

Viterbo University Men's Soccer

2025 Summer Packet



Dear V-Hawk Soccer Family,

I hope you're having a relaxing summer so far. As we enter the summer season, it's time to shift our focus toward the upcoming Fall 2025. It's crucial that you prepare yourself mentally, physically, and emotionally for the start in August. The summer program will begin on May 18th.

Move In: Move in day is set for August 8th from 8AM-10am for local/domestic players and August 7th for international and long distance travels (buy flight/train tickets now to get the best rate). Please send me your travel itinerary so that we can prepare for your arrival. Please note that we are not able to provide transportation outside of La Crosse. If you are flying, the recommended travel is flying into Minneapolis International Airport and having a connecting flight to the La Crosse Airport OR taking a Groome Shuttle or Amtrak from Minneapolis to La Crosse. We will start preseason on August 8th, so please do your best to arrive before 10AM.

Preseason: We will have our first all-team meeting on August 8th at 1:30PM. This meeting is mandatory. Starting August 9th, we will have 2-3 training sessions a day for the duration of preseason. Make sure to break your shoes in before this week. We do not sit out for blisters or other problems associated with new shoes. All players are required to arrive prior to the first meeting. Arriving late will result in consequences if not approved.

Sports Medicine: ALL players (new and returning) must complete a sports medicine packet. New players will need to bring a physical or have a physical before the first training session. A concussion impact baseline may be required as well. All sports medicine requirements must be met before arriving on campus.

Summer Workouts: PRE-SEASON IS ARGUABLY THE MOST IMPORTANT PHASE OF THE SEASON... Coming into the season fit is important to be able to thrive with the college athletics workload and to avoid overuse injuries. If you come in unfit, you will likely miss chunks of the season working to get fit or injured because your body can't handle the workload. The fall season starts right away so don't wait to get fit.

Thanks,

Roberto A Yopez

Head Men's Soccer Coach

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How to Use this Packet:

On pages 3-4 there is a calendar that lists the daily workouts. On pages 7+, you can find each of the workouts laid out. For example, on 5/26 there is a “Weights 1” workout. For this workout, you will find the section that is titled “Weights 1” which will list each exercise that you will need to complete for that workout.

YOU MUST REPORT YOUR WORKOUTS USING THIS LINK:

Failure to report workouts may result in preseason consequences. Staff will assume that you aren't doing the workouts.

Training/Playing with a team: No amount of individual training can replicate a match or team training. If you have the ability, you should train and play with the highest level team possible available for you (preferably an adult team).

Test Week: The test week will include the Yo-Yo Intermittent Recovery Test Level 2, which is a type of the beep fitness test, body composition scan (for nutrition plan), and 3 Rep Maxes (for weights for future workouts) Instructions on page 5.

USE A SPOTTER FOR 3 REP MAX TESTING

Training Plan: Once test week is completed, you should have all the data to complete the daily plans. The summer training plan consists of weight training, endurance training, plyometrics, speed training, positional training, and ball mastery.

Be sure to warm up before any training session.

Nutrition: Using this packet, you will be able to prepare your summer nutrition plan using the guide on page 6. When you provide your body with the nutrients it needs, it can develop at a faster rate and will lessen the strain put on your body. If you practice consistent good nutrition, you will be able to run longer, sprint faster, jump higher, push harder and consistently perform at a higher level. Optimal nutrition will also help you to concentrate, focus and think more clearly. If you fail to take care of your body through proper nutrition, your body will struggle to recover and keep up with the demands of the program. Poor nutrition is another contributing factor to burnout, overuse injuries, a lack of progression and fatigue. If you are feeling sluggish and tired, it's highly likely that you need to give more attention to your nutrition.

* Note for weights: Your 1RM/3RM should increase over the summer. If something feels too easy, add more weight and update your 1RM based on the new % weight.

