

# CONDITIONING FOR SOCCER

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■ I want to thank the following people:

- IU Coach Jerry Yeagley
- IU Coach Mike Freitag
- UIC Coach John Trask
- IU Coach Todd Yeagley
- IU Trainer Joe Lueken, ATC
- Steve Myrland, CSCS
- UGA Coach Patrick Baker
- UGA Coach Robin Confer

# Factors in Physical Fitness

- Endurance
- Speed
- Anaerobic capacity
- *Power*
- *Agility*
- *Strength*
- *Balance*

# Dynamic Warm up

- Warm up is mandatory to raise core temperature via blood flow, not environment. Be specific with the drills and start engaging the CNS.
  - Movement prep
  - No static stretching

# Soccer game break down

- 10 000 / 12 000 meter covered per game (~6/8 mi)
- 2/3 is spent walking/jogging
- 800 /1000 m at a sprint
- 2500 / 3300 m at a cruise
- 200 / 250 m with a ball

# Movement Patterns

- Change of
  - speed and/or direction every 5 sec
  - Sprint distance 10-40 m
  - 1 Sprint every 90 seconds
  - 1 Cruise every 45 seconds

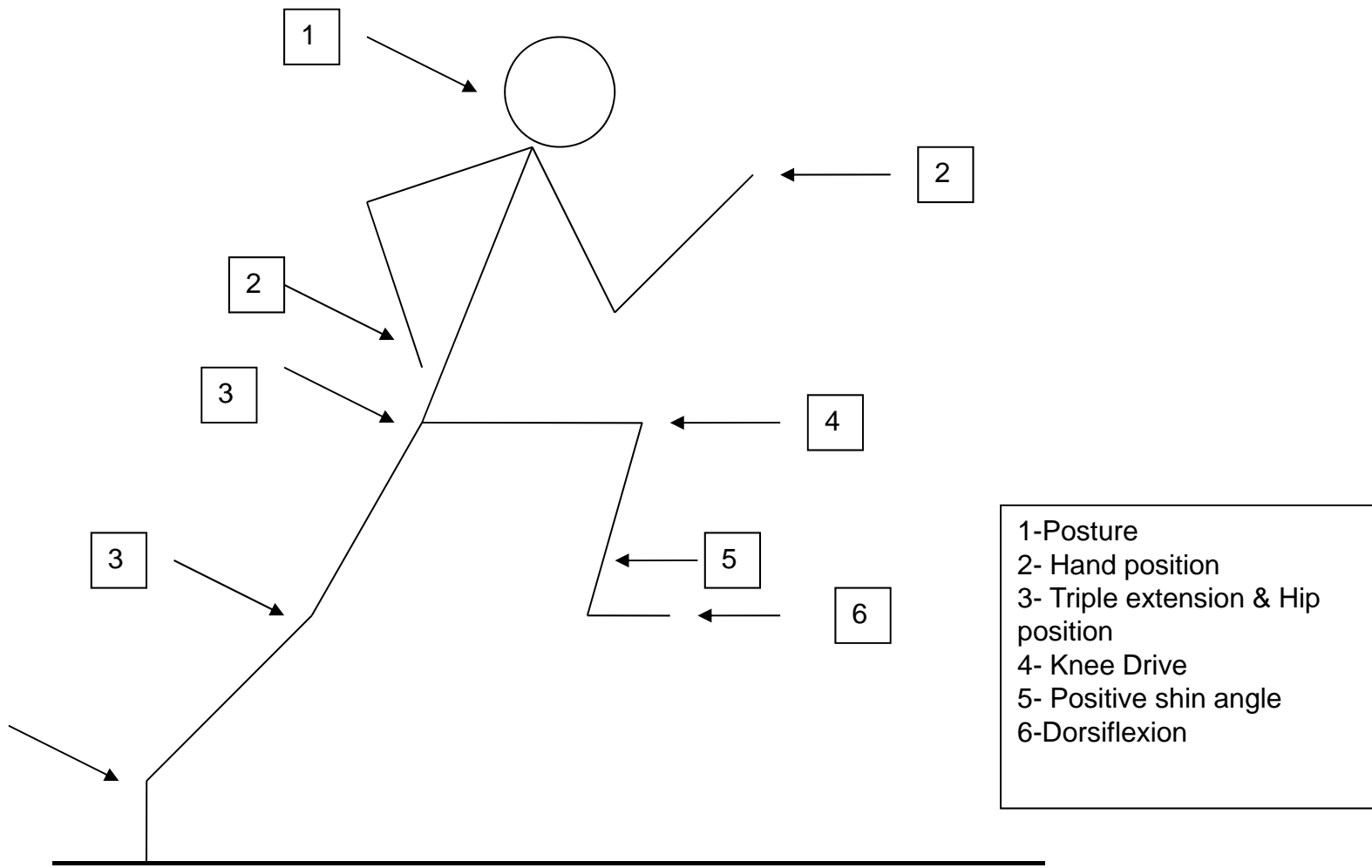
# Speed

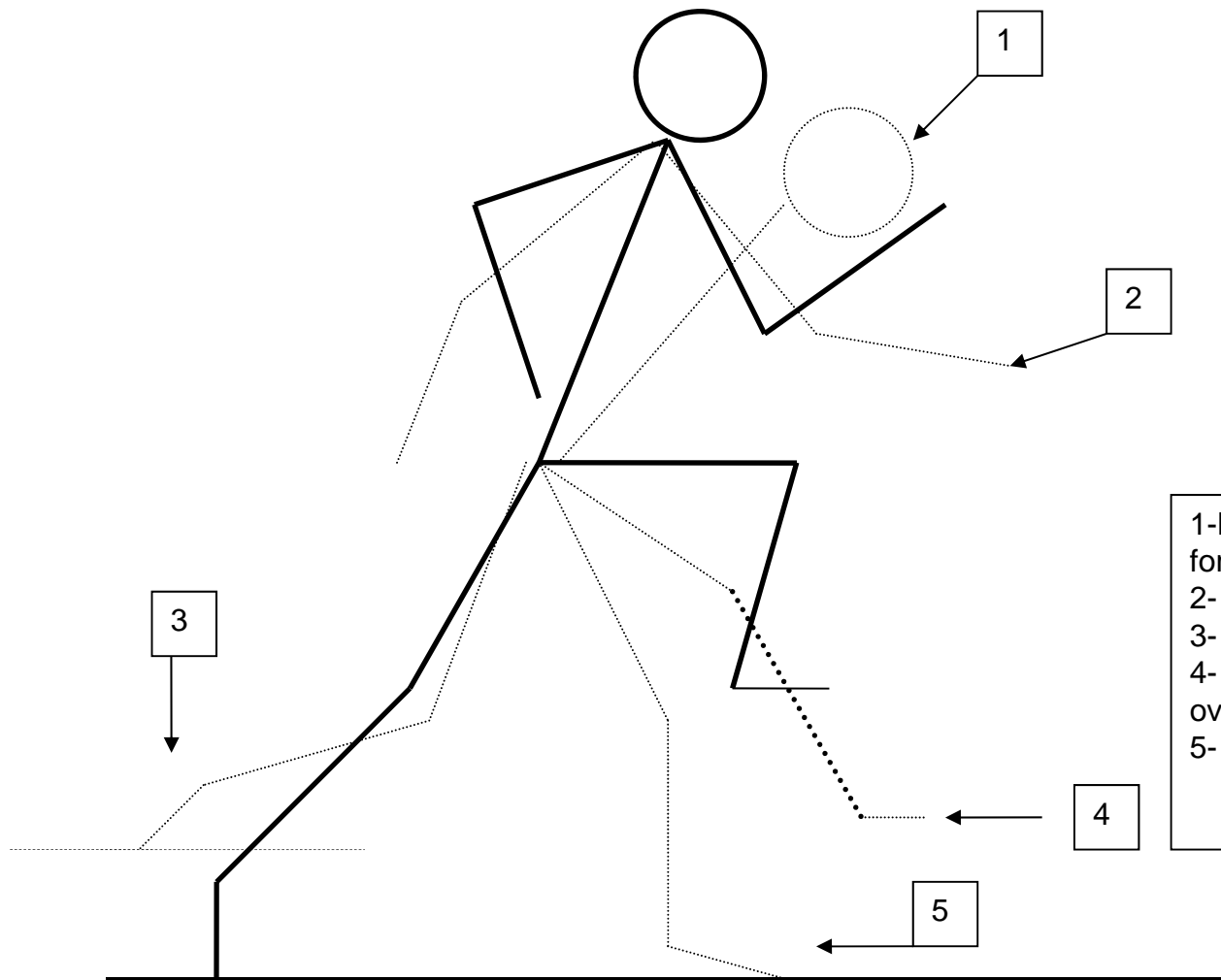
- Speed- is defined as the rate of change of velocity.
  - either from a stand still or in motion
    - velocity being zero
    - starting with a jog
    - speed from coming of a turn
- Time, Consistency & Effort: *Speed takes time*. Some of it is genetics – some of it is work.

# Basic Running Form

- Good body posture with a steady head
- Slight forward lean
- Full triple extension on the push off
- Arm swing is out of the shoulder, not the elbow
- Palms should face each other and the correct positions are “jaw line” and “putting your hand in the pocket”.
- Knee Drive
- Fast leg recovery
- Positive shin angle with dorsi flexion







- 1-Bad Posture- leaning forward, hip bent
- 2- Long Arms
- 3- No triple extension
- 4- Negative shin angle – over-striding
- 5- No Knee Drive

