

8 Week Girls Soccer Preseason Workbook

November through December preparation for the January season

Athlete name _____ Team _____

Coach _____ Start date _____

Use this workbook to follow the supplied no weights preseason plan and record your own training results. There are 32 workout pages, one for every scheduled session. Training is separate from soccer practice.

Day	Focus
Monday	Lower body strength and acceleration
Tuesday	Conditioning and core
Wednesday	Recovery
Thursday	Total body strength and plyometrics
Friday	Speed and change of direction and conditioning
Weekend	Recovery

How to record your work

Write the date on each page. Use the results column for actual reps, rounds, sprint times, distances covered, or modifications. Record sprint times in seconds and use the same distance and timing method each time. Mark completed work with a check.

Session effort uses a 0–10 scale: 0 = rest, 3 = easy, 5 = moderate, 7 = hard, 10 = maximum. This is your rating of the whole workout, not a prescribed running speed.

Sessions are approximately 55–70 minutes. Where the supplied plan gives a range, the coach selects the target. Where recovery is not specified, write the coach's chosen rest period before starting. Running percentages describe the original plan's intended effort; do not treat them as measured speed targets.

Personal goals

Warm Up and Training Reference

Before every workout

Complete approximately 10 minutes: easy jog down and back; high knees; butt kicks; A skips; walking knee hugs; walking quad pulls; walking lunges with rotation; lateral shuffle each direction; carioca each direction. Use 20 yards for traveling drills. Add 10 leg swings in each direction and 2 × 20 yard progressive accelerations at about 60% and 75%.

Injury reduction block

The supplied plan calls for this block after the warm up 2–3 times weekly, approximately 8 minutes. Coach marks the selected days. Count these repetitions toward the day's total rather than automatically duplicating matching exercises.

Exercise	Target
Single leg balance	30 seconds per leg
Controlled single leg squat	6 per leg
Hamstring walkout	6–8
Single leg calf raise	12 per leg
Jump and stick	5
Lateral bound and stick	4 per side
Deceleration	3 × 10 yards

Movement cues and exercise options

Land quietly, hips back, knees tracking over toes, and hold stick landings for 2 seconds. Stop a set when landing or running mechanics deteriorate. Speed repetitions require recovery so the next effort stays fast.

Use a stable bench for rear foot elevated split squats and squat to bench exercises. If none is available, the coach can substitute a floor split squat or a supported single leg squat. Push ups can be performed from the knees or against a stable elevated surface. Record substitutions on the workout page.

Hamstring walkout: start in a bridge, take small heel steps away and back while keeping the hips controlled; out and back counts as one repetition. Tempo squat: 3 seconds down, 1 second pause, then rise quickly under control.

After training

Record session effort, results, and any discomfort. Allow time for an easy walk and comfortable mobility. Report pain to the coach and follow the school's return to training guidance.

Beginning and End Results

Athlete _____ Week 1 date _____ Week 8 date _____

Coach schedules testing on Day 1 and near the end of Week 8. Testing replaces overlapping sprint or conditioning work that day. Keep the surface, footwear, warm up, test order, rest, and timing method consistent. Record both trials for timed and jump tests.

Test	Week 1 results	Week 8 results
10 yard sprint seconds	Trial 1 _____ Trial 2 _____	Trial 1 _____ Trial 2 _____
20 yard sprint seconds	Trial 1 _____ Trial 2 _____	Trial 1 _____ Trial 2 _____
Standing broad jump inches	Trial 1 _____ Trial 2 _____	Trial 1 _____ Trial 2 _____
5 10 5 shuttle seconds	Left _____ Right _____	Left _____ Right _____
Quality push ups reps	_____	_____
Single leg squat control	Left _____ Right _____	Left _____ Right _____
Conditioning test result	_____	_____

Conditioning test and protocol _____ Units _____

The original plan suggests Yo Yo Intermittent Recovery Test Level 1. If selected, use its standardized audio, distances, recovery, and stopping rules. Record total distance in meters; do not compare scores from different tests.

Timing method _____ Surface and footwear _____

Single leg squat observations: balance, depth, knee alignment, and left/right control. This is a coaching observation, not an injury risk diagnosis.

