



The Soccer Education Specialists

Physical Preparation

*A guide to the physical preparation
and soccer-specific conditioning of
young soccer players.*



Experience Excellence in Soccer Education

A division of USA Sport Group





Physical Preparation Curriculum

1

Speed, Agility & Quickness

2

Quickness & Reaction

3

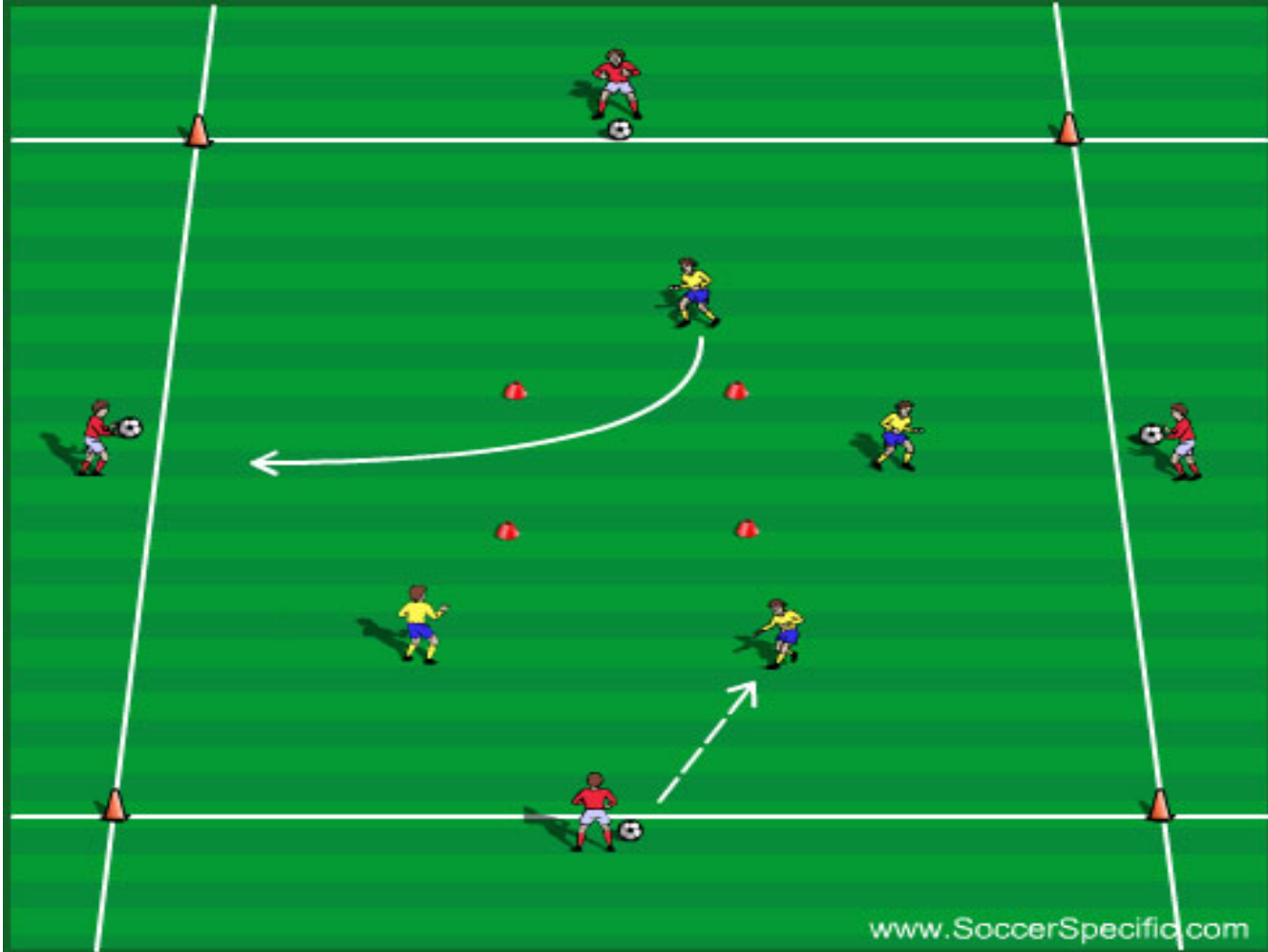
Strength, Power & Plyometrics

4

Endurance

5

Dynamic Flexibility

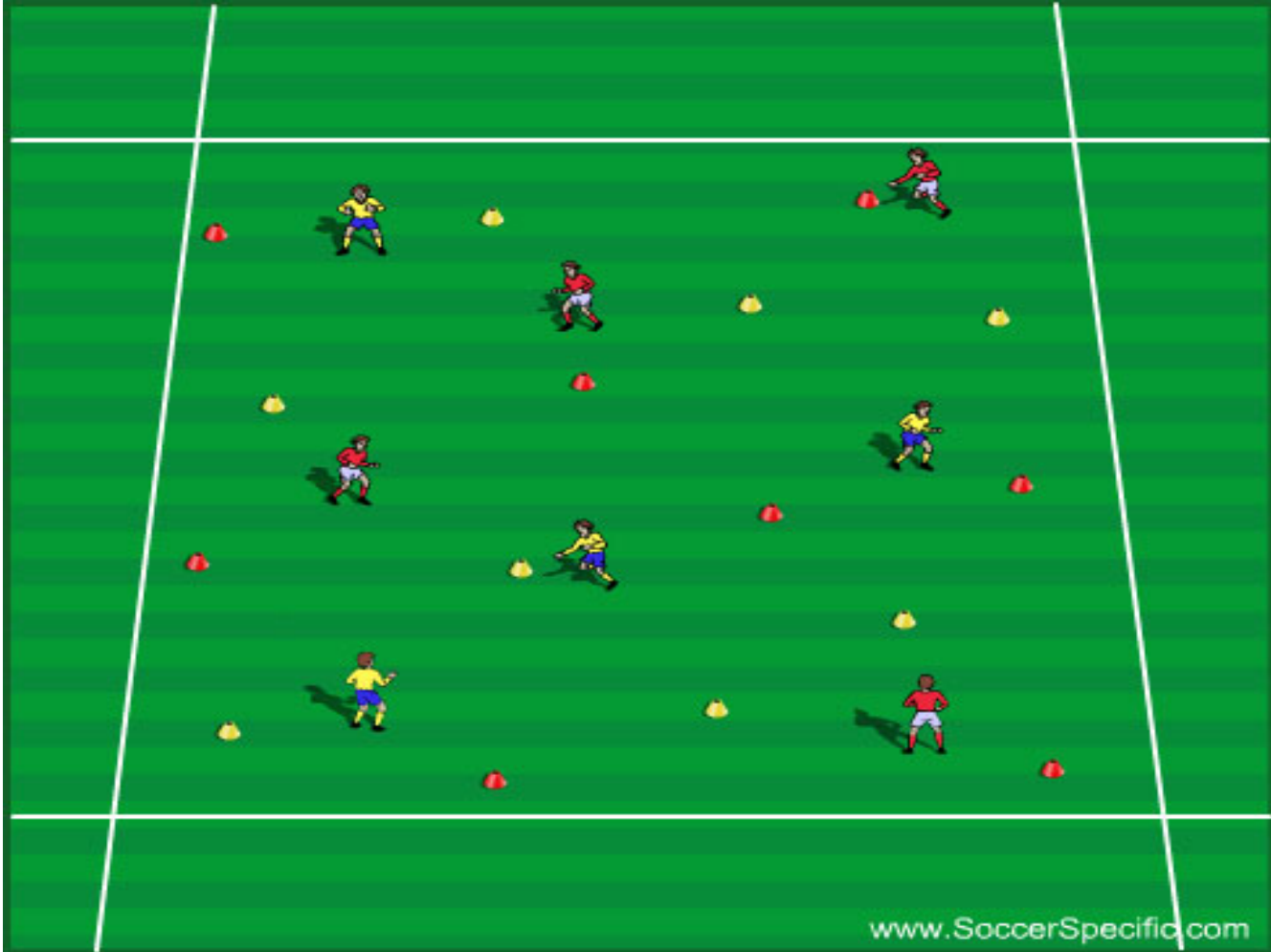


Description

Players in the middle move around randomly and play a wall pass with one of the static players on the outer perimeter. Inner players return to central area prior to moving onto to next available wall player. Rotate after 60 seconds.

Progressions

- Vary type of wall pass / delivery (e.g. volley, header, bounce, spin, etc)
- Scatter markers in centre for players to slalom through
- First player to achieve set number of passes wins (e.g. 10)

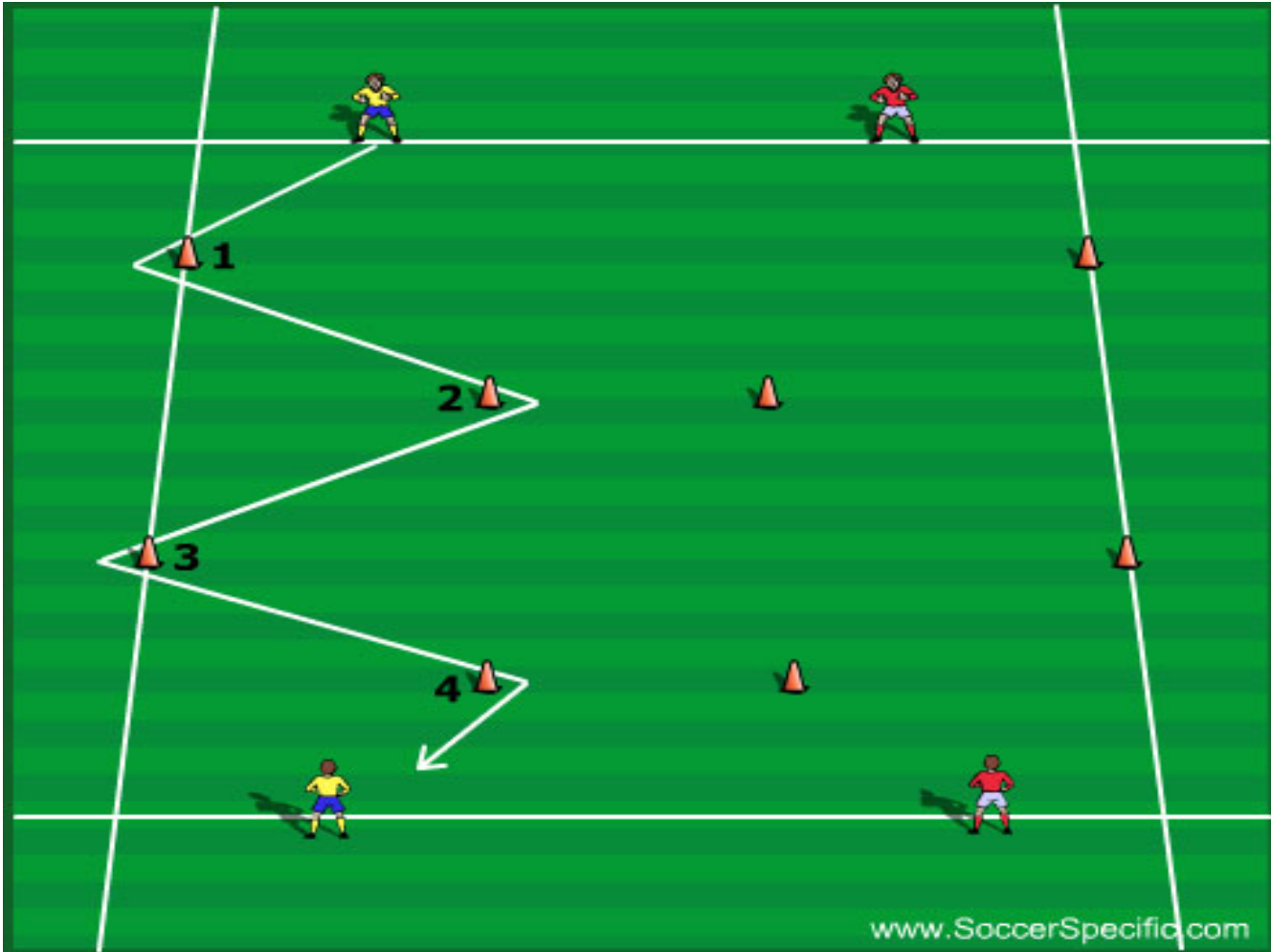


Description

Players sprint around defined area and touch as many markers as possible in 30 seconds.

