

ETOWN BOYS SOCCER SUMMER WORKOUTS 2025

“Nothing will work unless you do.” - John Wooden

The summer is upon us, which means we are getting closer and closer to the start of our Fall Season. If you haven't already, ask yourself, what are my goals for this season and write them down. There is only one thing standing in the way of your goals... yourself. Your goals will only be achieved if **you** put the **work** in to achieve them. This summer workout program has been designed to help you put in that work. It will improve your speed, agility, strength, and ball mastery. However, it will only do this if you commit yourself to it. Put in the work or don't put in the work. The choice is yours. Just know that your individual choice now, will affect the outcome of our season.

Certain workouts such as “Technical 1” are provided at the bottom of this document. Please review these prior to beginning your workout.

Week 1 (June 2nd-8th)

Monday - 20-30 minute run (at your pace)

Tuesday - Juggling (100 non-consecutive) (Finals study break)

Wednesday - Technical 1(Finals study break)

Thursday - Juggling (100 non-consecutive) (Finals study break)

Friday - Track workout:

2 lap warm up

40 m sprints (100% effort) x 6

Rest 4 minutes between

2 lap cool down

Saturday - Positional Training

Sunday - Rest

Week 2 (June 9th-15th)

Monday - Pick up (7 pm-9pm - Jane Hoover) / Juggling (200 non-consecutive)

Tuesday - 24 minute Fartlek run

Alternate 1 minute 80% effort 1 minute 60% effort

Wednesday - Pick up (6pm - 8 pm - Jane Hoover) / Juggling (200 non-consecutive)

Thursday - Technical 2

Friday - Track workout:

Mr Oxygen Run

4 minutes running as hard as you can on the track. Active rest for 3 minutes x 4
record distance after each 4 minute rep.

Saturday - Positional Training/ Decelerating Sprints

Sunday - Rest

Week 3 (June 16th-22nd)

Monday - Quad camp

Tuesday - Quad camp

Wednesday - Quad camp

Thursday - Quad camp

Friday - 30 minute run run at a comfortable pace, record distance

Saturday - Positional Training/ Agility 1

Sunday - Rest

Week 4 (June 23rd-29th)

Monday - Pick up (6 pm - 8 pm - Jane Hoover) / Juggling (300 non-consecutive)

Tuesday - Agility 2

Wednesday -Pick Up (6 pm - 8 pm - Jane Hoover) / Juggling (300 non-consecutive)

Thursday - Technical 1

Friday - Queen of South Workout workout on soccer field:

2 lap warm up

Queen of South Pitch 1 workout (See attachment *1)

2 lap cool down

Saturday - Positional Training/ Decelerating sprints

Sunday - Rest

Week 5 (June 30th- July 6th)

Monday - Pick up (6 pm - 8 pm - Thompson Field)/ Juggling (50 consecutive or 400 non-consecutive)

Tuesday - Mr Oxygen Run

4 minutes running as hard as you can on the track. Active rest for 3 minutes x 3
record distance after each 4 minute rep

Wednesday - Pick up (6 pm - 8 pm - Thompson Field) / Juggling (50 consecutive or 400 non-consecutive)

Thursday - Technical 1

Friday - Track workout:

2 lap warm up
200 m x3 (75% effort) rest 2 minute between
400 m x3 (100% effort) rest 5 minutes between
2 lap cool down

Saturday - Positional Training/ Agility 1

Sunday - Rest

Week 6 (July 7th-13th)

Monday - Pick up (6 pm - 8 pm - Thompson Field) / Juggling (100 consecutive or 500 non-consecutive)

Tuesday - Bronco Test

Wednesday - Pick up (6 pm - 8 pm - Thompson Field) / Juggling (100 consecutive or 500 non-consecutive)

Thursday - Technical 2

Friday - Track workout:

2 lap warm up
Alternate 100 m (100% effort) 100 m (60% effort) for 4 laps

2 lap cool down

Saturday - Positional Training/ Decelerating Sprints

Sunday - Rest

Week 7 (July 14th-20th)

Monday - Pick up (6 pm - 8 pm - Jane Hoover) / Juggling (150 consecutive or 600 non-consecutive)

Tuesday - Agility 2

Wednesday - Pick up (6 pm - 8 pm - Jane Hoover) / Juggling (150 consecutive or 600 non-consecutive)

Thursday - Technical 1

Friday - Queen of South pitch workout:
2 lap warm up
Pitch workout 2 (see attachment *2)
2 lap cool down