# Drills to practice/change different parts of the perfect form.

## Drills

- Arm Swing
- Seated Slow
- Seated Fast

## Bad posture

- Core Strength
- Arms straight up

## Dorsi Flexion

- Pop Downs
- Heel Walks
- Ankle jumps

## Knee Drive:

- Russian Claw / Sideways or Straight
- Walking Hi Knees with cones
- Marching Hi Knees with cones
- Running Hi Knees with cones
- Hi Knees over cones 1.5 ft apart
- Hi Knees over cones 2 ft apart
- Hi Knees over cones 3-4 ft apart
- Hi knees over cone 5 ft apart

## Triple Extension & Knee Drive:

- Bounding

# Video Part 1

# Speed Workout

- Warm up 10-15 min
- Drills 10-20 min
- Plyos
- Plyos & Sprints
- Sprints 10 – 60 m
- Cool Down & Stretch

# Sample Workout w/ full recovery

**Set 1      Hi Knees with Cones**

**Set 2      Single leg plyos 4x8 ea.**

**Set 3      Bounding 4x10**

**Set 4      6 x 10 m after a header**

**Set 5      8 x 20 m**

**Set 6      4 x 20/20**

**3 x 10/10/30**

**Total:530 m**

# Conditioning

- “Conditioning is a learning process in which an organism’s behavior becomes dependent on the occurrence of a stimulus in its environment.”
- Body’s ability to maintain work at a high work rate- close to game pace



# Conditioning

- Specificity of conditioning
  - specific exercise leads to a specific response
  - specific training leads to specific adaptations
  - specific exercise leads to specific fatigue
- Pure endurance training vs Interval training
  - Long Endurance running is basically:  
1 run, 1 pace, 1 pattern, 1 rest
  - Interval Training is:  
several runs, several paces, several patterns,  
multiple rest

- Boredom can kill anybody's workout enthusiasm, so changing things up as much as I can is sometimes key.
- The easiest thing is to set up some cones and then be creative with the set up.
- If you have to change the cone set up in-between sets- add some straight sprints to the workout.

