



**Mount Si High School Soccer**  
**2020 P.A.S.S.**  
**INDIVIDUAL FITNESS SESSIONS**



These are strenuous full body workouts that will require the proper preparation (nutrition, sleep). They are designed for days on which you have no other athletic activity (before or after). It is suggested you start with the **PLYOMETRICS** and end with the **STRENGTH** activities. Place what you are prioritizing the most on the day, **SPEED** (high intensity intervals) or **AEROBICS** (endurance) as second (you will start to tire by the third group). Rest times between each group **INCLUDE** the time it takes to set up the next activity. Have fun! **Keith Bleyer**

**P.A.S.S. FITNESS SESSION #1 (FIELD SESSION)**

<u><b>Plyometrics</b></u>	<u><b>Speed</b></u>	<u><b>Aerobics</b></u>	<u><b>Strength</b></u>
<b>Tiny Jumps (SETS A-E)</b> (30 hops each) <b>30 SECONDS REST</b> <b>Spiderman Jumps</b> (8 jumps) <b>30 SECONDS REST</b> <b>Lateral Bounds</b> (12 jumps - 6 each direction) <b>30 SECONDS REST</b> <b>One Leg Squats</b> (30 squats - 15 each leg) <b>2 MINUTES REST</b>	<b>Zig Zags</b> (2 without ball - 2 with ball - 15 seconds rest in between) <b>2 MINUTES REST</b>  <b>Colgate Agility Test</b> (3 reps - 15 seconds rest in between) <b>2 MINUTES REST</b>	<b>US Soccer YBMI</b> (1 full rep) <b>4 MINUTES REST</b>	<b>Superman</b> (2 reps of 45 seconds each - 30 seconds rest in between) <b>30 SECONDS REST</b>  <b>V Sit</b> (2 reps of 45 seconds each - 30 seconds rest in between) <b>30 SECONDS REST</b>  <b>Russian Twists</b> 2 reps of 40 'touches' - 30 seconds of rest in between)
↗	↗		↗ <b>CONGRATULATIONS!</b>

**P.A.S.S. FITNESS SESSION #2 (TRACK SESSION)**

<u><b>Plyometrics</b></u>	<u><b>Speed</b></u>	<u><b>Aerobics</b></u>	<u><b>Strength</b></u>
<b>Tiny Jumps (SETS F-H)</b> (F: 30 jumps) (G: 10 complete boxes) (H: 6 full 'tags') <b>30 SECONDS REST</b> <b>Scissor Jumps</b> (10 jumps) <b>30 SECONDS REST</b> <b>Lateral Hops + Bound</b> (6 sets of jumps - 3 each direction) <b>30 SECONDS REST</b> <b>Hands + Ankle Crawl</b> (4 sets of walking out and then back in/up) <b>2 MINUTES REST</b>	<b>Pro Agility Test</b> (3 without ball - 3 with ball - 15 seconds rest in between) <b>2 MINUTES REST</b>  <b>25 Yard Loops</b> (a full 'set' of 6 different reps as described - 15 seconds rest in between) <b>2 MINUTES REST</b>	<b>Gauntlet</b> (1 full rep) <b>4 MINUTES REST</b>	<b>Flying Dog</b> (2 reps of 60 seconds each with different pointing arm - 30 seconds rest in between) <b>30 SECONDS REST</b> <b>Plank</b> (2 reps of 60 seconds each - 30 seconds rest in between) <b>30 SECONDS REST</b> <b>Bench Dips</b> (2 reps of 20 dips each - 30 seconds of rest in between) <b>30 SECONDS REST</b> <b>Sitting Cycle</b> (2 reps of 30 elbow-to-knee 'touches' each - 30 seconds of rest in between)
↗	↗		↗ <b>CONGRATULATIONS!</b>

## P.A.S.S. FITNESS SESSION #3 (FIELD SESSION)

<u>Plyometrics</u>	<u>Speed</u>	<u>Aerobics</u>	<u>Strength</u>
<p><b>Tiny Jumps (SETS A-E)</b> (30 hops each) <b>30 SECONDS REST</b></p> <p><b>JJV Triple Jumps</b> (4 full sets of triple jumps) <b>30 SECONDS REST</b></p> <p><b>Ball Hurdles</b> (12 jumps forward and back - 12 jumps of left to right - 15 seconds rest in between sets) <b>2 MINUTES REST</b></p> <p style="text-align: right;">↗</p>	<p><b>Figure Eights</b> (2 without ball - 2 with ball - 15 seconds rest in between) <b>2 MINUTES REST</b></p> <p><b>Ladder to Hell</b> (1 without ball - 1 with ball - 60 seconds rest in between) <b>2 MINUTES REST</b></p> <p style="text-align: right;">↗</p>	<p><b>300 Shuttles</b> (1 without ball - 1 with) <b>4 MINUTES REST</b></p> <p><b>Crazy Eights</b> (8 full reps) <b>4 MINUTES REST</b></p>	<p><b>Side Bridge</b> (2 reps of 45 seconds each - one each side - try leg raise for final 10 seconds - 30 seconds rest in between) <b>30 SECONDS REST</b></p> <p><b>Leg Holds</b> (2 reps of 45 seconds each - try flutter kicks for final 15 seconds - 30 seconds rest in between) <b>30 SECONDS REST</b></p> <p><b>Smiley Face</b> (2 reps of 30 seconds each - 30 seconds of rest in between) <b>30 SECONDS REST</b></p> <p><b>Ball Push Ups</b> (2 reps of 20 - 30 seconds of rest in between)</p> <p style="text-align: right;">↗</p> <p style="text-align: center;"><b>CONGRATULATIONS!</b></p>

## P.A.S.S. FITNESS SESSION #4 (TRACK SESSION)

<u>Plyometrics</u>	<u>Speed</u>	<u>Aerobics</u>	<u>Strength</u>
<p><b>Tiny Jumps (SETS A-E)</b> (30 hops each) <b>30 SECONDS REST</b></p> <p><b>Spiderman Jumps</b> (8 jumps) <b>30 SECONDS REST</b></p> <p><b>Lateral Bounds</b> (12 jumps - 6 each direction) <b>30 SECONDS REST</b></p> <p><b>One Leg Squats</b> (30 squats - 15 each leg) <b>2 MINUTES REST</b></p> <p style="text-align: right;">↗</p>	<p><b>M Drill</b> (4 without ball - 1 with ball - 15 seconds rest in between) <b>2 MINUTES REST</b></p> <p><b>Colgate Agility Test</b> (3 reps - 15 seconds rest in between) <b>2 MINUTES REST</b></p> <p style="text-align: right;">↗</p>	<p><b>US Soccer National Team Test</b> (1 full rep) <b>4 MINUTES REST</b></p>	<p><b>Lateral Hip Swings</b> (2 reps of 8 each - 4 in each direction - 30 seconds rest in between) <b>30 SECONDS REST</b></p> <p><b>Reverse Plank</b> (2 reps of 45 seconds each - try chorus line leg raises for final 15 seconds - 30 seconds rest in between) <b>30 SECONDS REST</b></p> <p><b>Ball Transfer</b> (2 reps of 8 ball transfers each - 30 seconds of rest in between)</p> <p style="text-align: right;">↗</p> <p style="text-align: center;"><b>CONGRATULATIONS!</b></p>

