

WALSH WOMEN'S SOCCER
SUMMER WORKOUT

Soccer (Everyday)

1000 touch drills ([see website](#))

Speed and Strength (4 times per week)

Skip for distance (30 yards * 3) Skip for height (30 yards * 3) Double footed jumps over object. (20 seconds * 3) Hop over object, both feet. (20 seconds * 3) Step ups 20 seconds * 3 Sit-ups 150 (increasing as summer progresses) Push-ups 15*3 (increasing reps as summer progresses) Triceps using bench 25*3

Fitness (4 times per week)

20*30yard sprints with 10 sec rest between sprints 15 *
40 yard sprints with 10 seconds rest between sprints

TESTS

120's/Mile for time alternating every week.

*****STRETCH BEFORE AND AFTER EVERY WORKOUT*****

**PLAY SOCCER EVERY CHANCE YOU CAN GET
AMC CHAMPIONSHIP WILL NOT COME EASILY.**