

## **Region IV Girls ODP Pre-event Fitness Program**

This fitness program has been developed based on the US Soccer Youth National Teams Fitness Program. The purpose of this adapted program is to provide you with a fitness program that will prepare you for an upcoming Region IV event. Another benefit of this program is that the drills and exercises are exactly what the Women's Youth National Team are expected to do when they are not with the team. Should you reach that next level, you will have the basic training tools that will allow you to be successful when you get there.

It is important that you come to every ODP event in the best physical condition possible so you can perform at your best, reduce your chances of injury, and get the most out of the short time you are with the team. Most elite level players play organized soccer either some or most of the year. If you are playing club or high school soccer prior to an ODP event it is important not to train too much so as to reduce the chances of overuse injuries, but also recognize that the training you are doing might need to be supplemented with parts of this fitness program to meet your individual needs to compete at the regional and national levels for your age group. If you have questions make sure you contact Region IV Head Coach Mike Smith, your ODP age group coach or Region IV Athletic Trainer Craig Bennett (who was instrumental in putting this information together).

This fitness program is intended to help you develop the four areas of your game: physical, technical, tactical and psychological. Include small-sided games in your training to get as many touches on the ball as you can in simulated game situations. Have fun preparing for your events and remember that what you get out of this fitness program will be determined by the effort, intensity, dedication and discipline that you put into it. This includes proper hydration throughout the day and a well balanced diet that will allow you to sustain healthy and consistent training sessions.

The training sessions are broken up into four weekly segments. Each week includes two days of combined fitness drills and agility training, two days of endurance training with one of those days coupled with a ball fitness program. Some of the training exercises are broken down by Youth National Team age group standards (i.e. U14, U16, U18, U21/WNT). When these groups are listed you should try to perform the exercise/drill as close to, or preferably within, the parameters of your age group.

The following suggestions will also help make your training sessions safe and effective:

- ☆ **Prepare yourself for a successful training session by beginning with a proper warm-up and stretching routine (approx. 10-15 minutes)**
- ☆ Finish your training session with a cool down jog and stretching routine to reduce chances of fatigue related injuries
- ☆ If you become injured during a training session determine how severe it is and seek the proper medical attention if needed
- ☆ Be sure your distances are correct for the specific training exercises

## Week 1 (4 weeks prior to event)

### Day 1

#### Agility Circuit #1

Drill	Sets/reps	Explanation	* Completely recover before starting next drill
Foot fire	4x15 sec.	Sprinting in place- alternating feet as fast as you can, like football players do.	
Cross hops	4 times	x3 x4    x2    x5 x1	-start at x1- hop with two feet to x2, to x3, to x2, to x4, to x2, to x5, to x2, to x1 -feet are a comfortable distance apart -change directions as quickly as possible -go through twice, rest , repeat 4 times
20 yard shuttle	4 times		start at x1-sprint to x2, sprint to x3, sprint back to x1 (all sprints are forward sprints)
Circle cone	4 times		start at x1, sprint to x2 and circle around cone (a 360), starting to the right of the cone, then sprint to x3 and circle it, starting to the left of the cone, then to x4 and x5; rest; figure 8 like patterns; then go back the other way (x5, x4, etc.)
Z-Drill	4 times		start at x1, sprint to x2, sprint to x3, sprint to x4; rest; go again; rest x1 to x3, to x2, to x4 * can do creative footwork ie. Sprint-shuffle-sprint * CUT sharply at cones!!

#### Fitness

- Cones
- put a cone down to indicate your starting point
  - place cones 5, 10, 15, 20, and 25 yards out from the starting cone
  - run out to the 5 and back, out to the 10 and back, etc.
  - rest the remainder of the minute and go again (if you make it in 35 seconds, rest is 25 seconds; if you make it in 40, rest is 20 seconds), Repeat 6-10 times, based on fitness level. Also, you can add extra 15 second rests at certain points.
  - U14 NT standard: 8 in 40 seconds, extra 15 second rests after #3 and #6
  - U16 NT standard: 5 in :35, 5 in :40, extra 15 second rests after #3, 6, and 8
  - U18 NT standard: 7 in :35, 3 in :40, extra 15 second rests after #3, 6, and 8.
  - U21 / WNT standards: 10 in 35 seconds or less, extra 15 second rests after #4 and 7.