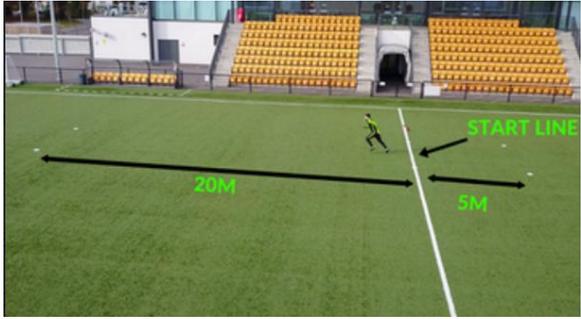
5/18	5/19	5/20	5/21	5/22	5/23	5/24
Fitness Test Day	REST DAY	Front Squat Testing	REST	Bench Press Testing	REST	Deadlift Testing
5/25	5/26	5/27	5/28	5/29	5/30	5/31
REST	Weights 1 80% Endurance 1 Positional 1	Plyometrics 1 Speed 1 Ball Mastery 1	Weights 2 80% Endurance 2 Positional 2	Plyometrics 2 Speed 2 Ball Mastery 2	Weights 3 80% Endurance 3 Positional 3	Speed/Endurance Mix GAME IF POSSIBLE
6/1	6/2	6/3	6/4	6/5	6/6	6/7
REST	Weights 1 85% Endurance 1 Positional 1	Plyometrics 1 Speed 1 Ball Mastery 1	Weights 2 85% Endurance 2 Positional 2	Plyometrics 2 Speed 2 Ball Mastery 2	Weights 3 85% Endurance 3 Positional 3	Speed/Endurance Mix GAME IF POSSIBLE
6/8	6/9	6/10	6/11	6/12	6/13	6/14
REST	Weights 1 80% Endurance 1 Positional 1	Plyometrics 1 Speed 1 Ball Mastery 1	Weights 2 80% Endurance 2 Positional 2	Plyometrics 2 Speed 2 Ball Mastery 2	Weights 3 80% Endurance 3 Positional 3	Speed/Endurance Mix GAME IF POSSIBLE
6/15	6/16	6/17	6/18	6/19	6/20	6/21
REST	Weights 1 75% Endurance 1 Positional 1	Plyometrics 1 Speed 1 Ball Mastery 1	Weights 2 75% Endurance 2 Positional 2	Plyometrics 2 Speed 2 Ball Mastery 2	Weights 3 75% Endurance 3 Positional 3	Speed/Endurance Mix GAME IF POSSIBLE
6/22	6/23	6/24	6/25	6/26	6/27	6/28
REST	Weights 1 80% Endurance 1 Positional 1	Plyometrics 1 Speed 1 Ball Mastery 1	Weights 2 80% Endurance 2 Positional 2	Plyometrics 2 Speed 2 Ball Mastery 2	Weights 3 80% Endurance 3 Positional 3	Speed/Endurance Mix GAME IF POSSIBLE
6/29	6/30	7/1	7/2	7/3	7/4	7/5
REST	Weights 1 85% Endurance 1 Positional 1	Plyometrics 1 Speed 1 Ball Mastery 1	Weights 2 85% Endurance 2 Positional 2	Plyometrics 2 Speed 2 Ball Mastery 2	Weights 3 85% Endurance 3 Positional 3	Speed/Endurance Mix GAME IF POSSIBLE