Saturday - Positional Training/ Agility 1

Sunday - Rest

Week 8 (July 21st-27th)

Monday - Pick up (6 pm - 8 pm - Thompson Field) / Juggling (200 Consecutive or 700 non-consecutive)

Tuesday - 30 minute Fartlek run
Alternate 30 second 90-100% effort with 30 rest pace (anything faster than a walk)

Wednesday - Pick up (6 pm - 8 pm - Thompson Field) / Juggling (200 Consecutive or 700 non-consecutive)

Thursday - Technical 2

Friday - Track workout:
2 lap warm up
800 m (70% effort)
400 m (80% effort)

200 m (90% effort)
100 m (100% effort) x2
2 lap cool down

*Rest 4 minutes between 800 and 400, rest 3 minutes between 400 and 200, rest 2 minutes between 200 and 100, rest 2 minutes between the 100s

Saturday - Positional Training/ Decelerating Sprints

Sunday - Rest/ **Millersville team camp arrival**

Week 9 (July 28th- August 3rd)

Monday - Pick up (6 pm - 8 pm - Jane Hoover)/ Juggling (250 Consecutive or 800 non-consecutive) - or **Millersville team camp**

Tuesday - Bronco Workout or **Millersville team camp**

Wednesday - Pick up (6 pm - 8 pm - Thompson Field) / Juggling (250 Consecutive or 800 non-consecutive) or **Millersville team camp pick up 12:30 pm**

Thursday - Technical 1

Friday - Track workout:

2 lap warm up
200 m (100% effort) attempt to run in 35 seconds
800 m (100% effort) attempt to run in 3 minutes
400 m (100% effort) attempt to run in 1:30 minute
2 lap cool down

*Rest as long as you need, with a minimum of 4 minutes

Saturday - Positional Training/ Agility 1

Sunday - Rest

Week 10 (August 4th- 10th)

Monday - Pick up (6 pm - 8 pm - Jane Hoover) / Juggling (300 Consecutive or 1000 non-consecutive)

Tuesday - Track workout (record your time):

2 lap warm up
1600 m (100% effort) x1
2 lap cool down

Wednesday - Pick up (6 pm - 8 pm - Thompson Field) / Juggling (300 Consecutive or 1000 non-consecutive)

Thursday - Technical 2

Friday - 30 minute run at a comfortable pace

Saturday/Sunday- Rest

August 11th - Preseason Begins!!!!

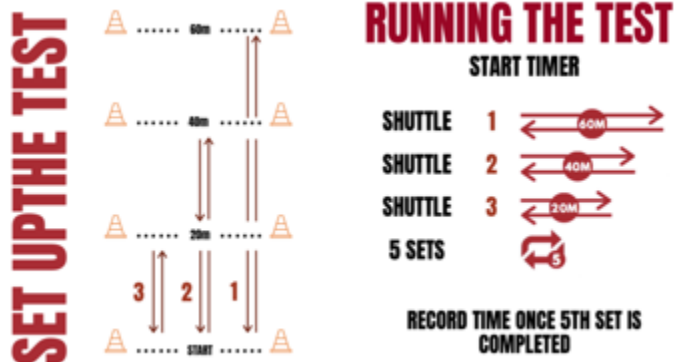
Bronco Test:

Set up:

Place a starting cone. Then place 1 cone at 20 yards, 40 yards and 60 yards from the start cone.

Run:

The bronco test is a shuttle run aimed at testing the aerobic capacity of a player. The player will start at the start cone and run to the 20 yards and back, then 40 and back finally the 60 yard and back, this is one set. Do 5 **continuous** sets and **record your time when finished**.



Technical 1:

All exercises can be found at this link: <https://vimeo.com/43199901>

Vs

Perform the various Vs in sets of 30; 15 with each foot. Repeat each set twice. Rest briefly between sets.

1. Vs
2. Reverse Vs
3. Ls

Surfaces

Using cones, create a lane 10 yards long and 5 yards wide. For each combination, dribble up and back the lane twice.

