SPSC
NEXT LEVEL
@HOME

Sponsored by

Cardinal

SUN PRAIRIE SOCCER CLUB

WEEK 7

Mark level completed in box

STRENGTH TRAINING

	Level 1	Level 2	Level 3
Plank push ups	3 set s of 15	5 set sof 20	5 set sof 30
Squats with overhead lifts	3 sets of 15	5 set sof 20	5 sets of 30
Sit ups	3 set sof 20	3 set sof 30	3 set sof 50
Jump rope	3 set sof 25	3 set sof 50	3 set sof 100
Knees to chest	3 set sof 8	3 set sof 12	3 set sof 15
Lunge hops lateral (down and back = 1)	3 set sof 4	3 sets of 6	3 set sof 8

Days

1	2	3	4	5	6	7

SPEED AND AGILITY

	Level 1	Level 2	Level 3
Plank sprints with recovery	3 set sof 6	3 sets of 8	3 sets of 12
V side jumps	3 set sof 4	3 set sof 6	3 sets of 10
Carioca figure 8 (down and back = 1)	3 set sof 6	3 set sof 8	3 set sof 10
Sideways - high knees/butt kicks (down and back = 1)	3 set sof 5	3 sets of 8	3 sets of 10

Days

1	2	3	4	5	6	7

BALL MASTERY

	Level 1	Level 2	Level 3
Shuttle sprints (there and back = 1)	3 set sof 6	3 set sof 8	5 set sof 10
Shuttle - outside to inside touch	3 sets of 3 (each foot)	3 set sof 5 (each foot)	5 sets of 6 (each foot)
Scrambler freestyle	3 set sof 20 seconds	5 set sof 30 seconds	10 set sof 30 seconds
Foundation - pulls backs to acceleration	3 sets of 4 (2 on each foot)	3 set sof 6 (3 on each foot)	5 sets of 8 (4 on each foot)
Foundation - V pull to acceleration	3 set sof 4 (2 on each foot)	3 set sof 6 (3 on each foot)	5 set sof 8 (4 on each foot)
Foundation - Yo Yo	3 set sof 6	3 sets of 8	5 set sof 8

Days

1	2	3	4	5	6	7