



Soccer Training Camp Workout



Music:

FITNESS comes first in Soccer!

Fitness is one of the greatest separators between good players and GREAT players!

To stand out on the pitch, elite soccer players must develop every aspect of their game, from passing to dribbling to shooting and tackling.

Likewise, the constant running within soccer requires its players to perform workouts consisting of intense conditioning, short-burst speed drills, and lateral quickness training.

This workout is designed to boost your soccer performance along with your speed, power, and agility!



WARM UP

1 Minute Standing Knee Raises



Soccer teams will use dynamic warm ups to prepare their bodies for a game.

Jog In Place



Soccer players average 7 miles of running per game!

Soccer Ball Toe Taps



**Do 6 and roll to
person behind you.**

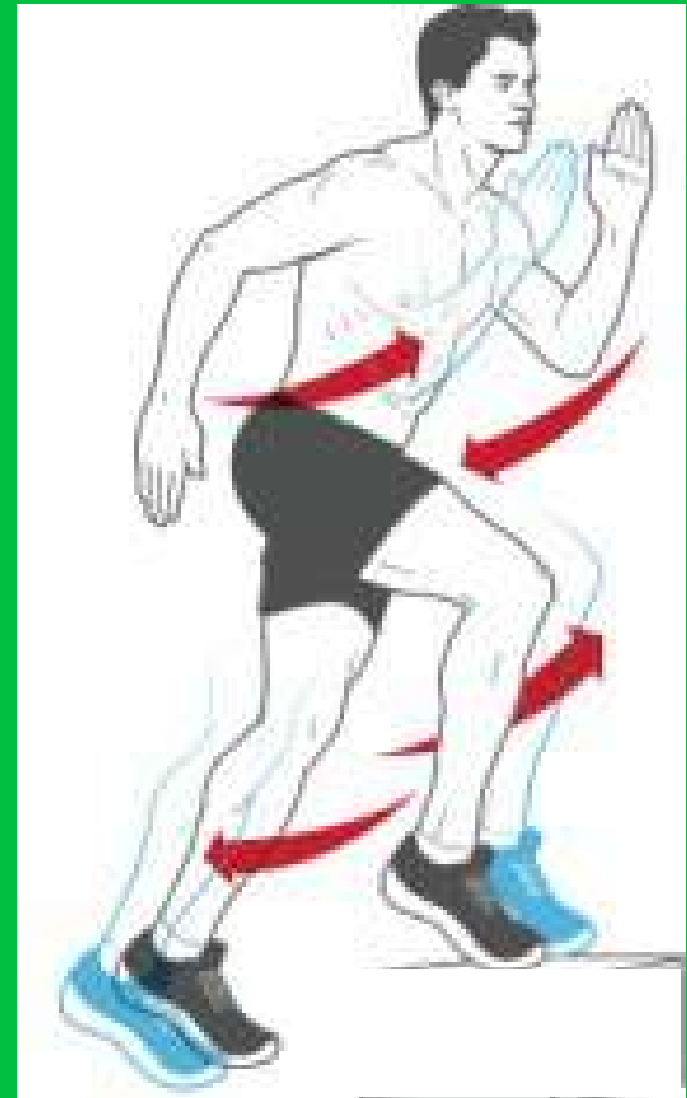
Footwork is a skill developed early
on

Heisman Hops



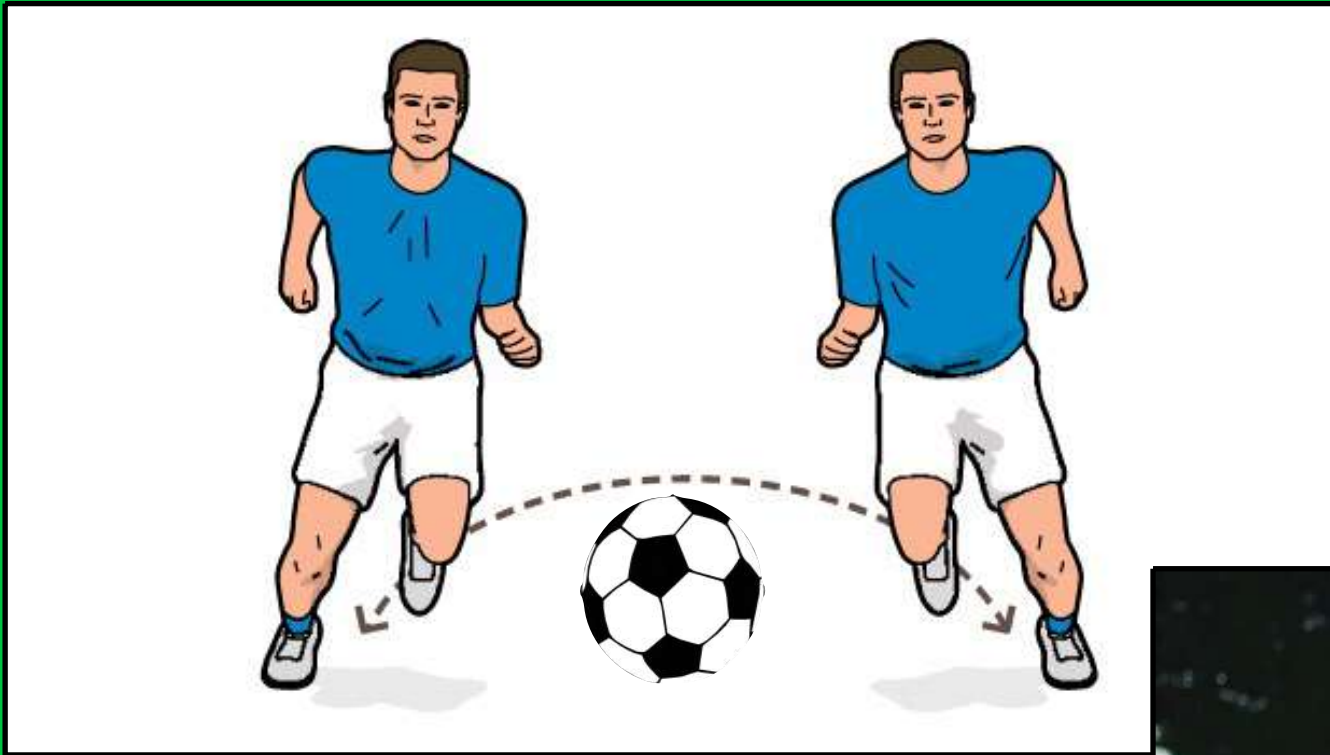
Lateral Movement & Reaction Time are important for Goalies

