intermediate—Timed Sets\)](#), [Cool Down](#)

Tuesday—TBA

Wednesday—[Warm Up](#), [Main Workout \(Intermediate—Ladders\)](#), [Cool Down](#)

Thursday—TBA

Friday—[Warm Up](#), [Main Workout \(Intermediate—Circuit Training\)](#), [Cool Down](#)

Saturday—TBA

Sunday—Off-day

Week 5: July 31-August 5

Monday—[Warm Up](#), [Main Workout \(Advanced—Timed Sets\)](#), [Cool Down](#)

Tuesday—TBA

Wednesday—[Warm Up](#), [Main Workout \(Advanced—Ladders\)](#), [Cool Down](#)

Thursday—TBA

Friday—[Warm Up](#), [Main Workout \(Advanced—Circuit Training\)](#), [Cool Down](#)

Saturday—TBA

August 6-9: Off-days (or light jogging/static stretching/ball work on 1 or 2 of the days)

August 10: Start of CRSM Boys Soccer Pre-season