Summer Workout Program - 45 minutes to 1 hour (juggle every day, do ballwork at least 20 minutes a day, 3 days a week; strength and condition 2 times per week

Activations	highlights	2-3 times per week	weeks 1-6
Core	highlights	2-3 times per week	weeks 1-6
Ball work		2-3 times per week	weeks 1-6
	dribbling		
	moves		every week
	pass - wall		week 2, 4, 6
	shooting		every week
	moves + shot		week 1, 3, 5
	juggling / juggle-bounce		every week
Sprintwork	(record initial times)	2-3 times per week	weeks 1-6
	t-drill	2 reps each direction	
	square drill	2 reps each direction	8 sprints total per work
	five - ten - five	4 reps total	out
	4 x 10 yards	4 reps total	
(10 yard sprint max)	standing start	5 reps	
	jogging start	5 reps	
	sit start	5 reps	
	stomach start	5 reps	15 sprints per work out
	jump start	5 reps	
	shuffle + sprint	5 reps	
	lean forward sprint	5 reps	
	20-25 sprints per workout max		

Juggling requirements with bounce in between juggles

(players are allowed during testing to get 3 tries to reach their goals)

(players can use all surfaces but ball must bounce to count - juggle, bounce, juggle, bounce…)

U10	minimum of 20
U11	minimum of 30
U12	minimum of 40
U13	minimum of 50
U14	minimum of 50
U15	minimum of 100
U16	minimum of 100
U17-18	unlimited

Juggling requirements (no bounces)

U10	goal of 10
U11	goal of 15-20
U12	goal of 30
U13	goal of 40
U14	minimum 40
U15	minimum 50
U16	minimum 100
U17	minimum 150

Activations		**Dynamic**	
Glute Bridges	3 x 10 secs	Jog	
One Leg Glute Bridges	5 x 5 secs	Backwards Jog	
Side Pillar (R)	3 x 10 secs	Skip	
Side Pillar (L)	3 x 10 secs	Skip (Height)	
Pillar (Front)	3 x 10 secs	Knees Up	
Pillar (Back)	3 x 10 secs	Heels (In back)	
Marches (I/O/Down/Up)	3 x 5 secs	Goose Step	
Wall Holds	3 x 5 secs	Ankle Flexion	
Wall Drives	3 per leg x 3	Shuffle	
Inch Worm	2 x 20 yards	Backwards Shuffle	2 x 20 yards
Spiders	2 x 20 yards	Cross Step (R)	
Push Up Holds	3 x 10 secs	Cross Step (L)	
One Leg Leans	6 per leg x 3	One Leg Hops	
Two-One Leg Stabs	3 per side x 3	Broad Jump	
Skaters (Smooth-Easy)	10 secs x 2	Sprint	
Skaters (Slow)	10 secs x 2	Backwards Sprint	
Skaters (Fast)	10 secs x 2	Lunge	
Quick Jumps	10 total x 2	Backwards Lunge	
Half Load Jumps	10 total x 2	Knees Up and Hold	
Drop-Squat	10 total x 2		
Side Lunges	6 per side x 3		
Core		**Sprintwork**	
Reverse Crunch	3 x 12 reps	T-Drill (5 yards)	
Stick Crunch	3 x 12 reps	Square Drill (5 or 10 yds)	2 drills @ 12 reps
Band Holds (Runner)	5 x 5 secs or 3 x 10 secs	Five-10-Five	total (6 per exercise)
Band Walks	3 x 10 reps per direction	England (Slalom, 10 yards)	
Band V (Open Hips)	3 x 10 secs	Five Second Sprints	
Mountain Climbers	3 x 10 secs	Standing Start Sprints	
Calf Raises	2 x burnout	Jogging Start Sprints	
Sit-Up (With Ball)	3 x 10 reps	Sitting Start Sprints	
Sit-Up (Twist w/ Ball)	3 x 5 reps per side	Jump Start (Squat)	
Tricep Dips	3 x 10 reps	Shuffle - Sprint	2 sprints @ 10 reps per exercise
Back Arches	2 x 8 reps	Push-up (Stomach Start)	
Towel-Resistance Run (10 secs)		Sit-up Sprint	
		Backpedal/Turn/Go	
		Backwards Shuffle	
		Lean Forward Sprint	