What improved and what needs attention

Week 1 Monday

Lower Body and Acceleration

Athlete _____ Date _____ Session time _____

Warm up completed [] Injury reduction block selected [] Completed []

Strength first, then acceleration. Strength: 3 rounds; rest 60 seconds between rounds.

Coach target rounds _____ Other rest periods _____ Modification _____

Exercise or drill	Planned work	Actual results / completed
Bodyweight squat	12	
Reverse lunge	8 per leg	
Single leg glute bridge	10 per leg	
Single leg calf raise	12 per leg	
Wall sit	30 sec	
Front plank	30 sec	
10 yard acceleration	6 reps; 45–60 sec recovery	

Session effort 0–10 _____ Sprint best time _____ sec / distance _____ yd Rounds done _____

Athlete notes and coach feedback

Recovery or discomfort notes _____

Week 1 Tuesday

Conditioning and Core

Athlete _____ Date _____ Session time _____

Warm up completed [] Injury reduction block selected [] Completed []

Tempo: 2 sets; walk 50 yards between runs; rest 2 minutes between sets. Core: 3 rounds.

Coach target rounds _____ Other rest periods _____ Modification _____

Exercise or drill	Planned work	Actual results / completed
100 yard tempo run	2 × 5 reps; 65–70% effort	
Dead bug	10 per side	
Bird dog	10 per side	
Side plank	20 sec per side	
Glute bridge	15	
Mountain climber	20 per side	

Session effort 0–10 _____ Sprint best time _____ sec / distance _____ yd Rounds done _____

Athlete notes and coach feedback

Recovery or discomfort notes _____

Week 1 Thursday

Strength and Landing

Athlete _____ Date _____ Session time _____

Warm up completed [] Injury reduction block selected [] Completed []

Strength: 3 rounds, then landing work. Hold jump landings 2 seconds.

Coach target rounds _____ Other rest periods _____ Modification _____

Exercise or drill	Planned work	Actual results / completed
Split squat	10 per leg	
Lateral lunge	8 per side	
Push up	8–12	
Single leg RDL reach	8 per leg	
Hamstring walkout	6	
Calf raise	15	
Plank shoulder tap	10 per side	
Snap down	3 × 5	
Squat jump and stick	3 × 5	

Session effort 0–10 _____ Sprint best time _____ sec / distance _____ yd Rounds done _____

Athlete notes and coach feedback

Recovery or discomfort notes _____

Week 1 Friday

Movement and Conditioning

Athlete _____ Date _____ Session time _____

Warm up completed [] Injury reduction block selected [] Completed []

Movement first, then running intervals at about 75–80% effort.

Coach target rounds _____ Other rest periods _____ Modification _____

Exercise or drill	Planned work	Actual results / completed
5 yard out and back shuttle	4 reps; 10 yards total each	
Lateral shuffle then sprint	10 yards each; 3 per side	
Running intervals	8 × 20 sec run / 40 sec walk	

Session effort 0–10 _____ Sprint best time _____ sec / distance _____ yd Rounds done _____

Athlete notes and coach feedback

Recovery or discomfort notes _____

Week 2 Monday

Lower Body and Acceleration

Athlete _____ Date _____ Session time _____

Warm up completed [] Injury reduction block selected [] Completed []

Strength first, then acceleration. Strength: 3 rounds; rest 60 seconds between rounds.

Coach target rounds _____ Other rest periods _____ Modification _____

Exercise or drill	Planned work	Actual results / completed
Bodyweight squat	12	
Reverse lunge	8 per leg	
Single leg glute bridge	10 per leg	
Single leg calf raise	12 per leg	
Wall sit	30 sec	
Front plank	30 sec	
10 yard acceleration	6 reps; 45–60 sec recovery	

Session effort 0–10 _____ Sprint best time _____ sec / distance _____ yd Rounds done _____

Athlete notes and coach feedback

Recovery or discomfort notes _____

Week 2 Tuesday

Conditioning and Core

Athlete _____ Date _____ Session time _____

Warm up completed [] Injury reduction block selected [] Completed []

Tempo: 2 sets; walk 50 yards between runs; rest 2 minutes between sets. Core: 3 rounds.

