

# **Soccer Work out over the Break**

## **Monday 12/21**

Warm up and stretch, 8 Reps of 5 Yondas, 10 Pushups, 10 Burpees, 10 planks, 10 jumps knees to chest, 10 squat jumps.

## **Tuesday 12/22**

Warmup and stretch, 5 Mile Run (Alternative is 20 openers and 10 full field shuttles goalbox line, 18, halflines, other 18).

## **Wednesday 12/23**

Warmup and stretch, something with a ball and a teammate for 30 minutes. Work on dribbling at full speed for 20-30 yards at a time. Take each other on 1 v 1s. Work on hitting moving balls to a sprinting partner. Keepers can work on punts to a sprinting partner or goal kicks.

## **Thursday 12/24**

Warmup and stretch, 30 minutes of any high cardio activity you want. Go for a 30 minute run, sprint and jog, or any work out.

## **Friday 12/25 Off**

## **Saturday 12/26**

Warmup and stretch Run a mile at a good pace under 9:00 minutes. 15 Yondas, 100 burpees, 100 squat jumps, 100 pushups.

## **Sunday 12/27 Off**

## **Monday 12/28**

**Games**

## **Tuesday 12/29**

**Games**

## **Wednesday 12/30**

**Games**

## **Thursday 12/31-1-3 Off**