Progressions

- Players can only touch markers of a specified color
- Players turn over opposition's markers (and correct their own)
- Introduce the use of a soccer ball

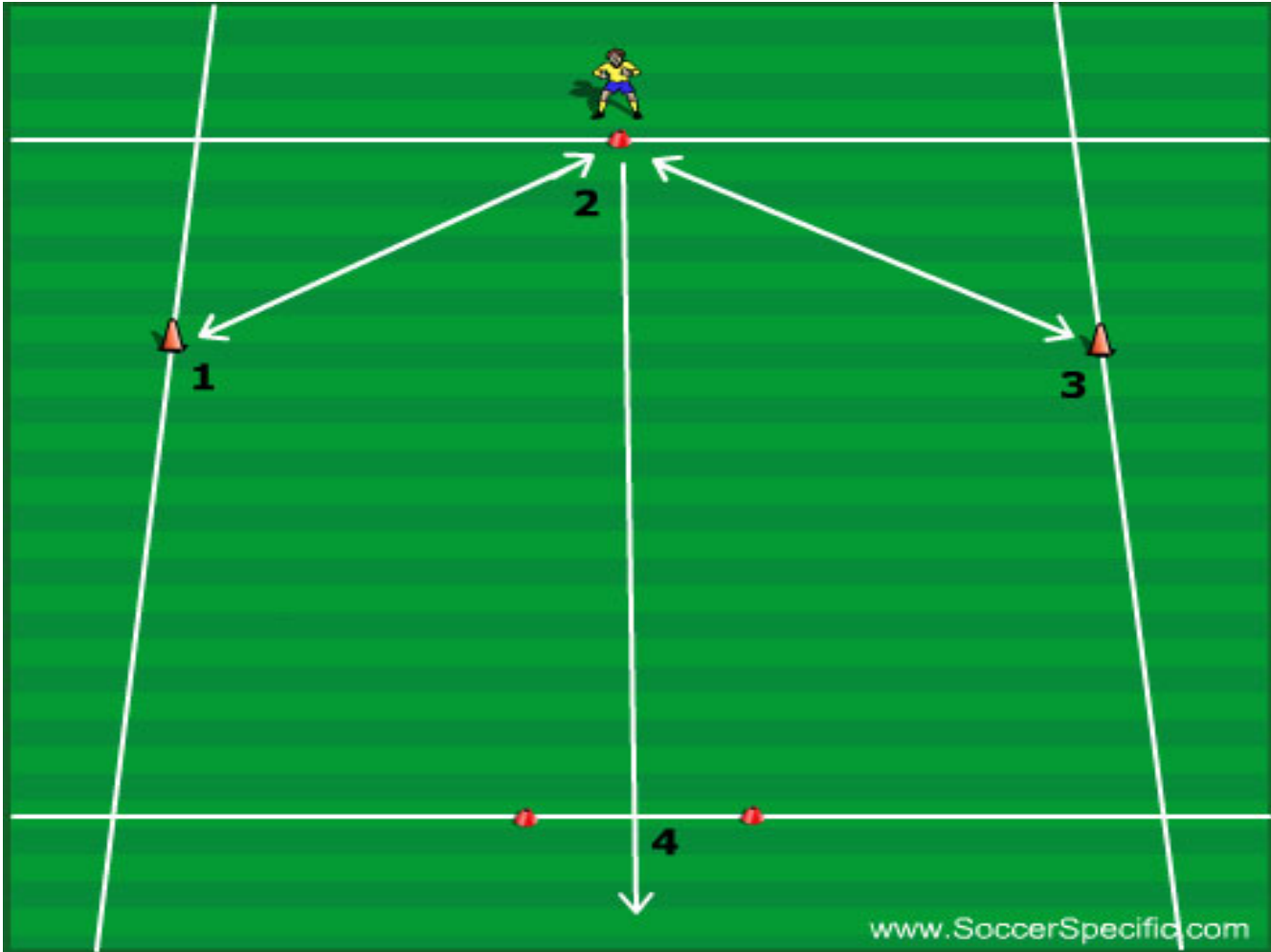


Description

Players sprint in sequence (1, 2, 3 & 4) through the slalom of markers. Once they reach the end the next player goes. Continuous sprints for 60 seconds.

Progressions

- Introduce the use of a soccer ball
- Perform a figure of '8' between two sets of markers
- Backward sprints / sideways running

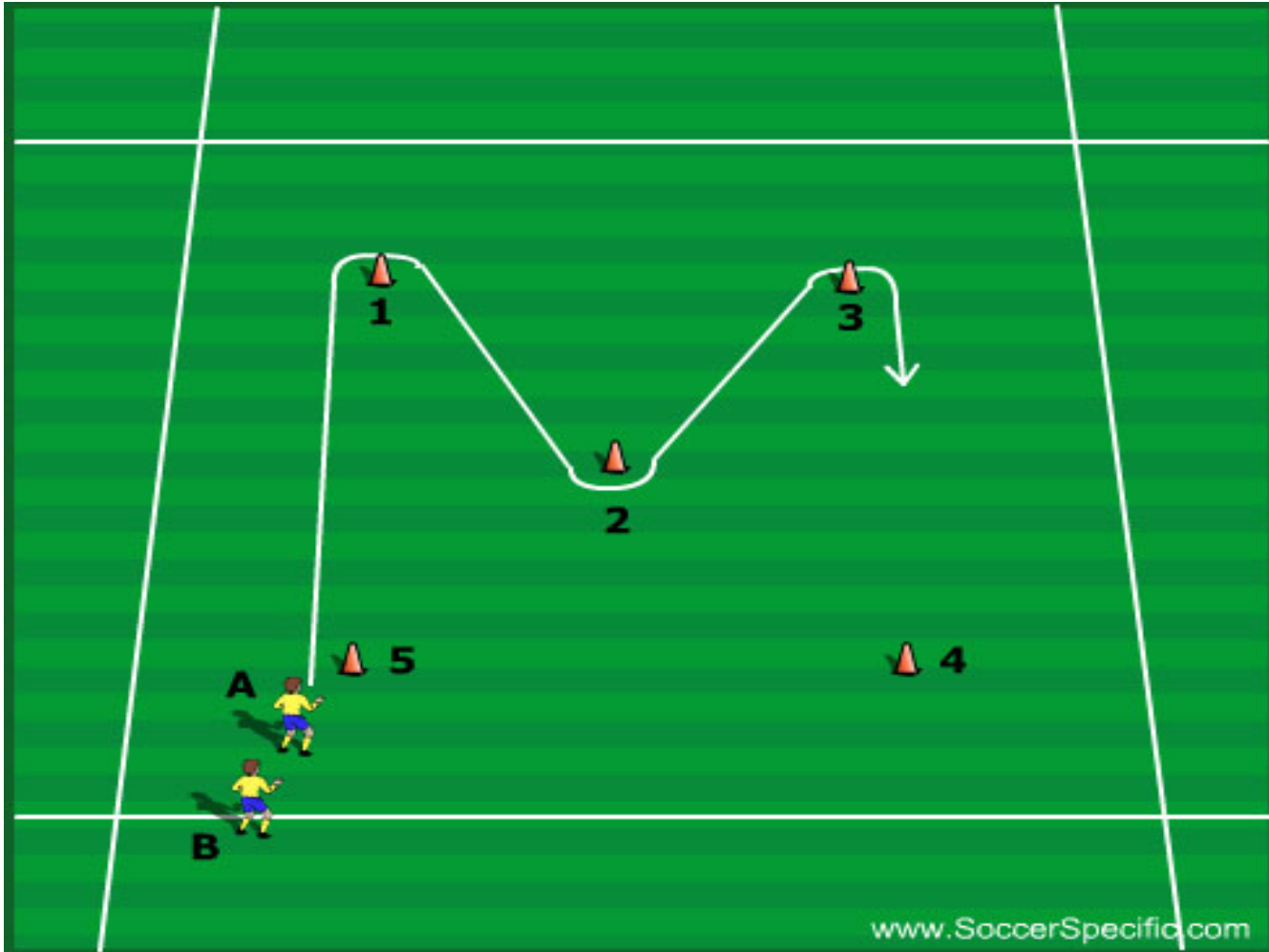


Description

Players sprint in sequence from starting position to 1, 1 to 2, 2 to 3, 3 to 2, and 2 to 4.

Progressions

- Introduce the use of a soccer ball
- Introduce a passive defender between 2 and 4
- At end gate (4), players finish with a shot at goal

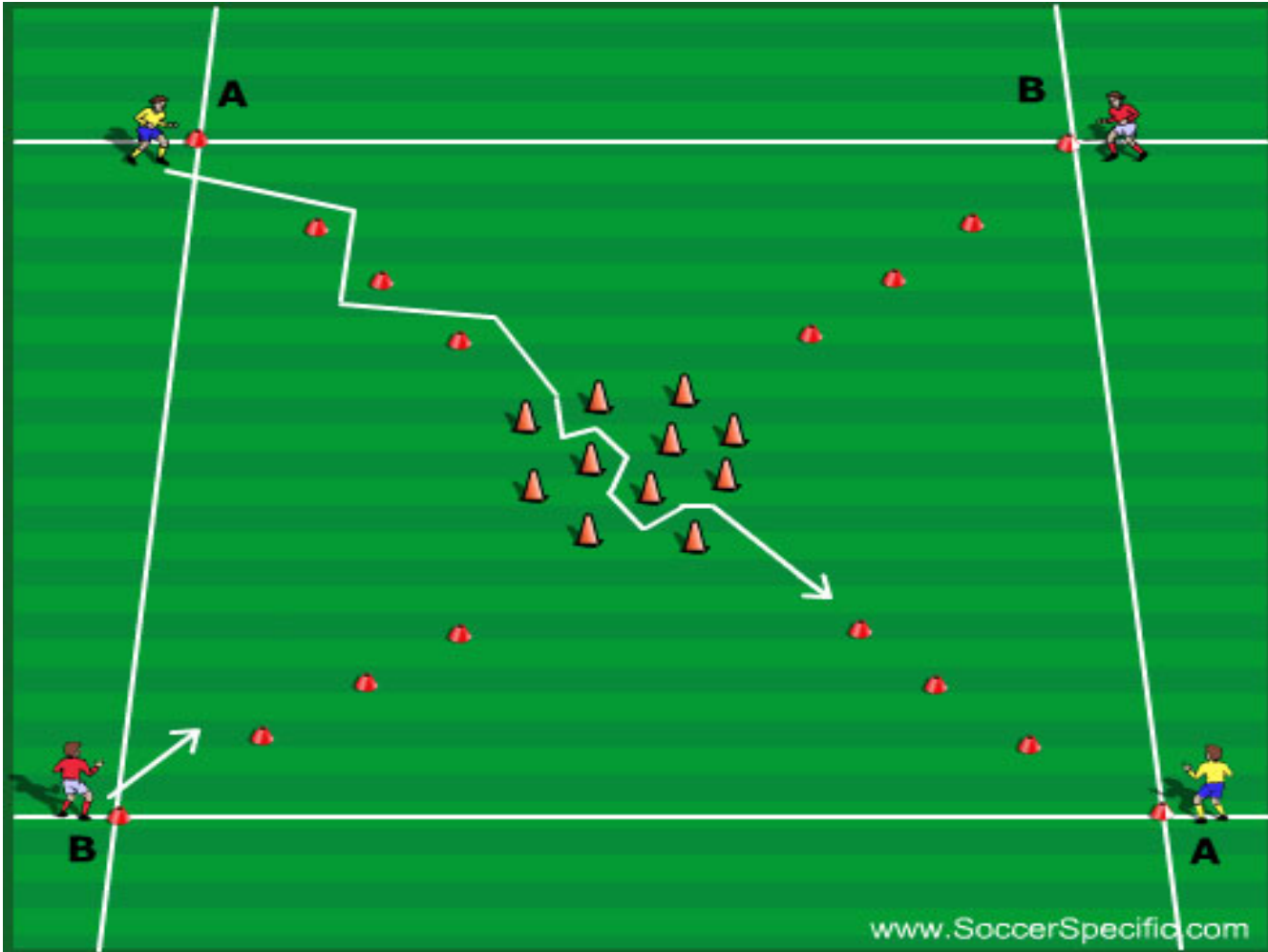


Description

Player A sprints around the markers in the sequence of 1, 2, 3, 4, 2, 5. Player B starts as soon as A runs across their path at 5.