### ***(Day 1 cont.)***

- 120's
  - sprint 120 yards (see age appropriate standard times below)
  - work to jog back to starting point in 35 seconds or less
  - rest the remainder of the minute
  - repeat 8-10 times, based on fitness
  - U14 NT standard: 8 in :20, extra 15 second rests after #3 and 6
  - U16 NT standard: 5 in :18, 5 in :20, extra 15 second rests after #3, 6, and 8
  - U18 NT standard: 10 in :18, extra 15 second rests after #3, 6, and 8.
  - U21 / WNT standard: 10 in :18, extra 15 second rest after #4 and 7.

Finish with an **abdominal workout of 4 sets of 30**, changing your style with each set (crunches, V-ups, leg lifts, bike pedaling, sidebending, etc.)

### ***Day 2***

#### **All-In-One Ball Fitness Program**

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

- 6 minutes Coerver warmup (ball skills)
- 1 minute Head juggling
- 1 minute Throw the ball up, jump, and while you are in the air, control the ball with your head, settle the ball with your feet, and explode away – repeat.
- 1 minute Thigh juggling
- 1 minute Throw the ball up, jump, and while you are in the air, control the ball with your chest, settle the ball with your feet, and explode away – repeat.
- 1 minute Foot juggling with no spin on the ball.
- 2 minutes Start in a sitting position, throw the ball up, get up, and receive the ball before it hits the ground with your head, settle it with your feet, and explode away – then repeat using your chest, thighs, and both feet to receive the ball.
- 2 minutes Combined juggling using 14 body parts (head, both shoulders, chest, both thighs, both insteps, inside of both feet, outside of both feet, and both heels).

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

1. Place cones 15 yards apart. Dribble in a figure 8 using just the inside of your feet for 6 figure 8's. Then do 6 using only the outside of your feet. As you dribble around one cone, use quick touches to get around it and then accelerate to the next cone and repeat.
2. Rest 30 seconds.
3. Set a cone out 25 yards from starting point. Sprint dribble to the cone and leave the ball, sprint backward to the starting cone without the ball, sprint to collect the ball, sprint dribble back to starting cone.
4. Rest 30 seconds.
5. Repeat #3 and #4.
6. Set a cone out 10 yards from starting point. Side shuffle as quickly as you can 10 times.
7. Rest 30 seconds.
8. To the same cone as #6, 2-legged explosive jumps to the cone and back. Then 1-legged jumps up and back with each leg. Do as quickly and explosively as you can.

9. Rest 30 seconds.
10. Flight ball from endline to the midstripe, sprint and collect the ball, and sprint back to starting point.  
Repeat with each foot 3 times.
11. Rest 30 seconds.

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

- |             |  |
|-------------|--|
| 60 jumps    | 2-footed jumping forward and backward over the ball. Stretch for 30 seconds.   |
| 60 jumps    | 2-footed jumping side to side over the ball. Stretch for 30 seconds.   |
| 60 jumps    | Throw the ball up in the air, jump, catch the ball, and throw it back up again before you hit the ground. Hang in the air.   |
| 50 sit-ups  |  |
| 60 jumps    | Start in a standing position with the ball in your hands, touch the ball on the ground by bending your knees so your thighs are parallel to the ground, and then jump high with the ball over your head. |
| 30 push-ups |  |

