

***“The vision of a champion is someone who is bent over, drenched in sweat, at the point of exhaustion when no one else is watching.”***

## ***Summer Skill/Conditioning Program – 45 Minute Workout***

### ***Ball Control and Agility***

- 1 minute – Jog while dribbling with quick touches, changing direction and speed. Do this in a confined space where many changes and touches are necessary
- 1 minute – Head juggling.
- 1 minute – Throw ball up, jump and while you are in the air trap the ball with your head, settle the ball to your feet, and move off quickly – repeat.
- 1 minute – Thigh juggling.
- 1 minute – Throw ball up, jump, and while you are in the air, trap the ball with your chest, settle the ball to your feet, and move off quickly – repeat.
- 1 minute – Foot juggling (try with no spin on the ball).
- 2 minutes – Starting in a sitting position, throw ball up, get up and stop the ball before it hits the ground, settle it to your feet, and move off quickly. Repeat using head, chest, each thigh, each foot – in that order – to trap the ball.

### ***Technical Speed, Pure Speed, and Endurance***

1. Dribble in a figure 8, use just the inside of your feet for 6 figure 8s, then use the outside of both feet for 6 more. The markers you dribble around should be 15 yards apart. As you dribble around one marker, accelerate to the other as if you were beating an opponent. As you round the marker, use quick touches to improve technical speed.
2. Rest by walking for 30 seconds.
3. Set a marker out about 25 yards from a starting point:
  - a. Sprint dribble to marker
  - b. Sprint backward to starting point
  - c. Sprint to ball
  - d. Collect ball and sprint dribble back to starting point
4. Rest by walking for 30 seconds.
5. Set ball on ground to your left and set a marker out to your right about 10 yards. Move 10 times from side to side, using the slide method of moving, without crossing legs.
6. Rest by walking for 30 seconds.
7. To 10-yard marker and back: two leg explosive jumps. To marker and back: single leg explosive hopping. Left foot first, then right, out and back.
8. Rest by walking for 30 seconds.
9. Carioca to 10-yard marker and back. Move 10 times from side to side as quickly as possible.
10. Rest by walking for 30 seconds.

11. From the starting point:
  - a. Pass the ball to the 25 yard marker
  - b. Sprint to the ball
  - c. Collect the ball and accelerate to starting line
  - d. Make 3 passes

### ***Strength and Flexibility***

- 60 jumps – Two-foot jumping forward and backward over the ball.
- 15 figure 8s – Standing position with legs spread and knees straight, roll the ball with your hands in a figure 8 pattern around your legs
- 60 jumps – Two-foot jumping side to side over the ball
- 15 roll arounds – Sitting position with legs extended, roll the ball with your hands around the soles of your feet and then back around your back
- 60 jumps – Throw the ball up in the air, jump, catch the ball, and throw it back up before you hit the ground. Remember to “hang” in the air.
- 30 sit-ups – Knees bent, feet flat on ground, twist right elbow to left knee, then left elbow to right knee.
- 60 touch and jumps – Start in a standing position with the ball in your hands. Touch ball on the ground by bending at the knees so thighs are parallel to the ground and then vigorously extend jumping high with the ball over your head. Don’t just bend over and touch the ground; get your rear end as low as possible.

### ***Shooting and Heading (for this section, a wall will be necessary = think outside or inside of the gym)***

1. Technique work: Get 5 to 7 yards from the wall and shoot the ball first time at the wall, making sure of proper technique (foot pointed, ankle locked, knee over the ball, center of foot, center of ball). **2 minutes**
2. First time shooting with power: Back off 20 yards and shoot the ball first time at the wall. Strike the ball as hard as you can regardless of the bounce, height, speed, etc., so that the ball comes to you. Pick a spot on the wall to shoot at each time and keep the ball low. **6 minutes**
3. Trapping and shooting: again at 20 yards, strike the ball with power, trap it cleanly and quickly. Fire another shot at the wall. Work on developing a sound, clean trap and a quick, hard shot. **6 minutes**
4. From 1-2 yards away, first time head juggling against the wall. **1 minute**
5. Back off between 5-7 yards, throw the ball up against the wall and as it comes off, head with power, getting your entire body into the heading motion. **2 minutes**
6. Get within 5 yards of the wall – toss ball against wall to force you to jump to head the ball back at the wall. Catch the ball after you have headed it each time. **3 minutes**

### ***Cool Down = light jogging and stretching***

The entire fitness program should take 45 minutes to an hour. It is important that you go through the entire program without pause other than at planned rest intervals.

Ideally, a short 4-a-side game would be a fine way to finish your training. Three 4-minute 1v1 games with rest in between is excellent as well. If you are alone, work on a weak aspect of your game.