Progressions

- Introduce the use of a soccer ball
- Move the starting point to marker 4
- Player B starts when A sprints around 3 (meet in middle)

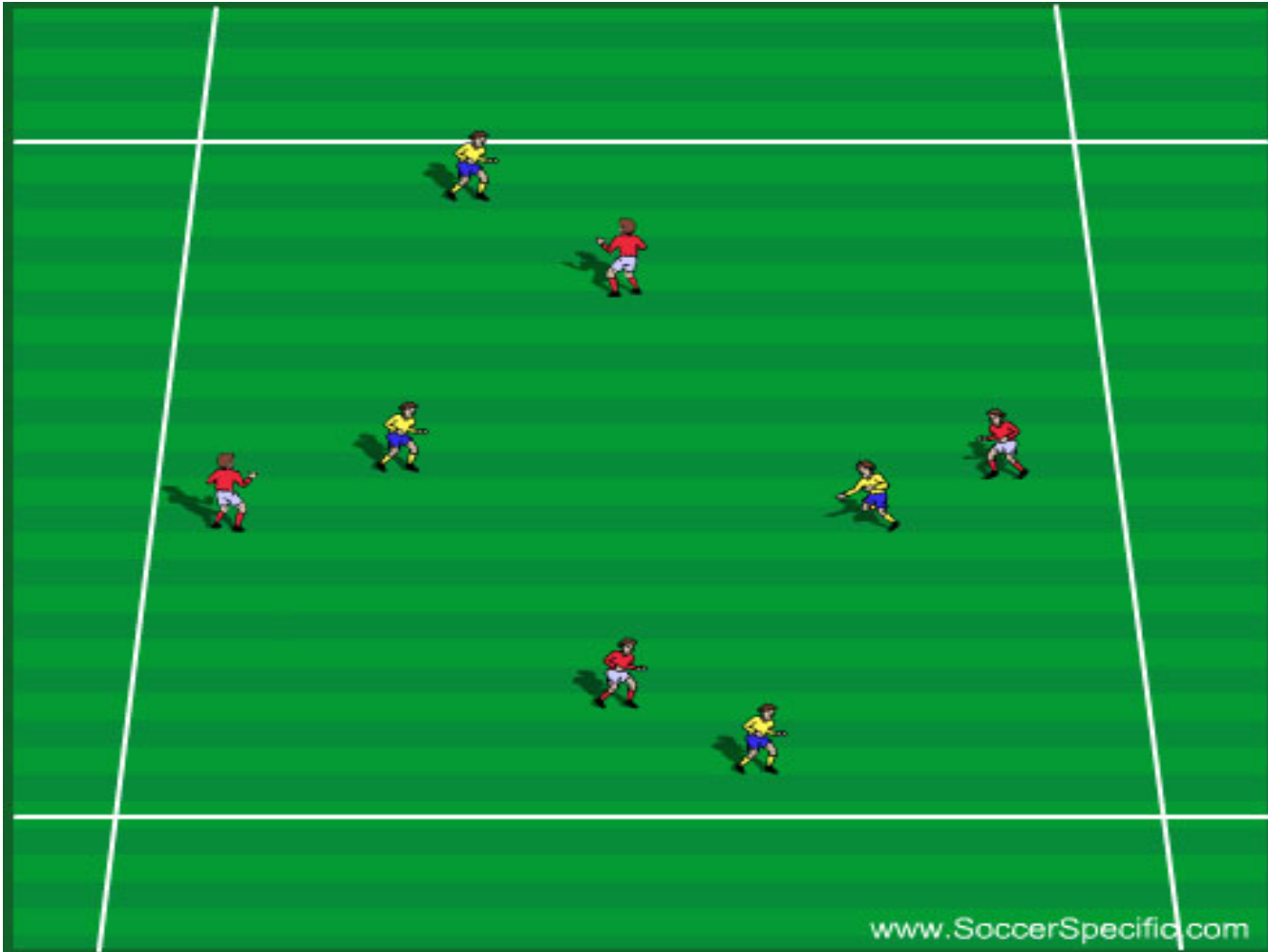


Description

Players slalom through markers and exchange positions with partner diagonally across for them.

Progressions

- Touch at least 5 different central cones before sprinting to partner
- Introduce the use of a soccer ball
- All four players start at the same time

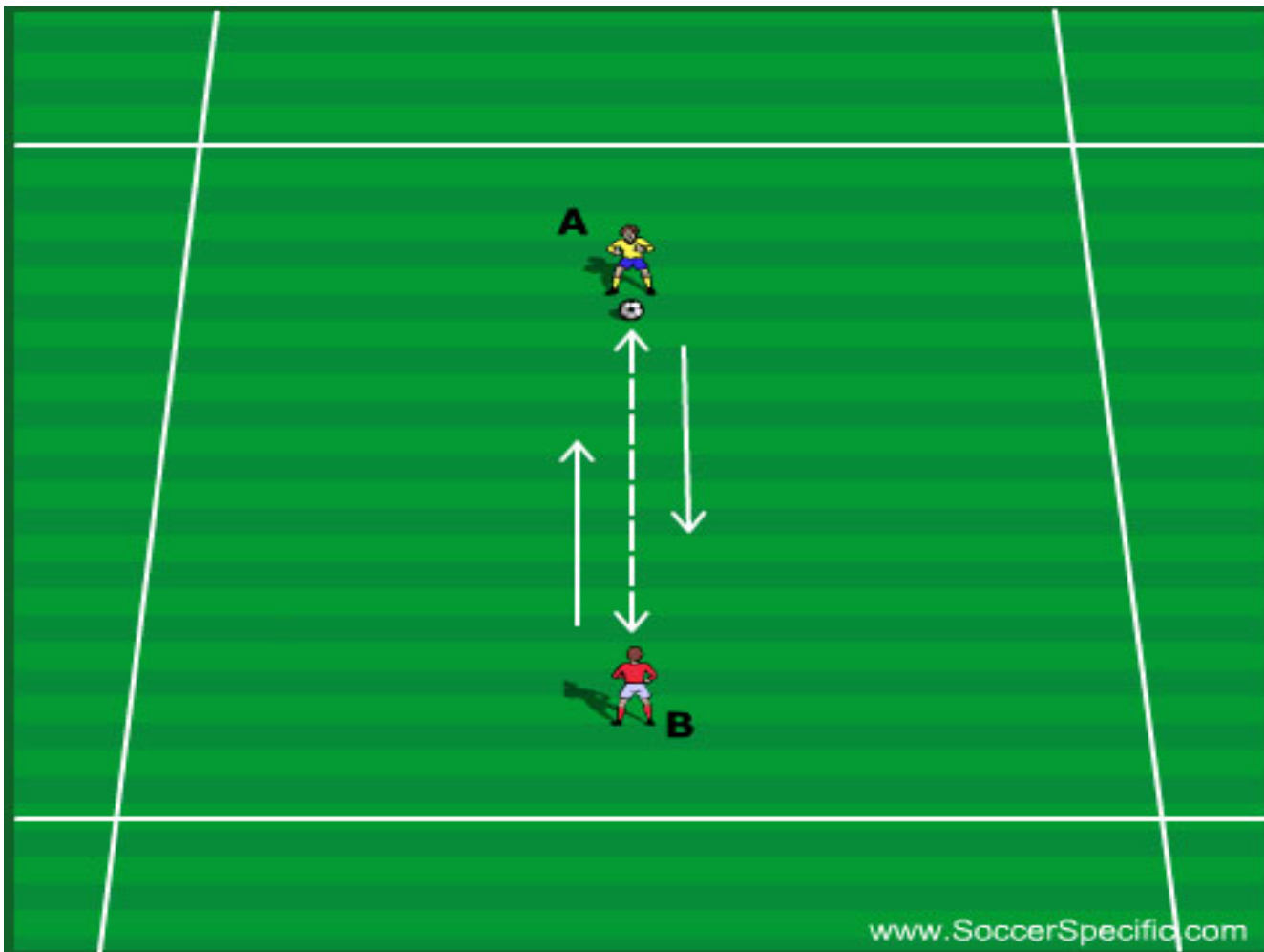


Description

Players are split into pairs and play tag with their partner. Winner is the player that is not the catcher after 30 seconds.

Progressions

- Reduce size of playing area
- Introduce the use of a soccer ball (1v1 keep ball)
- Introduce a defender to tackle players in possession

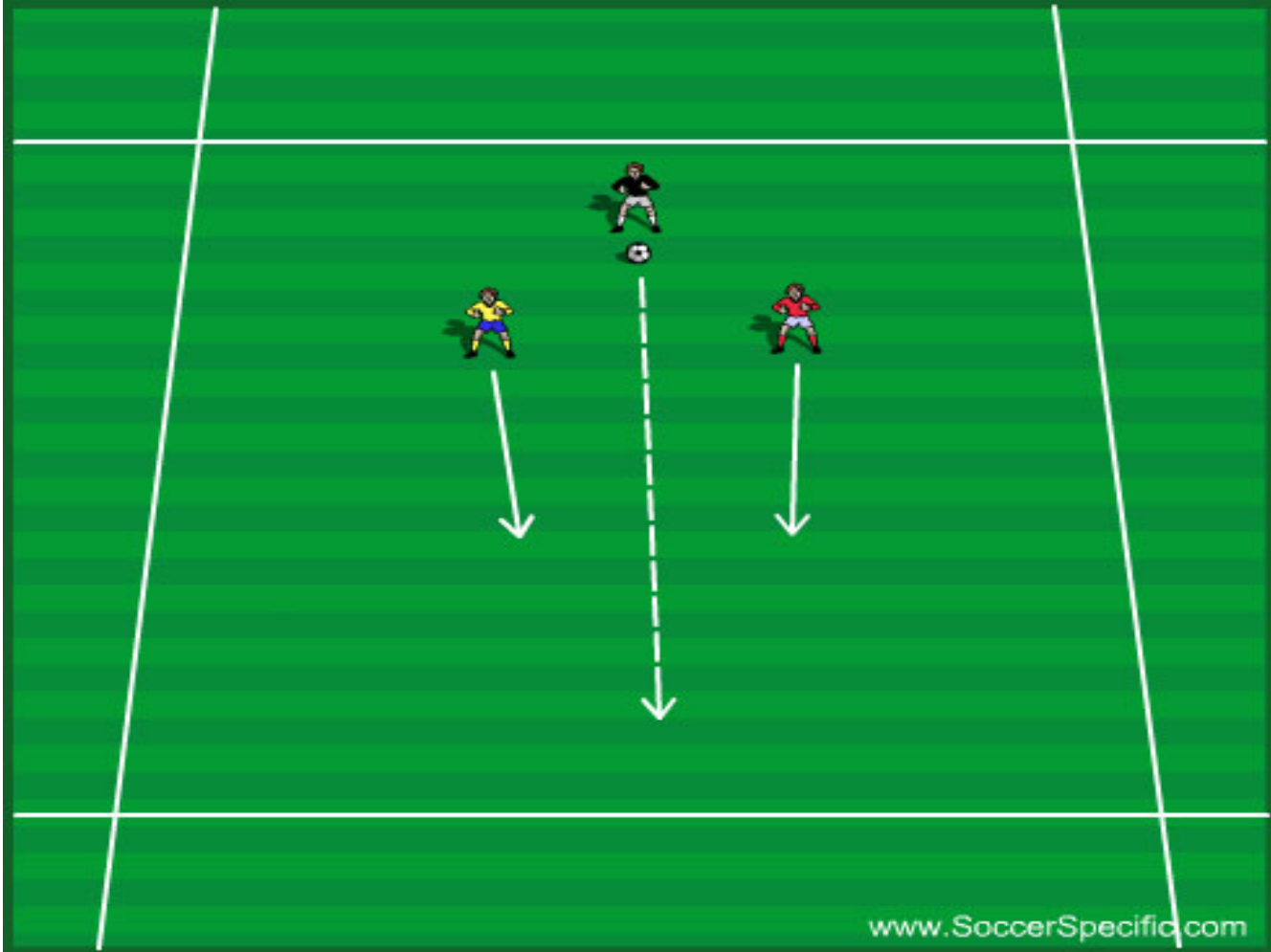


Description

Players A and B play one touch wall passes with each other. When Player A stops the ball with the sole of their foot, both players quickly exchange positions.