	Endurance 1 Positional 1	Speed 1 Ball Mastery 1	Endurance 2 Positional 2	Speed 2 Ball Mastery 2	Endurance 3 Positional 3	GAME IF POSSIBLE
<u>7/6</u>	<u>7/7</u>	<u>7/8</u>	<u>7/9</u>	<u>7/10</u>	<u>7/11</u>	<u>7/12</u>
REST	Weights 1 80% Endurance 1 Positional 1	Plyometrics 1 Speed 1 Ball Mastery 1	Weights 2 80% Endurance 2 Positional 2	Plyometrics 2 Speed 2 Ball Mastery 2	Weights 3 80% Endurance 3 Positional 3	Speed/Endura nce Mix GAME IF POSSIBLE
<u>7/13</u>	<u>7/14</u>	<u>7/15</u>	<u>7/16</u>	<u>7/17</u>	<u>7/18</u>	<u>7/19</u>
REST	Weights 1 75% Endurance 1 Positional 1	Plyometrics 1 Speed 1 Ball Mastery 1	Weights 2 75% Endurance 2 Positional 2	Plyometrics 2 Speed 2 Ball Mastery 2	Weights 3 75% Endurance 3 Positional 3	Speed/Endura nce Mix GAME IF POSSIBLE
<u>7/20</u>	<u>7/21</u>	<u>7/22</u>	<u>7/23</u>	<u>7/24</u>	<u>7/25</u>	<u>7/26</u>
REST	Weights 1 80% Endurance 1 Positional 1	Plyometrics 1 Speed 1 Ball Mastery 1	Weights 2 80% Endurance 2 Positional 2	Plyometrics 2 Speed 2 Ball Mastery 2	Weights 3 80% Endurance 3 Positional 3	Speed/Endura nce Mix GAME IF POSSIBLE
<u>7/27</u>	<u>7/28</u>	<u>7/29</u>	<u>7/30</u>	<u>7/31</u>	<u>8/1</u>	<u>8/2</u>
REST	Weights 1 85% Endurance 1 Positional 1	Plyometrics 1 Speed 1 Ball Mastery 1	Weights 2 85% Endurance 2 Positional 2	Plyometrics 2 Speed 2 Ball Mastery 2	Weights 3 85% Endurance 3 Positional 3	Speed/Endura nce Mix GAME IF POSSIBLE
<u>8/3</u>	<u>8/4</u>	<u>8/5</u>	<u>8/6</u>	<u>8/7</u>	<u>8/8</u>	<u>8/9</u>
REST	Weights 1 75% Endurance 1 Positional 1	Plyometrics 1 Speed 1 Ball Mastery 1	REST & TRAVEL	INT MOVE IN DAY REST & TRAVEL	US MOVE IN DAY @ Viterbo	@ Viterbo

* Note for weights: Your 1RM/3RM should increase over the summer. If something feels too easy, add more weight and update your 1RM based on the new % weight.

TEST WEEK

This test day is designed to provide you with key data to be able to complete the summer plan.

 <p style="text-align: center;">Yo-Yo Intermittent Recovery Test Level 2 (Morning)</p>	<p>Explanation: https://www.youtube.com/watch?v=HVZ4sXHtMDM Test Audio/Video: https://youtu.be/HKD1fLegNmQ Setup: 5 meter recovery zone, 20 meter running zone Score: Total Distance in meters (top right of video)</p> <p>This test is what we use to determine fitness levels. We will perform this test to begin the preseason. The purpose of doing this test in the summer is so that you can see where you stand and work to meet and exceed fitness expectations. All players are required to meet their fitness standards in the preseason to be able to train.</p> <p>Goalkeepers: 1100m; Center Backs 1140m; Forwards: 1280m; Centermids: 1340m; Outside backs/Wingers: 1400m</p> <p>Be sure to warm-up and stretch before this.</p>
<p style="text-align: center;">TANITA InBody Body Composition (Tanita/InBody)</p>	<p>Find a location that offers body composition testing. This is a body scan that prints a report of your BMI, Body Fat %, Fat Mass, Muscle Mass, and Body Water. Some reports such as InBody are more in depth. Below you can find InBody locations. The Body Fat % goal is 8-12% however, it should be below 15% for athletics.</p> <p>https://inbodyusa.com/support/nearest-testing-location/</p>
<p>3RM - Front Squat (Afternoon) https://www.youtube.com/watch?v=I5GaxSYLCSc</p>	<p>DO THIS WITH A SPOTTER: Warm Up: 2 x 8 Push ups, 2 x 8 lunges, 2 x 8 Mountain Climbers, 2 x 8 Fwd line Hops Weights: 10 Reps - Bar (50%), 8 Reps - 60%, 6 Reps - 70%, 3 Reps - 80%-85%, 3 Reps - Max RECORD 3RM</p>
<p>3RM - Bench Press (Afternoon) https://www.youtube.com/watch?v=Qjxrp9Hwv_Q</p>	<p>DO THIS WITH A SPOTTER: Warm Up: 2 x 8 Push ups, 2 x 8 lunges, 2 x 8 Mountain Climbers, 2 x 8 Fwd line Hops Weights: 10 Reps - Bar (50%), 8 Reps - 60%, 6 Reps - 70%, 3 Reps - 80%-85%, 3 Reps - Max RECORD 3RM</p>
<p>3RM Deadlift (Afternoon) https://www.youtube.com/watch?v=a5zhnubunoE</p>	<p>DO THIS WITH A SPOTTER: Warm Up: 2 x 8 Push ups, 2 x 8 lunges, 2 x 8 Mountain Climbers, 2 x 8 Fwd line Hops Weights: 10 Reps - Bar (50%), 8 Reps - 60%, 6 Reps - 70%, 3 Reps - 80%-85%, 3 Reps - Max RECORD 3RM</p>