### ***Shooting and Heading – a wall is necessary for this part.***

- |           |   |
|-----------|---|
| 2 minutes | 5-7 yards from the wall, instep shooting – good technique and be light on your feet.  |
| 2 minutes | Same as #1, but use the inside of your feet, alternating.   |
| 2 minutes | Juggle with the wall, trying to use your instep as much as you can.   |
| 6 minutes | 20 yards from wall, instep shooting first time. Try to strike the wall first time regardless of the bounce, height, and speed, etc., that the ball comes at you. Keep it low. You can put a piece of tape on the wall that you have to keep it under. |
| 6 minutes | 20 yards from the wall, strike the ball with power, receive it cleanly and quickly and fire another shot at the wall. You can do the same with a fake shot and touch.   |
| 4 minutes | Practice side volleys against the wall.   |
| 1 minute  | Head juggling against the wall.   |
| 2 minutes | 5-7 yards from the wall, throw the ball up against the wall and as it comes off the wall, head with power back to the wall. Catch the ball and repeat. For goal scoring heading, head down!   |
| 3 minutes | Same as #8, but jump and head.  |

*This entire program should take you about 50 minutes to an hour. Ideally, a small-sided game would be a great way to finish your training.*

### Day 3

#### **Endurance**

Go for a 2 to 2 1/2 mile jog and when you return to the following:

- Countdowns    25 push-ups and 25 sit-ups (change sit-up style with each set)  
 20 push-ups and 20 sit-ups (rest 30-60 seconds between each set)  
 15 push-ups and 15 sit-ups  
 10 push-ups and 10 sit-ups  
 5 push-ups and 5 sit-ups

### Day 4

#### **Agility Circuit #2**

<u>Drill</u>	<u>Sets/reps</u>	<u>Explanation</u>
Foot fire twist	4x15 sec.	Same as in Circuit #1, and on command, twist hips and proceed. w. hip
Ball hops-	2 times each	start    x    x    x    x    x    front, left, right  5 balls in a row-hop over the balls as fast as possible using double-legged hops. Go forward first; then face to the left and hop sideways over them with double-legs; then face to the right and repeat.
Lateral line Hops	5 times up/back _____ (10 yards)	Feet together, hop to the right of line, then the left of the line then the right of the line, etc...line is 10 yds. long.
L-Drill 3x to the left	3 x right 3 x left	<div style="text-align: center;">           x3 I I x1 _____ x2  I I x4         </div> Sprint forward from x1 to x2 then sprint to x3, then back to x2 and back to x1 -repeat  and 3x to the right

#### **Fitness**

- Stinkers
- Set a cone 45 yards out
  - run out and back 3 times (270 yards total)
  - rest 1:15 in between each set, repeat 4-6 times
  - U14 NT standard: a set of 4 in :60-:65
  - U16 NT standard: a set of 6 in :55-:60
  - U18 NT standard: a set of 6 in :50-:55
  - U21 / WNT standard: a set of 6 in :45-:50

- Speed endurance
- place cones 20, 40, and 60 yards out.
  - perform a series of sprints or hard cruise runs. Run past marker, decelerate slowly, not to pull a muscle.
  - walk back to the cone. You are trying to train your muscles to run hard repeatedly at, or near, your maximum speed.
  - rest sufficient time to be able to go at or near the same intensity. If you do not take enough time to recover, this will become more like an interval or fartlek run, rather than training your speed endurance.
  - sample:
    - 4x60's; rest 40 seconds
    - 6x40's; rest 30 seconds
    - 8x20's; rest for 20 seconds

Finish with an **abdominal workout of 4 sets of 30**, changing your style with each set (crunches, V-ups, leg lifts, bike pedaling, sidebending, etc.)

**Day 5 (optional)**

**Cross training**

Go for a bike ride, a swim or other form of cardiovascular exercise (stair climber, rowing machine, elliptical trainer, etc.)