Progressions

- Any player can stop the ball (other player reacts)
- Players let the ball run past for partner to sprint and receive
- Shorten passing distance between players

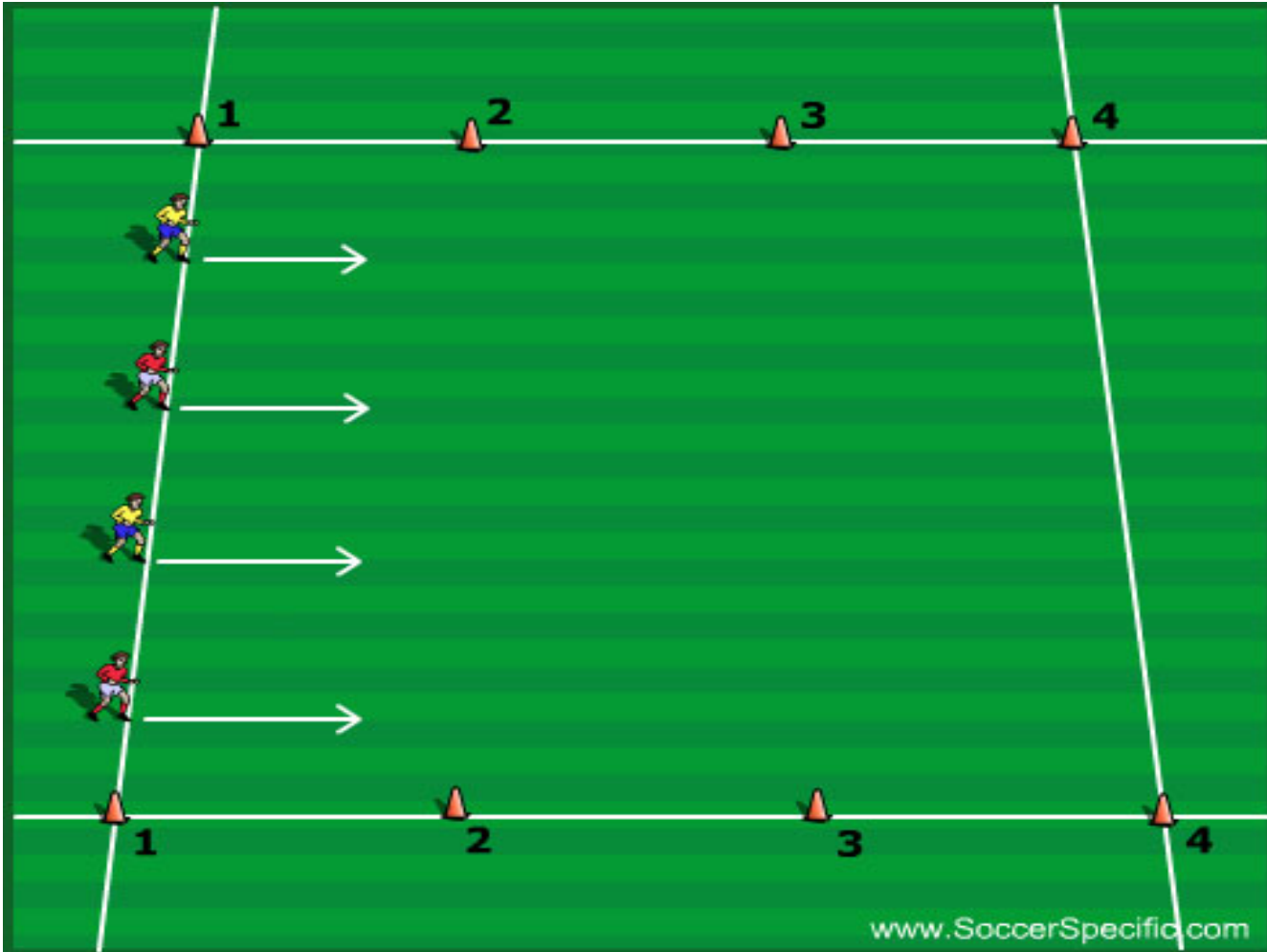


Description

Players compete in pairs for the ball delivered by coach. First player to the ball wins.

Progressions

- Vary starting positions (e.g. sitting down, lying on front, knees up, etc)
- Vary type of wall pass / delivery (e.g. volley, header, bounce, spin, etc)
- Introduce a goal for players to score into



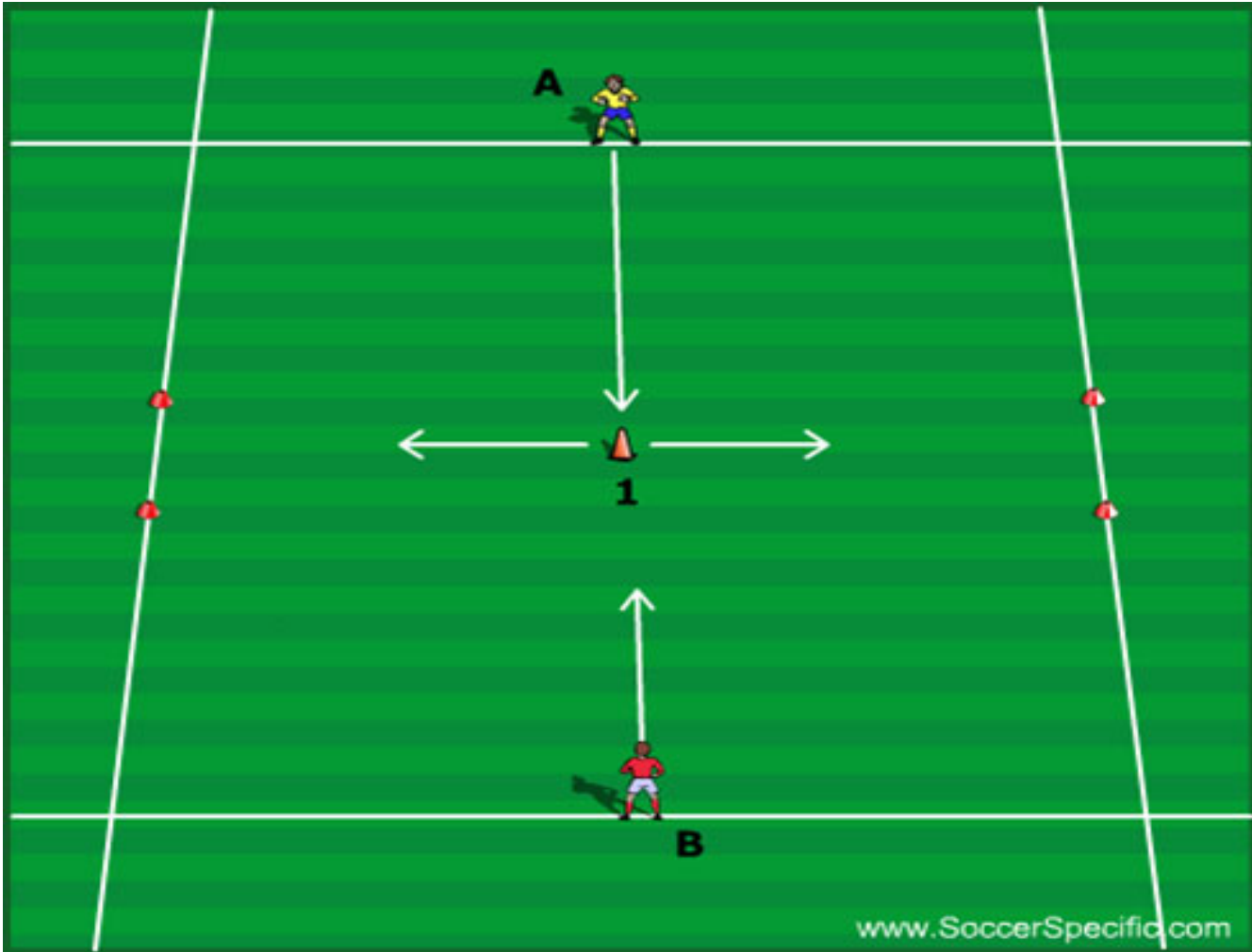
Description

On coaches command, players sprint to the specified line and return to starting position. Coach can call out more than one number (e.g. 2 and 4). Coach uses verbal, visual and kin-aesthetic cues.

Progressions

- Vary starting positions (e.g. sitting down, lying on front, knees up, etc)
- Introduce the use of a soccer ball
- Players sprint forwards and backwards

QUICKNESS & REACTION (4)



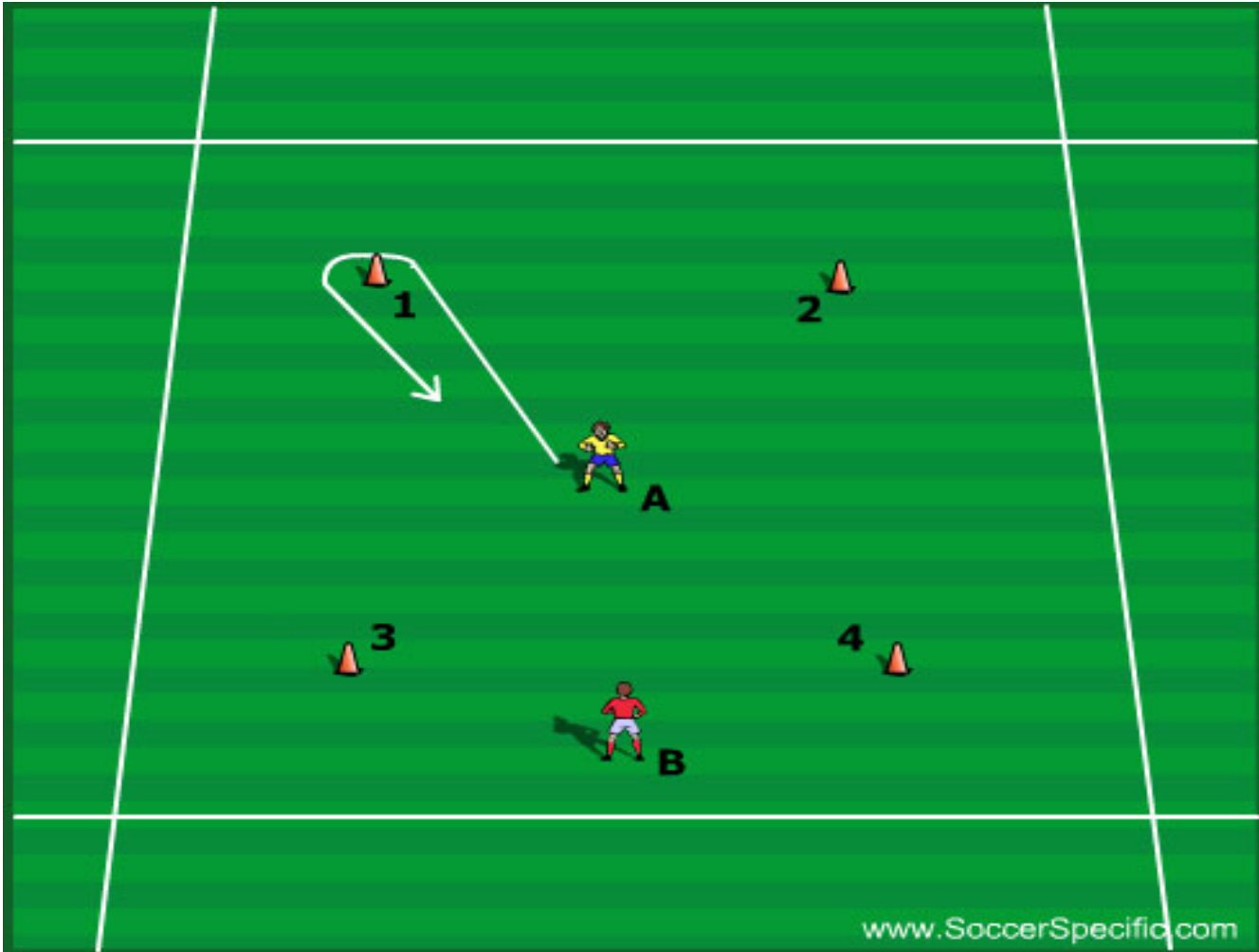
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Description

Player A sprints to and touches central cone (1) to change direction and sprint through either of the two side gates. Player B reacts to the movements of A by attempting to tag them.