Nutrition

Use this link to calculate your dietary needs: <https://form.jotform.com/241338553029052>

BMR: _____ - This is the minimum calories that you should intake before any activity. (Survival)

Recommended Caloric Intake: _____ **cals** - These are the calories that we recommend you intake daily.
This calculates activity training and working out.

Recommended Carbohydrate Intake: _____ **grams**

Recommended Protein Intake: _____ **grams**

Recommended Fats Intake: _____ **grams**

Recommended Water Intake: _____ **grams**

Pre-Season Body Fat % Goal: _____ **%**
(Everyone's Max Should be Below 15%)

Sources for Macros:

Carbohydrates

Rice, Potato, Sweet potato, Bananas, Oats, Whole Wheat Pasta, Quinoa Bread, Blueberries, Broccoli, Peas, Squash

Protein

Chicken Breast, Turkey Breast, Fish (Tuna, Salmon, Trout), Pork Loin (Chops), Lean Beef, Tofu, Greek Yogurt, Cottage Cheese, Beans, Peanut Butter, Nuts, Black Beans

Fats

Fish (Salmon, sardines, walleye) *Skin on*, Dark Chocolate, Avocado, Nut & Seed Butter, Olive Oil, Yogurt, Zucchini

Recommended Supplements

Whey Protein

Creatine Monohydrate

Rice Protein

Pea Protein - Iron

Protein Shake Recipe:

Ingredient	Cals	Carbs	Prot	Fat
½ Cup Oats	160	25g	6g	2g
2 Bananas	210	56g	2g	0g
2 Scp Whey Prot.	350		60g+	
5+ TBSP Peanut Butter	570	20g	17g	40g
2 TBSP Honey	120			
Cinnamon				
Sugar				
Water				
Total	1410	101g	85g	42g

Don't rely on these supplements alone but use it to help meet your macro goals.

Weights 1

Exercise	Reps	Sets
DB Floor Tricep Press	6	4
BB Front Squats	6	4
SA Bicep Curl to Press	6 /side	4
BB RDL	6	4
Banded 3 Way Hips	10	4
SL Calf Raises (slow down, explode up)	10 /leg	4
Copenhagen Side Planks	30s /side	4
SL Pallof Press	10 /side	4

Click Each Title for Form/Video

Weights 2

Exercise	Reps	Sets
Ground to OH Press	6	4
BB Deadlift	6	4
DB Overhead Tri. Ext.	6	4
BB Bench Press	6	4
Banded Knee Drives	10 /leg	4
RFE BW Jump Squats (Slow Down, Explode Up)	10 /leg	4
Side Plank w/ Band Row	10 /side	4
Banded Face Pulls - 2 sec tempo	10	4

Click Each Title for Form/Video

Endurance 2

4 Mile Run

Endurance 3

2 Mile Run

Endurance 1

3 Mile Run

Weights 3

Exercise	Reps	Sets
Goblet Hold Lateral Lunge	6	4
BB Row	6	4
Box Front Squats (Explode Up)	6	4
DB Bench Press	6	4
Pistol Squat - 3 sec tempo	10	4
SL Hamstring Bridge	10 /side	4
SL Pallof Press	10 /side	4
Banded Hamstring Curls	10	4

Click Each Title for Form/Video

Plyometrics 1

Exercise	Reps	Sets	Rest
Broad Jumps	20 m	5	30 sec
Broad Skater Hops	20 m	5	30 sec
Continuous Broad Jumps	20 m	5	30 sec
Pogo Hops	20 m	5	30 sec
Bounds	20 m	5	30 sec
SL Bounds	20 m	5	30 sec
Jog	2 min	5	30 sec