# Interval Conditioning

- Same set up
- Different patterns
- Different foot work
- Set up in different groups (4/3/2:1) to get different work:rest ratio

**Why use the same set up and different runs?**

# Remember Movement Patterns of a Soccer game?

- Change of
  - speed and/or direction every 5 sec
  - Sprint distance 10-40 m
  - 1 Sprint every 90 seconds
  - 1 Cruise every 45 seconds

# T-Drill

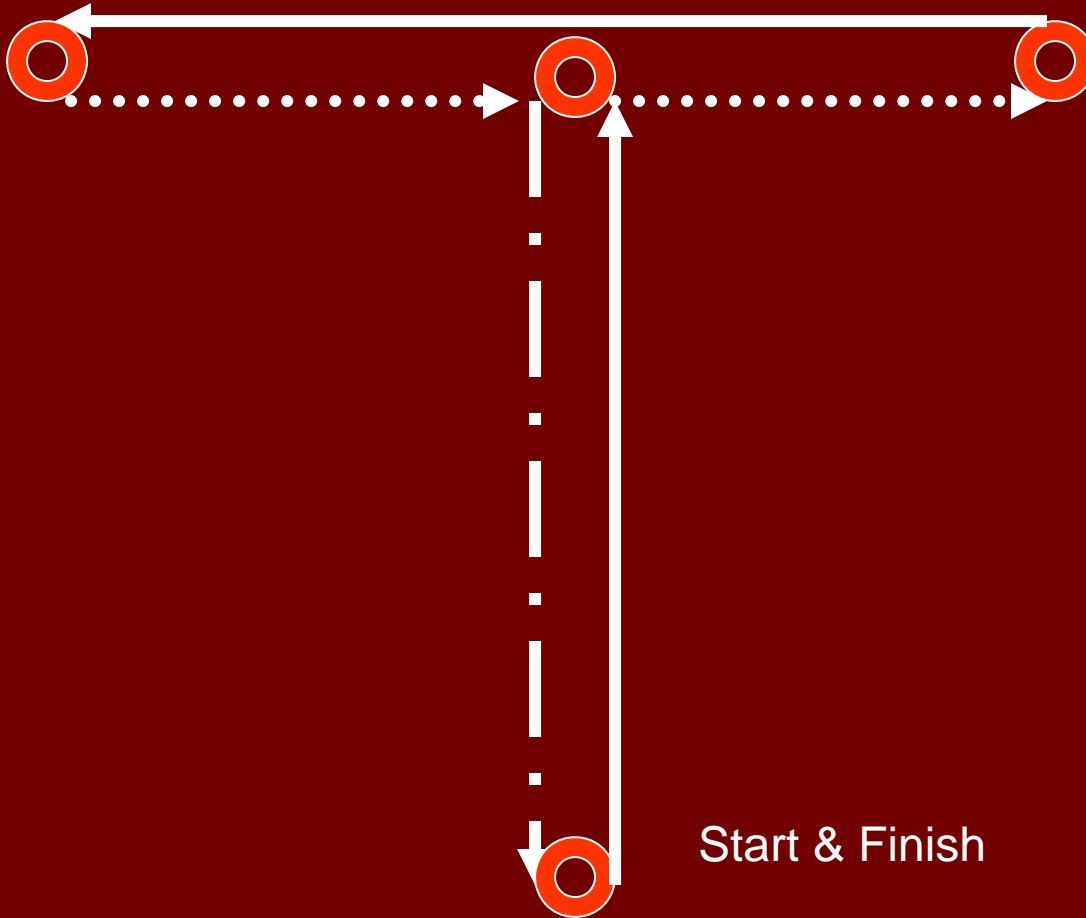
Sprint



Back Pedal

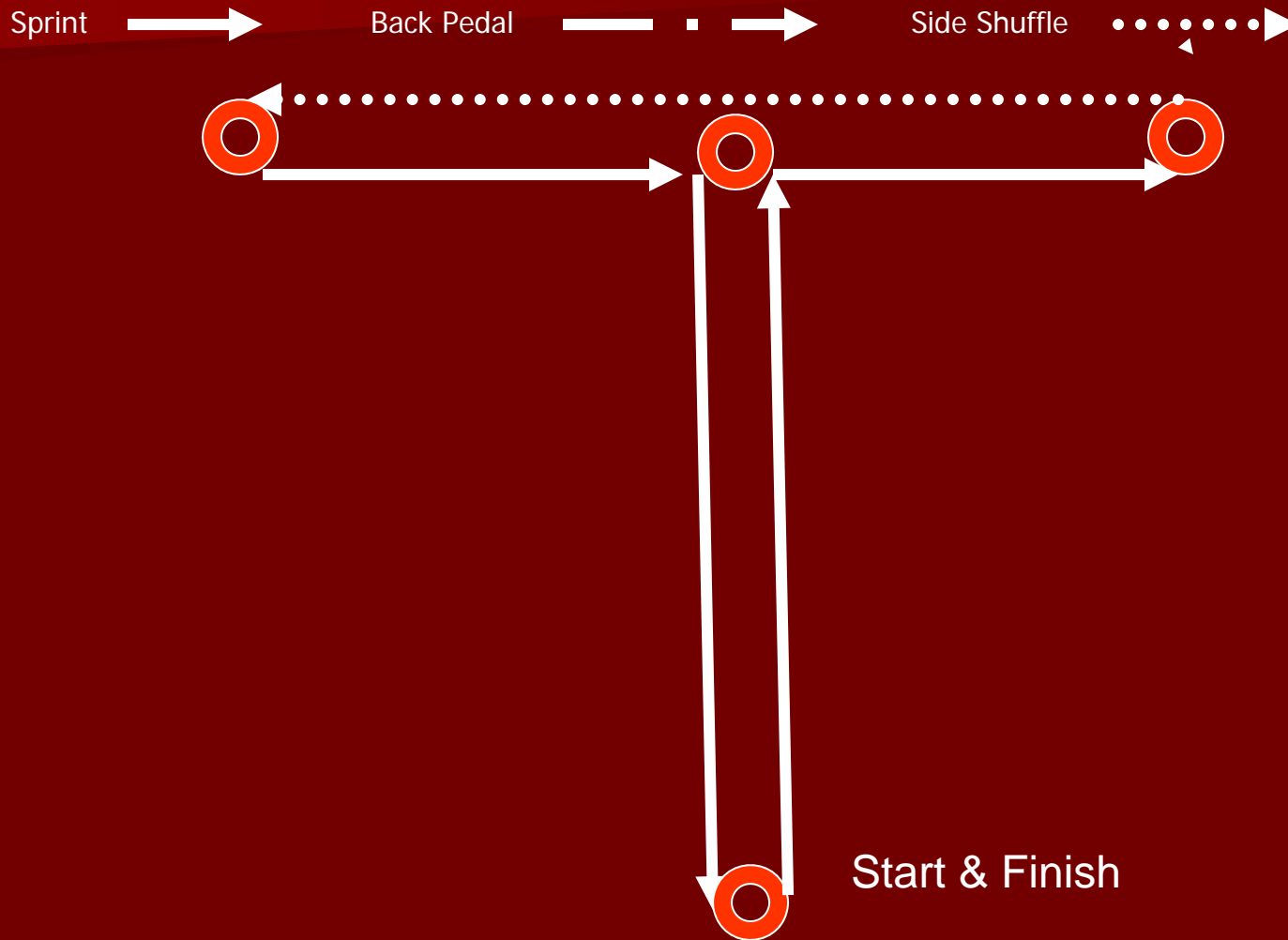


