

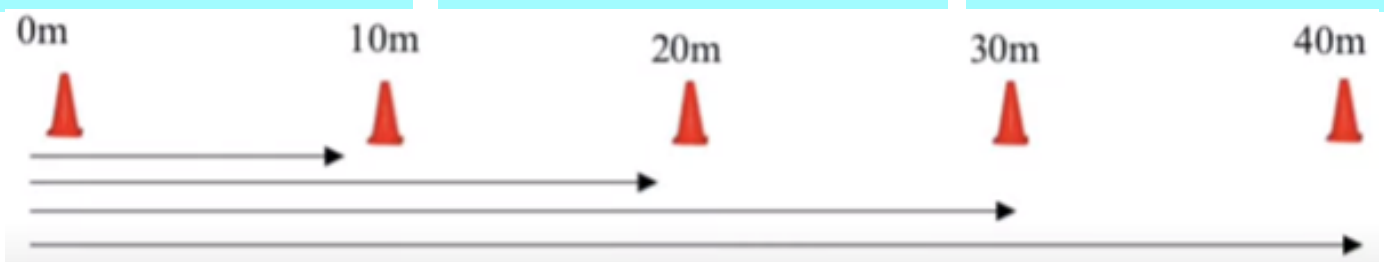
SOCCER PRE-SEASON CONDITIONING - WEEK 5

WEEK 5 SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
W Bod+Ball Sk	L Run/Intrv	Day off	W Bod+Ball Sk	Day off	Day off	Sprnt+Ball Sk

WEEK 5 SESSION PLAN

Exercise	Type	Sets / Reps
Long Run / Interval	Running	4 x 1km 5 min rest
Whole Body	Squat Press Weighted Lunge Single Leg Deadlift Weighted Calf Raises Incline Push ups Crab Walks Crunches Russian Twists Plank Side Plank	4 x 12 Plank Hold 3 x 40sec 5-10kg Weight
Ball Skills & Shooting	Quick Feet Sole Taps rolling forward/back Rolling Cutbacks Clock Step over cut Dribbling Sharp Dribble & Shoot	1 hr
Sprints	Sprinting (100%)	Suicides 1. 10m 20m 30m 40m 50m 4min rest, repeat x 4 2. 5x100m sprints 40sec rest, maintain time under 17sec



SOCCER PRE-SEASON CONDITIONING - WEEK 5

WEEK 5 SESSION PLAN - CONTINUED

Exercise	Type	Sets / Reps
Stretches	Calf Hip flexors Quads Hamstring Glutes	30-40sec holds x 2 Both sides

