



Campbell Soccer Preseason Conditioning

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Dynamic Warmup

- Start every workout with this warmup sequence.
- Space needed- 20 yards.
- [Example Video](#)
- Light jog around the field/track (350-400 yards)
- High knees 20 yards down, butt kicks 20 yards back
- Open gate 20 yards down, close gate 20 yards back
- High kicks 20 yards down, kick-backs 20 yards back
- Knee hug to lunge to torso twist 20 yards down, leg cradle to lateral lunge to torso twist 20 yards back
- Karaoke facing right 20 yards down, karaoke facing left 20 yards side back
- Skipping arm swings with forward rotation 20 yards down, skipping arm swings with backwards rotation 20 yards back
- Shuffle right foot forward 5 yards to sprint 15 yards down, shuffle left foot forward 5 yards to sprint 15 yards back
- Two jumps within 5 yards then sprint 15 yards down, jog 5 yards then sprint 15 yards back
- Stretch what you need

Cool Down and Stretch Routine

- End every workout with this cool down and stretch routine.

- [Example Video](#)

- Cool down run distance= 350-400 yards (1 lap). Very light jog.
- Static Stretching
 - Ankle Rolls
 - Calves
 - Hamstrings
 - Quads
 - Groin
 - Hip flexor
 - Glutes
 - Back
 - Core

Week 1- Day 1

Lower Body Strength and Stability

- Dynamic warm up.
- Squat jumps (land with knees slightly bent to absorb each landing): 3 sets of 10 with 30 seconds rest between each set. [Example](#)
- Forward lunge (alternating or one leg at a time with back leg elevated on a chair): 3 sets of 8 on each leg with 30 seconds rest between each set. [Example](#)
- Alternating lateral lunge: 3 sets of 16 (8 each leg) with 30 seconds rest between each set. [Example](#)
- Alternating reverse lunge: 3 sets of 16 (8 each leg) with 30 seconds rest between each set. [Example](#)
- Squat jumps for distance: 20 yards down, 20 yards back. [Example](#)
- Lateral jumps for stability: Landing as low, balanced, and in control as possible. Hold form for 2 seconds before each jump. 2 sets of 20 jumps (10 each leg) with 30 seconds rest between each set. [Example](#)
- Forward jumps for stability: Landing as low, balanced, and in control as possible. Hold form for 2 seconds before each jump. Do one leg at a time. 2 sets of 10 jumps on each leg with 30 seconds rest between each set. [Example](#)
- Pistol squats (use chair or bench if needed): 2 sets of 10 on each leg with 30 seconds rest between each set. [Example](#)
- Single leg hip thrusts using chair or bench: 2 sets of 10 on each leg with 30 seconds rest between each set. [Example](#)
- Stationary leg swing for ankle stability: 1 minute total on each leg. 30 seconds leg swinging front to back, 30 seconds leg swinging side to side. [Example](#)
- Elevating leg swing for ankle stability (stationary running man): 1 minute for each leg. [Example](#)
- 1 mile light jog.
- Cool down stretch.

Week 1- Day 2

Modified Cooper Run + Push up and Core Work

- Dynamic Warmup
- Modified Cooper Run
 - You will do 4 runs for 4 minutes each with a 2 minute rest between each run.
 - Your goal is to maintain a sub 6 minute mile time for all 4 runs. Set a countdown timer for 4 minutes and use your phone or smart watch to track the distance you covered in total.
 - Your target for each run should be 1,068 meters (4,272 meters covered total).
 - [Example](#)
- Push ups and Core Work
 - You will do 4 sets each alternating between push ups and planks.
 - 3 sets of 25 push ups.
 - 3 sets of 1 minute plank.
 - 1 minute break between each set.
 - [Example](#)
- Cool down run and stretch