Coach target rounds _____ Other rest periods _____ Modification _____

Exercise or drill	Planned work	Actual results / completed
100 yard tempo run	2 × 5 reps; 65–70% effort	
Dead bug	10 per side	
Bird dog	10 per side	
Side plank	20 sec per side	
Glute bridge	15	
Mountain climber	20 per side	

Session effort 0–10 _____ Sprint best time _____ sec / distance _____ yd Rounds done _____

Athlete notes and coach feedback

Recovery or discomfort notes _____

Week 2 Thursday

Strength and Landing

Athlete _____ Date _____ Session time _____

Warm up completed [] Injury reduction block selected [] Completed []

Strength: 3 rounds, then landing work. Hold jump landings 2 seconds.

Coach target rounds _____ Other rest periods _____ Modification _____

Exercise or drill	Planned work	Actual results / completed
Split squat	10 per leg	
Lateral lunge	8 per side	
Push up	8–12	
Single leg RDL reach	8 per leg	
Hamstring walkout	6	
Calf raise	15	
Plank shoulder tap	10 per side	
Snap down	3 × 5	
Squat jump and stick	3 × 5	

Session effort 0–10 _____ Sprint best time _____ sec / distance _____ yd Rounds done _____

Athlete notes and coach feedback

Recovery or discomfort notes _____

Week 2 Friday

Movement and Conditioning

Athlete _____ Date _____ Session time _____

Warm up completed [] Injury reduction block selected [] Completed []

Movement first, then running intervals at about 75–80% effort.

Coach target rounds _____ Other rest periods _____ Modification _____

Exercise or drill	Planned work	Actual results / completed
5 yard out and back shuttle	4 reps; 10 yards total each	
Lateral shuffle then sprint	10 yards each; 3 per side	
Running intervals	8 × 20 sec run / 40 sec walk	

Session effort 0–10 _____ Sprint best time _____ sec / distance _____ yd Rounds done _____

Athlete notes and coach feedback

Recovery or discomfort notes _____

Week 3 Monday

Strength and Acceleration

Athlete _____ Date _____ Session time _____

Warm up completed [] Injury reduction block selected [] Completed []

Acceleration first: rest 60–90 seconds. Strength: 3–4 rounds; coach chooses.

Coach target rounds _____ Other rest periods _____ Modification _____

Exercise or drill	Planned work	Actual results / completed
10 yard sprint	4 reps	
20 yard sprint	4 reps	
Tempo squat	10	
Split squat	10 per leg	
Single leg glute bridge	12 per leg	
Single leg RDL reach	10 per leg	
Hamstring walkout	8	
Single leg calf raise	15 per leg	
Side plank	30 sec per side	

Session effort 0–10 _____ Sprint best time _____ sec / distance _____ yd Rounds done _____

Athlete notes and coach feedback

Recovery or discomfort notes _____

Week 3 Tuesday

Conditioning and Core

Athlete _____ Date _____ Session time _____

Warm up completed [] Injury reduction block selected [] Completed []

Tempo: walk 50 yards between runs; rest 2–3 minutes between sets. Core: 3 rounds.

Coach target rounds _____ Other rest periods _____ Modification _____

Exercise or drill	Planned work	Actual results / completed
100 yard tempo run	2 × 6 reps; 70–75% effort	
Dead bug	12 per side	
Front plank	40 sec	
Side plank	30 sec per side	
Mountain climber	20 per side	

Session effort 0–10 _____ Sprint best time _____ sec / distance _____ yd Rounds done _____

Athlete notes and coach feedback

Recovery or discomfort notes _____

Week 3 Thursday

Strength and Plyometrics

Athlete _____ Date _____ Session time _____

Warm up completed [] Injury reduction block selected [] Completed []

Jumps first; stick every landing. Strength: 3 rounds.

Coach target rounds _____ Other rest periods _____ Modification _____

Exercise or drill	Planned work	Actual results / completed
Squat jump	3 × 5	
Broad jump	3 × 4	
Lateral bound	3 × 5 per side	
Rear foot elevated split squat	8 per leg	
Single leg squat to bench	8 per leg	
Push up	10–15	
Hamstring walkout	8	
Single leg calf raise	15 per leg	
Bear crawl	20 yards	
Front plank	40 sec	

Session effort 0–10 _____ Sprint best time _____ sec / distance _____ yd Rounds done _____

Athlete notes and coach feedback

Recovery or discomfort notes _____

Week 3 Friday

Speed and Change of Direction

Athlete _____ Date _____ Session time _____

Warm up completed [] Injury reduction block selected [] Completed []

Speed: 60–90 sec recovery. Shuttle: 60–90 sec recovery. Intervals: 2 min between sets.

