

Section 10 Kimberly High School Boy's Soccer Mezocycle Training Program

The cycle of this program is broken into a daily training schedule. The load and volume should be increased each week in order to gauge your progress. Please refer to the information pages for directions on how to apply the exercise.

➤ When is the ideal time to start the program?

- The best time to begin this training program is 11 weeks prior to the official start of your season. Training load and volume intensifies for 10 weeks and rest, recovery, and regeneration for the 11th week.

➤ When should the athlete end the program?

- It would be advisable to cease the intensity of the training temporarily about one week prior to the first day of preseason.
- This allows for total recovery of the athlete. It will also take the athlete(s) past their previous levels of speed and fitness.

➤ What is the program's progression?

- The program is based on weekly training and loading. This requires that the program be done five times per week. The appropriate rest will be built into the training for recovery and regeneration.
- Follow the sample guideline of the program.

> What are some of the other training aides I can use?

1. Medicine ball workout
2. Jump rope work out
3. Extensive CORE workout – Body center of mass development
4. Weight Training
5. Sprint Bike training– (Stationary bike: 30 seconds sprint, 30 seconds rest x 6-8 reps)
6. Rhythm plyometrics – (Dynamic Mobility)

Section 10 Kimberly High School Boy's Soccer Mezocycle Training Program

Week One Training

Day One

- Weight train in the early morning (am)[pages 35 – 38]
- Slow jog (6 –8 minutes)
- Dynamic Mobility Warm up:**Section 1, page 1**
- Juggling (sitting, standing, walking)
- Quickness and Agility Ladder training (Horizontal movements):**Section 2, Page 2 - 4**
- Aerobic Capacity: 4 x 2:00 runs (60 sec. Rest between reps)
- Steady recovery run for 25 minutes
- Recover and stretch (include ladder down push up/sit up: 8/8, 7/7, 6/6, 5/5, 4/4, etc.) Increase ladder down by one set each week.

Day Two

- Weight train in the early morning (am)
- Slow jog (6 –8 minutes)
- Dynamic Mobility Warm up:**Section 1, page 1**
- Juggling (sitting, standing, walking)
- Ladder training (Horizontal movements, Snake hops, Ali shuffle)
- Sprint Mechanics: **Section 3, Page 5 - 6**
- 3 sets x 3 reps x 30 yard flys (3- A's, 3 - Butt Kicks, 3 – accelerations)
- Recover and stretch (include ladder down push up/sit up: 8/8, 7/7, 6/6, 5/5, 4/4, etc.) Increase ladder down by one set each week.

Day Three

- Weight train in the early morning (am)
- Slow jog (6 –8 minutes)
- Dynamic Mobility Warm up:**Section 1, page 1**
- Circuit One Training:**Section 5, Page 9**
- Steady run for 25 minutes
- Recover and stretch (include ladder down push up/sit up: 8/8, 7/7, 6/6, 5/5, 4/4, etc.) Increase ladder down by one set each week.

Day Four

- Weight train in the early morning (am)
- Slow jog (6 –8 minutes)
- Dynamic Mobility Warm up:**Section 1, page 1**
- Juggling (sitting, standing, walking)
- Ladder training (Horizontal movements, Snake Hop, Ali Shuffle)
- Sprint Mechanics: **Section 3, Page 5 - 6**
- Steady run for 25 minutes
- Recover and stretch (include ladder down push up/sit up: 8/8, 7/7, 6/6, 5/5, 4/4, etc.) Increase ladder down by one set each week.

Section 10 Kimberly High School Boy's Soccer Mezocycle Training Program

Day Five

- Weight train in the early morning (am)
- Slow jog (6 –8 minutes)
- Dynamic Mobility Warm up:**Section 1, page 1**
- Juggling (sitting, standing, walking)
- Ladder training (Horizontal movements)
- Aerobic Capacity: 4 x 2:00 runs (60 sec. Rest between reps)
- Circuit Two Training: **Section 5, Page 9**
- Recover and stretch (include ladder down push up/sit up: 8/8, 7/7, 6/6, 5/5, 4/4, etc.) Increase ladder down by one set each week.

Day Six

- Active Rest: Bike, Swim, no pounding

Day Seven

- Passive Rest: No Sports! Just Rest!

