

**SOCCER OFF-SEASON**

TUESDAY			THURSDAY		
Goal:	UPPER BODY		Goal:	LOWER BODY	
Date:	Day 11		Date:	Day 12	
<b>Area</b>	<b>Excercise</b>	<b>Reps</b>	<b>Area</b>	<b>Excercise</b>	<b>Reps</b>
<b>WARM UP</b>	Walking Lunges	X 2	<b>WARM UP</b>	Walking Lunges	X 2
	High Knees	X 2		High Knees	X 2
	Side Lunges	X 2		Side Lunges	X 2
<b>Plyometrics</b>	Eccentric Plyo Push Up	5 X 3	<b>Plyometrics</b>	Agility Ladder	X 2
				Mini-Hurdles	5 X 3
				Lateral Depth Jump	6ea X 3
<b>Foundation Lifts</b>	DB Bench Press on SB	10 X 3 @ 60%	<b>Foundation Lifts</b>	Squat	3 X 5@50%
	MB Rotational Chest Pass	8 X 3		Box Jump	5 X 5
	Hammer - Shoulder Press	12 X 3		Deadlift	6 X 3
	Plate Front Raise	12 X 3			
<b>Auxilliaries</b>	LM - Row to Press	8ea X 3	<b>Auxilliaries</b>	DB RDL	8ea X 3
	LM - Rotation	8 X 3		DB - Split Squat	10 X 3
	DB 1 Arm Row	8 X 3		KB Swing	10 X 3
	Band Pull Apart	12 X 3			
<b>CORE/CIRCUIT</b>	AB Wheel	12 X 3	<b>CORE/CIRCUIT</b>	XT - Crunch	12 X 3
	MB Slam	12 X 3		MB Twist	12 X 3
	Battle Ropes	20s X 3			
Special Instructions:			Special Instructions:		
Core 3 Mins!			Jump Rope - 3 mins		