Progressions

- Introduce the use of a soccer ball
- Introduce goals for players to score into
- Reduce sprinting distance between players

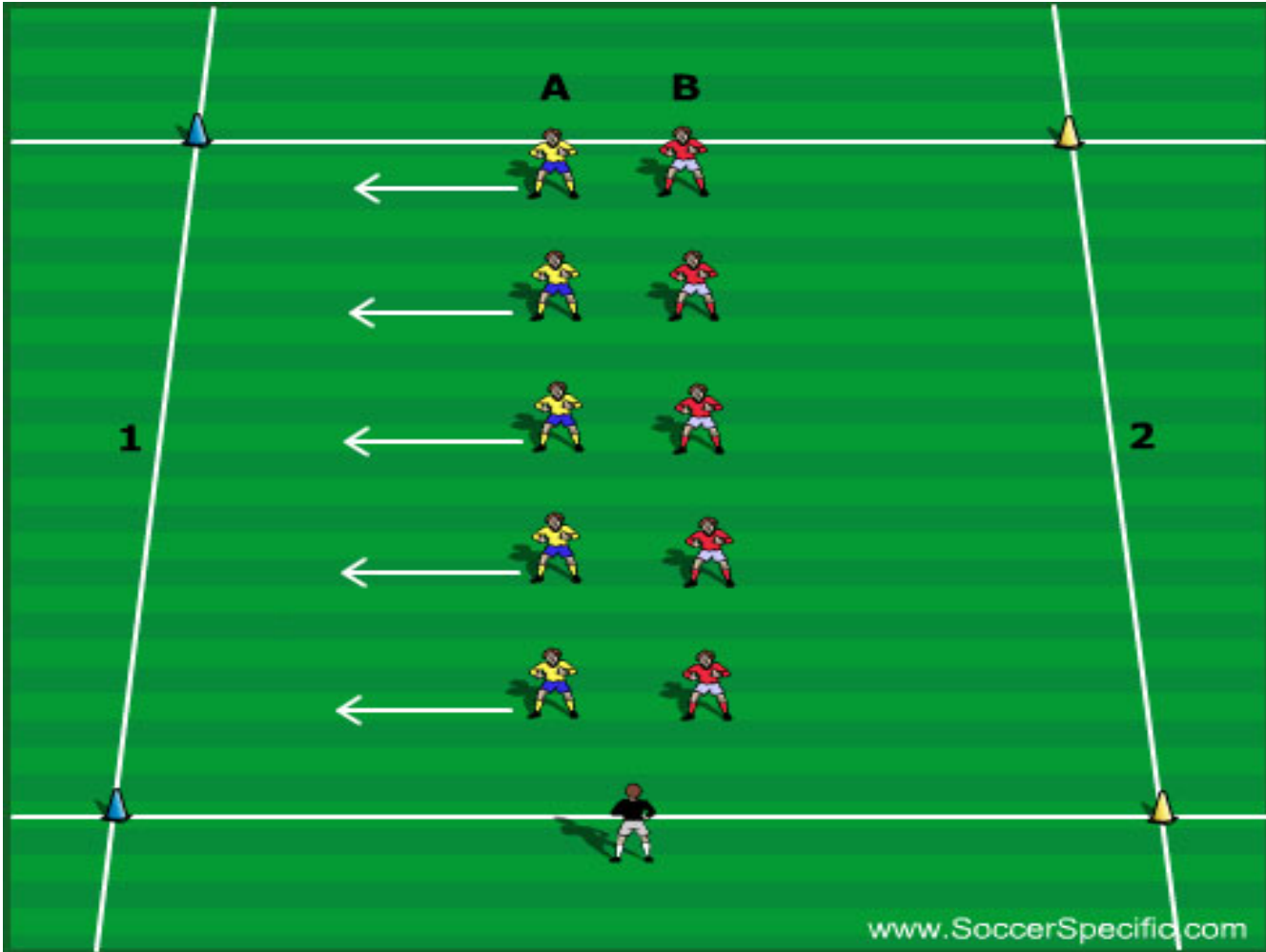


Description

Player A reacts to the command of B by sprinting around the specified marker and returning to starting position.

Progressions

- Introduce the use of a soccer ball
- Player A must control the ball before a specified number of bounces (e.g. 2)
- Player B can call out more than one number

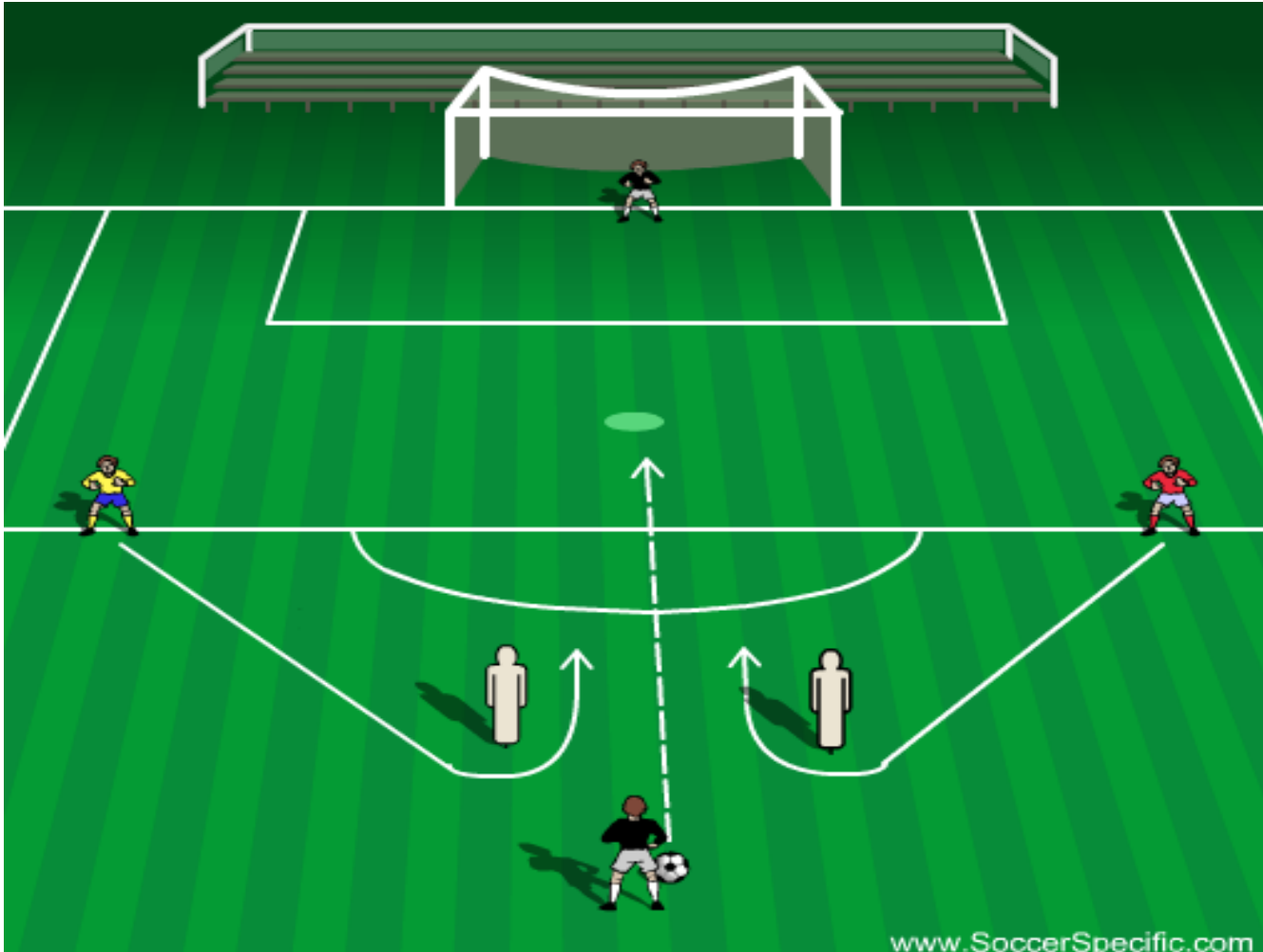


Description

On coaches command, players A & B sprint to the specified (line 1 or 2). The players furthest from line attempt to tag their partner. Coach uses verbal, visual and kinaesthetic cues.

Progressions

- Vary starting positions (e.g. sitting down, lying on front, knees up, etc)
- Introduce the use of a soccer ball
- Players perform the opposite from coaches command



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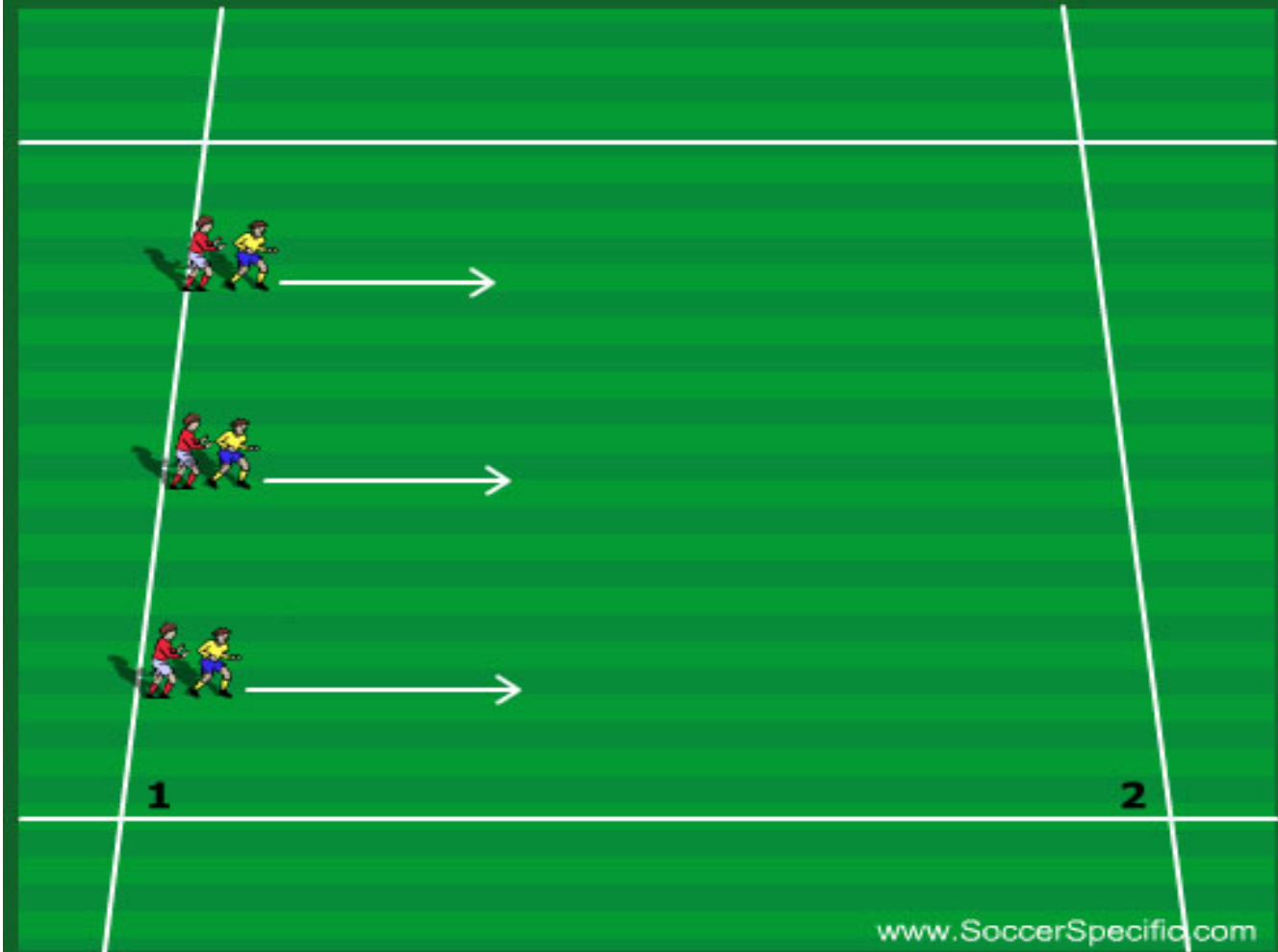
Description