Sprint In Place



Speed & Agility are the most important fitness elements of Soccer

Soccer Ball Weaving



**Do 6 and roll to
person behind you.**

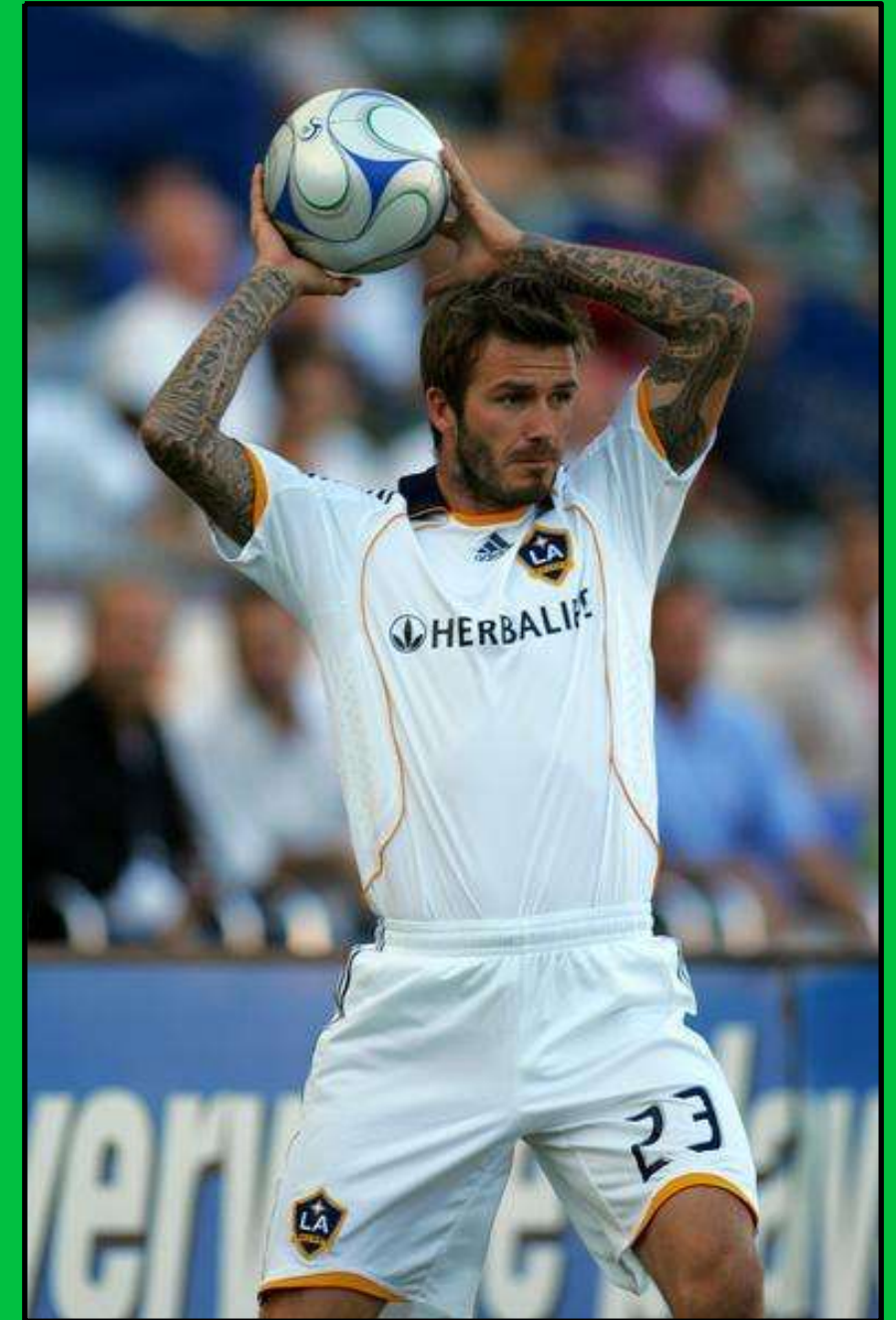