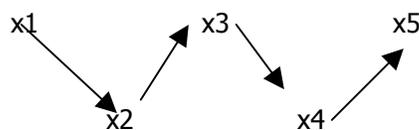
**Week 2 (3 weeks prior to event)**

**Day 1**

**Agility Circuit #3**

<u>Drill</u>	<u>Sets/reps</u>	<u>Explanation</u>
4-corner possible. hop drill	4x30sec.	2-footed hops in the pattern of a box as quickly as possible.
Stepover Carioca	4x20 yds.	Carioca, exaggerating the knee motion in front of body.
Get up tag	10x each	2 people lay down on stomachs, facing each other, hands just above the ground. One partner gets up, turns and sprints the opposite direction 10 yards. When her hands touch the ground, the other partner gets up and tries to catch her before she gets 10 yards away.

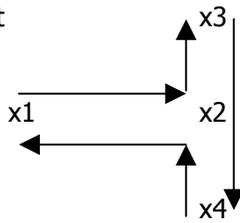
W-Drill 6x



Sprint from x1, to x2, to x3, to x4, to x5. Sharp cuts at the cones.

T-Drill

4x left and right



Start at x1, sprint forward to x2, shuffle to x3 and round the cone, shuffle to x4, shuffle back to x2, turn at x2 by opening hips, and sprint to x1.

Dot Drill

X(4) X(5) ( all markers are 1 foot apart)  
each

X(3)

X(1) X(2)

Do all 4 exercises 6 times w/ 1 min rest in between. Then do all 4 exercises 6 together times w/ no rest in between. Do as quickly as possible!!!!

1. 2 feet start on markers 1&2- one on

Marker, feet together at #3, apart again at #4 &5, turn around and repeat

2. Same as #1 but go forward than backwards

3. Single leg on 1, go to 2,3,5,4,3,1 repeat  
\*\*can do different patterns

4. Same as #3 but do both legs

## Fitness

Shuttles

- similar to Stinkers but the cone is 50 yards out (300 yards total) and rest for 1:00-1:15.

- U14 NT standard: a set of 4 in 1:10

- U16 NT standard: a set of 6 in 1:10

- U18 NT standard: a set of 6 in 1:00

- U21 / WNT standard: a set of 6 in :55

100's

- sprint 100 yards in 15 seconds

- run back to starting point in 30 seconds

Finish with an **abdominal workout of 4 sets of 35**, changing your style with each set (crunches, V-ups, leg lifts, bike pedaling, sidebending, etc.)

## Day 2

### SEB COE Ball Fitness Program (follow the correct number sequence below)

1. Step-ups (30 x right and 30 x left) technique, with feet together
2. 25 sit-ups, 20 push-ups
3. 4 laps around the field-sprint the sides of the field, drag the ball with the sole of the foot on the endlines, alternating left and right foot.
4. 25 sit-ups, 20 push-ups
5. Chip ball to midfield line, run to get it, and run back to start x 4 (2 left, 2 right)
6. 25 sit-ups, 20 push-ups
7. Jumps over the ball x 40 (front-to-back technique with feet together)
8. 25 sit-ups, 20 push-ups
9. Jumps over the ball x 40 (side to side technique with feet together)
10. 25 sit-ups, 20 push-ups
11. Driven ball to midfield line, run to get it, and run back to start x 4 (2 left, 2 right)
12. Head juggle to midfield and back (if the ball drops, do 5 sit-ups)
13. Side-to-side shuffles (15 yards) x 10 (slide technique-do not cross over feet)
14. 25 sit-ups, 20 push-ups
15. Total body juggle to midfield and back (if the ball drops, do 5 sit-ups)
16. 120 yard sprints x 2

*This entire program should take you about 50 minutes to an hour. Ideally, a small-sided game would be a great way to finish your training.*

### **Day 3**

#### **Endurance**

Go for a 2 to 2 ½ mile jog and when you return to the following:

Countdowns    25 push-ups and 25 sit-ups (change sit-up style with each set)  
                      20 push-ups and 20 sit-ups (rest 30-60 seconds between each set)  
                      15 push-ups and 15 sit-ups  
                      10 push-ups and 10 sit-ups  
                      5 push-ups and 5 sit-ups