Click Each Title for Form/Video

Plyometrics 2

Exercise	Reps	Sets	Rest
In Place Pogo Hops	30 sec	5	30 sec
Squat Jump	30 sec	5	30 sec
SL Rotational Broad Jump /leg	30 sec	5	30 sec
Depth Drop Jump	15	5	30 sec

Kneeling Box Jumps	30 sec	5	30 sec
Ski Jumps	30 sec	5	30 sec
Jog	2 min	5	30 sec

Click Each Title for Form/Video

Speed 1

<https://vimeo.com/410240797/5d63593355>

Exercise	Reps	Sets	Rest
Hurdles to 10m Sprint	1	8	30 sec
5m Side Shuffle to Turn to 15m Sprint	1	8	30 sec
10m Back Pedal to 15m Sprint	1	8	30 sec
30m Sprint	1	8	1 min

See video under title for setup. 1 Meter = about 1 Step

Speed 2

<https://vimeo.com/410247191/ff5797592b>

Exercise	Reps	Sets	Rest
Circle around Poles to 20m Sprint	1	8	45 sec
3m Triangle Run to 25m Sprint	1	8	1 min
Sideways Weave to 3m Back Pedal to 10m Sprint	1	8	45 sec
Forward Weave to 10m Sprint to 10m Sprint	1	8	45 sec

See video under title for setup. 1 Meter = about 1 Step

Speed / Endurance Mix

Exercise	Reps	Sets	Rest
Timed 1 Mile - For Speed	1	1	3 min
Jog 90 Sec + Sprint 30 Sec (Pulse Run)	10 min	3	5 min
Full Field Sprint and Recovery -Make in 15 secs and 30 secs return	10	1	45 sec
1 Mile Jog	1	1	

4.5 Laps around a soccer field is about 1 mile.

Ball Mastery 1

<https://www.youtube.com/watch?v=NMfLJynwyTk> (part)

Exercise	Reps	Sets
Right Foot Weave	2 min	2
Left Foot Weave	2 min	2
Both Feet Weave	2 min	2
Outside Foot Only	2 min	2
Inside Foot Only	2 min	2
Sole Roll and Stop	2 min	2
Toe Taps	2 min	2
L Drag Push Forward	2 min	2
V Cut Outside Foot	2 min	2
V Cut Inside Foot	2 min	2
Pull Back Push Forward 2	2 min	2
Inside Pull/Push/Drag - Right	2 min	2
Inside Pull/Push/Drag - Left	2 min	2
Outside Pull/Push/Drag - Right	2 min	2
Outside Pull/Push/Drag - Left	2 min	2
Right Foot Juggle (Under Knees)	2 min	2
Left Foot Juggle (Under Knees)	2 min	2
Both Feet Juggle (Under Knees)	2 min	2
Juggle Feet Only (High)	2 min	2

You will need 6 cones in a line about 1 foot apart from each other. For the juggles, move down and back.

Ball Mastery 2

<https://www.youtube.com/watch?v=uxG9toWBSmo>

Exercise	Reps	Sets
1 Touch R Foot	3 min	2
1 Touch L Foot	3 min	2
2 Touch R Foot	3 min	2
2 Touch L Foot	3 min	2
Stop, Hop, Chop R Foot	3 min	2
Stop, Hop, Chop, L Foot	3 min	2
Pass, Stop, Shop, Hop R Foot	3 min	2
Pass, Stop, Shop, Hop L Foot	3 min	2

Stop, Hop, Chop, Dynamic R	3 min	2
Stop, Hop, Chop, Dynamic L	3 min	2
Stop, Hop, Chop Challenge ALT	3 min	2

Striker 1

https://www.youtube.com/watch?v=Kj2_9ekfa28

Exercise	Reps
Warm Up	5 mins
Snapshots	10 mins
Shifts	10 mins
Back to Goal	10 mins
Spin the Defender	10 mins
Layoff to Sides	3 mins / side
Through Ball	10 mins
Curved Runs	10 mins

If possible, add pressure/defender.

