SPSC NEXT LEVEL @HOME

Sponsored by

Cardinal

SUN PRAIRIE SOCCER CLUB

WEEK 4

Mark level completed in box

STRENGTH TRAINING

	Level 1	Level 2	Level 3	Days 1	2	3	4	5	6	7
Push Up Walks (down and back = 1)	*3 sets of 2*	*5 sets of 3*	*5 sets of 4*							
3 Way Knees to Chest	*3x 15 seconds*	*3x 25 seconds*	*3x 35 seconds*							
Lunge Hops with Arms Overhead	*3 sets of 10*	*3 sets of 15*	*5 sets of 20*							
Bicycles	*3 sets of 15 seconds*	*3 sets of 25 seconds*	*5 sets of 40 seconds*							
One Leg Bridges	*3 sets of 5 (both legs)*	*3 sets of 8 (both legs)*	*3 sets of 12 (both legs)*							

SPEED AND AGILITY

	Level 1	Level 2	Level 3	Days 1	2	3	4	5	6	7
Power Skips (10 second break between)	*1 set of 5*	*3 sets of 5*	*5 sets of 5*							
Shuttle Sprints (10 second break between)	*1 set of 5*	*3 sets of 5*	*5 sets of 5*							
Box Agility (10 second break between)	*1 set of 5*	*3 sets of 5*	*5 sets of 5*							
Power Sprints	*3 sets of 15 seconds*	*3 sets of 20 seconds*	*5 sets of 30 seconds*							
: 10 yards	*3 trials*	*5 trials*	*8 trials*							
: 20 yards	*3 trials*	*5 trials*	*8 trials*							
: 30 yards	*2 trials*	*4 trials*	*5 trials*							
: 40 yards	*2 trials*	*4 trials*	*5 trials*							

BALL MASTERY

	Level 1	Level 2	Level 3	Days 1	2	3	4	5	6	7
1v1 Open Space (down and back = 1)	*3 sets of 3*	*5 sets of 3*	*8 sets of 3*							
Shuttle Sprints with Ball (down and back =1	*3 sets of 3*	*5 sets of 3*	*8 sets of 3*							
3 Cone Acceleration to 3 Cone (down and back =1)	*3 sets of 2*	*5 sets of 2*	*6 sets of 2*							
5 Cone Drill	*3 sets of 1*	*5 sets of 1*	*8 sets of 1*							
Inside/Outside (down and back = 1)	*3 sets of 2*	*5 sets of 2*	*8 sets of 2*							
Rollovers	*3 sets of 2*	*5 sets of 2*	*8 sets of 2*							
Forward/Backward	*3 sets of 2*	*5 sets of 2*	*8 sets of 2*							