Week 1- Day 3

Interval Endurance Runs

- Dynamic warmup
- Stage 1: 18 to 18 (or 84 yards) in 15 seconds with 15 second rest between each run. 6 times total=1 set.
- 2 minute break
- Stage 2: 18 to half line (or 42 yards) and back in 15 seconds with 15 seconds rest between each run. 6 times total=1 set.
- 2 minute break
- Stage 3: touchline to 18 (or 18 yards), there and back twice in 15 seconds with 15 seconds rest between each run. 6 times total=1 set.
- [Examples of all Stages](#)
- Cool down and stretch

Week 1- Day 4

Speed/Agility With and Without the Ball

- Dynamic Warmup
- Juggle-10 minutes
 - 200 touches no restrictions, 50 right foot only, 50 left foot only, 50 thigh, 50 head, 200 touches no restrictions
 - [Example](#)
- Star Dribble- 30 seconds rest between each set
 - 1 minute with pace, no restrictions
 - 1 minute right foot only
 - 1 minute left foot only
 - 1 minute with pace, no restrictions
 - [Example](#)
- Sprint/ Agility
 - 10-5-5-10: 10 yard sprint, cut, 5 yard sprint, turn, 5 yard sprint, cut, 10 yard sprint to finish. Run it going in both directions.
 - 2 without ball, 2 with ball going both directions (4 total). 45 second rest between each set.
 - [Example](#)
 - 20-10-10-20: 20 yard sprint, cut, 10 yard sprint, turn, 10 yard sprint, cut, 20 yard sprint to finish. Run it going in both directions.
 - 2 without ball, 2 with ball going both directions (4 total). 1 minute rest between each set.
 - [Example](#)
- Speed test
 - 5-10-5: 5 yard sprint, turn, 10 yard sprint, turn, 5 yard sprint to finish.
 - No ball. Three attempts allowed. Average your times out.
 - [Example](#)
- Jog 1 Mile
- Cool Down and Stretch

Week 1- Day 5

Fitness Test

- Dynamic Warmup
- Push up test
 - You have 3 minutes to complete as many push ups as possible. 100 is the target number. Record your score.
- 3 minutes rest
- Modified Cooper Test
 - Run as far as you can for 4 minutes. You get 2 minutes rest between each run. Complete the run 2 times at a 6 minute (or below) mile time pace. Target distance covered is 1,068 meters each run (2,136) meters covered total). Record total distance covered.
- 3 minute rest
- 5-10-5 yard sprint test.
 - No ball. Three attempts allowed. 1 minute rest between attempts. Average your times out for your score. Target time is an average of 4.7 seconds. Record your scores.
- 18's Test
 - Run 18 to 18 (or 84 yards) in 15 seconds or under. 15 second rest. Repeat 6 times. Pass or fail score.
- Cool down and Stretch

| Name | Push ups (target 100) 100+= 5 85+= 4 75+= 3 65+= 2 55+= 1 | Modified Cooper (Target 2,136 m) 2,136+= 5 1,930+= 4 1,724+= 3 1,518+= 2 1,312+= 1 | 5-10-5 Speed Test (average of 3 runs. 4.5 sec target) <4.4= 5 <4.6= 4 <4.8= 3 <5.0= 2 5.1+= 1 | 18's Test (6 total stages) Pass 6= 5 Pass 5= 4 Pass 4= 3 Pass 3= 2 Pass 2= 1 | Total Score out of 20. Lowest passing score is 14 |
|-----------|--------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|---------------------------------------------------------------------|
| Example 1 | 105 (5 pts) | 2,250 m (5 pts) | 4.5 average (4 pts) | Pass all 6 (5 pts) | 19- Pass |
| Example 2 | 80 (3 pts) | 1,985 m (4 pts) | 4.9 average (2 pts) | Passed Stage 4 (3 pts) | 12- Fail |

Week 1- Day 6

Stretch and Foam Roll

- Stretch, Foam Roll, Stretch
- Foam Roll
 - Right Hip flexor
 - Right Quad: Outside, Middle, Inside
 - Right Groin
 - Left Hip flexor
 - Left Quad: Outside, Middle, Inside
 - Left Groin
 - Shins (together)
 - Right Glute: Outside, Middle, Inside
 - Left Glute: Outside, Middle, Inside
 - Right Hamstring: Outside Middle, Inside
 - Left Hamstring: Outside, Middle, Inside
 - Right Calf: Outside, Middle, Inside
 - Left Calf: Outside, Middle, Inside
- Static Stretching
 - Ankle Rolls
 - Calves
 - Hamstrings
 - Quads
 - Groin
 - Hip flexor
 - Glutes
 - Back
 - Core