On coaches command, players sprint around mannequins and compete for the ball delivered by the coach. First player to ball shoots at goal. The coach uses verbal, visual and kinaesthetic cues.

Progressions

- Vary starting positions (e.g. sitting down, lying on front, knees up, etc)
- Players sprint around opposite mannequin
- Coaches varies type of delivery (e.g. bounce, spin, out wide, etc)

QUICKNESS & REACTION (8)



Description

Player in front sprints from starting position (1) to the end line 2. Partner loosely holds onto the shirt of sprinting player for a short distance until they break free.

Progressions

- Players sprint towards a soccer ball and dribble over the end line (2)
- Two sprinting players compete for the same soccer ball
- Introduce goals for players to score into

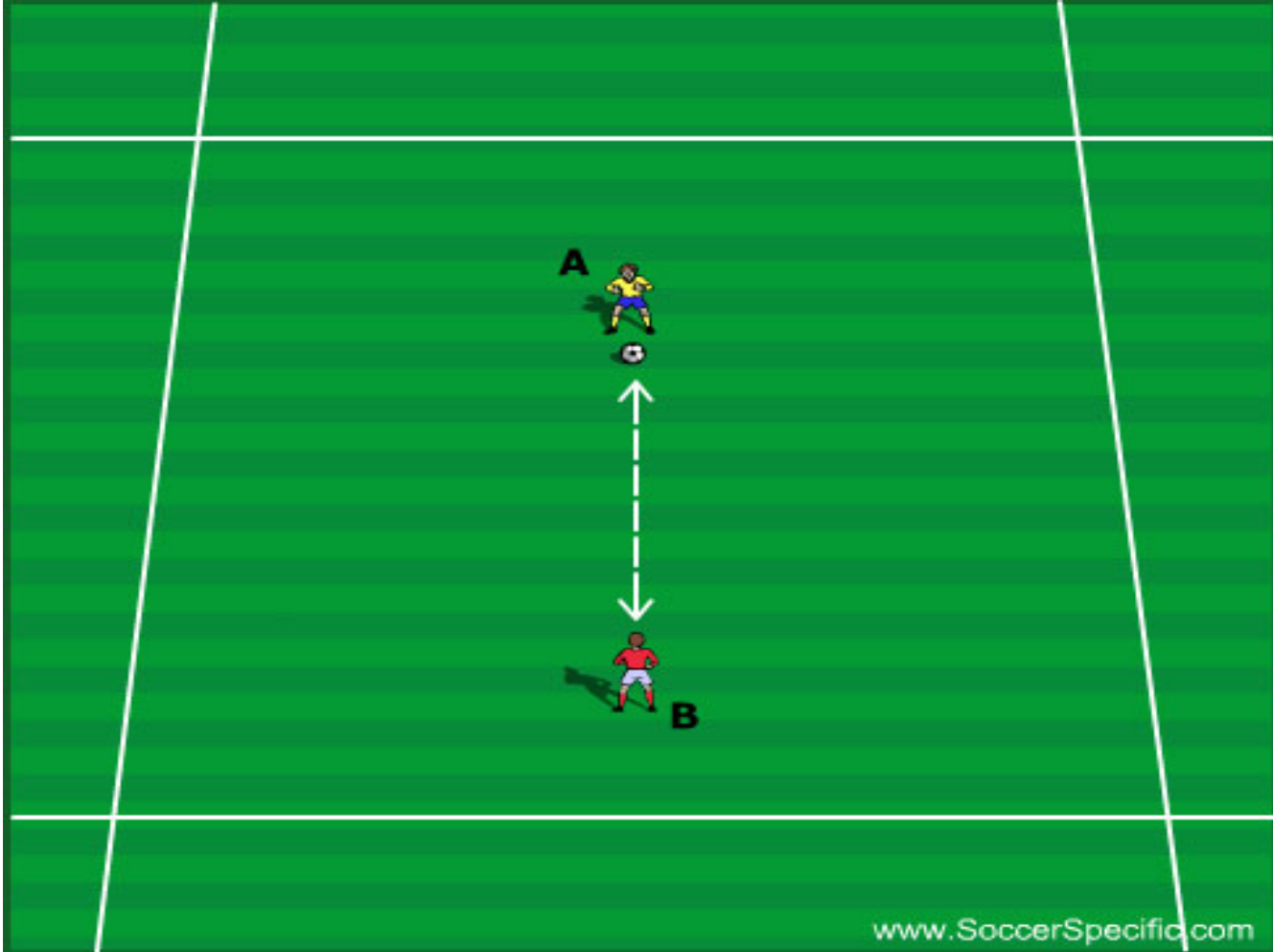


Description

Players are in pairs and hop on one leg. Players attempt to knock their partner off balance by gently pushing against them.

Progressions

- Players can only use shoulders (no hands)
- Players are free to hop around defined area and find another partner



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Description

Players stand on one leg and volley the ball to their partner. Players can only have one foot on the ground at any time.

Progressions

- Players perform 5 consecutive volleys on each foot. Rotate.
- Increase distance between players



STRENGTH, POWER & PLYOMETRICS (3)

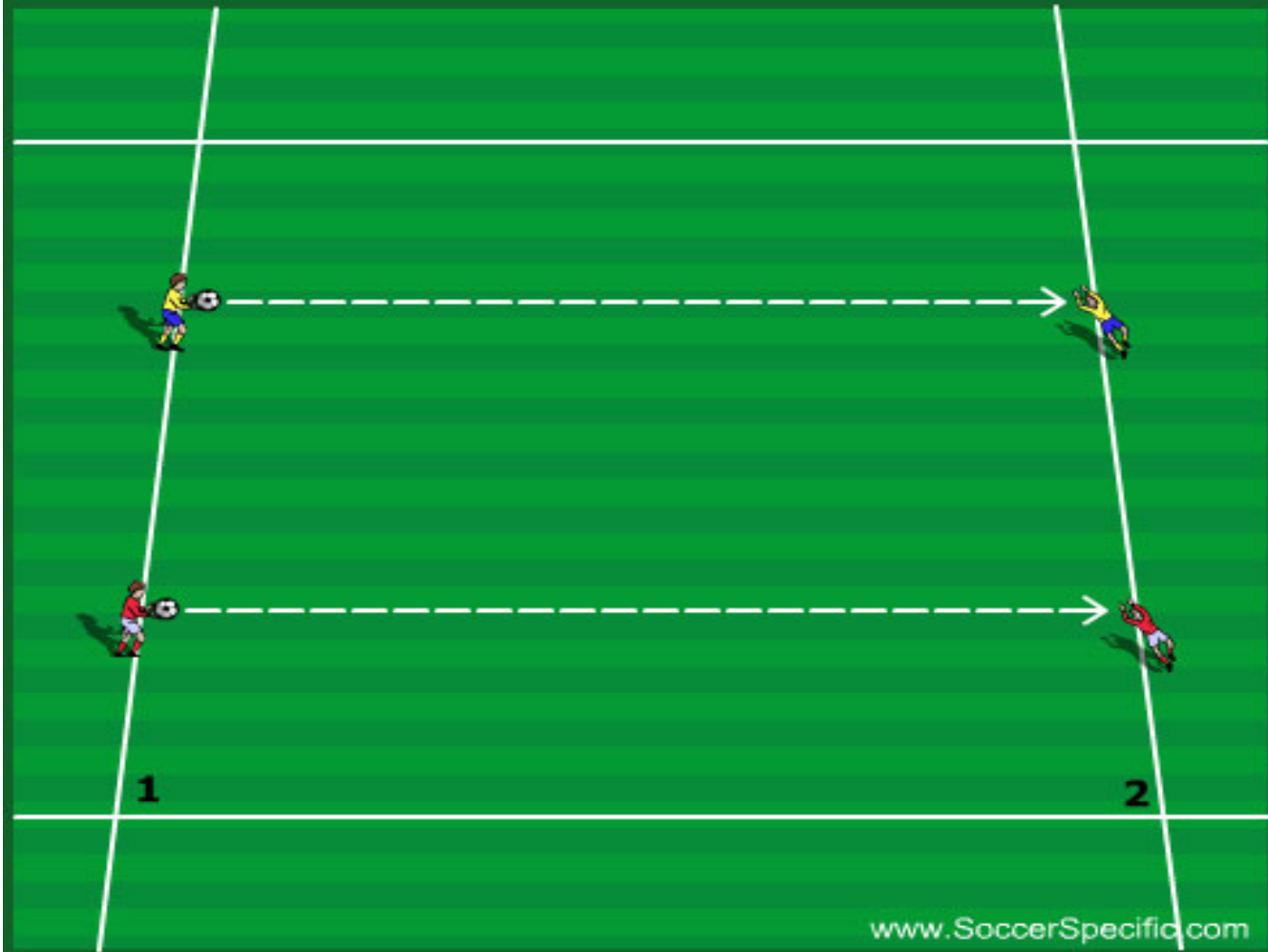


Description

Players are in pairs and compete for the ball which is placed in contact with one foot of both players. First player to push the ball beyond their partner wins.