Striker 2

<https://www.youtube.com/watch?v=s4naHIFMLfk>

Exercise	Reps
Warm Up	5 mins
Partner Down and Back	5 min
Bounce Shot	5 min / side
Turn Bounce Shot	5 min / side
Thigh Volley Shot	5 min / side
Lobbed Pass Touch and Finish	5 min / side
Lobbed Pass 1 Touch Finish	5 min / side
Finish off Cross	5 min / side

Striker 3

<https://www.youtube.com/watch?v=NkHoUDfBL0g> (NOT EXACT)

Exercise	Reps
Warm Up	5 min
Receive Side on to Finish Opp Foot	5 min /side
Receive Side on to Finish Same Foot	5 min /side
Receive Side on to Beat Defender Central to Finish	5 min /side
Receive Side on to Beat Defender Wide to Finish	5 min /side
Wall Pass to finish 1 touch (1v1 with Around Defender)	5 min /side
Pass then Open Wide from Defender to score	5 min /side

May add rebounder to compromise not having a partner.

Winger 1

<https://www.youtube.com/watch?v=5yk3Gd2arzl> (First Part)

Exercise	Reps
Warm Up	5 min
Wall Pass to Large Touch Wide	4 min / side
Wall Pass to Large Touch Towards Goal	4 min / side
Wall Pass to 2 Touch Turn and Drive	4 min / side
Wall Pass to Turn on Half Turn and Drive (1 Touch)	4 min / side
Early Cross from Dead Ball	4 min / side
Wall Pass to Early Floated Cross	4 min / side
Wall Pass to Early Whipped Cross	4 min / side
Wall Pass to 1v1, Hard Touch, Cut Pass	4 min / side
Wall Pass to 1v1, Hard Touch, Whipped Cross	4 min / side
Wall Pass to 1v1, Hard Touch, Driven Cross (Laces)	4 min / side
Wall Pass to 1v1, Cut In, Shoot	4 min / side

These are from out wide.

Winger 2

<https://www.youtube.com/watch?v=5yk3Gd2arzl> (Second Part)

Exercise	Reps
Warm Up	5 min
Wall Pass to 1 Touch Finish	7 min / side
1v1 to Outside and Finish	7 min / side
1v1 to Inside and Finish	7 min / side
Wall Pass to Large Touch Outside and Finish	7 min / side
Wall Pass to Inside Cut and Finish	7 min / side
Wall Pass to Large Touch and Cut Pass Back (PK Spot)	7 min / side

These are from the top of the box.

Winger 3

https://youtu.be/xIX3dzMSe2Y?list=PL0m2tiiluLjlbh_S3H3IbhOQbiCaOv1Bn

Exercise	Reps
Warm Up	5 Min
Drop Pass then Run Behind for Cross	6 min / side
Drop Pass to CB 1v1 cut inside for shot	6 min / side
Drop Pass to CB 1v1 cut outside for shot	6 min / side
Drop Pass to CB 1v1 cut outside for cross/drop pass	6 min / side
Rec Driven Ball to 1v1, Cut Out/Cross	6 min / side
Rec Driven Ball to 1v1, Cut In/Slot	6 min / side
Rec Driven Ball to 1v1, Cut In/Shot	6 min / side

Give Go Around OB to Finish	6 min / side
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May compromise if partner is not available.

Center Mid 1

<https://www.youtube.com/watch?v=C7lcku--MhU> (Additional)

Exercise	Reps
Warm Up	5 Min
Side on Dribble and Cut	5 Min / Side
Forward Dribble and Cut	5 Min / Side
Triangle Dribbling	5 Min / Side
Zig Zag Dribbling	5 Min / Side
First Touch From Air	5 Min / Side
Square Dribbling and Roll	5 Min / Side
Wall Pass, Turn Inside Foot and Drive Forward	5 Min / Side
Wall Pass, Half Turn Drive Forward	5 Min / Side
Wall Pass, Turn Outside Foot and Drive Forward	5 Min / Side

Bottom 3 drills will need a rebounder or partner.