Note: We will not be using all of the combinations in the video; only the ones listed below

4. Laces Touches
5. Inside - Outside Touches
6. Push Cuts
7. Box-Box Roll
8. Squeezies
9. Roll-Roll Switch
10. Push-Pull (foot up)

Technical 2:

1. Dribbling

- a) Small figure 8 (cones 3 yards apart; 4 left foot w/o stopping; 4 right foot w/o stopping)
- b) Big Figure 8 (cones 15 yards apart; 4 left foot w/o stopping; 4 right)
- c) 1v1 (go against another player or use an object to simulate a defender) - work for 5 minutes

2. Acceleration and Turns - set up 2 cones, 8 yards apart

- a) Dribble from first cone to the second cone as fast as possible; turn w/ the ball and explode back to the start
- b) Rest for 15s
- c) For each of the following turns, do 8 reps (4 with each foot)
 - > Outside Hook/Cut
 - > Cruyff
 - > Step Over

3. Ball Striking

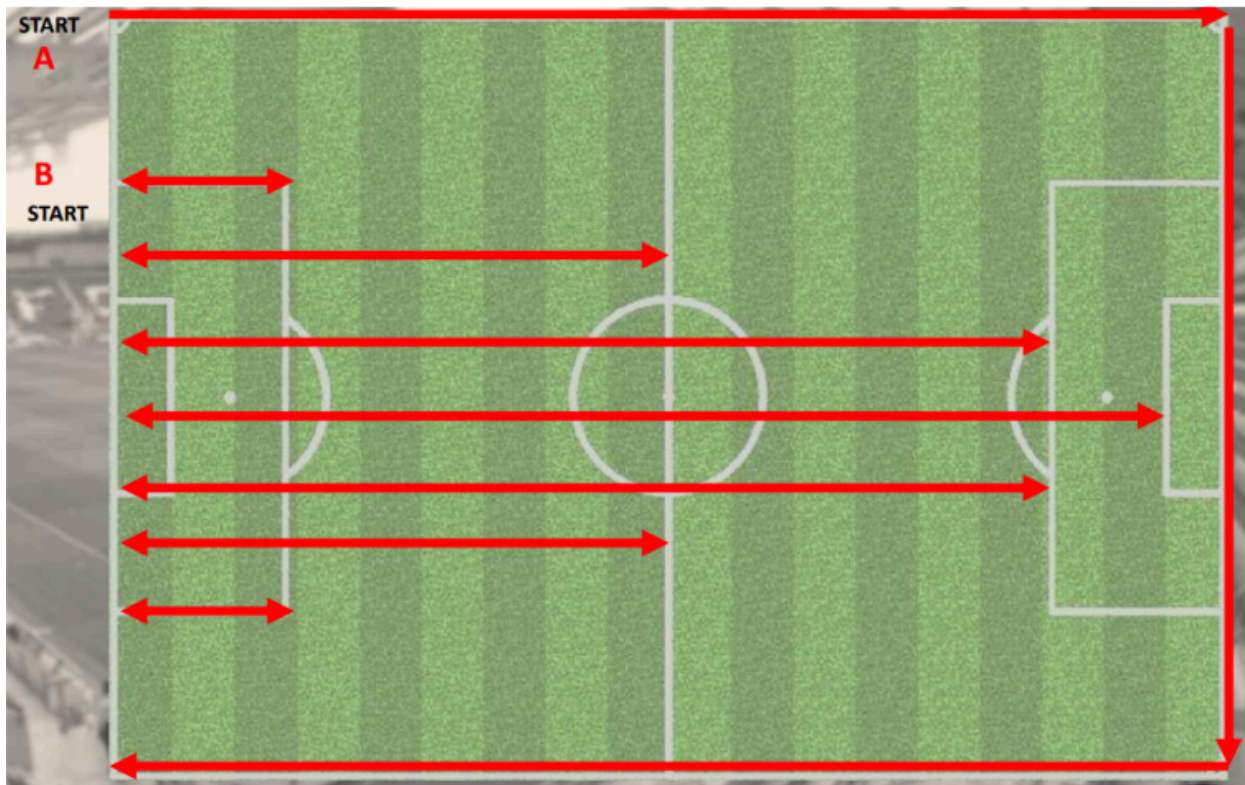
- * place ball in front of a goal with netting (or do with a partner)
 - > 8 instep drives – right foot
 - > 8 instep drives – left foot
 - > 8 inside of foot – right foot
 - > 8 inside of foot – left foot

Pitch Session 1 (See below image)

Run 1: Start at point A run corner to corner the whole way around the field.

Alternate 1 minute run 1 minute walk x6

Run 2: Start at point B, run to every line and back. 3 min on, 1 min active rest x3



Pitch Session 2 (see image below) rest 4 minutes between runs

Run A: Box to box.