Week 1- Day 7
Rest, Recover, Hydrate

Week 2- Day 1

Lower Body Strength and Stability

- Dynamic warm up and stretch.
- Squat jumps (land with knees slightly bent to absorb each landing): 3 sets of 15 with 30 seconds rest between each set.
- Forward lunge (alternating or one leg at a time with back leg elevated on a chair): 3 sets of 10 on each leg with 30 seconds rest between each set.
- Alternating lateral lunge: 3 sets of 20 (10 each leg) with 30 seconds rest between each set.
- Alternating reverse lunge: 3 sets of 20 (10 each leg) with 30 seconds rest between each set.
- Squat jumps for distance: 20 yards down, 20 yards back.
- Lateral jumps for stability: Landing as low, balanced, and in control as possible. Hold form for 2 seconds before each jump. 2 sets of 20 jumps (10 each leg) with 30 seconds rest between each set.
- Forward jumps for stability: Landing as low, balanced, and in control as possible. Hold form for 2 seconds before each jump. Do one leg at a time. 2 sets of 10 jumps on each leg with 30 seconds rest between each set.
- Pistol squats (use chair or bench if needed): 2 sets of 12 on each leg with 30 seconds rest between each set.
- Single leg hip thrusts using chair or bench: 2 sets of 12 on each leg with 30 seconds rest between each set.
- Stationary leg swing for ankle stability: 1 minute total on each leg. 30 seconds leg swinging front to back, 30 seconds leg swinging side to side.
- Elevating leg swing for ankle stability (stationary running man): 1 minute for each leg.
- 1 mile light jog.
- Cool down stretch.

Week 2- Day 2

Modified Cooper Run + Push up and Core Work

- Dynamic Warmup
- Modified Cooper Run
 - You will do 4 runs for 4 minutes each with a 2 minute rest between each run.
 - Your goal is to maintain a sub 6 minute mile time for all 4 runs. Set a countdown timer for 4 minutes and use your phone or smart watch to track the distance you covered in total.
 - Your target for each run should be 1,068 meters (4,272 meters covered total).
- Push ups and Core Work
 - You will do 4 sets each alternating between push ups and planks
 - 4 sets of 25 push ups
 - 4 sets of 1 minute plank
 - 1 minute break between each set
- Cool down run and stretch

Week 2- Day 3

Interval Endurance Runs

- Dynamic warmup
- Stage 1: 18 to 18 (or 84 yards) in 15 seconds with 15 second rest between each run. 6 times total= 1 set. Do 2 sets this week (12 total runs) with a 2 minute break between each set.
- 2 minute break
- Stage 2: 18 to half line (or 42 yards) and back in 15 seconds with 15 seconds rest between each run. 6 times total= 1 set. Do 2 sets this week (12 total runs) with a 2 minute break between each set.
- 2 minute break
- Stage 3: touchline to 18 (or 18 yards), there and back twice in 15 seconds with 15 seconds rest between each run. 6 times total = 1 set. Do 2 sets this week (12 total runs) with a 2 minute break between each set.
- Cool down and stretch

Week 2- Day 4

Speed/Agility With and Without the Ball

- Dynamic Warmup
- Juggle ~15 minutes
 - 300 touches, no restrictions
 - 75 right foot only
 - 75 left foot only
 - 75 thigh
 - 75 head
 - 300 touches, no restrictions
- Star Dribble- 30 seconds rest between each set
 - 1.5 minute with pace, no restrictions
 - 1.5 minute right foot only
 - 1.5 minute left foot only
 - 1.5 minute with pace, no restrictions
- Sprint/ Agility
 - 10-5-5-10
 - 3 without ball, 3 with ball going both directions (6 total). 45 second rest between each set.
 - 20-10-10-20
 - 3 without ball, 3 with ball going both directions (6 total). 1 minute rest between each set.
- 5-10-5 Speed test
 - No ball. Three attempts allowed. Average your times out.
- Jog 1 Mile
- Cool down and Stretch