Section 10 Kimberly High School Boy's Soccer Mezocycle Training Program

Week Two Training

Day One

- Weight train in the early morning (am)
- Slow jog (6 –8 minutes)
- Dynamic Mobility Warm up:**Section 1, page 1**
- Juggling (sitting, standing, walking)
- Ladder training (Horizontal movements, SnakeHop, Ali Shuffle, Slalom)
- Passing and Receiving
- Aerobic Capacity: 4 x 2:00 runs (60 sec. Rest between reps)
- Steady run for 25 minutes
- Recover and stretch (include ladder down push up/sit up: 9/9, 8/8, 7/7, 6/6, 5/5, 4/4, etc.) Increase ladder down by one set each week.

Day Two

- Weight train in the early morning (am)
- Slow jog (6 –8 minutes)
- Dynamic Mobility Warm up:**Section 1, page 1**
- Juggling (sitting, standing, walking)
- Ladder training (Horizontal movements, Snake Hop, Ali Shuffle, Slalom)
- Sprint Mechanics **Section 3, Page 5 - 6**
- Obstacle Course (Hops, Turns, and Weaves)– **Section 6, Pages 10**
- 3 - sets x 3 - reps x 30 yard flies [maximum effort sprints for technique]
- Recover and stretch (include ladder down push up/sit up: 9/9, 8/8, 7/7, 6/6, 5/5, 4/4, etc.) Increase ladder down by one set each week.

Day Three

- Weight train in the early morning (am)
- Slow jog (6 –8 minutes)
- Dynamic Mobility Warm up:**Section 1, page 1**
- Juggling (sitting, standing, walking)
- Ladder training (Horizontal movements, Snake Hop, Ali Shuffle, Slalom)
- Passing and Receiving
- Circuit Two Training: **Section 5, Page 9**
- Recover and stretch (include ladder down push up/sit up: 9/9, 8/8, 7/7, 6/6, 5/5, 4/4, etc.) Increase ladder down by one set each week.

Day Four

- Weight train in the early morning (am)
- Slow jog (6 –8 minutes)
- Dynamic Mobility Warm up:**Section 1, page 1**
- Sprint Mechanics: **Section 3, Page 5 - 6**
- Ladder training (Horizontal movements, Snake Hop, Ali Shuffle, Slalom)
- Passing and Receiving
- Finishing on Goal outside the penalty area
- Recover and stretch (include ladder down push up/sit up: 9/9, 8/8, 7/7, 6/6, 5/5, 4/4, etc.) increase ladder down by one set each week.

Section 10 Kimberly High School Boy's Soccer Mezocycle Training Program

Day Five

- Weight train in the early morning (am)
- Slow jog (6 –8 minutes)
- Dynamic Mobility Warm up:**Section 1, page 1**
- Juggling (sitting, standing, walking)
- Ladder training (Horizontal movements, Snake Hop, Ali Shuffle, Slalom)
- Passing and Receiving
- Anaerobic Capacity - 10 x 30 sec sprints w/ 30 sec jog recovery. Finish with a 10minute steady run.
- Recover and stretch (include ladder down push up/sit up: 9/9, 8/8, 7/7, 6/6, 5/5, 4/4, etc.) Increase ladder down by one set each week.

Day Six

- Active Rest (play a fun not highly competitive game)

Day Seven

- Passive Rest

Section 10 Kimberly High School Boy's Soccer Mezocycle Training Program

Week Three Training

Day One

- Weight train in the early morning (am)
- Slow jog (6 –8 minutes)
- Dynamic Mobility Warm up:**Section 1, page 1**
- Dribbling (Technical: Cryff, Single/Double Mathews, Figure eight)
- Ladder training (Horizontal movements, Snake Hop, Ali Shuffle, Slalom)**Section 2**
- Anaerobic Power: 3 sets x 4-5 reps x 30 yards [4 min set rest & 2-3 min rep rest] Maximum effort. Heart rate must be at 110 before starting each set.
- Recover and stretch (include ladder down push up/sit up: 10/10, 9/9, 8/8, 7/7, 6/6, 5/5, 4/4, etc.) Increase ladder down by one set each week.

Day Two

- Weight train in the early morning (am)
- Slow jog (6 –8 minutes)
- Dynamic Mobility Warm up:**Section 1, page 1**
- Juggling (sitting, standing, walking)
- Ladder training (Horizontal movements, Snake Hop, Ali Shuffle, Slalom)**Section 2**
- Passing and Receiving
- Steady run for 25 minutes
- Recover and stretch (include ladder down push up/sit up: 10/10, 9/9, 8/8, 7/7, 6/6, 5/5, 4/4, etc.) Increase ladder down by one set each week.

