

OHIO ELITE FITNESS PROGRAM

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Program 1: Sprint Program

A soccer player may cover 7 miles per game, but 70-75% of this is at a walk or slow jog. The remainder is sprinting. Muscle response during sprinting is anaerobic (short term energy requirement). The OESA training program revolves around distances that correlate to sprint yardage that an athlete performs in a game. This allows:

1. Fatigue of muscle aerobically
2. Energy adaptation in the muscle (this can take 4-6 weeks to occur)
3. Increase in cardio-pulmonary efficiency

A physical examination before starting this program is a must since it is designed to provide maximum stress to the player. Also, it is important to monitor heart rates and provide longer rest periods if necessary. Proper warm-up and cool down periods are vital to avoid stress injuries during this program. Ten minutes of jogging and stretching prior to and following this program are recommended.

The program should be run 3 times a week during the off-season, 2 times a week during the pre-season, and 1 time a week in-season. It may take four to six weeks to adapt to this program. The two main goals of this program are to:

1. Increase the efficiency of the cardiovascular system
2. Improve muscle function

Rest Period Between Each Sprint	Week 1	Week 2	Week 3	Week 4
20 seconds per 20 yd. sprint	20 reps at 20 yards	22 reps at 20 yards	24 reps at 20 yards	25 reps at 20 yards
30 seconds per 40 yard sprint	20 reps at 40 yards	22 reps at 40 yards	24 reps at 40 yards	25 reps at 40 yards
45 seconds per 60 yard sprint	15 reps at 60 yards	18 reps at 60 yards	18 reps at 60 yards	18 reps at 60 yards
60 seconds per 80 yard sprint	10 reps at 80 yards	12 reps at 80 yards	12 reps at 80 yards	15 reps at 80 yards
70 seconds per 100 yard sprint	8 reps at 100 yards	10 reps at 100 yards	10 reps at 100 yards	12 reps at 100 yards

Running backward is an important part of soccer and so muscles and ligaments involved in this action must also be strengthened by backward sprints. See the following program. Rest periods are the same as above.

Week 1	Week 2	Week 3	Week 4	Week 5
20 reps at 20 yards	20 reps at 40 yards	25 reps at 40 yards	25 reps at 40 yards	30 reps at 40 yards

Program 2: 120 Yard Sprints

In this phase the player sprints 120 yards in 17-20 seconds then walks or jogs back to the starting line during the remaining time left during the minute (approximately 40 seconds). If the player cannot make it back in the allotted time, he/she will have to run one extra 120-yard sprint. This sequence is repeated 10 times. The program is run one time weekly.

Program 3: "Cones"



The cones are 5 yards apart. The player sprints from cone 1 to cone 2 (touches the cone) and then back (touch cone), from cone 1 to cone 3, and back to one. Player continues until reaching cone 5 and back to the starting point. The cone run should be finished in 35 seconds or less, with the remainder of the minute (approximately 25 seconds) spent resting. The session will last for ten repetitions. Five of the runs may be completed in 40 seconds with a 40 second rest time. This program is run one time weekly.

Using this program as a part of your yearly workout routine will not only increase your level of fitness, but also increase your sprinting capabilities, endurance, and overall confidence. They will also prepare you to be successful at regional camp with a lesser risk of injury and/or soreness.

Weekly example to be followed until regional camp:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM- Stretching	AM - Sprint Program	AM - 120s	AM- Cones	AM- Sprint Training	AM-Self- Training	AM- Stretching
----- PM-Off	PM- Self- Training Skills	PM- Club Training	PM-ODP Training	PM-Club Training	Skills and Stretching ----- PM-Off	----- Club Game

OHIO ELITE SOCCER ACADEMY PLAYER SKILL AND CONDITIONING PROGRAM

This entire program should take approximately one hour. It may be adapted in order to incorporate more of the basic technique. It is important that you go through the entire program without taking a rest other than at the planned rest intervals. Ideally a short, small-sided game would be a great way to finish this session. If you are alone, this will not be practical. In this case identify and work on one of the weaknesses in your game. Your club and/or ODP coach can help you in this area.