Side Shuffle

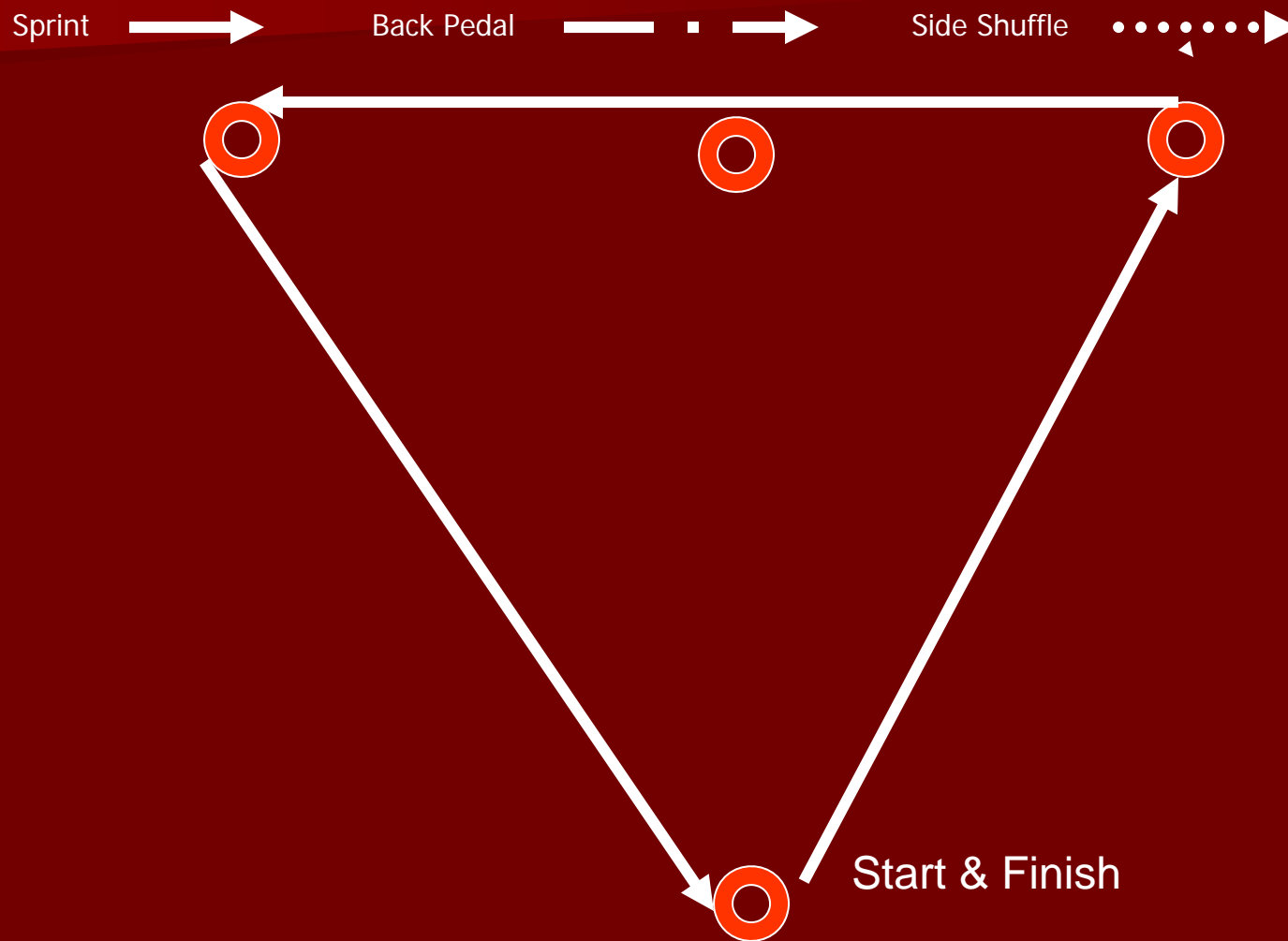


Start & Finish

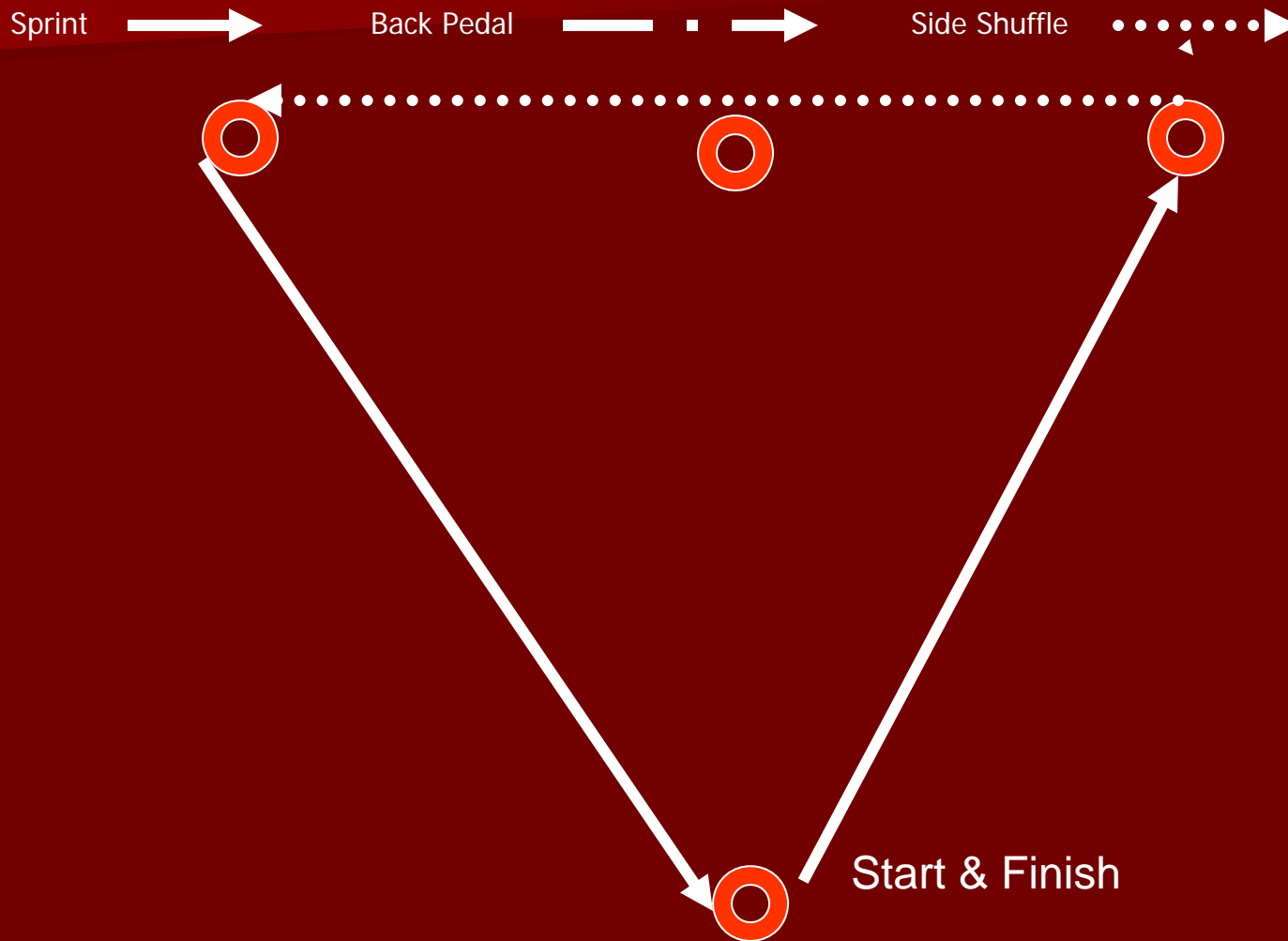
# Here are some other versions of a T-Drill



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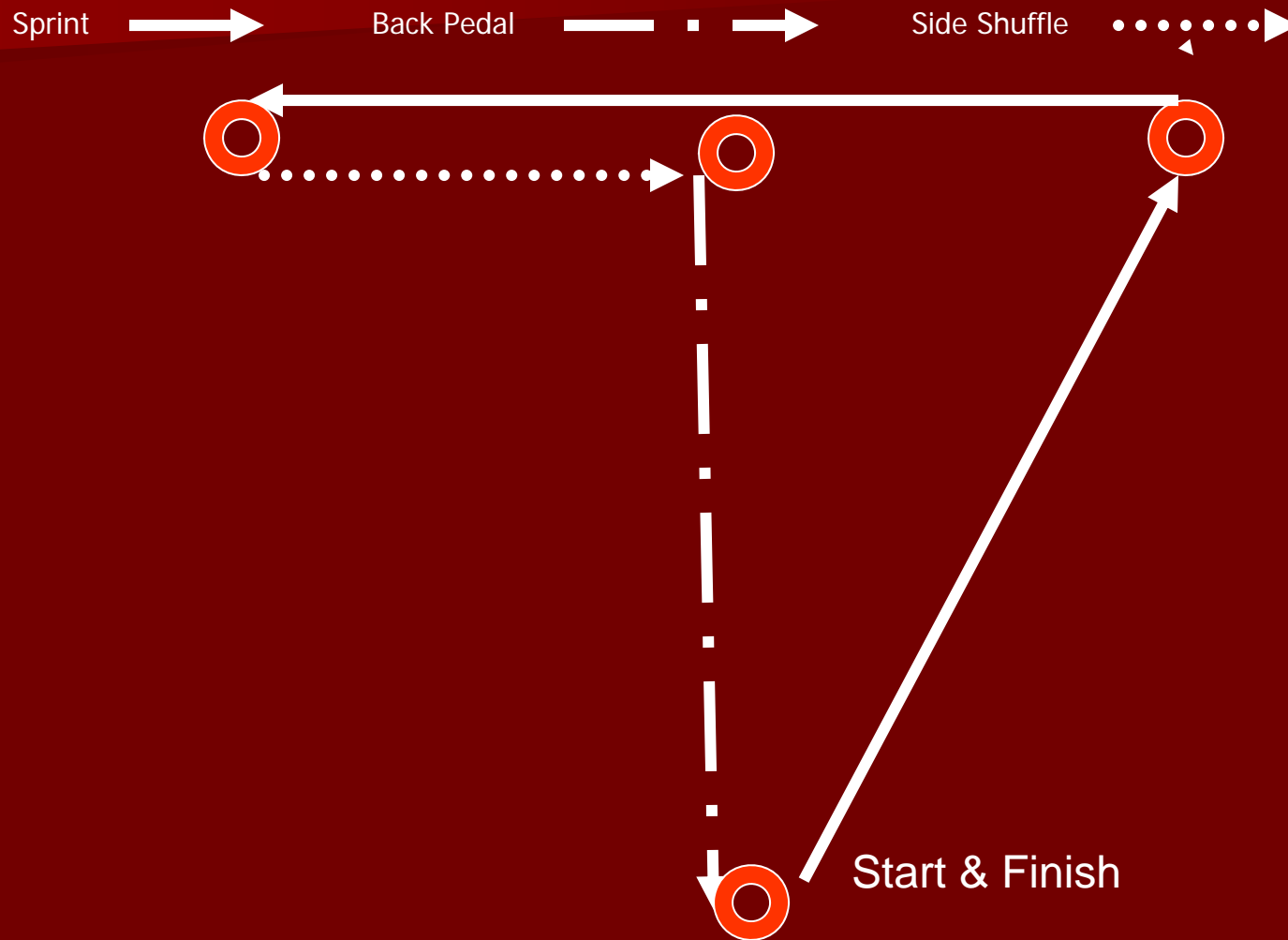