Progressions

- Use different parts of the foot (e.g. outside, laces, etc)
- Introduce different body parts (e.g. thigh, chest, shoulder, etc)

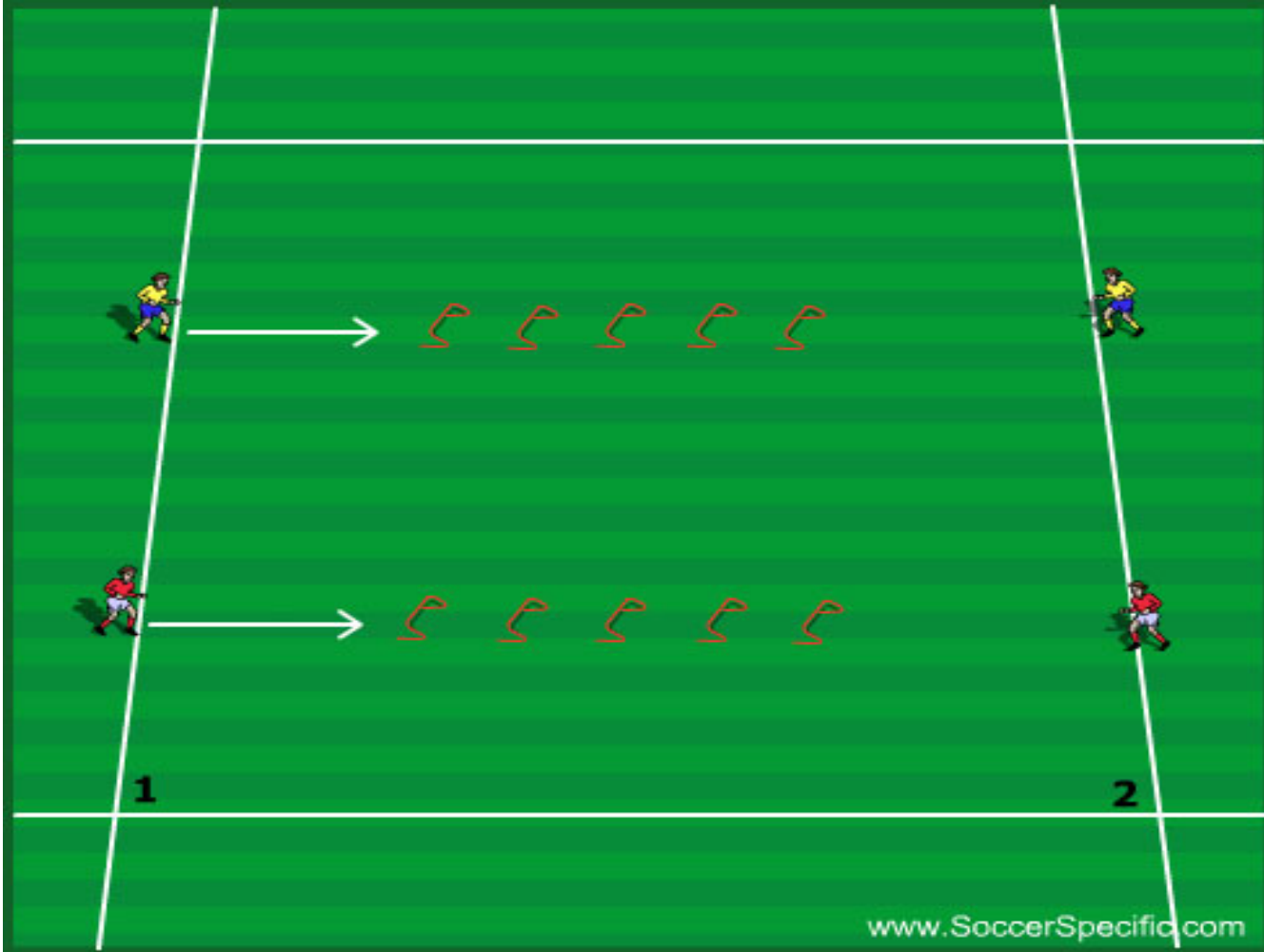


Description

Players replicate a throw-in by throwing the soccer ball to their partner. The ball is not allowed to bounce.

Progressions

- Increase throwing distance between players
- Introduce a passive defender between lines 1 and 2
- Players throw two soccer balls at the same time

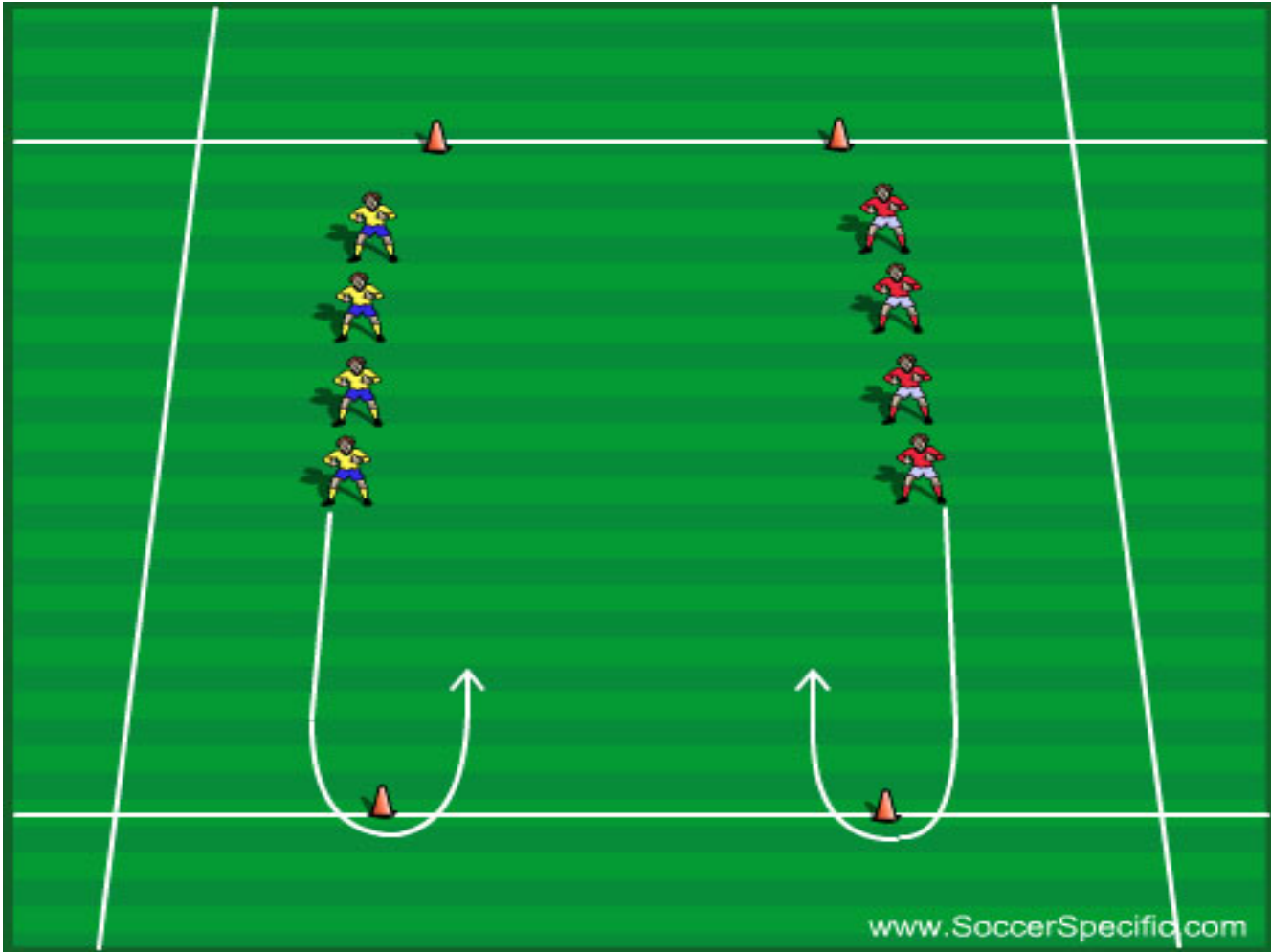


Description

Players are in pairs and race against the other team by sprinting between lines 1 and 2. Players must bounce over the hurdles in the middle.

Progressions

- Hop over hurdles on one leg
- Players bounce over hurdles facing sideways
- Players move 'forward two, back one' over the hurdles



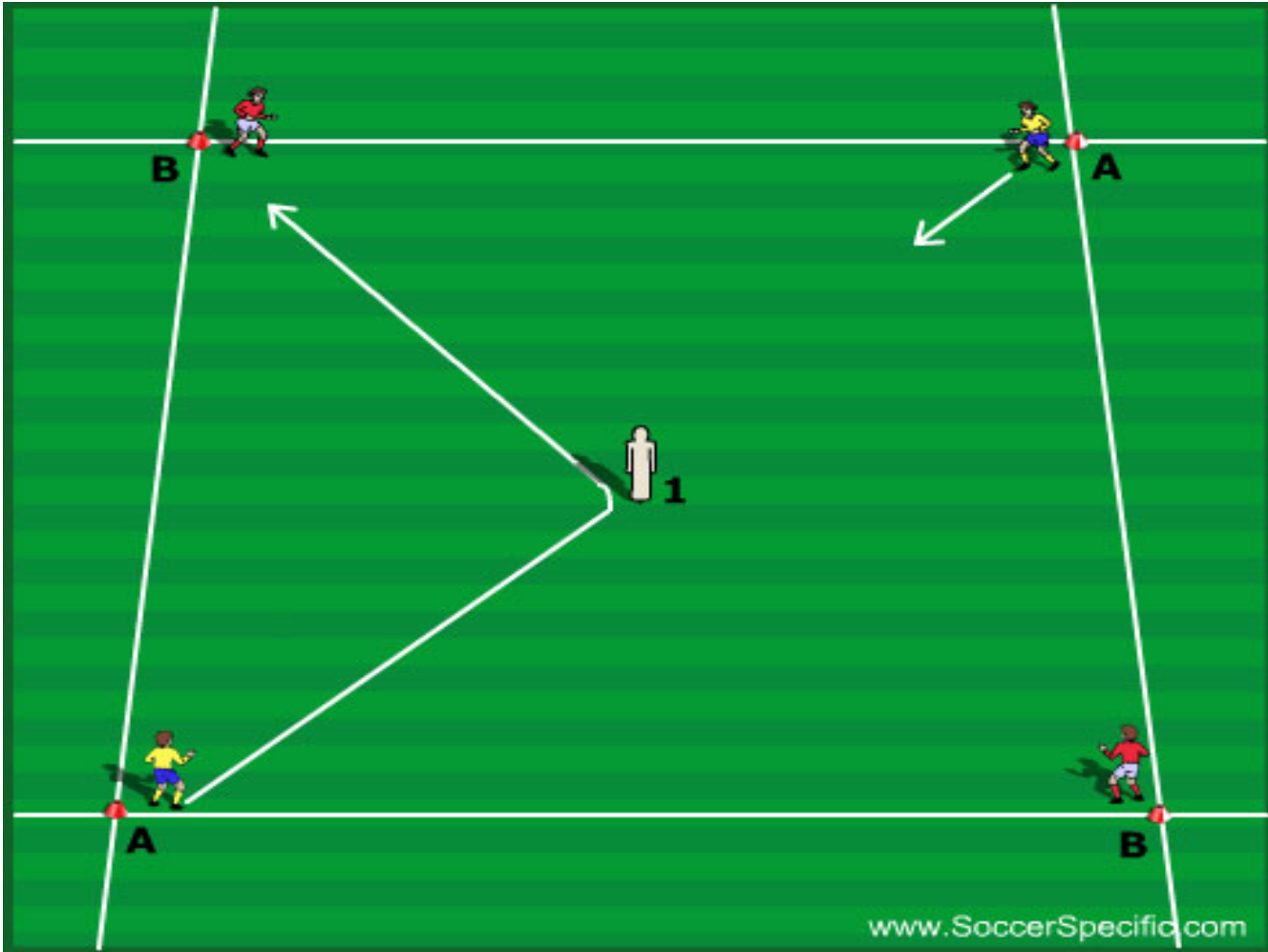
Description

Both groups of players move in a line around the two end markers. On coaches command, players perform various dynamic movements (e.g. heel flicks, knees up, kick outs, lunges, etc).