Ball Control and Agility:

6 minutes Jog while juggling the ball with quick touches, changing directions and speed. Do this in a confined space where many changes and touches are necessary. (Coerver warm-up)

1 minute Juggling with your head

1 minute Toss the ball up, jump and while you are in the air stop the ball with your head, the settle the ball to your feet and move off quickly, repeat using both feet.

1 minute Juggling with your thigh

1 minute Toss the ball up, jump and control the ball with your chest before it hits the ground, settle it to your feet, move over 5 yards quickly. Repeat this activity using your head, chest, thighs, and both feet as you quickly accelerate into space.

1 minute Juggle the ball with your feet only with no spin on the ball. Keep the ball below your knee, keep the ball between your knee and head, and keep the ball over your head.

2 minutes Starting in the sitting position, throw the ball up, get up and receive the ball before it hits the ground, settle it to your feet and move into space quickly. Repeat using various parts of your body to receive and redirect the ball.

2 minutes Juggle the ball with every part of your body. Use the head, chest, both shoulders, both thighs, both feet and include the instep, inside, and heels of your feet. Start in a stationary position and then jog. As you get more adept at this, start with a jog and then progress to a run while performing these moves.

Technical Speed, Pure Speed, and Endurance:

1. Dribble in a figure "8" using just the inside of both feet for 6 repetitions and then repeat for 6 more with just the outside of both feet. Cones should be 10-15 yards apart. As you round one cone accelerate to the next as if you were losing an opponent. Quick touches as you round the cone to improve technical speed.
2. Rest by walking for 30 seconds.
3. Set two cones 25 yards apart:
 - a. Dribble at top speed to the next cone
 - b. Sprint backwards to the first cone
 - c. Sprint to the ball
 - d. Collect the ball, turn and dribble at top speed back to original cone
4. Rest by walking for 30 sec.
5. Set up a five yard square and work on your fast footwork for one minute in the following manner:
 - a. Practice one move (ex. step over) within your comfort zone
 - b. Practice the same move as fast as you can
 - c. Do the same move and then explode outside of the square as quickly as you can. Your last touch is 5 yards away from your body and then sprint after the ball. Walk back after this.
6. Rest by walking for 30 seconds
7. Cones 10 yards apart. Two legged explosive jumps to the furthest cone and back. Do the same with single leg jumps, left foot out, back with the right.
8. Set cones 10 yards apart. Karaoke (lateral running criss-crossing legs) to cone and back 10 times. Get low and do as quickly as possible.
9. Rest by walking for 30 seconds.
10. Cones 25 yards apart.
 - a. Pass the ball to the furthest cone
 - b. Sprint to collect the ball
 - c. Turn quickly and explode back to the starting cone
 - d. Repeat this three times

Strength and Flexibility:

1. Hop over the ball from back to front for 30 seconds. Rest 30 seconds and then hop over the ball from side to side. Rest for 30 seconds. Repeat sequence 5 times.
2. 15 figure "8"s. Standing position with your legs spread and knees straight. Roll the ball with your hands in a figure "8" pattern around your legs.
3. 15 roll a-rounds. Sitting position with your legs extended. Roll the ball around the soles of your feet and then around your back.
4. Throw the ball in the air, jump, catch it and throw it up before you hit the ground. Try to "hang" in the air. Repeat for 30 seconds and then rest for 30 seconds. Repeat three times.
5. 30 crunch sit-ups, rest 30 seconds, and repeat again.
6. 30 push-ups, rest for 30 seconds, repeat.
7. 60 touch and jumps. Start in a standing position with the ball in your hands. Touch the ball on the ground by bending your knees so the thighs are parallel to the ground and then explode to jump high with the ball over your head.

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