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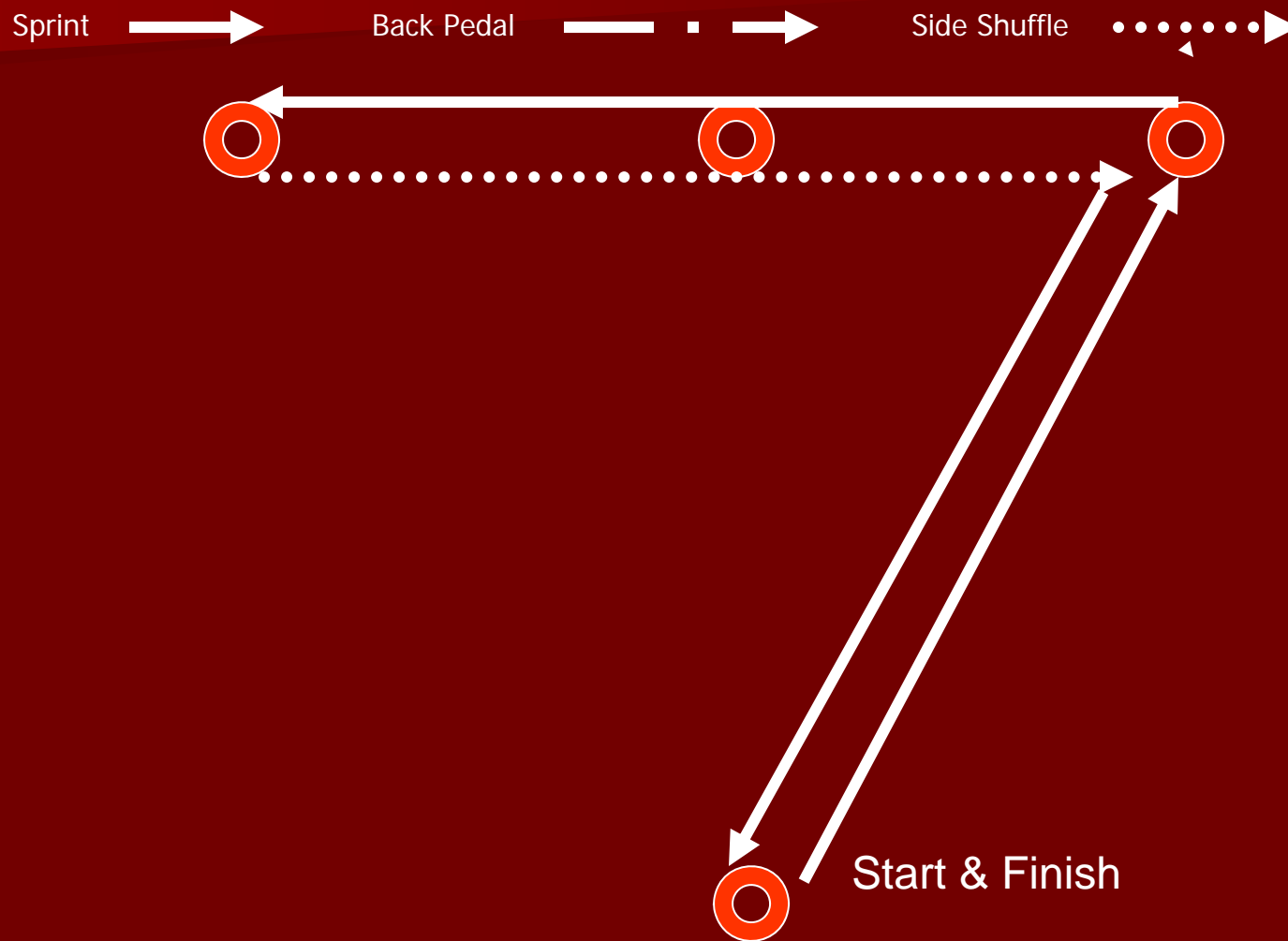