**Focus on the keeping the ball as still as
possible.**

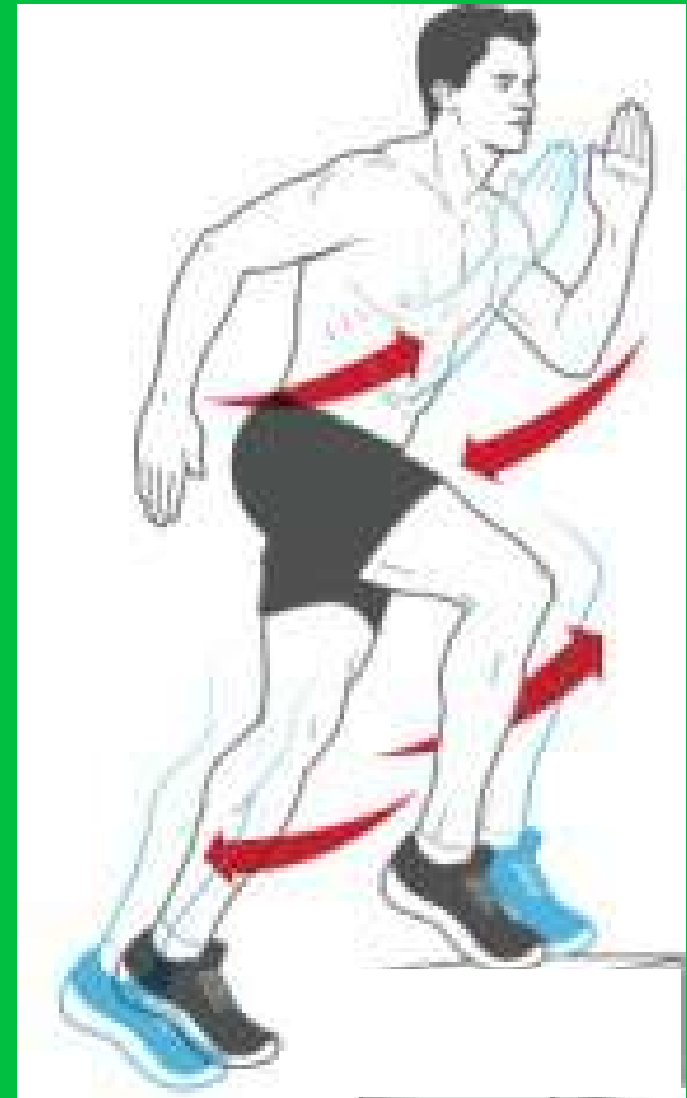
Overhead Throw-In Lunges



A strong throw in opens up options to find your teammates.