### **Day 4**

#### **Agility Circuit #1 (repeat from week #1)**

##### **Fitness**

Stinkettes        - set a cone 25 yards out  
                      - run out and back 6 times (300 yards total)  
                      - rest 1:15-1:30 seconds in between each stinkette  
                      - repeat 4-6 times  
                      - U14 NT standard: a set of 4 in 1:15  
                      - U16 NT standard: a set of 6 in 1:15  
                      - U18 NT standard: a set of 6 in 1:10  
                      - U21 / WNT standard: a set of 6 in 1:05

120's             - sprint 120 yards  
                      - work to jog back to starting point in 35 seconds or less  
                      - rest the remainder of the minute  
                      - repeat 8-10 times, based on fitness  
                      - U14 NT standard: 8 in :20, extra 15 second rests after #3 and 6  
                      - U16 NT standard: 5 in :18, 5 in :20, extra 15 second rests after #3, 6, and 8  
                      - U18 NT standard: 10 in :18, extra 15 second rests after #3, 6, and 8.  
                      - U21 / WNT standard: 10 in :18, extra 15 second rest after #4 and 7.

Finish with an **abdominal workout of 4 sets of 35**, changing your style with each set (crunches, V-ups, leg lifts, bike pedaling, sidebending, etc.)

### **Day 5 (optional)**

#### **Cross training**

Go for a bike ride, a swim or other form of cardiovascular exercise (stair climber, rowing machine, elliptical trainer, etc.)

## **Week 3 (2 weeks prior to event)**

### **Day 1**

#### **Agility Circuit #2 (repeat from previous week)**

##### **Fitness**

	U18 STANDARD:	OVER 18 YEARS OLD:
YBMI	- 1/2 mile in 3:15	- 1/2 mile in 3:00
(You Better	- rest 1:30	- rest 1:20
Make It)	- 1/4 mile in 1:25	- 1/4 mile in 1:18
	- rest 1:30	- rest 1:20
	- 6-18-60 shuttle in :35	- 6-18-60 shuttle in :35
	- rest :30	- rest :30
	- 6-18-60 shuttle in :35	- 6-18-60 shuttle in :35
	- rest 1:30	- rest 1:20
	- 1/2 mile in 3:20	- 1/2 mile in 3:15
	- rest 1:30	- rest 1:20
	- 1/4 mile in 1:30	- 1/4 mile in 1:20

Finish with an **abdominal workout of 4 sets of 40**, changing your style with each set (crunches, V-ups, leg lifts, bike pedaling, sidebending, etc.)

### **Day 2**

#### **All-In-One Ball Fitness Program (repeat from previous week)**

### **Day 3**

##### **Endurance**

Go for a 2 1/2 to 3 mile jog and when you return to the following:

Countdowns	25 push-ups and 25 sit-ups (change sit-up style with each set)
	20 push-ups and 20 sit-ups (rest 30-60 seconds between each set)
	15 push-ups and 15 sit-ups
	10 push-ups and 10 sit-ups
	5 push-ups and 5 sit-ups

### **Day 4**

#### **Agility Circuit #3 (repeat from previous week)**

##### **Fitness**

Fartlek	- over a period of 20 minutes perform intervals of work (hard runs or sprints) and rest or recovery (jog). This trains recovery so be sure to not recover too long.
	- you can perform a 1:1 work to rest ratio, a 1:2 and so on. For example, sprint the straight part of the track and jog the curves (or modify it for the soccer field where you are sprinting to the 1/2 line, jogging to the end line, sprinting along the end line, jogging from the corner to the 1/2 line, sprinting to the end line, etc.)
	- you can increase the distance to make it a 2:1 ratio for work to rest (sprint the along

the touch line to the end line and recover along the end line to the opposite touch line and sprint to the opposite end line)

- try to keep your work as intense as possible and your recovery at as high a level as possible.