Progressions

- n/a

DYNAMIC FLEXIBILITY (1)

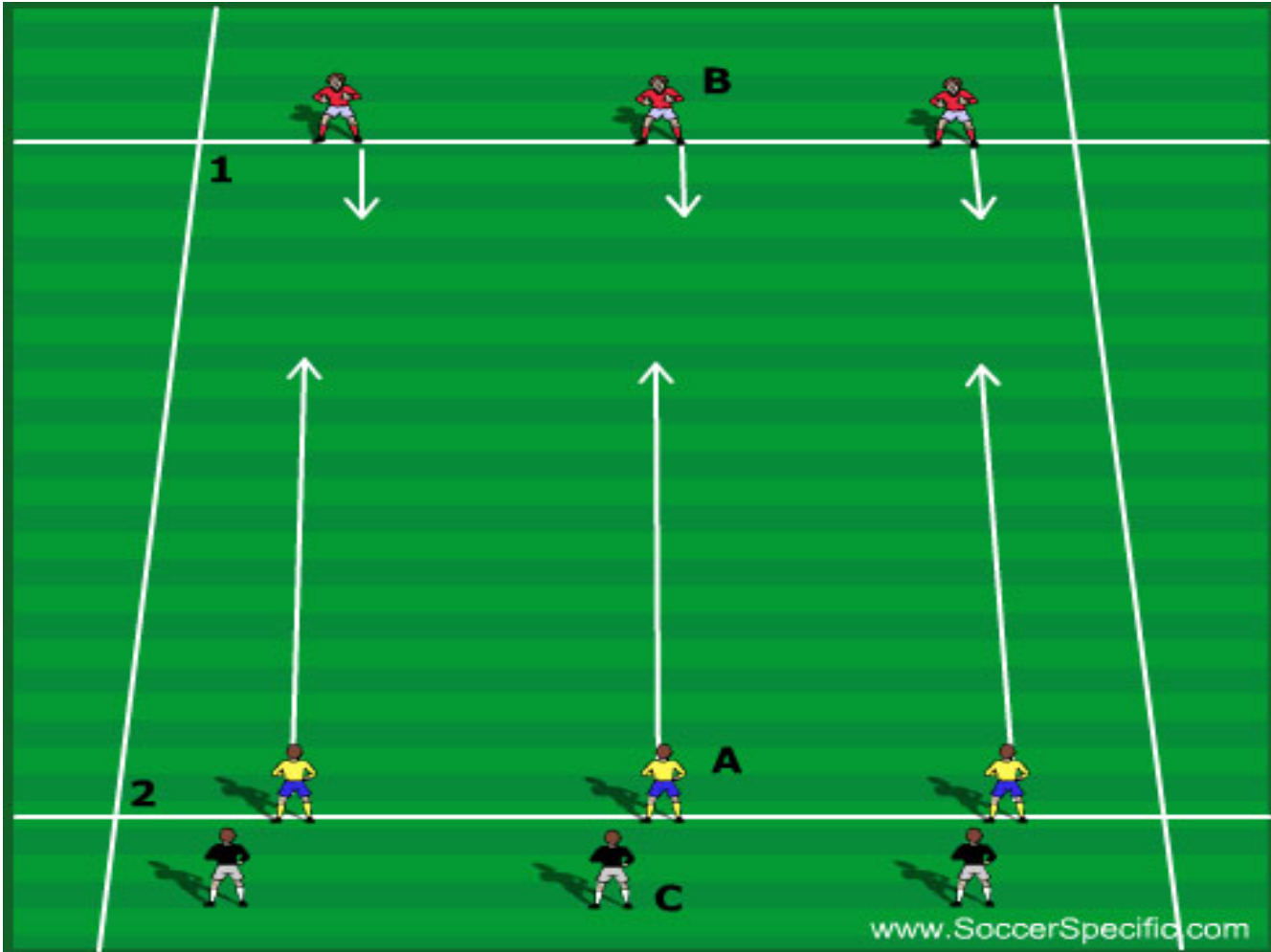


Description

Players A move into the central mannequin (1) at the same time and then move in a clockwise direction. Once completed, players B start together. Continuous. On coaches command, players perform various dynamic movements (e.g. heel flicks, knees up, kick outs, lunges, etc).

Progressions

- n/a

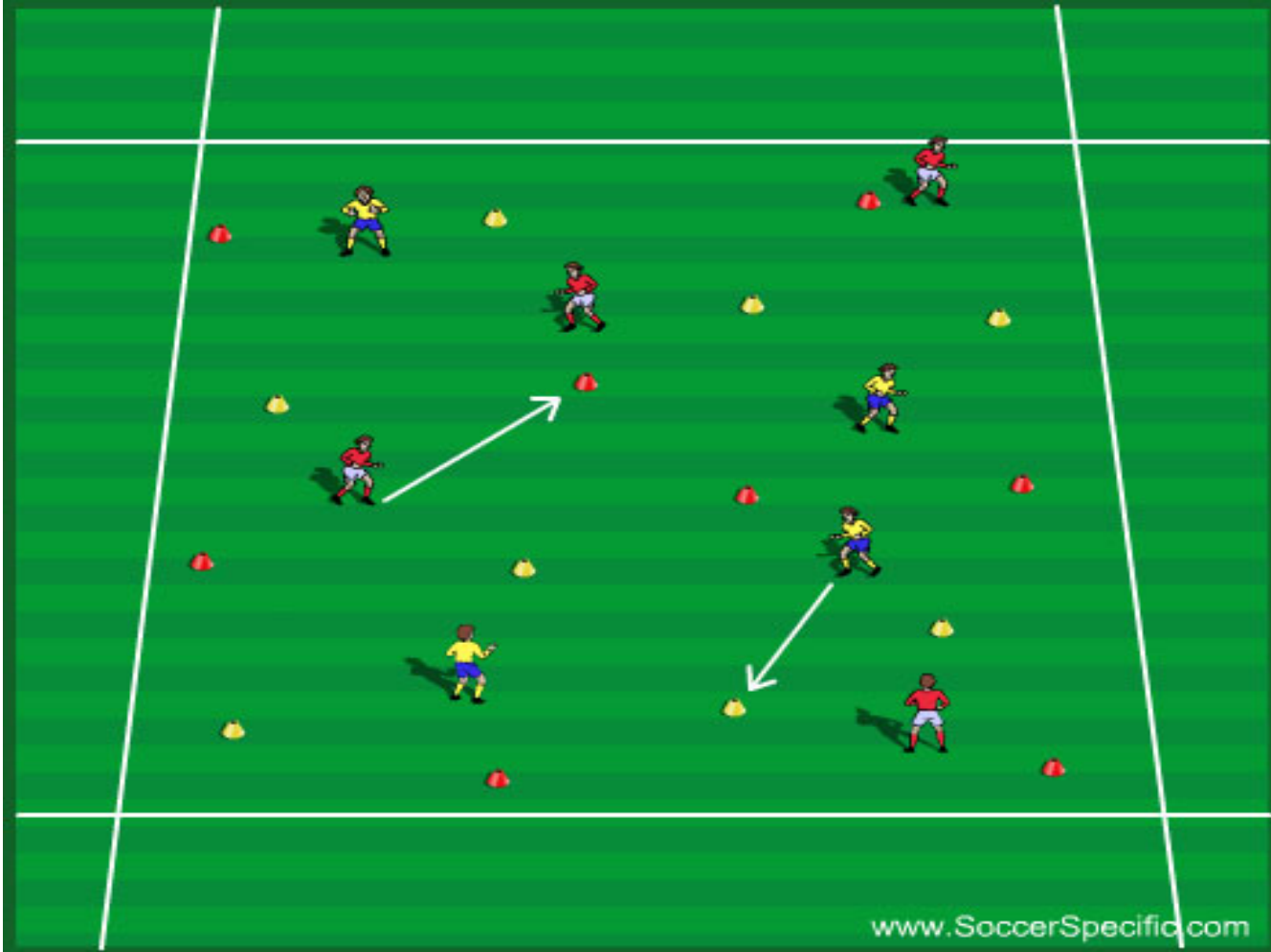


Description

Players are in three groups and move between the two end lines (1 & 2). Players A switch positions with B. Players B then switch positions with C. Continuous. On the coaches command, players perform various dynamic movements (e.g. heel flicks, knees up, kick outs, lunges, etc).

Progressions

- n/a

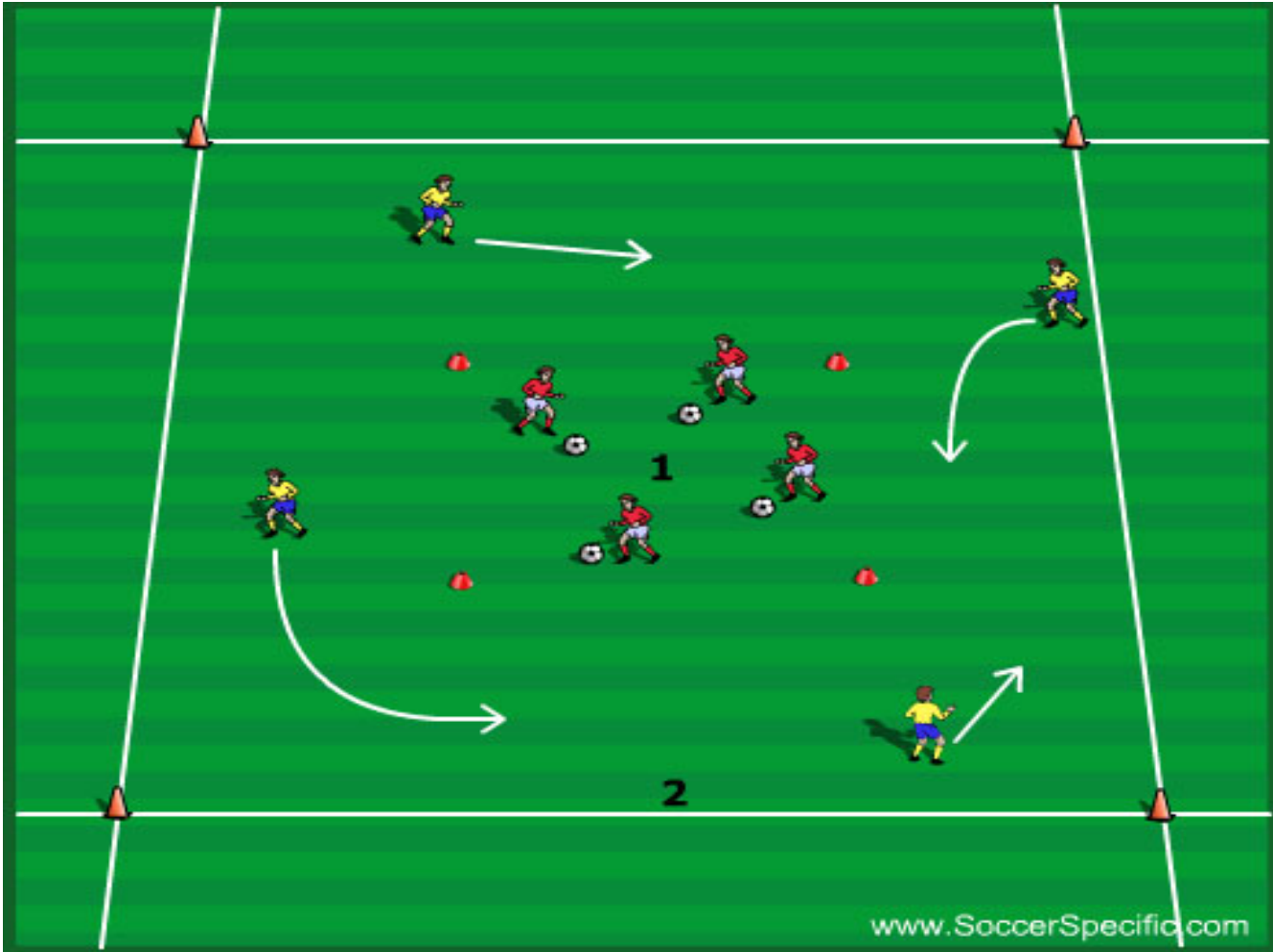


Description

Players move randomly to different markers within the defined area. On coaches command, players perform various dynamic movements (e.g. heel flicks, knees up, kick outs, lunges, etc).

Progressions

- n/a



Description

One group of players perform tricks and skills with a soccer ball within the inner perimeter (1). The other players move randomly around the outer perimeter (2) performing various dynamic movements (e.g. heel flicks, knees up, kick outs, lunges, etc). Both groups of players exchange positions after 60 seconds.

Progressions

- n/a