Sprint In Place



Speed & Agility are the most important fitness elements of Soccer

Plank Jacks

STEP 1



STEP 2



A strong core allows for more powerful kicks.

Heisman Hops



Lateral Movement & Reaction Time are important for Goalies

Leg Raises



A strong core helps keep you balanced in tough situations.

Jog In Place



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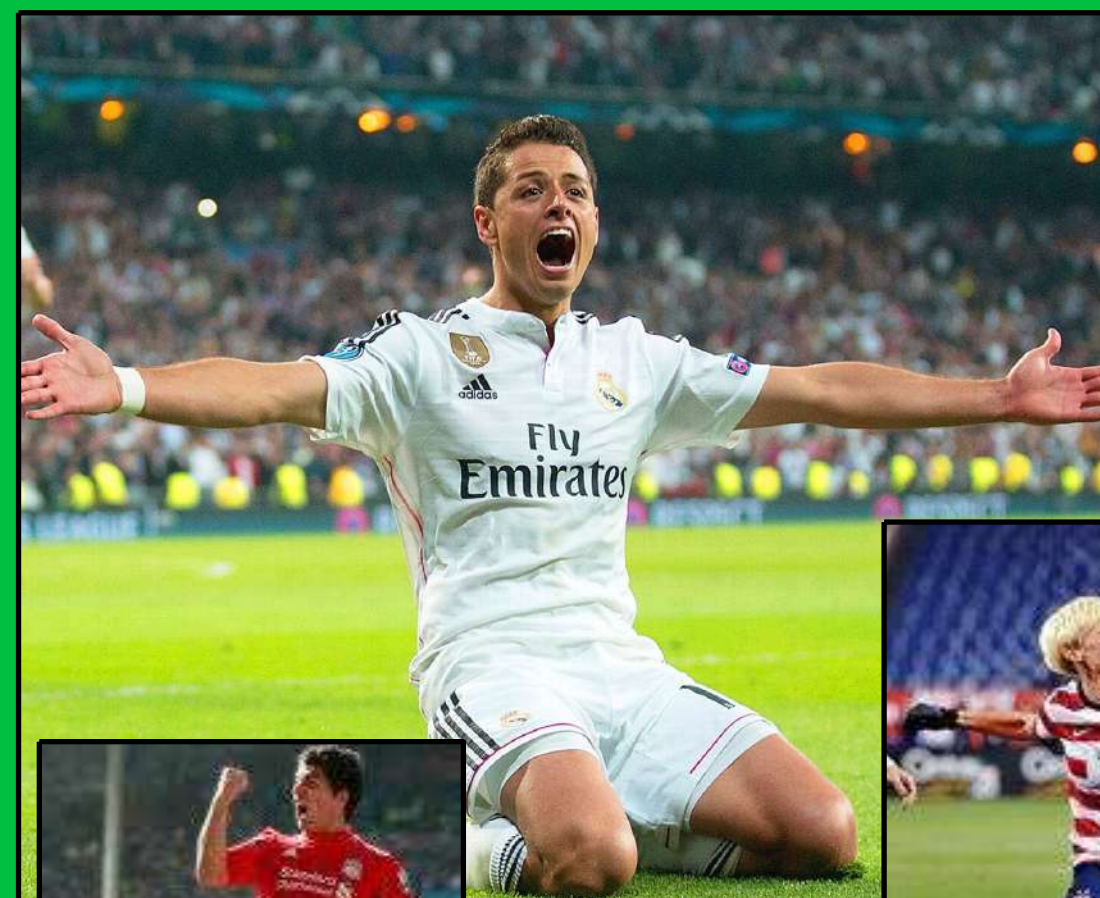


GOOOOOOAAALL



LLL!

t camp is over celebrate with your best victor



Cool Down

Cool down breathing
to bring your body
back down to
resting.

Light stretching to
gently relax your
muscles.