Day Three

- Weight train in the early morning (am)
- Slow jog (6 –8 minutes)
- Dynamic Mobility Warm up:**Section 1, page 1**
- Starts (without ball @ first) Repeat exercise with ball
 - a) Standing starts: 5 x 10 yards sprint
 - b) Prone starts (laying down): 5 x 10 yards sprint
 - c) Roll, Push up, start: 5 x 10 yard sprint
 - d) Burpees, start: 5 x 10 yard sprint
- Mild Plyos (Flats! No cleats) 160 maximum ground contacts
 - a) Single leg hops: 2 x 20 yards (right, left)
 - b) Double leg hops: 2 x 20 yards
 - c) Alternate Bounds: 2 x 20 yards
 - d) Run, Run, Bound: 2 x 20 yards
- Recover and stretch (include ladder down push up/sit up: 10/10, 9/9, 8/8, 7/7, 6/6, 5/5, 4/4, etc.) Increase ladder down by one set each week.
- Go home and Ice 10/15

Section 10 Kimberly High School Boy's Soccer Mezocycle Training Program

Day Four

- Bike steady for 20 to 40 minutes (140 to 145 bpm heart rate)
- Stretch day, ladder down push ups/sit ups (10/10, 9/9, etc.)

Day Five

- Weight train in the early morning (am)
- Slow jog (6 –8 minutes)
- Dynamic Mobility Warm up:**Section 1, page 1**
- Ladder training (Horizontal movements, Snake Hop, Ali Shuffle, Slalom)
- Anaerobic Capacity: (Speed endurance group @ 90%) Heart rate must be 110-120bpm before starting set
 - a) Penalty spot sprints (170– 180 bpm) - **Section 7, Pages 7, 8**
 - b) Penalty spot run (165 – 180 bpm)
- Juggling (110 bpm or less)
- Recover and stretch (include ladder down push up/sit up: 10/10, 9/9, 8/8, 7/7, 6/6, 5/5, 4/4, etc.) Increase ladder down by one set each week.

Day Six

- Active rest: Have some easy fun! Pool, Bike

Day Seven

- Passive rest: Relax! Read! Do NOTHING!

Section 10 Kimberly High School Boy's Soccer Mezocycle Training Program

Week Four Training

Day One

- Weight train in the early morning (am)
- Slow jog (6 –8 minutes)
- Dynamic Mobility Warm up:**Section 1, page 1**
- Dribbling (Technical: Cryff, Single/Double Mathews, Figure eight)
- Ladder training (Horizontal movements, Snake Hop, Ali Shuffle, Slalom)
- Anaerobic Endurance: Fartleks (Speed play). Finish with a 30minutes steady run. **Section 4, page 7**
- Recover and stretch (include ladder down push up/sit up: 10/10, 9/9, 8/8, 7/7, 6/6, 5/5, 4/4, etc.) Increase ladder down by one set each week.

Day Two

- Weight train in the early morning (am)
- Slow jog (6 –8 minutes)
- Dynamic Mobility Warm up:**Section 1, page 1**
- Juggling (sitting, standing, walking)
- Ladder training (Horizontal movements, Snake Hop, Ali Shuffle, Slalom)
- Passing and Receiving
- Steady run for 25 minutes
- Recover and stretch (include ladder down push up/sit up: 10/10, 9/9, 8/8, 7/7, 6/6, 5/5, 4/4, etc.) Increase ladder down by one set each week.

Day Three

- Weight train in the early morning (am)
- Slow jog (6 –8 minutes)
- Dynamic Mobility Warm up:**Section 1, page 1**
- Starts (without ball @ first) Repeat exercise with ball
 - e) Standing starts: 5 x 10 yards sprint
 - f) Prone starts (laying down): 5 x 10 yards sprint
 - g) Roll, Push up, start: 5 x 10 yard sprint
 - h) Burpees, start: 5 x 10 yard sprint
- Mild Plyos (Flats! No cleats) 160 maximum ground contacts
 - e) Single leg hops: 2 x 20 yards (right, left)
 - f) Double leg hops: 2 x 20 yards
 - g) Alternate Bounds: 2 x 20 yards
 - h) Run, Run, Bound: 2 x 20 yards
- Recover and stretch (include ladder down push up/sit up: 10/10, 9/9, 8/8, 7/7, 6/6, 5/5, 4/4, etc.) Increase ladder down by one set each week.
- Go home and Ice 10/15

Day Four

- Bike steady for 20 to 40 minutes (140 to 145 bpm heart rate)
- Stretch day, ladder down push ups/sit ups (10/10, 9/9, etc.)

