

Our 6-month winter off-season workout!

The game of soccer is incredibly demanding. You must be able to sprint, explode to the ball and change direction—and maintain these skills for a long duration. (Get Faster: [Change of Direction and Agility](#))

So, to improve your game on the pitch, you must develop your overall athleticism, including strength, speed, power and endurance. And the best time to do this is during the off-season.

Below is a six-month workout program that you can do during the off-season. It is appropriate for both high school and collegiate soccer players. It is divided into three phases (month 1, months 2-3 and months 4-6), which build upon each other to stimulate training gains.

Soccer Workout Plan

Month 1

The first month is meant to help get you into shape and begin developing fundamental speed and agility techniques. This is a three-day per week program, with the first day focusing on strength, the second on speed and agility, and the third on endurance.

Day 1

- **Back Squats:** 3x12-20
- **Romanian Deadlifts:** 3x12-20
- **Dumbbell Bench Press:** 3x12-20
- **Pull-Ups:** 3xMax
- **Standing Military Press:** 3x12-20

Day 2

10-15 minutes of speed and agility technique drills

- **Sprint to Lateral Shuffle:** 3x30 meters (switch sides every 5 meters)
- **Sprint to Backpedal:** 3x30 meters
- **Standing Long Jump:** 1x5
- **Counter-Movement Jump:** 1x5 (stick landing)

Day 3

Do each exercise with a med ball. Perform each for 30 seconds and repeat the circuit three times.

- **Clean and Press**
- **Overhead Throw**
- **Twist and Throw**
- **Med Ball Squat** (hold ball in front)
- **Med Ball Romanian Deadlift** (hold ball in front)
- **Med Ball Lunges** (hold ball in front)
- **Med Ball Crunches** (hold ball over chest)
- **Med Ball Leg Raises** (hold ball between feet)
- **Half-field Game:** 20-30 minutes

Months 2-3

The program during months two and three expands to five days per week. Three days are devoted to strength and metabolic conditioning, and the other two days focus on speed, agility and plyometrics.

Day 1

- **Back Squats:** 3x12-20
- **Romanian Deadlifts:** 3x12-20
- **Dumbbell Bench Press:** 3x12-20
- **Pull-Ups:** 3xMax
- **Standing Military Press:** 3x12-20
- **Sprints:** 10x30 with 20 seconds walking recovery between sprints

Day 2

10-15 minutes of speed and agility technique drills

- **Sprint to Lateral Shuffle:** 3x30 meters (switch sides every 5 meters)
- **Sprint to Backpedal:** 3x30 meters
- **Standing Long Jump:** 1x5
- **Counter-Movement Jump:** 1x5 (stick landing)

Day 3

Do each exercise with a med ball. Perform each for 30 seconds and repeat the circuit three times.

- **Clean and Press**
- **Chest Pass**
- **Overhead Throw**
- **Twist and Throw**
- **Med Ball Squat** (hold ball in front)
- **Med Ball Romanian Deadlift** (hold ball in front)
- **Med Ball Lunges** (hold ball in front)
- **Med Ball Crunches** (hold ball over chest)
- **Med Ball Leg Raises** (hold ball between feet)
- **Half-field Games:** 20-30 minutes

Day 4

10-15 minutes of speed and agility technique drills

- **Sprint to Lateral Shuffle:** 3x30 meters (switch sides every 5 meters)
- **Sprint to Backpedal:** 3x30 meters
- **Standing Long Jump:** 1x5
- **Counter-Movement Jump:** 1x5 (stick landing)

Day 5

Do each exercise with your body weight. Perform each for 30 seconds and sprint for 30 seconds between exercises. Repeat the circuit three times.

- Squats
- Front Lunges
- Reverse Lunges
- Side Lunges
- Inchworms
- Walk on Toes
- Walk on Heels
- Wheelbarrows
- Bear Crawl
- Push-Ups
- Pull-Ups
- Dips

Months 4-6

This phase also is also based on a five-day plan. However, the exercises are more complex and the workouts are more difficult to accomplish to promote increased fitness levels.

Day 1

- **Hang Clean:** 3x6 @ 60% (above knees)
- **Front Squats:** 3x8-12 @ 70%
- **Back Raises:** 3x15-20
- **Incline Dumbbell Press:** 3x8-12
- **Single-Arm Dumbbell Rows:** 3x8-12 each arm
- **Seated Military Press:** 3x8-12
- **Sprints:** 2x10x20 meters with 20 seconds walking recovery between sprints and 5 minutes recovery between sets

Day 2

10-15 minutes of speed and agility technique drills

- **Sprint to Lateral Shuffle:** 3x30 meters (switch sides every 5 meters)
- **Sprint to Backpedal:** 3x30 meters
- **Standing Long Jump:** 1x5
- **Counter-Movement Jump:** 1x5 (stick landing)

Day 3

- **Dumbbell Bench Press:** 3x12-15
- **Dips:** 3xMax
- **Pull-Ups:** 3xMax
- **3-in-1 Shoulders:** 3x12-15
- **Sprints:**
 - 1x20 meters, 10 seconds recovery
 - 1x40 meters, 20 seconds recovery
 - 1x60 meters, 40 seconds recovery
 - 1x80 meters, 60 seconds recovery
 - 2x100 meters, 60 seconds recovery
 - 1x80 meters, 60 seconds recovery