Center Mid 2

<https://www.youtube.com/watch?v=BVSbHtBRSTU> (Additional)

Exercise	Reps
Warm Up	5 mins
Pass & Inside of Foot	3 ½ Min / Side
Pass & Outside of Foot	3 ½ Min / Side
Outside Foot Turn	3 ½ Min / Side
Inside Foot Turn	3 ½ Min / Side
Cut Behind Foot Turn	3 ½ Min / Side
Open Hips Turn	3 ½ Min / Side
Let Ball Turn You	3 ½ Min / Side
Pull Back Turn	3 ½ Min / Side
Figure 8 Dribble and Pass	3 ½ Min / Side
Push Forward, Cut, Pass	3 ½ Min / Side
Multiple Cut to Pass	3 ½ Min / Side
Rebounder - Wall Pass to Long Pass to Small Target (Ground)	3 ½ Min / Side
Rebounder - Wall Pass to Long Pass to Small Target (Air Driven)	3 ½ Min / Side

Center Mid 3

https://youtu.be/NPbOziDW4FY?list=PL0m2tiiluLjlbh_S3H3IbhOQbiCaOv1Bn

Exercise	Reps
Warm Up	5 mins
Receive to Drive Forward, Cut & Shot	5 min / side
Receive to Drive Forward, Cut & Slot Back (Towards PK spot)	5 min / side
Combination to Cut In and Shot	5 min / side
Combination to Cut Out and Slot Back	5 min / side
Combine to Drive/Finish & Cross Finish	5 min / side
3 Shot Finisher	5 min / side
Rebounder - Wall Pass to Cross 1 Touch	5 min / side

Rebounder - Wall Pass to Cross 2 touch	5 min / side
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Outside Back 1

<https://www.youtube.com/watch?v=5yk3Gd2arzl> (First Part)

Exercise	Reps
Warm Up	5 min
Wall Pass to Large Touch Wide	4 min / side
Wall Pass to Large Touch Towards Goal	4 min / side
Wall Pass to 2 Touch Turn and Drive	4 min / side
Wall Pass to Turn on Half Turn and Drive (1 Touch)	4 min / side
Early Cross from Dead Ball	4 min / side
Wall Pass to Early Floated Cross	4 min / side
Wall Pass to Early Whipped Cross	4 min / side
Wall Pass to 1v1, Hard Touch, Cut Pass	4 min / side
Wall Pass to 1v1, Hard Touch, Whipped Cross	4 min / side
Wall Pass to 1v1, Hard Touch, Driven Cross (Laces)	4 min / side
Wall Pass to 1v1, Cut In, Shoot	4 min / side

These are from out wide.

Outside Back 2

<https://www.youtube.com/watch?v=C7lcku--MhU> (Additional)

Exercise	Reps
Warm Up	5 Min
Side on Dribble and Cut	5 Min / Side
Forward Dribble and Cut	5 Min / Side
Triangle Dribbling	5 Min / Side
Zig Zag Dribbling	5 Min / Side
First Touch From Air	5 Min / Side
Square Dribbling and Roll	5 Min / Side
Wall Pass, Turn Inside Foot and Drive Forward	5 Min / Side
Wall Pass, Half Turn Drive Forward	5 Min / Side
Wall Pass, Turn Outside Foot and Drive Forward	5 Min / Side

Bottom 3 drills will need a rebounder or partner.

Outside Back 3

https://youtu.be/PAWE0o0-vWI?list=PL0m2tiiluLjlbh_S3H3lbhOQbiCaOv1Bn

Exercise	Reps
Warm Up	5 mins
Rec, Large Touch, ½, Touch Inside, to Internal Pass	6 min / side
Rec, Large Touch, ½, Touch Inside, to Finish	6 min / side
Rec, Large Touch, ½, Touch Outside, to Cut in and Finish Opp Foot	6 min / side
Rec, Large Touch, ½, Touch Outside, to Early Cross	6 min / side
Rec, Large Touch, ½, Pass to 1 Touch Whipped Cross from Deep	6 min / side
Rec, Large Touch, ½, Pass to 1 Touch Driven (Laces) Cross from Deep	6 min / side
Rec, Large Touch, ½, Pass to 1 Touch Slot Pass Back (PK spot) from Deep	6 min / side

