

SOCCER TRAINING PROGRAM

These programs are designed to act as the foundation of an athlete's strength and conditioning training, to be followed between training and game-day exercise. An effective athlete will adjust this program to include any exercises they feel are valuable to their specific game, goals and position. The recommended sets and reps may also be adjusted once an athlete becomes accustomed to these programs, to ensure enduring performance progression.

MUSASHI
PERFORMANCE
LAB >

OFF SEASON

TRAINING GOAL - SPORT SPECIFIC STRENGTH

DAY 1

Exercise Name	Purpose of Exercise	Sets	Reps
Paced Jog	Endurance	1	15 min
Single Leg Squat Left	Lower Strength	4	8
Single Leg Squat Right	Lower Strength	4	8
Forward Lunge	Lower Strength	3	12
Reverse Lunge Knee Drive	Balance	3	4
Split Squat	Lower Strength	4	8

DAY 2

Exercise Name	Purpose of Exercise	Sets	Reps
Glute Bridge Bench Press Left	Full Body Strength	3	10
Glute Bridge Bench Press Right	Full Body Strength	3	10
Walking Lunges	Lower Strength	3	12
Single Arm Plank Left	Core Strength	3	30 secs
Single Arm Plank Right	Core Strength	3	30 secs
Push Ups	Upper Strength	3	AMAP

DAY 3

Exercise Name	Purpose of Exercise	Sets	Reps
Trap Bar/Barbell Deadlift	Full Body Strength	5	12
Banded Power Rows	Upper Strength	3	8
Shuffle Icky Touch	Lateral Movement	3	30 secs
Shuffle Tuck Jump	Lateral Movement	3	30 secs
Bulgarian Jumps	Lower Power	3	5
Upright Rows	Upper Strength	4	12

PRE SEASON

TRAINING GOAL - SPEED & POWER

DAY 1

Exercise Name	Purpose of Exercise	Sets	Reps
Half Squat	Lower Strength	4	6
Kneeling Sprint Start Left	Speed	3	5
Kneeling Sprint Start Right	Speed	3	5
Lateral Skater Deceleration	Lateral Movement	3	30 secs
Banded Knee Drive Cross Kick Left	Specific Movement	3	30 secs
Banded Knee Drive Cross Kick Right	Specific Movement	3	30 secs

DAY 2

Exercise Name	Purpose of Exercise	Sets	Reps
Rotational Med Ball Slams	Upper Power	3	30 secs
Glute Bridge Pullover	Upper Strength	5	6
Step Ups	Lower Strength	4	6
Med Ball Throw Kneeling Left	Upper Power	3	6
Med Ball Throw Kneeling Right	Upper Power	3	6
Med Ball Alternating Push Ups	Upper Strength	3	30 secs

DAY 3

Exercise Name	Purpose of Exercise	Sets	Reps
Single Leg Deadlift	Lower Strength	3	6
Skater Ball Slam	Lateral Movement	3	30 secs
Hip Switches	Lateral Movement	3	1 min
Kneeling Lunge Box Jump Left	Speed	3	6
Kneeling Lunge Box Jump Right	Speed	3	6
Push Press	Upper Strength	6	3

DURING SEASON

TRAINING GOAL - ENDURANCE & AGILITY

DAY 1

Exercise Name	Purpose of Exercise	Sets	Reps
Paced Run	Endurance	1	6 min
Paced Walk	Endurance	1	1 min
Paced Run	Endurance	1	6 min
Paced Walk	Endurance	1	1 min
Paced Run	Endurance	1	6 min
Paced Walk	Endurance	1	1 min

DAY 2

Exercise Name	Purpose of Exercise	Sets	Reps
Box Jumps	Lower Power	4	4
Zercher Squats	Lower Strength	4	6
Chin Ups	Upper Strength	4	AMAP
Bulgarian Jumps Left Side To Side	Landing Mechanics	3	30 secs
Bulgarian Jumps Right Side To Side	Landing Mechanics	3	30 secs
High Knees Skater	Lateral Movement	3	1 min

DAY 3

Exercise Name	Purpose of Exercise	Sets	Reps
Fast Feet On Plate	Agility	6	15 secs
Side To Side Plate Agility	Agility	4	30 secs
Broad Jump	Jumping	3	6
Med Ball Skater Slam	Upper Power	3	6
Lunge KB Under Swings Right	Balance	4	12
Lunge KB Under Swings Left	Balance	4	12