

Conditioning and Development for Soccer - 2014

COMPONENT	POST-SEASON Quantity	OFF-SEASON 1 Quantity	OFF-SEASON 2 Quantity	OFF-SEASON 3 Quantity/Quality
STRENGTH	Moderate Emphasis	Moderate Emphasis	High Emphasis	High Emphasis
POWER	Low Emphasis	Medium Emphasis	Medium Emphasis	Medium Emphasis
PLYOMETRICS	Long Response	Long Response	Medium Response	Short Response
LINEAR SPEED	5 yds	10 yds	15 yds	20 yds
LATERAL SPEED	Eccentric Control	Change - Lateral	Change - Linear/Lateral	Programmed Change
CORE/TORSO	Stability/Re-education	Directional Movements	All Movements	All Movements in Sport Position
IMPLEMENT	Bands/Cables	Bands/Cables	BB/DB's/Bands/Cables	BB/DB's/Bands/Cables
STANCE	Bilateral	Bilateral	Staggered	Step
ARM INVOLVEMENT	Bilateral - OKC light / CKC simple	Bilateral - OKC mod. / CKC mod.	Bilateral/Alternating OKC mod. / ckc balance	OKC Alternating / CKC Transferring
AEROBIC/ANAEROBIC (endurance)	Continuous: 1-2 miles	Continuous: 2-3 miles	Continuous: 3 miles	Continuous: 3 miles with light intervals
SPRINT TECHNIQUE	Lean/ Body Position/ Gaze/ Hip Extensors/ LE Extension	Hip Flexors/ LE Cycling/ Foot Position	Arm Swing and Upper Body	Integrate, Refine and Reinforce

Adapted from Periodization for Sport, Part II, Brijesh Patel, MA, CSC

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COMPONENT	PRE-PRE-SEASON (3-6 Weeks before Pre-Season)	PRE-SEASON 1 Intensity/Quality Decreasing Volume	PRE-SEASON 2 Intensity/Quality Decreasing Volume	COMPETITION 1 Season	In-
STRENGTH	Moderate Emphasis	Moderate Emphasis	low Emphasis	Maintenance	
POWER	High Emphasis	High Emphasis	High emphasis - sport specific	Maintenance	
PLYOMETRICS	Short Response with countermovement	Short Response with countermovement/reaction	Short response with complex reaction	Progressive	
LINEAR SPEED	High Emphasis - Specific Distances to Sport	High Emphasis - Distances and repeats Sport Specific	High Emphasis - Distances and repeats Sport Specific	Progressive	
LATERAL SPEED	Random Change	Change with Obstacles	Compound with Linear, Lateral and Obstacles	Progressive	
CORE/TORSO	All Movements in Sport Position/Directions	Sport Position and Directions w/ resistance	Sport Position and Directions w/ reaction	Maintenance	
IMPLEMENT	DB's/Bands/Cables/Med Balls	DB's/Bands/Cables/Med Balls/BOSU	DB's/Bands/Cables/Med Balls/BOSU/Boxes	DB's/Bands/Cables/Med Balls/BOSU/Boxes	
STANCE	1 Leg	1 Leg with balance/challenge	1 Leg with Balance/Challenge	Integrative - sport specific	
ARM LIMB INVOLVEMENT	OKC 2 Arm Reaction / CKC Balance/challenge	OKC 2 Arm Reaction / CKC Balance/challenge	OKC 1 Arm Reaction / CKC plyometrics	Integrative - sport specific	
AEROBIC/ANAEROBIC (endurance)	Moderate Anaerobic Interval	Threshold training	Threshold Training	Progressive	
SPRINT TECHNIQUE	Integrate, Refine and Reinforce	Integrate, Refine and Reinforce	Integrate, Refine and Reinforce	Reinforce	

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COMPONENT	COMPETITION 2 Tournaments	COMPETITION 3 Cup Competitions
STRENGTH	Maintenance	Maintenance
POWER	Maintenance	Maintenance
PLYOMETRICS	Maintenance	Maintenance
LINEAR SPEED	Emphasize	Emphasize
LATERAL SPEED	Emphasize	Emphasize
CORE/TORSO	Maintenance	Maintenance
IMPLEMENT	DB's/Bands/Cables/Med Balls/BOSU/Boxes	DB's/Bands/Cables/Med Balls/BOSU/Boxes
STANCE	Maintenance	Maintenance
ARM LIMB INVOLVEMENT	Maintenance	Maintenance
AEROBIC/ANAEROBIC (endurance)	Emphasize	Emphasize
SPRINT TECHNIQUE	Review	Review