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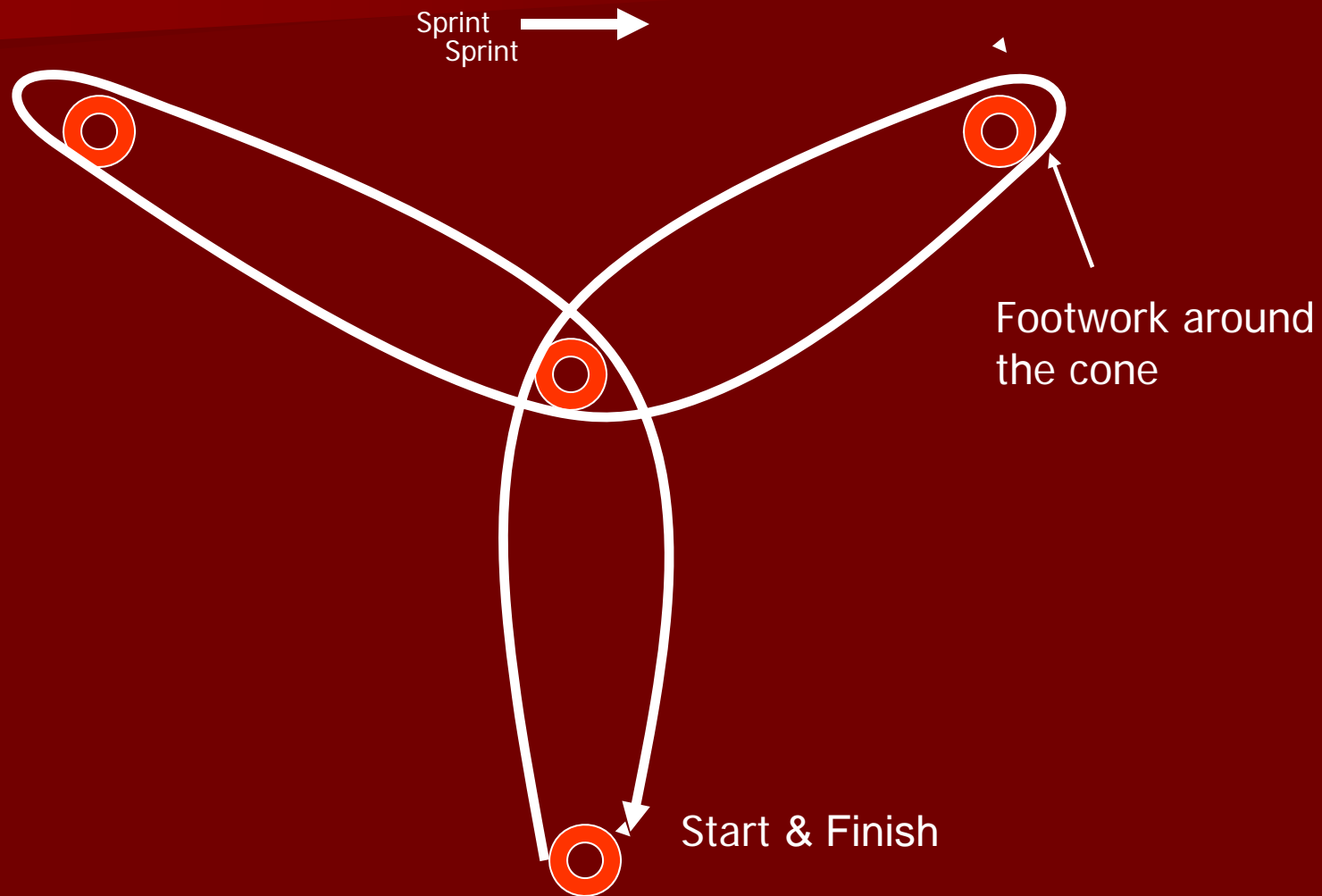


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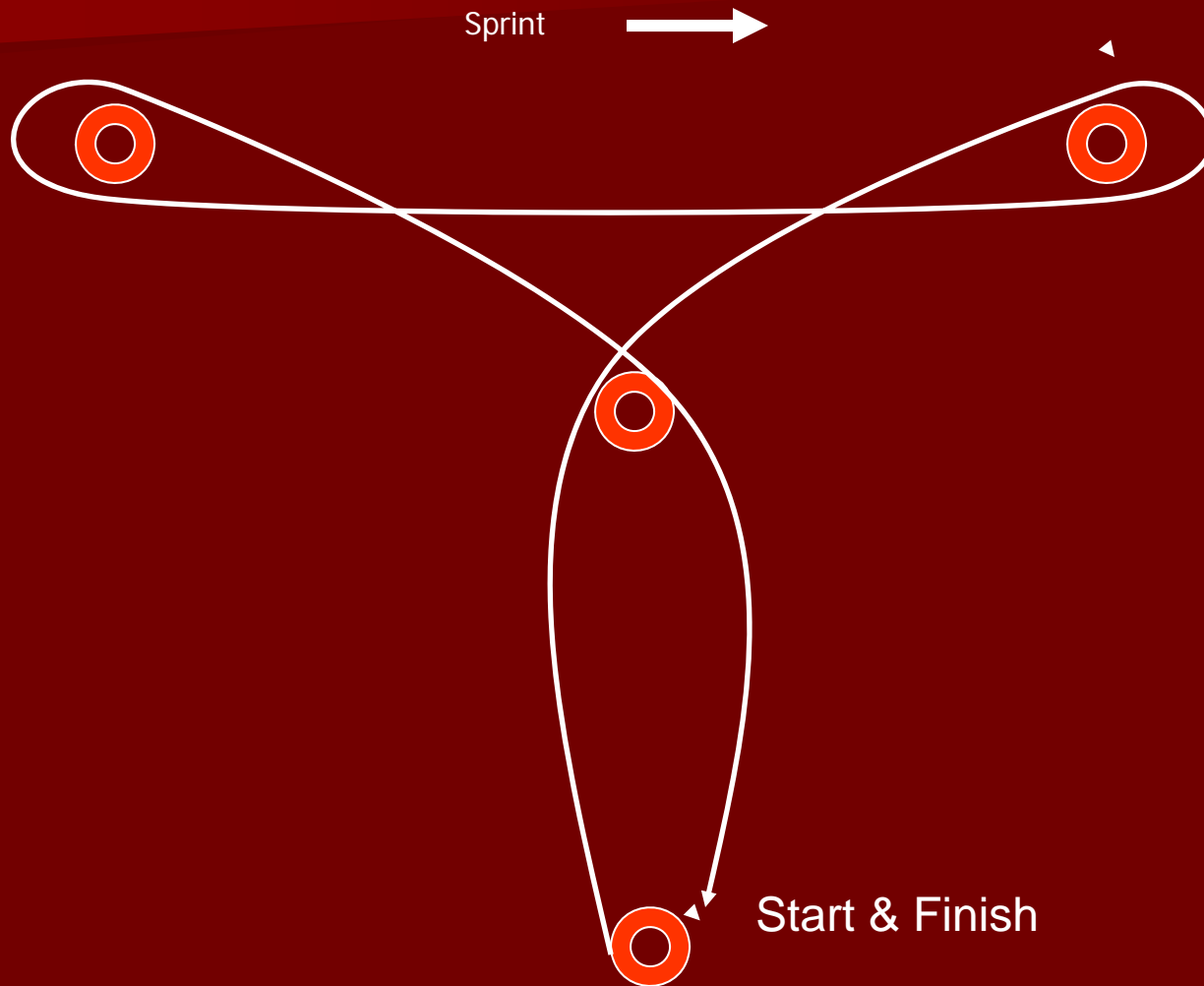
(not shown in the video)