Section 10 Kimberly High School Boy's Soccer Mezocycle Training Program

Day Five

- Weight train in the early morning (am)
- Slow jog (6 –8 minutes)
- Dynamic Mobility Warm up:**Section 1, page 1**
- Ladder training (Horizontal movements, Snake Hop, Ali Shuffle, Slalom)
- Anaerobic Capacity: (Speed endurance group) – **Section 7, Pages 7, 8**
 - c) Penalty spot sprints (170– 180 bpm)
 - d) Penalty spot run (165 – 180 bpm)
- Juggling (110 bpm or less)
- Recover and stretch (include ladder down push up/sit up: 10/10, 9/9, 8/8, 7/7, 6/6, 5/5, 4/4, etc.) Increase ladder down by one set each week.

Day Six

- Active rest: Have some easy fun! Pool, Bike

Day Seven

- Passive rest: Relax! Read! Do NOTHING!

Section 10 Kimberly High School Boy's Soccer Mezocycle Training Program

Week Five Training

Day One

- Weight train in the early morning (am)
- Slow jog (6 –8 minutes)
- Dynamic Mobility Warm up:**Section 1, page 1**
- Dribbling (Technical: Cryff, Single/Double Mathews, Figure eight)
- Ladder training (Horizontal movements, Snake Hop, Ali Shuffle, Slalom)
- Anaerobic Power: 3 sets x 4-5 reps x 30 yards [4 min set rest & 2-3 min rep rest] Maximum effort. Heart rate must be at 110 before starting each set.
- Recover and stretch (include ladder down push up/sit up: 10/10, 9/9, 8/8, 7/7, 6/6 5/5, 4/4, etc.) Increase ladder down by one set each week.

Day Two

- Weight train in the early morning (am)
- Slow jog (6 –8 minutes)
- Dynamic Mobility Warm up:**Section 1, page 1**
- Juggling (sitting, standing, walking)
- Ladder training (Horizontal movements, Snake Hop, Ali Shuffle, Slalom)
- Passing and Receiving
- Steady run for 25 minutes
- Recover and stretch (include ladder down push up/sit up: 10/10, 9/9, 8/8, 7/7, 6/6, 5/5, 4/4, etc.) Increase ladder down by one set each week.

Day Three

- Weight train in the early morning (am)
- Slow jog (6 –8 minutes)
- Dynamic Mobility Warm up:**Section 1, page 1**
- Starts (without ball @ first) Repeat exercise with ball
 - i) Standing starts: 5 x 10 yards sprint
 - j) Prone starts (laying down): 5 x 10 yards sprint
 - k) Roll, Push up, start: 5 x 10 yard sprint
 - l) Burpees, start: 5 x 10 yard sprint
- Mild Plyos (Flats! No cleats) 160 maximum ground contacts
 - i) Single leg hops: 2 x 20 yards (right, left)
 - j) Double leg hops: 2 x 20 yards
 - k) Alternate Bounds: 2 x 20 yards
 - l) Run, Run, Bound: 2 x 20 yards
- Recover and stretch (include ladder down push up/sit up: 10/10, 9/9, 8/8, 7/7, 6/6, 5/5, 4/4, etc.) Increase ladder down by one set each week.
- Go home and Ice 10/15

Section 10 Kimberly High School Boy's Soccer Mezocycle Training Program

Day Four

- Bike steady for 20 to 40 minutes (140 to 145 bpm heart rate)
- Stretch day, ladder down push ups/sit ups (10/10, 9/9, etc.)

Day Five

- Weight train in the early morning (am)
- Slow jog (6 –8 minutes)
- Dynamic Mobility Warm up:**Section 1, page 1**
- Ladder training (Horizontal movements, Snake Hop, Ali Shuffle, Slalom)
- Anaerobic Capacity: (Speed endurance group @ 90%) Heart rate must be 110-120bpm before starting set
 - e) Penalty spot sprints (170– 180 bpm) - **Section 7, Pages 7, 8**
 - f) Penalty spot run (165 – 180 bpm)
- Juggling (110 bpm or less)
- Recover and stretch (include ladder down push up/sit up: 10/10, 9/9, 8/8,7/7, 6/6, 5/5, 4/4, etc.) Increase ladder down by one set each week.