Coach target rounds _____ Other rest periods _____ Modification _____

Exercise or drill	Planned work	Actual results / completed
10 yard sprint	3 reps	
20 yard sprint	3 reps	
30 yard sprint	2 reps	
5 10 5 shuttle	4 reps	
L drill	3 reps each direction	
Running intervals	2 × 5 × 20 sec hard / 30 sec recovery	

Session effort 0–10 _____ Sprint best time _____ sec / distance _____ yd Rounds done _____

Athlete notes and coach feedback

Recovery or discomfort notes _____

Week 4 Monday

Strength and Acceleration

Athlete _____ Date _____ Session time _____

Warm up completed [] Injury reduction block selected [] Completed []

Acceleration first: rest 60–90 seconds. Strength: 3–4 rounds; coach chooses.

Coach target rounds _____ Other rest periods _____ Modification _____

Exercise or drill	Planned work	Actual results / completed
10 yard sprint	4 reps	
20 yard sprint	4 reps	
Tempo squat	10	
Split squat	10 per leg	
Single leg glute bridge	12 per leg	
Single leg RDL reach	10 per leg	
Hamstring walkout	8	
Single leg calf raise	15 per leg	
Side plank	30 sec per side	

Session effort 0–10 _____ Sprint best time _____ sec / distance _____ yd Rounds done _____

Athlete notes and coach feedback

Recovery or discomfort notes _____

Week 4 Tuesday

Conditioning and Core

Athlete _____ Date _____ Session time _____

Warm up completed [] Injury reduction block selected [] Completed []

Tempo: walk 50 yards between runs; rest 2–3 minutes between sets. Core: 3 rounds.

Coach target rounds _____ Other rest periods _____ Modification _____

Exercise or drill	Planned work	Actual results / completed
100 yard tempo run	2 × 6 reps; 70–75% effort	
Dead bug	12 per side	
Front plank	40 sec	
Side plank	30 sec per side	
Mountain climber	20 per side	

Session effort 0–10 _____ Sprint best time _____ sec / distance _____ yd Rounds done _____

Athlete notes and coach feedback

Recovery or discomfort notes _____

Week 4 Thursday

Strength and Plyometrics

Athlete _____ Date _____ Session time _____

Warm up completed [] Injury reduction block selected [] Completed []

Jumps first; stick every landing. Strength: 3 rounds.

Coach target rounds _____ Other rest periods _____ Modification _____

Exercise or drill	Planned work	Actual results / completed
Squat jump	3 × 5	
Broad jump	3 × 4	
Lateral bound	3 × 5 per side	
Rear foot elevated split squat	8 per leg	
Single leg squat to bench	8 per leg	
Push up	10–15	
Hamstring walkout	8	
Single leg calf raise	15 per leg	
Bear crawl	20 yards	
Front plank	40 sec	

Session effort 0–10 _____ Sprint best time _____ sec / distance _____ yd Rounds done _____

Athlete notes and coach feedback

Recovery or discomfort notes _____

Week 4 Friday

Speed and Change of Direction

Athlete _____ Date _____ Session time _____

Warm up completed [] Injury reduction block selected [] Completed []

Speed: 60–90 sec recovery. Shuttle: 60–90 sec recovery. Intervals: 2 min between sets.

Coach target rounds _____ Other rest periods _____ Modification _____

Exercise or drill	Planned work	Actual results / completed
10 yard sprint	3 reps	
20 yard sprint	3 reps	
30 yard sprint	2 reps	
5 10 5 shuttle	4 reps	
L drill	3 reps each direction	
Running intervals	2 × 5 × 20 sec hard / 30 sec recovery	

Session effort 0–10 _____ Sprint best time _____ sec / distance _____ yd Rounds done _____

Athlete notes and coach feedback

Recovery or discomfort notes _____

Week 5 Monday

Acceleration and Unilateral Strength

Athlete _____ Date _____ Session time _____

Warm up completed [] Injury reduction block selected [] Completed []

Speed first: rest 90–120 seconds. Strength: 3 rounds.