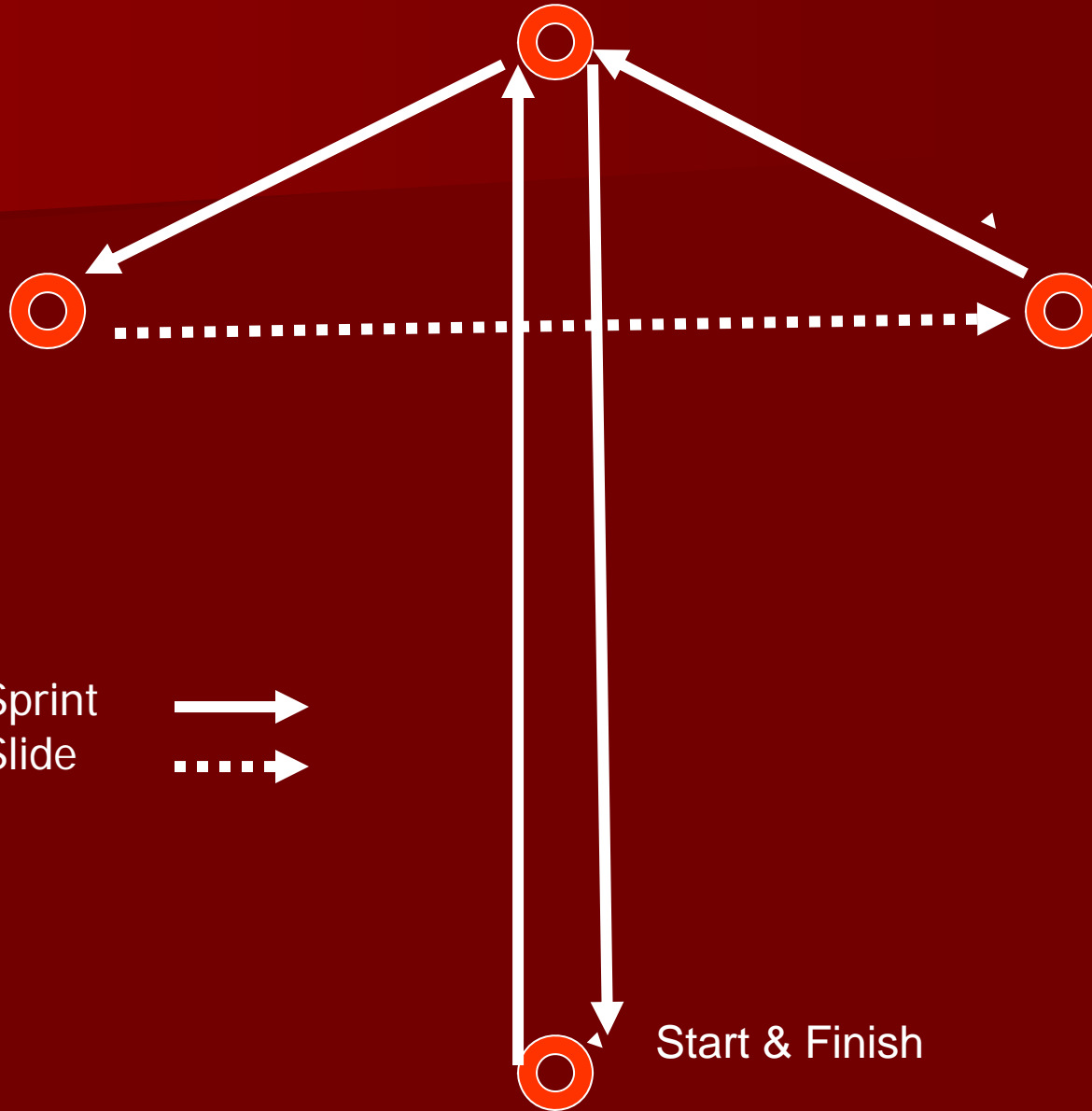
Here are some changed up versions of a T-Drill



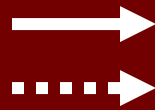
# Here are some changed up versions of a T-Drill (not shown in the video)



# Arrow Head (not shown in the video)



Sprint  
Slide



Start & Finish

# Video Part 2

# Conditioning Workout

- Warm up 10-15 min
- 4-7 sets
- 4-10 min long
- Cool Down & Stretch

# Sample Workout (2-4 min between sets)

Set 1 T-drill 4 people- 8 drills- (2x4ea) **6 min**

Set 2 Tempo Runs 20-40-20 & back x 6 **5 min**

(Tempo 20 -jog 40 - tempo 20, change of direction & back the same way)



Set 3 Arrow Head 4 ea.- 4 people **8 min**

Set 4 Cross-box Sprints x 8 **5 min**

(Jog sideline to 18- sprint across & jog to the other sideline & back)

Set 5 Tempo Runs 20-40-20-10 x 8 **9 min**

(Jog 20 -tempo 40 - jog 20- sprint 10) change direction & back the same





# Endurance Conditioning

- Ellinger Run
- 120's
- Cooper Test
- Beep Test
- Yo-Yo Test

# Ellinger Run

<b>1</b>	24	36	<b>11</b>	23	37
<b>2</b>	24	36	<b>12</b>	22	38
<b>3</b>	24	36	<b>13</b>	21	39
<b>4</b>	24	36	<b>14</b>	20	40
<b>5</b>	24	36	<b>15</b>	19	41
<b>6</b>	24	36	<b>16</b>	18	42
<b>7</b>	24	36	<b>17</b>	17	43
<b>8</b>	24	36	<b>18</b>	16	44
<b>9</b>	24	36	<b>19</b>	15	45
<b>10</b>	24	36	<b>20</b>	14	46

You run the length of the field 20 times- you can modify it to any distance.

The athletes have 24 sec to get down and 36 sec to get back for the first 10 lengths. From 11-20 the sprint time decreases by 1 second while the rest increases by 1 second.

# Endurance Workout

- Warm up 10-15 min
- Ladders 10-15 min
- Long set - Ellinger Run 20 min
- Cool Down & Stretch

## ■ Credit

- Donald Kirkendall, University of North Carolina
- “Conditioning for Soccer” by Dr. Raymond Verheijen
- Steve Myrland