- 1x60 meters, 40 seconds recovery
- 1x40 meters, 20 seconds recovery
- 1x20 meters

Day 4

10-15 minutes of speed and agility technique drills

- **Sprint to Lateral Shuffle:** 3x30 meters (switch sides every 5 meters)
- **Sprint to Backpedal:** 3x30 meters
- **Standing Long Jump:** 1x5
- **Counter-Movement Jump:** 1x5 (stick landing)

Day 5

- **Back Squats:** 3x12-15 @ 60%
- **Lunges:** 3x12-15
- **Good Mornings:** 3x12-15
- **Back Raises:** 3x12-15
- **Calf Raises:** 3x12-15
- **Half-field Games:** 20-30 minutes

Our 12 week preseason soccer workout summer

Soccer is a program dominated by leg strength and endurance. The lifting program will build powerful legs, while the cardio will give you the endurance of a marathon runner, and you'll need it. The training actually won't be complicated, and there won't be a whole lot, but that's only because you're going to be doing a lot of cardio.

The Training

Training will be a simple 5x5 program performed 3 days a week. There will be a push, pull and leg day. For most exercises, sets and reps will be 5x5, and you will try to keep the same weight for all 5 sets. Make sure you increase the weight each week. Halfway through, we'll change up the exercises, but keep the same format. Don't forget to take a week off during the 12 weeks.

Weeks 1-6

Monday - Push

Bench Press - 5x5

Military Press - 5x5

Lying Tricep Extension - 5x5



[Click Here For A Printable Log Of Monday - Push Workout, Weeks 1-6](#)

Wednesday - Pull

Power Clean - 5x5
Bent Row - 5x5
Weighted Chin-up - 5x5
Barbell Shrug - 3x10



[Click Here For A Printable Log Of Wednesday - Pull Workout, Weeks 1-6](#)

Friday - Legs

Squat - 5x5
Stiff Legged Deadlift - 5x5
Standing Calf Raise - 3x12
Weighted Hanging Leg Raises - 3x12



[Click Here For A Printable Log Of Friday - Legs Workout, Weeks 1-6](#)

Weeks 7-12

Monday - Push

Incline Dumbbell Press - 5x5
Arnold Press - 5x5
Weighted Parallel Bar Dips - 5x5



[Click Here For A Printable Log Of Monday - Push Workout, Weeks 7-12](#)

Wednesday - Pull

Deadlift - 5x5
Weighted Pullup - 5x5
Reverse Grip Pulldowns - 5x5
Dumbbell Shrug - 3x10



[Click Here For A Printable Log Of Wednesday - Pull Workout, Weeks 7-12](#)

Friday - Legs/Core

Front Squat - 5x5
Good Morning - 5x5
Seated Calf Raise - 3x12
Weighted Decline Crunches - 3x12



[Click Here For A Printable Log Of Friday - Legs/Core Workout, Weeks 7-12](#)

The Cardio

Cardio is where it's all at when you get to endurance sports like soccer, lacrosse, track, etc. We're going to use the same sprinting day as football has, but the other 2-3 days will be no picnic.

Day 1

Day 1 will be an endurance day tracked by distance. The distance you run will increase over the weeks. The weeks that maintain the same distance, you should be timing yourself, and you will beat your time every week. Here's a week-by-week breakdown:

- Week 1 - 1 mile
- Week 2 - 1 mile
- Week 3 - 2 miles
- Week 4 - 2 miles
- Week 5 - 2 miles
- Week 6 - 3 miles
- Week 7 - 3 miles
- Week 8 - 4 miles
- Week 9 - 4 miles
- Week 10 - 3 miles
- Week 11 - 3 miles
- Week 12 - 3 miles

Day 2

Day 2 is all about improving your sprinting speed. Distances will be kept the same; it's the time that you will be trying to increase. Have a partner or friend time how long each distance takes, and beat that time every week, whether it is by .5s or .05s.

Take enough time in between sprints to catch your breath and have full energy for the next sprint. Here's what day 2 looks like:

- 100m - Beat time from previous week.
- 80m - Beat time from previous week.
- 60m - Beat time from previous week.
- 50m - Beat time from previous week.
- 50m - Beat time from previous week.
- 40m - Beat time from previous week.

Day 3

Day 3 is another endurance day, more fun. This time we'll be going by time, as opposed to distance on day 1. Don't just walk or lightly jog for the time, you should be at a fast jog/run for the time. You should be beating your total distance covered each time you repeat the same time ran. Here's a week by week time list:

- Week 1 - 30 minutes

- Week 2 - 30 minutes
- Week 3 - 35 minutes
- Week 4 - 35 minutes
- Week 5 - 35 minutes
- Week 6 - 40 minutes
- Week 7 - 40 minutes
- Week 8 - 40 minutes
- Week 9 - 40 minutes
- Week 10 - 45 minutes
- Week 11 - 45 minutes
- Week 12 - 45 minutes

Day 4

Day 4 will be introduced Week 7, and will be very simple. You get the first 6 weeks to get into better shape if you haven't already. What you'll do is just run 2 miles, and you will beat your time each week. By Week 7, two miles should be a piece of cake, so don't complain.

That is the soccer program. Once completed, you should be able to burn your entire team on a mile run if your coach makes you run one. You will also start because you will be one of the only ones who can hustle full speed the entire game.