Coach target rounds _____ Other rest periods _____ Modification _____

Exercise or drill	Planned work	Actual results / completed
10 yard sprint	3 reps	
20 yard sprint	3 reps	
30 yard sprint	3 reps	
Rear foot elevated split squat	10 per leg	
Single leg squat	8 per leg	
Reverse lunge to knee drive	8 per leg	
Hamstring walkout	10	
Single leg calf raise	15 per leg	
Push up	12–15	
Side plank with leg lift	20 sec per side	

Session effort 0–10 _____ Sprint best time _____ sec / distance _____ yd Rounds done _____

Athlete notes and coach feedback

Recovery or discomfort notes _____

Week 5 Tuesday

High Intensity Conditioning

Athlete _____ Date _____ Session time _____

Warm up completed [] Injury reduction block selected [] Completed []

Running: 3 min between sets; original target about 85–90% effort. Core: 2–3 rounds.

Coach target rounds _____ Other rest periods _____ Modification _____

Exercise or drill	Planned work	Actual results / completed
Running intervals	3 × 4 × 30 sec hard / 30 sec walk	
Dead bug	10 per side	
Mountain climber	20 per side	
Plank shoulder tap	15 per side	
Side plank	30 sec per side	

Session effort 0–10 _____ Sprint best time _____ sec / distance _____ yd Rounds done _____

Athlete notes and coach feedback

Recovery or discomfort notes _____

Week 5 Thursday

Power and Strength

Athlete _____ Date _____ Session time _____

Warm up completed [] Injury reduction block selected [] Completed []

Plyometrics first: 60–90 sec between sets. Strength: 3 rounds.

Coach target rounds _____ Other rest periods _____ Modification _____

Exercise or drill	Planned work	Actual results / completed
Broad jump	4 × 4	
Lateral bound	3 × 5 per side	
Single leg hop and stick	3 × 4 per leg	
Split squat jump	3 × 5 per leg	
Rear foot elevated split squat	8 per leg	
Single leg squat	8 per leg	
Hamstring walkout	10	
Push up	12–15	
Single leg calf raise	15 per leg	
Hollow body hold	20–30 sec	

Session effort 0–10 _____ Sprint best time _____ sec / distance _____ yd Rounds done _____

Athlete notes and coach feedback

Recovery or discomfort notes _____

Week 5 Friday

Speed and Reactive Agility

Athlete _____ Date _____ Session time _____

Warm up completed [] Injury reduction block selected [] Completed []

Speed first with full recovery. Reactions: 2 min between sets. Repeat sprints: 20 sec recovery, 3 min between sets.

Coach target rounds _____ Other rest periods _____ Modification _____

Exercise or drill	Planned work	Actual results / completed
10 yard sprint	4 reps	
20 yard sprint	3 reps	
30 yard sprint	2 reps	
Coach directed cone reactions	3 × 5 reactions	
20 yard repeat sprints	2 × 6 reps	

Session effort 0–10 _____ Sprint best time _____ sec / distance _____ yd Rounds done _____

Athlete notes and coach feedback

Recovery or discomfort notes _____

Week 6 Monday

Acceleration and Unilateral Strength

Athlete _____ Date _____ Session time _____

Warm up completed [] Injury reduction block selected [] Completed []

Speed first: rest 90–120 seconds. Strength: 3 rounds.

Coach target rounds _____ Other rest periods _____ Modification _____

Exercise or drill	Planned work	Actual results / completed
10 yard sprint	3 reps	
20 yard sprint	3 reps	
30 yard sprint	3 reps	
Rear foot elevated split squat	10 per leg	
Single leg squat	8 per leg	
Reverse lunge to knee drive	8 per leg	
Hamstring walkout	10	
Single leg calf raise	15 per leg	
Push up	12–15	
Side plank with leg lift	20 sec per side	

Session effort 0–10 _____ Sprint best time _____ sec / distance _____ yd Rounds done _____

Athlete notes and coach feedback

Recovery or discomfort notes _____

Week 6 Tuesday

High Intensity Conditioning

Athlete _____ Date _____ Session time _____

Warm up completed [] Injury reduction block selected [] Completed []

Running: 3 min between sets; original target about 85–90% effort. Core: 2–3 rounds.