12 seconds on 30 = seconds rest x10

Run B:

Halfway back, 18 yrd and back.

25 seconds on, 45 rest x6

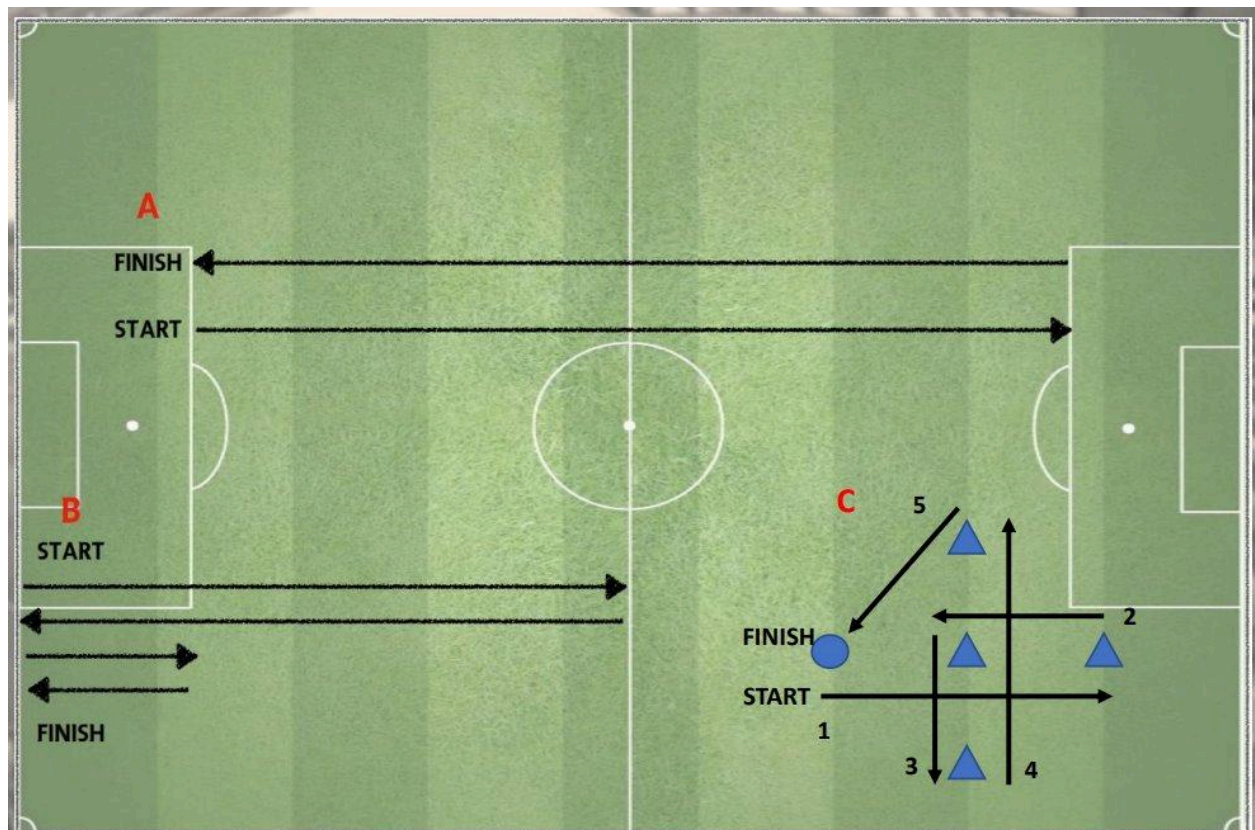
Run C:

Places cones 8 yards from the middle cone.

Run from cone 1 to cone 2, turn and run to middle cone ,
shuffle 8 yards to cone 4 then 16 yards to cone 5 then back to come 1.

Left x4 and right x4 at 60-70% intensity

Rest 30 seconds



Decelerating Sprints:

- * place 5 cones 10 yards apart (0-10-20-30-40)

- * stop directly on the cone

- * recovery is walking back to the starting line (focus on being explosive starting and stopping)

 - > 4 x 10 yard sprints

 - > 4 x 20 yard sprints

 - > 2 x 30 yard sprints

 - > 1 x 40 yard sprint

Agility 1:

* 15 minute workout (working on balance and power)

* Use a football field or cones, etc.