Week 2- Day 5

Fitness Test

- Dynamic Warmup
- Push up test
 - You have 3 minutes to complete as many push ups as possible. 100 is the target number. Record your score.
- 3 minutes rest
- Modified Cooper Test
 - Run as far as you can for 4 minutes. You get 2 minutes rest between each run. Complete the run 4 times at a 6 minute (or below) mile time pace. Target distance covered is 1,068 meters each run (4,272 meters covered total). Record total distance covered
- 3 minute rest
- 5-10-5 yard sprint test.
 - No ball. Three attempts allowed. 1 minute rest between attempts. Average your times out for your score. Target time is an average of 4.7 seconds. Record your score.
- 18's Test
 - Run 18 to 18 (or 84 yards) in 12 seconds or under. 12 second rest. Repeat 6 times. Pass or fail score
- Cool down and Stretch

Week 2- Day 6

Stretch and Foam Roll

- Dynamic Warmup
- Foam Roll
 - Right Hip flexor
 - Right Quad: Outside, Middle, Inside
 - Right Groin
 - Left Hip flexor
 - Left Quad: Outside, Middle, Inside
 - Left Groin
 - Shins (together)
 - Right Glute: Outside, Middle, Inside
 - Left Glute: Outside, Middle, Inside
 - Right Hamstring: Outside Middle, Inside
 - Left Hamstring: Outside, Middle, Inside
 - Right Calf: Outside, Middle, Inside
 - Left Calf: Outside, Middle, Inside
- Static Stretching
 - Ankle Rolls
 - Calves
 - Hamstrings
 - Quads
 - Groin
 - Hip flexor
 - Glutes
 - Back
 - Core

Week 2- Day 7
Rest, Recover, Hydrate

Week 3- Day 1

Lower Body Strength and Stability

- Dynamic warm up and stretch.
- Squat jumps (land with knees slightly bent to absorb each landing): 3 sets of 20 with 30 seconds rest between each set.
- Forward lunge (alternating or one leg at a time with back leg elevated on a chair): 3 sets of 12 on each leg with 30 seconds rest between each set.
- Alternating lateral lunge: 3 sets of 24 (12 each leg) with 30 seconds rest between each set.
- Alternating reverse lunge: 3 sets of 24 (12 each leg) with 30 seconds rest between each set.
- Squat jumps for distance: 20 yards down, 20 yards back.
- Lateral jumps for stability: Landing as low, balanced, and in control as possible. Hold form for 2 seconds before each jump. 2 sets of 20 jumps (10 each leg) with 30 seconds rest between each set
- Forward jumps for stability: Landing as low, balanced, and in control as possible. Hold form for 2 seconds before each jump. Do one leg at a time. 2 sets of 20 jumps (10 each leg) with 30 seconds rest between each set.
- Pistol squats (use chair or bench if needed): 2 sets of 15 on each leg with 30 seconds rest between each set.
- Single leg hip thrusts using chair or bench: 2 sets of 15 on each leg with 30 seconds rest between each set.
- Stationary leg swing for ankle stability: 1 minute total on each leg. 30 seconds leg swinging front to back, 30 seconds leg swinging side to side.
- Elevating leg swing for ankle stability (stationary running man): 1 minute for each leg.
- 1 mile light jog.
- Cool down stretch.