Coach target rounds _____ Other rest periods _____ Modification _____

Exercise or drill	Planned work	Actual results / completed
Running intervals	3 × 4 × 30 sec hard / 30 sec walk	
Dead bug	10 per side	
Mountain climber	20 per side	
Plank shoulder tap	15 per side	
Side plank	30 sec per side	

Session effort 0–10 _____ Sprint best time _____ sec / distance _____ yd Rounds done _____

Athlete notes and coach feedback

Recovery or discomfort notes _____

Week 6 Thursday

Power and Strength

Athlete _____ Date _____ Session time _____

Warm up completed [] Injury reduction block selected [] Completed []

Plyometrics first: 60–90 sec between sets. Strength: 3 rounds.

Coach target rounds _____ Other rest periods _____ Modification _____

Exercise or drill	Planned work	Actual results / completed
Broad jump	4 × 4	
Lateral bound	3 × 5 per side	
Single leg hop and stick	3 × 4 per leg	
Split squat jump	3 × 5 per leg	
Rear foot elevated split squat	8 per leg	
Single leg squat	8 per leg	
Hamstring walkout	10	
Push up	12–15	
Single leg calf raise	15 per leg	
Hollow body hold	20–30 sec	

Session effort 0–10 _____ Sprint best time _____ sec / distance _____ yd Rounds done _____

Athlete notes and coach feedback

Recovery or discomfort notes _____

Week 6 Friday

Speed and Reactive Agility

Athlete _____ Date _____ Session time _____

Warm up completed [] Injury reduction block selected [] Completed []

Speed first with full recovery. Reactions: 2 min between sets. Repeat sprints: 20 sec recovery, 3 min between sets.

Coach target rounds _____ Other rest periods _____ Modification _____

Exercise or drill	Planned work	Actual results / completed
10 yard sprint	4 reps	
20 yard sprint	3 reps	
30 yard sprint	2 reps	
Coach directed cone reactions	3 × 5 reactions	
20 yard repeat sprints	2 × 6 reps	

Session effort 0–10 _____ Sprint best time _____ sec / distance _____ yd Rounds done _____

Athlete notes and coach feedback

Recovery or discomfort notes _____

Week 7 Monday

Speed and Strength

Athlete _____ Date _____ Session time _____

Warm up completed [] Injury reduction block selected [] Completed []

Speed first: rest 90–120 seconds. Strength: 3 rounds.

Coach target rounds _____ Other rest periods _____ Modification _____

Exercise or drill	Planned work	Actual results / completed
10 yard sprint	2 reps	
20 yard sprint	3 reps	
30 yard sprint	3 reps	
40 yard sprint	2 reps	
Rear foot elevated split squat	8 per leg	
Single leg squat	6–8 per leg	
Reverse lunge to knee drive	8 per leg	
Hamstring walkout	8	
Single leg calf raise	15 per leg	
Push up	10–15	
Side plank	30 sec per side	

Session effort 0–10 _____ Sprint best time _____ sec / distance _____ yd Rounds done _____

Athlete notes and coach feedback

Recovery or discomfort notes _____

Week 7 Tuesday

Soccer Conditioning

Athlete _____ Date _____ Session time _____

Warm up completed [] Injury reduction block selected [] Completed []

Intervals: 3 min between sets. Tempo: walk 100 yards between repetitions.

Coach target rounds _____ Other rest periods _____ Modification _____

Exercise or drill	Planned work	Actual results / completed
Running intervals	2 × 6 × 30 sec hard / 30 sec easy jog	
100 yard tempo run	4 reps; about 75% effort	

Session effort 0–10 _____ Sprint best time _____ sec / distance _____ yd Rounds done _____

Athlete notes and coach feedback

Recovery or discomfort notes _____

Week 7 Thursday

Explosive Power and Direction Changes

Athlete _____ Date _____ Session time _____

Warm up completed [] Injury reduction block selected [] Completed []

Jumps first. Coach directed cutting follows deceleration. Record rest selected by coach.