Day Six

- Active rest: Have some easy fun! Pool, Bike

Day Seven

- Passive rest: Relax! Read! Do NOTHING!

Section 10 Kimberly High School Boy's Soccer Mezocycle Training Program

Week Six Training

Day One

- Weight train in the early morning (am)
- Slow jog (6 –8 minutes)
- Dynamic Mobility Warm up:**Section 1, page 1**
- Dribbling (Technical: Cryff, Single/Double Mathews, Figure eight)
- Ladder training (Horizontal movements, Snake Hop, Ali Shuffle, Slalom)
- Anaerobic Power: 10 x 30 second runs, with 30 second jog recovery. Finish with a 10-minutes steady run.
- Recover and stretch (include ladder down push up/sit up: 10/10, 9/9, 8/8, 7/7, 6/6, 5/5, 4/4, etc.) Increase ladder down by one set each week.

Day Two

- Weight train in the early morning (am)
- Slow jog (6 –8 minutes)
- Dynamic Mobility Warm up:**Section 1, page 1**
- Juggling (sitting, standing, walking)
- Ladder training (Horizontal movements, Snake Hop, Ali Shuffle, Slalom)
- Passing and Receiving
- Steady run for 25 minutes
- Recover and stretch (include ladder down push up/sit up: 10/10, 9/9, 8/8, 7/7, 6/6, 5/5, 4/4, etc.) Increase ladder down by one set each week.

Day Three

- Weight train in the early morning (am)
- Slow jog (6 –8 minutes)
- Dynamic Mobility Warm up:**Section 1, page 1**
- Starts (without ball @ first) Repeat exercise with ball
 - m) Standing starts: 5 x 10 yards sprint
 - n) Prone starts (laying down): 5 x 10 yards sprint
 - o) Roll, Push up, start: 5 x 10 yard sprint
 - p) Burpees, start: 5 x 10 yard sprint
- Mild Plyos (Flats! No cleats) 160 maximum ground contacts
 - m) Single leg hops: 2 x 20 yards (right, left)
 - n) Double leg hops: 2 x 20 yards
 - o) Alternate Bounds: 2 x 20 yards
 - p) Run, Run, Bound: 2 x 20 yards
- Recover and stretch (include ladder down push up/sit up: 10/10, 9/9, 8/8, 7/7, 6/6, 5/5, 4/4, etc.) Increase ladder down by one set each week.
- Go home and Ice 10/15

Day Four

- Bike steady for 20 to 40 minutes (140 to 145 bpm heart rate)
- Stretch day, ladder down push ups/sit ups (10/10, 9/9, etc.)

Section 10 Kimberly High School Boy's Soccer Mezocycle Training Program

Day Five

- Weight train in the early morning (am)
- Slow jog (6 –8 minutes)
- Dynamic Mobility Warm up: **Section 1, page 1**
- Ladder training (Horizontal movements, Snake Hop, Ali Shuffle, Slalom)
- Anaerobic Capacity: (Speed endurance group) – **Section 7, Pages 7, 8**
 - g) Penalty spot sprints (170– 180 bpm)
 - h) Penalty spot run (165 – 180 bpm)
- Juggling (110 bpm or less)
- Recover and stretch (include ladder down push up/sit up: 10/10, 9/9, 8/8, 7/7, 6/6, 5/5, 4/4, etc.) Increase ladder down by one set each week.

Day Six

- Active rest: Have some easy fun! Pool, Bike

Day Seven

- Passive rest: Relax! Read! Do NOTHING!

Section 10 Kimberly High School Boy's Soccer Mezocycle Training Program

Week Seven Training

Day One

- Weight train in the early morning (am)
- Slow jog (6 –8 minutes)
- Dynamic Mobility Warm up:**Section 1, page 1**
- Dribbling (Technical: Cryff, Single/Double Mathews, Figure eight)
- Ladder training (Horizontal movements, Snake Hop, Ali Shuffle, Slalom)
- Anaerobic Power: 3 sets x 4-5 reps x 30 yards [4 min set rest & 2-3 min rep rest] Maximum effort. Heart rate must be at 110 before starting each set.
- Recover and stretch (include ladder down push up/sit up: 10/10, 9/9, 8/8, 7/7, 6/6, 5/5, 4/4, etc.) Increase ladder down by one set each week.

