

# MMS Soccer Pre-Season

## A-DAY

-10 min. warm up jog & stretch

-2 & 1 touch passing (find a partner or wall) 1 min. each, 3 sets

-Dribble for 5 min. through & around objects you set up, while dribbling practice pull-backs, step-overs, change of direction moves.

-Toppers, tic-tocks, triangles, pull-backs. 3 sets @ 1 min. (mix up all the steps during each set)

-5 suicide runs, (set up 4 or 5 lines, 5 yards) 1 minute rest between each suicide.

-5 min. jog & cool down stretch.

## B-DAY

-10 min. warm up jog & stretch

-2 & 1 touch passing (find a partner or wall) 1 min. for each 2 touch and 1 touch, 3 sets of each.

-Dribble for 5 min. through & around objects you set up, while dribbling practice pull-backs, step-overs, change of direction moves.

-Toppers, tic-tocks, triangles, pull-backs. 3 sets @ 1 min. (mix up all the steps during each set)

-2 Mile run at comfortable pace (Don't walk if you can, slow down if you need)

-10 yrd. Sprints(5 push-ups at one side and 5 sit-ups at the other) 2 sets of 5 sprints (down & back is 1)

-5 min. jog & cool down stretch.

## C-DAY

-10 min. warm up jog & stretch

-2 & 1 touch passing (find a partner or wall) 1 min. each, 3 sets

-Dribble for 5 min. through & around objects you set up, while dribbling practice pull-backs, step-overs, change of direction moves.

-Toppers, tic-tocks, triangles, pull-backs. 3 sets @1 min. (mix up all the steps during each set)

- Bring ball out of the air (start with ball in your hands at chest level & drop ball to your feet, drop from above head, throw ball in air) 1 min. at each level, 3 sets of each

-15yrd. Sprint with ball at your feet, fast sprint after around cone/object (work on going around cone both directions, switch up left & right) 5 sets of 5 each

-5 min. jog & cool down stretch.

**Saturday**- 2 mile run/jog/walk

**Sunday**- Rest