Finish with an **abdominal workout of 4 sets of 40**, changing your style with each set (crunches, V-ups, leg lifts, bike pedaling, sidebending, etc.)

## **Day 5 (optional)**

### **Cross training**

Go for a bike ride, a swim or other form of cardiovascular exercise (stair climber, rowing machine, elliptical trainer, etc.)

## **Week 4 (1 week prior to event)**

### **Day 1**

### **Agility Circuit of Choice (choose from one of the three agility circuits)**

#### **Fitness**

##### **Cones**

- put a cone down to indicate your starting point
- place cones 5, 10, 15, 20, and 25 yards out from the starting cone
- run out to the 5 and back, out to the 10 and back, etc.
- rest the remainder of the minute and go again (if you make it in 35 seconds, rest is 25 seconds; if you make it in 40, rest is 20 seconds), Repeat 6-10 times, based on fitness level. Also, you can add extra 15 second rests at certain points.
- U14 NT standard: 8 in 40 seconds, extra 15 second rests after #3 and #6
- U16 NT standard: 5 in :35, 5 in :40, extra 15 second rests after #3,6, and 8
- U18 NT standard: 7 in :35, 3 in :40, extra 15 second rests after #3, 6, and 8.
- U21 / WNT standards: 10 in 35 seconds or less, extra 15 second rests after #4 and 7.

##### **120's**

- sprint 120 yards
- work to jog back to starting point in 35 seconds or less
- rest the remainder of the minute
- repeat 8-10 times, based on fitness
- U14 NT standard: 8 in :20, extra 15 second rests after #3 and 6
- U16 NT standard: 5 in :18, 5 in :20, extra 15 second rests after #3, 6, and 8
- U18 NT standard: 10 in :18, extra 15 second rests after #3, 6, and 8.
- U21 / WNT standard: 10 in :18, extra 15 second rest after #4 and 7.

Finish with an **abdominal workout of 4 sets of 30**, changing your style with each set (crunches, V-ups, leg lifts, bike pedaling, sidebending)

## **Day 2**

### **SEB COE Ball Fitness Program (Repeat from previous week)**

*This entire program should take you about 50 minutes to an hour. Ideally, a small-sided game would be a great way to finish your training.*

## **Day 3**

### **Endurance**

Go for a 2 ½ to 3 mile jog and when you return to the following:

Countdowns    25 push-ups and 25 sit-ups (change sit-up style with each set)  
                      20 push-ups and 20 sit-ups (rest 30-60 seconds between each set)  
                      15 push-ups and 15 sit-ups  
                      10 push-ups and 10 sit-ups  
                      5 push-ups and 5 sit-ups

## **Day 4**

### **Agility Circuit of Choice (choose from one of the three agility circuits)**

#### **Fitness**

Stinkers            - Set a cone 45 yards out  
                          - run out and back 3 times (270 yards total)  
                          - rest 1:15 in between each set, repeat 4-6 times  
                          - U14 NT standard: a set of 4 in :60-:65  
                          - U16 NT standard: a set of 6 in :55-:60  
                          - U18 NT standard: a set of 6 in :50-:55  
                          - U21 / WNT standard: a set of 6 in :45-:50

Speed endurance    - place cones 20, 40, and 60 yards out.  
                          - perform a series of sprints or hard cruise runs. Run past marker, decelerate slowly, not to pull a muscle.  
                          - walk back to the cone. You are trying to train your muscles to run hard repeatedly at, or near, your maximum speed.  
                          - rest sufficient time to be able to go at or near the same intensity. If you do not take enough time to recover, this will become more like an interval or fartlek run, rather than training your speed endurance.  
                          - sample:            4x60's; rest 40 seconds  
  6x40's; rest 30 seconds  
  8x20's; rest for 20 seconds

## **Day 5 (optional)**

### **Cross training**

Go for a bike ride, a swim or other form of cardiovascular exercise (stair climber, rowing machine, elliptical trainer, etc.)