Day Two

- Weight train in the early morning (am)
- Slow jog (6 –8 minutes)
- Dynamic Mobility Warm up:**Section 1, page 1**
- Juggling (sitting, standing, walking)
- Ladder training (Horizontal movements, Snake Hop, Ali Shuffle, Slalom)
- Passing and Receiving
- Steady run for 25 minutes
- Recover and stretch (include ladder down push up/sit up: 10/10, 9/9, 8/8, 7/7, 6/6, 5/5, 4/4, etc.) Increase ladder down by one set each week.

Day Three

- Weight train in the early morning (am)
- Slow jog (6 –8 minutes)
- Dynamic Mobility Warm up:**Section 1, page 1**
- Starts (without ball @ first) Repeat exercise with ball
 - q) Standing starts: 5 x 10 yards sprint
 - r) Prone starts (laying down): 5 x 10 yards sprint
 - s) Roll, Push up, start: 5 x 10 yard sprint
 - t) Burpees, start: 5 x 10 yard sprint
- Mild Plyos (Flats! No cleats) 160 maximum ground contacts
 - q) Single leg hops: 2 x 20 yards (right, left)
 - r) Double leg hops: 2 x 20 yards
 - s) Alternate Bounds: 2 x 20 yards
 - t) Run, Run, Bound: 2 x 20 yards
- Recover and stretch (include ladder down push up/sit up: 10/10, 9/9, 8/8, 7/7, 6/6, 5/5, 4/4, etc.) Increase ladder down by one set each week.
- Go home and Ice 10/15

Section 10 Kimberly High School Boy's Soccer Mezocycle Training Program

Day Four

- Bike steady for 20 to 40 minutes (140 to 145 bpm heart rate)
- Stretch day, ladder down push ups/sit ups (10/10, 9/9, etc.)

Day Five

- Weight train in the early morning (am)
- Slow jog (6 –8 minutes)
- Dynamic Mobility Warm up:**Section 1, page 1**
- Ladder training (Horizontal movements, Snake Hop, Ali Shuffle, Slalom)
- Anaerobic Capacity: (Speed endurance group @ 90%) Heart rate must be 110-120bpm before starting set
 - i) Penalty spot sprints (170– 180 bpm) - **Section 7, Pages 7, 8**
 - j) Penalty spot run (165 – 180 bpm)
- Juggling (110 bpm or less)
- Recover and stretch (include ladder down push up/sit up: 10/10, 9/9, 8/8, 7/7, 6/6, 5/5, 4/4, etc.) Increase ladder down by one set each week.

Day Six

- Active rest: Have some easy fun! Pool, Bike

Day Seven

- Passive rest: Relax! Read! Do NOTHING!

Section 10 Kimberly High School Boy's Soccer Mezocycle Training Program

Week Eight Training

Day One

- Weight train in the early morning (am)
- Slow jog (6 –8 minutes)
- Dynamic Mobility Warm up:**Section 1, page 1**
- Dribbling (Technical: Cryff, Single/Double Mathews, Figure eight)
- Ladder training (Horizontal movements, Snake Hop, Ali Shuffle, Slalom)
- Anaerobic Power: 10 x 30 second runs, with 30 second jog recovery. Finish with a 10-minutes steady run.
- Recover and stretch (include ladder down push up/sit up: 10/10, 9/9, 8/8, 7/7, 6/6, 5/5, 4/4, etc.) Increase ladder down by one set each week.

Day Two

- Weight train in the early morning (am)
- Slow jog (6 –8 minutes)
- Dynamic Mobility Warm up:**Section 1, page 1**
- Juggling (sitting, standing, walking)
- Ladder training (Horizontal movements, Snake Hop, Ali Shuffle, Slalom)
- Passing and Receiving
- Steady run for 25 minutes
- Recover and stretch (include ladder down push up/sit up: 10/10, 9/9, 8/8, 7/7, 6/6, 5/5, 4/4, etc.) Increase ladder down by one set each week.

