

Section 4

Conditioning for Soccer

Round 1

- ◆ 2 sets of 8 x 100m @ (15 – 20 sec.) with 30 sec. Recovery between each run.
- ◆ 3-minute rest between sets (focus on reducing time per run).
- ◆ Finish with a 10-minute steady cool down run.

(90 second runs) – **The time is more important than the distance.**

- ◆ 6-x 90 second runs with a 3-minute recovery between each set.
- ◆ Steady run for 20 minute.

Round 2 (30/30) – **The time is more important than the distance.**

- ◆ 10 x 30 second runs, with 30-second jog recovery.
- ◆ Finish with a 10-minute steady cool down run.

(2-minute runs)

- ◆ 3 x 2 minute run with 2-minute recovery between runs.
- ◆ Steady run for 25 minute.

Round 3

- ◆ Burst hard for 10 seconds, then slow down and coast for 30 seconds.
- ◆ 2 sets of 3-5 minute with a slow walk between sets.
- ◆ Finish with a 10-minute steady cool down run.

Fartleks (speed play) **try to do this on a track if you can.**

- ◆ Run 50m [walk 50], run 100m [walk 100], run 100m [walk 100], run 100m [rest for 5 min], run 100m [walk 100], run 50m [walk 50], run 200m [walk 200], run 150 [walk 150], rest for 5 minutes
- ◆ Steady run for 30 minutes.

Round 4 (power runs)

- ◆ 4 x 30 seconds full sprint with 5 minute recovery
- ◆ 10-minute steady cool down run.

(2-minute runs)

- ◆ 3 x 2 minute run with 2-minute recovery between sets.
- ◆ Steady run for 30 minutes

Aerobic training table

Level of intensity	Heart rate (beats per minute)
Moderate	130 – 140
Light	140 – 150
Medium	150 – 165
Submaximal	165 – 180
Maximal	180

Soccer Specific Pattern running (3 – 10 reps)

50-yd sprints

40-yd sprints

30-yd sprints

20-yd sprints

10-yd sprints

30-yd grass picks [bend over and sweep the grass with your hand(s)]

15-yd reverse runs [backwards]

15-yd sprint, break [decelerate] and drop right [change direction drastically]

15-yd sprint, break and drop left

10-yd shuffle with 15-yd sprint (right then left)

20-yd carioca with a 10-yd shuffle to the right and then repeat to the left)

15-yd sprint, 5-yd shuffle right, 5-yd shuffle left, 5-yd reverse run, jump header, 10-yd sprint