Soccer Conditioning:

A Coach's and Player's Guide

Disclaimer

The exercise information presented in this eBook is intended as an educational resource and is not intended as a substitute for medical advice. Consult your physician or health care professional before performing any of the exercises described in this eBook or any exercise technique or regimen, particularly if you have chronic or recurring medical conditions. Discontinue any exercise that causes you pain or severe discomfort and consult a medical expert.

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Table Of Contents

Message From The Author	6
Connect With SMARTER Team Training	7
Introduction	8
Chapter One	
Cardiovascular Conditioning	9.1
Energy System #1: Aerobic	9.2
Energy System #2: Anaerobic	10
Chapter Two	
Set The Tone	12.1
Prepare The Body	12.2
Exercise and Conditioning Methods	12.3
Cross Training	12.4
Interval Training	12.5
Conditioning Through Drills and Play	13
Conditioning Through Leg Circuits	14.1
Leg Circuit Descriptions	14.2
Chapter Three	
Soccer Field Agility Exercises	16.1
Half Field	
Six in 50	16.2
The Shuttle	17
The Combo	18
Fourteen's	19
Agility Square	20
Catch Me	21
Crossbar Slap	22
Sideline Combo	23
The Cup	24
Progressive Square	25

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Full Field
Eighty Eights 26
Triangle 27
Half Pitch 28
Progressive Four Phase 29
EZ 30
Pyramid 31

Chapter Four
On-Field Metabolic Training 32
Attacking Third Players
Forward 33
Striker 34
Middle Third Players
Inside/Central Midfielder 35
Outside Midfielder 36
Offensive 37
Defensive Midfielder 38
Middle Third Players
Back 39
Sweeper 40
Keeper 41

Chapter Five
Soccer-Appropriate Supplemental Conditioning 42

Chapter Six
Soccer Striking Program 47

Chapter Seven
Control And Juggling Program 48

Conclusion 49

Suggested Resources 50

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Message From The Author

Thank you for your interest in SMARTER Team Training's *Soccer Conditioning: A Coach's and Player's Guide*. STT has been developed to focus on athlete and team development, performance, and education.

The sports performance industry is besieged with misinformation. I compliment you on your pursuit of prudent, practical, productive and purposeful training information.

The contents in this eBook have been developed throughout my career. After documenting the strength and conditioning programs that I have used with professional, collegiate and international level athletes as well as with my private sector experiences, I am excited to share the tips, techniques, exercises, drills and protocols that have been used by All-Conference, All-American and All-World athletes under my supervision.

Without all of the outstanding coaches, players, teams and staffs that I have had the opportunity to be apart of this information would not be possible. This eBook is an extension of my appreciation for each of those individuals. I sincerely thank the numbers of individuals that I have had the opportunity to roll up my sleeves and work along side with in the trenches. I strongly encourage all professionals aspiring to be involved in the field to chase their dreams.

This eBook is the product of thousands of hours over the course of more than fifteen years spent in the weight room, on the field, recording and tracking data, as well as reading research in a pursuit for the ultimate programs, resources, motivation, support and self assessment.

Congratulations on purchasing *Soccer Conditioning: A Coach's and Player's Guide.*

Robert Taylor, Jr., SCCC, CSCS*D, CCS, PES, CES, CSES, NSCA-CPT*D, NSPA-CPT
Founder and Owner of SMARTER Team Training, LLC

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Connect With SMARTER Team Training

It is important for SMARTER Team Training to stay connected with you. With new research, drills, exercises, tips and techniques coming out almost daily, STT uses the following social media outlets to initiate discussions, communicate thoughtful information and to stay current.

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Introduction

Soccer conditioning is the make it or break it factor when it comes to the success of your team. No matter how great any player may be or even how great the team as a whole may be, if your opponents are more agile, stronger, faster, and fitter than you are, the results you get from each game are going to be disappointing.

This guide has been developed to share over fifteen years of successful soccer appropriate year round conditioning. Within these pages, coaches and players alike will find the information needed for top-level soccer conditioning. We will help you work on cardiovascular conditioning, metabolic conditioning, agility, accuracy, juggling, and more.

With this in-depth program, every player on your team will be fit and ready to offer peak physical performance. Images will help ensure that exercises and drills are done properly, and you can be certain that your players will be able to stand up to the challenges of a long and active soccer season. Proper conditioning reduces the risk of injuries significantly, as well as improving individual and team playing abilities.

In the pages that follow, you will find detailed drills and exercises for your soccer conditioning needs. Work with your players or use the guide yourself. Every athlete's goal is to improve performance throughout the training season. Incorporate the following drills and exercises into your training program and you will be amazed at the improvement.

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Chapter One

Cardiovascular Conditioning

The way your body utilizes oxygen will determine your overall fitness. This means that in order to increase your game stamina, you need to be able to increase your body's ability to use oxygen and your ability to recover after bouts of high effort sprints.

While there are a number of different types of cardiovascular conditioning programs, there are two main energy systems you need to know: aerobic conditioning and anaerobic conditioning. Before this program can share the specific conditioning methods and exercises, it is important to take a look at the physiology of each energy system.

Energy System #1: Aerobic

With aerobic conditioning, the goal is to improve the way your body takes in, uses, and distributes oxygen to your muscles. Working out at a lower intensity for an extended period of time can help improve aerobic conditioning. The training intensity will need to be high enough to keep the body stimulated, but not so high as to create an oxygen debt. As aerobic conditioning improves, more and more effort will be needed to continue improving.

The goal here is to keep your heart rate steady below your anaerobic threshold for between 15 and 40 minutes. It is recommended that when attempting to incorporate heart rate training into your program that you participate in a progressive conditioning evaluation while wearing a heart rate monitor. A stress test or VO2Max assessment may also be used to identify each athlete's maximum heart rate that will increase the accuracy of this training aide. While tracking athletes, we have recommended that eighty percent of an athlete's maximum heart rate be used as minimum threshold for soccer appropriate fitness. Keep in mind that as you train, you will have to work harder to get your heart rate up to the appropriate level.

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Energy System #2: Anaerobic

Anaerobic conditioning is the ability of your body to perform at a higher rate than can actually be met by the oxygen coming into your body. Your aerobic system can meet your needs whenever you are playing at a low intensity or are in peak condition, but if you are poorly conditioned or need to really up the intensity of your effort during a game or practice, your body will not be able to sufficiently meet energy demands with incoming oxygen. Instead, your body will start utilizing your anaerobic systems to utilize energy, creating what is known as an oxygen debt.

To understand more about anaerobic conditioning, it is important to understand the physiology of exercise and energy use. Your muscles require energy every single time you move, and this energy comes in the form of ATP, or adenosine triphosphate. Your body generates this molecule in three different ways.

- The aerobic system can produce ATP by burning blood sugars whenever oxygen is present. This is certainly the most efficient means of generating ATP and energy and is the body's preferred method, because it can go on almost indefinitely.

- The body's glycolytic system can create ATP by burning off excess blood sugar without oxygen present, or anaerobically. This commonly occurs whenever you are exercising at a higher intensity than your body can take in oxygen to keep up with. This creates lower levels of ATP than aerobic production and also creates large amounts of lactic acid, which build up in the muscles.

- The phosphocreatine system can also produce ATP when there is not sufficient oxygen present. This system acts as a sort of ATP reservoir within the anaerobic system that is used in emergency or very high intensity situations. Whenever you are making a final push or creating a single burst of energy for a few seconds, this is the system at work.

It is common, of course, for these three systems to overlap, depending on the needs of your body. The more you train your anaerobic system, the better you

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