Day Three

- Weight train in the early morning (am)
- Slow jog (6 –8 minutes)
- Dynamic Mobility Warm up:**Section 1, page 1**
- Starts (without ball @ first) Repeat exercise with ball
 - u) Standing starts: 5 x 10 yards sprint
 - v) Prone starts (laying down): 5 x 10 yards sprint
 - w) Roll, Push up, start: 5 x 10 yard sprint
 - x) Burpees, start: 5 x 10 yard sprint
- Mild Plyos (Flats! No cleats) 160 maximum ground contacts
 - u) Single leg hops: 2 x 20 yards (right, left)
 - v) Double leg hops: 2 x 20 yards
 - w) Alternate Bounds: 2 x 20 yards
 - x) Run, Run, Bound: 2 x 20 yards
- Recover and stretch (include ladder down push up/sit up: 10/10, 9/9, 8/8, 7/7, 6/6, 5/5, 4/4,etc.) Increase ladder down by one set each week.
- Go home and Ice 10/15

Day Four

- Bike steady for 20 to 40 minutes (140 to 145 bpm heart rate)
- Stretch day, ladder down push ups/sit ups (10/10, 9/9, etc.)

Section 10 Kimberly High School Boy's Soccer Mezocycle Training Program

Day Five

- Weight train in the early morning (am)
- Slow jog (6 –8 minutes)
- Dynamic Mobility Warm up:**Section 1, page 1**
- Ladder training (Horizontal movements, Snake Hop, Ali Shuffle, Slalom)
- Anaerobic Capacity: (Speed endurance group) – **Section 7, Pages 7, 8**
 - k) Penalty spot sprints (170– 180 bpm)
 - l) Penalty spot run (165 – 180 bpm)
- Juggling (110 bpm or less)
- Recover and stretch (include ladder down push up/sit up: 10/10, 9/9, 8/8, 7/7, 6/6, 5/5, 4/4, etc.) Increase ladder down by one set each week.

Day Six

- Active rest: Have some easy fun! Pool, Bike

Day Seven

- Passive rest: Relax! Read! Do NOTHING!

Section 10 Kimberly High School Boy's Soccer Mezocycle Training Program

Week Nine Training

Day One

- Weight train in the early morning (am)
- Slow jog (6 –8 minutes)
- Dynamic Mobility Warm up:**Section 1, page 1**
- Dribbling (Technical: Cryff, Single/Double Mahews, Figure eight)
- Ladder training (Horizontal movements, Snake Hop, Ali Shuffle, Slalom)
- Anaerobic Power: 3 sets x 4-5 reps x 30 yards [4 min set rest & 2-3 min rep rest] Maximum effort. Heart rate must be at 110 before starting each set.
- Recover and stretch (include ladder down push up/sit up: 10/10, 9/9, 8/8, 7/7, 6/6, 5/5, 4/4, etc.) Increase ladder down by one set each week.

Day Two

- Weight train in the early morning (am)
- Slow jog (6 –8 minutes)
- Dynamic Mobility Warm up:**Section 1, page 1**
- Juggling (sitting, standing, walking)
- Ladder training (Horizontal movements, Snake Hop, Ali Shuffle, Slalom)
- Passing and Receiving
- Steady run for 25 minutes
- Recover and stretch (include ladder down push up/sit up: 10/10, 9/9, 8/8, 7/7, 6/6, 5/5, 4/4, etc.) Increase ladder down by one set each week.

Day Three

- Weight train in the early morning (am)
- Slow jog (6 –8 minutes)
- Dynamic Mobility Warm up:**Section 1, page 1**
- Starts (without ball @ first) Repeat exercise with ball
 - y) Standing starts: 5 x 10 yards sprint
 - z) Prone starts (laying down): 5 x 10 yards sprint
 - aa) Roll, Push up, start: 5 x 10 yard sprint
 - bb) Burpees, start: 5 x 10 yard sprint
- Mild Plyos (Flats! No cleats) 160 maximum ground contacts
 - y) Single leg hops: 2 x 20 yards (right, left)
 - z) Double leg hops: 2 x 20 yards
 - aa) Alternate Bounds: 2 x 20 yards
 - bb) Run, Run, Bound: 2 x 20 yards
- Recover and stretch (include ladder down push up/sit up: 10/10, 9/9, 8/8, 7/7, 6/6, 5/5, 4/4, etc.) Increase ladder down by one set each week.
- Go home and Ice 10/15

Section 10 Kimberly High School Boy's Soccer Mezocycle Training Program

Day Four

- Bike steady for 20 to 40 minutes (140 to 145 bpm heart rate)
- Stretch day, ladder down push ups/sit ups (10/10, 9/9, etc.)

