

# Mukwonago Girls HS Soccer Skills/Workout Program

Refer to videos for examples of activities.

Any times/rep amounts are guides only. Make sure to adjust as needed for your personal use.

**Dynamic & Static Stretching:** Do this for 5-10 minutes before and after each workout session.

**Weekly Planner:** Complete the week and repeat.

Day 1: **Strength** Body Weight (Push-ups, Core Exercises, Pull-ups), Choose 1 **Conditioning**, Choose 1 **Finishing**, **Crossing**

Day 2: **Strength** Weights (Upper Body & Lower Body), Choose 1 **Conditioning**, Choose 1 **Passing**, Choose 1 **Dribbling**

Day 3: **Agility**, Choose 1 **Flexibility**, Choose 1 **Finishing**, **Ball Control**

Day 4: **Rest Day**

Day 5: **Strength** Weights (Upper Body & Lower Body), Choose 1 **Conditioning**, Choose 1 **Passing**, Choose 1 **Dribbling**

Day 6: **Strength** Body Weight (Push-ups, Core Exercises, Pull-ups), Choose 1 **Conditioning**, Choose 1 **Finishing**, **Crossing**

Day 7: **Agility**, Choose 1 **Flexibility**, Choose 1 **Dribbling**, **Ball Control**

## Strength – Body Weight

- **Push-ups:** 4 sets of 15-30.
- **Core Exercises:** 10 minutes. (<https://www.youtube.com/watch?v=L3uqB6FCu5U>)
- **Pull-ups:** 4 sets of 4-12.

## Strength – Weights

- **Upper Body Weight Lifting:** 20-30 minutes.
- **Lower Body Weight Lifting:** 20-30 minutes.

## Conditioning

- **Shuttles:** 5 sets of cones 5 yards apart for a total of 25 yards. Sprint to the 1<sup>st</sup> cone and back to the start then sprint to the 2<sup>nd</sup> cone and back to the start and so on and so forth until you have gone to every cone and back to the start once. Do 8 of these total. You have 32-38 seconds to complete a set. You get 32-38 seconds of rest between sets.
- **2 Miles:** Run 2 miles in 12-16 minutes.
- **120's:** Sprint the length of a soccer field as one set. Do 6-10 of these total. You have 20-28 seconds to complete a set. You get 20-28 seconds of rest between sets.
- **Field and a half:** Sprint the length and a half of a soccer field in 32-38 seconds. Immediately after that, you get 32-38 seconds to continue for the final half a field to get to your original starting point. Do 4-8 of these total.

## Agility

- **Ladders:** Do 10 exercises in sets of 2 for a total of 20 exercises. 1 exercise = one end of the ladder to the other. Exercise list – 1 foot in each, 2 feet in each, high knees 1 foot in each, 2 forward 1 back, shuffle right, shuffle left, 2 in 2 out 2 in 2 out, two foot hop, 1 foot hop left, 1 foot hop right, Karaoke right, Karaoke left. (You can do the same thing with cones if you don't have an agility ladder available) ([https://www.youtube.com/watch?v=DpKpKd\\_\\_P3c](https://www.youtube.com/watch?v=DpKpKd__P3c))

## Flexibility

- **Yoga:** Do 20-30 minutes. (<https://www.youtube.com/watch?v=J6iogU5Opmc>)
- **Pilates:** Do 20-30 minutes. (<https://www.youtube.com/watch?v=FPC0xK5TQoA>)

## Dribbling

- **Cone Dribbling:** Do 10-20 minutes.
- **Obstacle Course:** Do 10-20 minutes.
- **Stationary Ball Skills:** Do 10-20 minutes.
- **Star Dribbling:** Do 10-20 minutes.

## Passing

- **Wall Passing:** Do 10-20 minutes.
- **Gate Passing:** Do 10-20 minutes.
- **Footgolf:** Do 10-20 minutes.
- **Shuffleboard Passing:** Do 10-20 minutes.

## Finishing

- **Boxes to Goal:** Do 10-20 minutes.
- **Free Kicks and PK's:** Do 10-20 minutes.
- **Touch and Hit:** Do 10-20 minutes.
- **Target Shooting:** Do 10-20 minutes.

## Ball Control

- **Juggling:** Do 10-20 minutes.

## Crossing

- **Box Crossing:** Do 10-20 minutes.