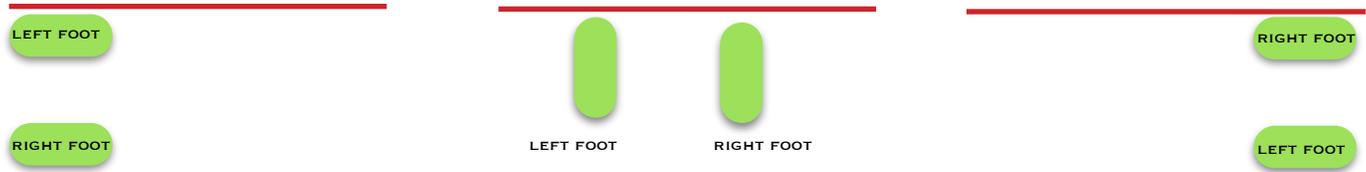


# STRENGTH & CONDITIONING EXERCISE ROUTINE

## MEDICINE (WEIGHTED) BALL DRILLS

The following routine is part of the Total Soccer Fitness & Training's "High School Select Strength & Conditioning Winter Training Program". The drills are designed as a full-body workout and aids in making the athlete not only stronger but faster and more athletic.

### 7-FOOT HIGH CONCRETE WALL



#### WARM-UP DRILLS — "Bucket Toss-Right" + "Bucket Toss-Left" + "Chest Pass"

**Set-Up:** The athlete should stand 5 yards from the wall. Mark out spots on the wall, 4-5 feet high, for the athlete to use as targets for the throws.

**Drill #1 — "Bucket Toss-Right":** The athlete stands side-on to the wall (alignment on right above), holding the medicine (weighted ball) at hip level with both hands. The athlete swings the ball to his other left and then with an underhand motion (bucket toss sequence) throws the ball against the wall. The athlete should end up facing the wall (alignment in the middle above). Perform 5 throws.

**Drill #2 — "Bucket Toss-Left":** same as above only now swing the ball to the right first before bucket tossing the ball against the wall. Perform 5 throws.

**Drill #3 — "Chest Pass":** The athlete stands facing the wall (alignment in the middle above), holding the medicine (weighted) ball with both hands at chest level. Using both hands, the athlete should take a step forward with either foot and chest pass the ball to the wall. Perform 5 throws.

• The 15 throws = 1 Set. Start out by performing 2 sets, resting 1 minute between each of the throws and 3 minutes between sets.

### 7-FOOT HIGH CONCRETE WALL

#### MOVEMENT DRILLS — "Bucket Toss-Right" + "Bucket Toss-Left" + "Chest Pass"

**Set-Up:** The athlete should stand 8-10 yards from the wall. Mark out spots on the wall, 4-5 feet high, for the athlete to use as targets for the throws.

**Drill #1 — "Slide/Shuffle Right & Bucket Toss-Right":** The athlete slides or shuffles right and performs a bucket toss when he or she reaches the 5-yard line used in the warm-up throw. Perform 5 slides and throws.

**Drill #2 — "Bucket Toss-Left":** same as above. Perform 5 throws.

**Drill #3 — "Chest Pass":** The athlete runs toward the wall and when reaching the 5-yard line, chest passes the ball against the wall. Make sure the athlete cuts to the left or right to avoid getting hit with the ball on the rebound off the wall. Perform 5 runs and throws.

• The 15 movements and throws = 1 Set. Start out by performing 2 sets, resting 1 minute between each of the throws and 3 minutes between sets.

#### POWER DRILLS

#1 — "Throw-Ins": Holding the medicine (weighted) ball as in a soccer throw-in, the athlete brings the ball up and behind the head and then slowly returns it to the starting position. This movement will work the triceps. Perform 8-12 throw-ins.

#2 — "Slams": Using the same motion of the throw-in, the athlete brings the ball up and behind the head and then on the return back to the starting position, powerfully releases the ball, slamming it to the ground. Perform 10-15 slams.