Center Back 1

<https://www.youtube.com/watch?v=WBQsgKk8KPs>

Exercise	Reps
Warm Up	5 mins
Wall Pass to Back Peddle Triangle	5 mins/ side
Wall Pass to Juggle to Defensive Header	5 mins/ side
Wall Pass to Juggle to Attacking Header	5 mins/ side
Bounce Ball on Ground & Header Clear for Distance	5 mins/ side
Wall Pass to Jockey	5 mins/ side
Wall Pass to Jockey to Pass to Target Wide	5 mins/ side
Wall Pass to Jockey to Driven Ball Wide	5 mins/ side
Wall Pass to Jockey to Dribble Forward	5 mins/ side
Wall Pass to Jockey to Internal Pass	5 mins/ side

Center Back 2

<https://www.youtube.com/watch?v=7Kq0Tei0oIE>

Exercise	Reps
Warm Up	5 mins
Ladder to 1 Touch Pass	7 min / Side
Square Hops to Pass and Header x4	7 min / Side
1 Touch Passes to Shoulder Shield & Technical Shuffles	7 min / Side
Defensive Clearance x2 to Pass Wide	7 min / Side
Defensive Clearance x2 to Ping Wide	7 min / Side
Cones to 1 Pass Finish on Ground to Cones to Header Finish	7 min / Side

Center Back 3

<https://www.youtube.com/watch?v=Yx0NKFJXBDU>

Exercise	Reps
Warm Up	5 mins
Cones to Play Pass to Target, Cones to Drive forward and Pass to Target	5 mins / side
Cones to Play Pass to Target, Cones to Drive forward and Ping to Target	5 mins / side
Cones to Play Pass to Target, Cones to Drive forward and Ping to Target Across Field	5 mins / side
4 Corners Drill - Control, Turn, and Play 1-2	5 mins / side
4 Corners Drill - Control, Turn, and Diagonal Ball to 1 Touch Pass	5 mins / side
Cones to Win Aerial Ball then High Ball	5 mins / side
Clear from Cross	5 mins / side
Score from Cross	5 mins / side

Goalkeeper 1

<https://www.youtube.com/watch?v=KZLd-4UpXPc>

Exercise	Reps
Warm Up/Stretch	10 min
Knees to Side Stretch with Ball	3 min / side
Knees to Roll Ball out and Side Stretch	4 min / side
Knees to Bounce Ball Side Dive	4 min / side
Standing to Side Stretch (Ball Stationary)	3 min / side
Roll Ball Out to Side Stretch from Stand	4 min / side
Bounce Ball Outward to Low Dive	4 min / side
Bounce Ball Outwards to Higher Dive	4 min / side
Shuffles to Side Stretch	6 mins
Around Pole to Side Stretch	4 min / side
Around Pole to Side Dive (Ball Bounce)	4 min / side
High Ball Kick to Catch	3 min

Goalkeeper 2

<https://www.youtube.com/watch?v=eALHUyxY2Gc>

Exercise	Reps
Warm Up / Stretch	5 min
Juggling Feet Low	2 min
Wall Juggling	3 min
Volley off Wall to Chest Catch	3 min / foot
Half Volley to Chest Catch	3 min / foot
Cones to Ground Pass & Scoop	3 min
Cones to Ground Pass & Smother	3 min
Cones to Collapse Dives	3 min / side
Collapse to Medium Dive	3 min / side
Collapse to Medium Dive with Spin	3 min / side
Medium to High Dive	3 min / side
Leg Blocking Off Wall (Close Distance)	3 min / side
Footwork + High Catch	3 min
Off Wall High Catch - Front	3 min
Off Wall High Catch - Side (Similar to Cross)	3 min / side

Goalkeeper 3

<https://www.youtube.com/watch?v=vNDterqWngA>

Exercise	Reps
Warm Up / Stretch	10 min
Short 1 Touch Wall Passes	2 min / foot
Medium 2 Touch Wall Passes	3 min / foot
Long 2 Touch Wall Passes	3 min / foot
Wall Pass to Ground Pass Wide Instep (Switch Field)	5 min / foot
Wall Pass to Ground Pass Wide Laces (Switch Field)	5 min / foot
Wall Pass to Air Pass Wide Driven (Switch Field)	5 min / foot
Driven Pass Wide from Dead Ball	3 min / foot
Bounce Ball Catch to Throw Wide	4 min / side
Bounce Ball Catch to Roll Wide	4 min / side
Bounce Ball Catch to Side Volley Wide	5 min / side
Goal Kicks Driven to Target (Past Half)	10 mins