Day Five

- Weight train in the early morning (am)
- Slow jog (6 –8 minutes)
- Dynamic Mobility Warm up:**Section 1, page 1**
- Ladder training (Horizontal movements, Snake Hop, Ali Shuffle, Slalom)
- Anaerobic Capacity: (Speed endurance group @ 90%) Heart rate must be 110-120bpm before starting set
m) Penalty spot sprints (170 – 180 bpm) - **Section 7, Pages 7, 8**
n) Penalty spot run (165 – 180 bpm)
- Juggling (110 bpm or less)
- Recover and stretch (include ladder down push up/sit up: 10/10, 9/9, 8/8, 7/7, 6/6, 5/5, 4/4, etc.) Increase ladder down by one set each week.

Day Six

- Active rest: Have some easy fun! Pool, Bike

Day Seven

- Passive rest: Relax! Read! Do NOTHING!

Section 10 Kimberly High School Boy's Soccer Mezocycle Training Program

Week Ten Training

Day One

- Weight train in the early morning (am)
- Slow jog (6 –8 minutes)
- Dynamic Mobility Warm up:**Section 1, page 1**
- Dribbling (Technical: Cryff, Single/Double Mathews, Figure eight)
- Ladder training (Horizontal movements, SnakeHop, Ali Shuffle, Slalom)
- Anaerobic Power: 10 x 30 second runs, with 30 second jog recovery. Finish with a 10-minutes steady run.
- Recover and stretch (include ladder down push up/sit up: 10/10, 9/9, 8/8, 7/7, 6/6, 5/5, 4/4, etc.) Increase ladder down by one set each week.

Day Two

- Weight train in the early morning (am)
- Slow jog (6 –8 minutes)
- Dynamic Mobility Warm up:**Section 1, page 1**
- Juggling (sitting, standing, walking)
- Ladder training (Horizontal movements, Snake Hop, Ali Shuffle, Slalom)
- Passing and Receiving
- Steady run for 25 minutes
- Recover and stretch (include ladder down push up/sit up: 10/10, 9/9, 8/8, 7/7, 6/6, 5/5, 4/4, etc.) Increase ladder down by one set each week.

Day Three

- Weight train in the early morning (am)
- Slow jog (6 –8 minutes)
- Dynamic Mobility Warm up:**Section 1, page 1**
- Starts (without ball @ first) Repeat exercise with ball
 - cc) Standing starts: 5 x 10 yards sprint
 - dd) Prone starts (laying down): 5 x 10 yards sprint
 - ee) Roll, Push up, start: 5 x 10 yard sprint
 - ff) Burpees, start: 5 x 10 yard sprint
- Mild Plyos (Flats! No cleats) 160 maximum ground contacts
 - cc) Single leg hops: 2 x 20 yards (right, left)
 - dd) Double leg hops: 2 x 20 yards
 - ee) Alternate Bounds: 2 x 20 yards
 - ff) Run, Run, Bound: 2 x 20 yards
- Recover and stretch (include ladder down push up/sit up: 10/10, 9/9, 8/8, 7/7, 6/6, 5/5, 4/4, etc.) Increase ladder down by one set each week.
- Go home and Ice 10/15

Day Four

- Bike steady for 20 to 40 minutes (140 to 145 bpm heart rate)
- Stretch day, ladder down push ups/sit ups (10/10, 9/9, etc.)

Section 10 Kimberly High School Boy's Soccer Mezocycle Training Program

Day Five

- Weight train in the early morning (am)
- Slow jog (6 –8 minutes)
- Dynamic Mobility Warm up:**Section 1, page 1**
- Ladder training (Horizontal movements, Snake Hop, Ali Shuffle, Slalom)
- Anaerobic Capacity: (Speed endurance group) – **Section 7, Pages 7, 8**
 - o) Penalty spot sprints (170 – 180 bpm)
 - p) Penalty spot run (165 – 180 bpm)
- Juggling (110 bpm or less)
- Recover and stretch (include ladder down push up/sit up: 10/10, 9/9, 8/8, 7/7, 6/6, 5/5, 4/4, etc.) Increase ladder down by one set each week.

Day Six

- Active rest: Have some easy fun! Pool, Bike

Day Seven

- Passive rest: Relax! Read! Do NOTHING!