Coach target rounds _____ Other rest periods _____ Modification _____

Exercise or drill	Planned work	Actual results / completed
Broad jump	3 × 4	
Lateral bound	3 × 4 per side	
Single leg hop	3 × 4 per leg	
Split jump	3 × 4 per leg	
10 yard sprint and stop	5 reps; stop within 3 yard zone	
15 yard sprint and stop	5 reps; stop within 3 yard zone	
Reactive cutting	3 × 5 reps	

Session effort 0–10 _____ Sprint best time _____ sec / distance _____ yd Rounds done _____

Athlete notes and coach feedback

Recovery or discomfort notes _____

Week 7 Friday

Repeat Sprint Performance

Athlete _____ Date _____ Session time _____

Warm up completed [] Injury reduction block selected [] Completed []

Repeat sprints: rest 3 min between sets. Shuttle recovery: about 60 sec. No extra running afterward.

Coach target rounds _____ Other rest periods _____ Modification _____

Exercise or drill	Planned work	Actual results / completed
20 yard repeat sprints	6 reps; 20 sec recovery	
30 yard repeat sprints	6 reps; 25 sec recovery	
5 10 5 shuttle	5 reps	
Running intervals	6 × 30 sec hard / 30 sec easy	

Session effort 0–10 _____ Sprint best time _____ sec / distance _____ yd Rounds done _____

Athlete notes and coach feedback

Recovery or discomfort notes _____

Week 8 Monday

Speed and Strength

Athlete _____ Date _____ Session time _____

Warm up completed [] Injury reduction block selected [] Completed []

Speed first: rest 90–120 seconds. Strength: 3 rounds.

Coach target rounds _____ Other rest periods _____ Modification _____

Exercise or drill	Planned work	Actual results / completed
10 yard sprint	2 reps	
20 yard sprint	3 reps	
30 yard sprint	3 reps	
40 yard sprint	2 reps	
Rear foot elevated split squat	8 per leg	
Single leg squat	6–8 per leg	
Reverse lunge to knee drive	8 per leg	
Hamstring walkout	8	
Single leg calf raise	15 per leg	
Push up	10–15	
Side plank	30 sec per side	

Session effort 0–10 _____ Sprint best time _____ sec / distance _____ yd Rounds done _____

Athlete notes and coach feedback

Recovery or discomfort notes _____

Week 8 Tuesday

Soccer Conditioning

Athlete _____ Date _____ Session time _____

Warm up completed [] Injury reduction block selected [] Completed []

Intervals: 3 min between sets. Tempo: walk 100 yards between repetitions.

Coach target rounds _____ Other rest periods _____ Modification _____

Exercise or drill	Planned work	Actual results / completed
Running intervals	2 × 6 × 30 sec hard / 30 sec easy jog	
100 yard tempo run	4 reps; about 75% effort	

Session effort 0–10 _____ Sprint best time _____ sec / distance _____ yd Rounds done _____

Athlete notes and coach feedback

Recovery or discomfort notes _____

Week 8 Thursday

Explosive Power and Direction Changes

Athlete _____ Date _____ Session time _____

Warm up completed [] Injury reduction block selected [] Completed []

Jumps first. Coach directed cutting follows deceleration. Record rest selected by coach.

Coach target rounds _____ Other rest periods _____ Modification _____

Exercise or drill	Planned work	Actual results / completed
Broad jump	3 × 4	
Lateral bound	3 × 4 per side	
Single leg hop	3 × 4 per leg	
Split jump	3 × 4 per leg	
10 yard sprint and stop	5 reps; stop within 3 yard zone	
15 yard sprint and stop	5 reps; stop within 3 yard zone	
Reactive cutting	3 × 5 reps	

Session effort 0–10 _____ Sprint best time _____ sec / distance _____ yd Rounds done _____

Athlete notes and coach feedback

Recovery or discomfort notes _____

Week 8 Friday

Repeat Sprint Performance

Athlete _____ Date _____ Session time _____

Warm up completed [] Injury reduction block selected [] Completed []

Repeat sprints: rest 3 min between sets. Shuttle recovery: about 60 sec. No extra running afterward.

Coach target rounds _____ Other rest periods _____ Modification _____

Exercise or drill	Planned work	Actual results / completed
20 yard repeat sprints	6 reps; 20 sec recovery	
30 yard repeat sprints	6 reps; 25 sec recovery	
5 10 5 shuttle	5 reps	
Running intervals	6 × 30 sec hard / 30 sec easy	

Session effort 0–10 _____ Sprint best time _____ sec / distance _____ yd Rounds done _____

Athlete notes and coach feedback

Recovery or discomfort notes _____