Week 3- Day 2

Modified Cooper Run + Push up and Core Work

- Dynamic Warmup
- Modified Cooper Run
 - You will do 4 runs for 4 minutes each with a 2 minute rest between each run.
 - Your goal is to maintain a sub 6 minute mile time for all 4 runs. Set a countdown timer for 4 minutes and use your phone or smart watch to track the distance you covered in total.
 - Your target for each run should be 1,068 meters (4,272 meters covered total).
- Push ups and Core Work
 - You will do 5 sets each alternating between push ups and planks
 - 5 sets of 25 push ups
 - 5 sets of 1 minute plank
 - 1 minute break between each set
- Cool down run and stretch

Week 3- Day 3

Interval Endurance Runs

- Dynamic warmup
- Stage 1: 18 to 18 (or 84 yards) in 15 seconds with 15 second rest between each run. 6 times total= 1 set. Do 3 sets this week (18 total runs) with a 2 minute break between each set.
- 2 minute break
- Stage 2: 18 to half line (or 42 yards) and back in 15 seconds with 15 seconds rest between each run. 6 times total= 1 set. Do 3 sets this week (18 total runs) with a 2 minute break between each set.
- 2 minute break
- Stage 3: touchline to 18 (or 18 yards), there and back twice in 15 seconds with 15 seconds rest between each run. 6 times total = 1 set. Do 3 sets this week (18 total runs) with a 2 minute break between each set.
- Cool down and stretch

Week 3- Day 4

Speed/Agility With and Without the Ball

- Dynamic Warmup
- Juggle ~20 minutes
 - 350 touches, no restrictions
 - 100 right foot only
 - 100 left foot only
 - 100 thigh
 - 100 head
 - 350 touches, no restrictions
- Star Dribble- 30 seconds rest between each set
 - 2 minutes with pace, no restrictions
 - 2 minutes right foot only
 - 2 minutes left foot only
 - 2 minutes with pace, no restrictions
- Sprint/ Agility
 - 10-5-5-10
 - 4 without ball, 4 with ball going both directions (8 total). 45 second rest between each set.
 - 20-10-10-20
 - 4 without ball, 4 with ball going both directions (8 total). 1 minute rest between each set.
- 5-10-5 Speed test
 - No ball. Three attempts allowed. Average your times out.
- Jog 1 Mile
- Cool down and Stretch

Week 3- Day 5

Fitness Test

- Dynamic Warmup
- Push up test
 - You have 3 minutes to complete as many push ups as possible. 100 is the target number. Record your score.
- 3 minutes rest
- Modified Cooper Test
 - Run as far as you can for 4 minutes. You get 2 minutes rest between each run. Complete the run 4 times at a 6 minute (or below) mile time pace. Target distance covered is 1,068 meters each run (4,272 meters covered total). Record total distance covered.
- 3 minute rest
- 5-10-5 yard sprint test.
 - No ball. Three attempts allowed. 1 minute rest between attempts. Average your times out for your score. Target time is an average of 4.7 seconds. Record your score.
- 18's Test
 - Run 18 to 18 (or 84 yards) in 12 seconds or under. 12 second rest. Repeat 6 times. Pass or fail score
- Cool down and Stretch

Week 3- Day 6

Stretch and Foam Roll

- Dynamic Warmup
- Foam Roll
 - Right Hip flexor
 - Right Quad: Outside, Middle, Inside
 - Right Groin
 - Left Hip flexor
 - Left Quad: Outside, Middle, Inside
 - Left Groin
 - Shins (together)
 - Right Glute: Outside, Middle, Inside
 - Left Glute: Outside, Middle, Inside
 - Right Hamstring: Outside Middle, Inside
 - Left Hamstring: Outside, Middle, Inside
 - Right Calf: Outside, Middle, Inside
 - Left Calf: Outside, Middle, Inside
- Static Stretching
 - Ankle Rolls
 - Calves
 - Hamstrings
 - Quads
 - Groin
 - Hip flexor
 - Glutes
 - Back
 - Core

Week 3- Day 7
Rest, Recover, Hydrate

Links to Additional Resources/Information

- [Click here to go to the Campbell Spartan Soccer webpage.](#)
- Program's Twitter Account: [@Sparta_Soccer](#)
- Coach Connolly's Twitter Account: [@Coach_Tconnolly](#)
- Program's Instagram: [chs_spartansoccer](#)
- Instagram for boys soccer conditioning plan: [campbellsoccerconditioning](#)
- Link to all preseason conditioning examples: [Youtube Playlist](#)