* Each rep includes a reactive exercise for the 10 yards followed by an explosion over 10 yards and then an easy job back

* Each set consists of 2x through (alternating feet/direction where applicable)

Start ●-----● ●

1. Sideways two footed hops
2. Forward / Backward two footed hops
3. One legged sideways hops
4. One legged forward/backward hops
5. Two footed leaps
6. One footed leaps
7. One footed leaps with a quarter turn each time
8. Bound through the first 10 yards into a 10 yard acceleration

Agility 2:

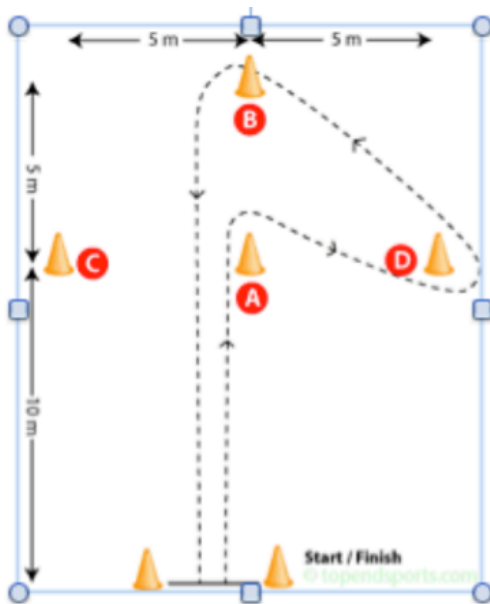
1. Agility Ladder

The following footwork should be performed through an agility ladder. If you do not have access to a ladder, use a stack of 10 cones (cones are actually probably the better method). For each set, go up and back three times.

1. One foot in each square
2. Two feet in each square
3. In/Out Lateral
4. Icky Shuffle
5. Reverse Icky Shuffle: Perform the Icky Shuffle backwards.

2. Arrowhead

Run around Cones A, D and B then back to the starting line; see diagram below.



Record your time, then walk directly back to the starting line and complete the Arrowhead:

A-C-B and back. Your time for one Arrowhead is the sum of both runs. Example: If you run A-D-B in 5.2 seconds and A-C-B in 5.1 seconds, your Arrowhead time is 10.3 seconds. Repeat 5 Arrowheads per set.

1. Always facing Cone B: sprint to A; shuffle to D; sprint to B; backpedal back

2. Pivoting at each cone and sprinting

3. Wind Sprints

Set up cones 5, 10, 15 and 20 yards from a starting line. Run to the first cone and back, second cone and back, third cone and back, fourth cone and back.

Repeat 5 Wind Sprints. Rest two minutes between runs.

4. 40 Yard Sprints

Run 6 40 yard sprints. Rest while walking back to the starting line between sprints.

Positional training - Goalkeepers:

FUNCTIONAL: GOALKEEPERS

Keepers -- Keeper needs tend to be both general and individual in nature.

Therefore, you do not have to do every one of these exercises. Feel free to pick and choose and to add other exercises.

1. Agility Ladder

The following footwork should be performed through an agility ladder. If you do not have access to a ladder, use a stack of 10 cones. For each set, go up and back three times.

1. One foot in each square
2. Two feet in each square
3. Double In/Out Lateral http://www.youtube.com/watch?v=1AlAxPer_3A
4. Icky Shuffle <http://www.youtube.com/watch?v=QnYc3MVd1aY>
5. Reverse Icky Shuffle: Perform the Icky Shuffle backwards.

2. Hands/Warm Up

With a partner, play the ball back and forth 25 times per set. Soft hands. Catch the ball cleanly.

1. One hand catch and throw at five yards; alternate hands
2. Two hand catch and throw at five yards
3. Drop kick and two hand catch at five yards
4. Drop kick and two hand catch at 10 yards

3. Handling/Core/Shot Stopping

<http://www.youtube.com/watch?v=9RBpyeld-uY&list=UUD05mXavI5uMrpGtoOLbtqw>
http://www.youtube.com/watch?v=IHN_ZrZqYtY&list=UUD05mXavI5uMrpGtoOLbtqw
<http://www.youtube.com/watch?v=MKyD0QcajJ8&list=UUD05mXavI5uMrpGtoOLbtqw>
<http://www.youtube.com/watch?v=MygezVxmo5o&list=UUD05mXavI5uMrpGtoOLbtqw>
<http://www.youtube.com/watch?v=cbva1mRTL3g&list=UUD05mXavI5uMrpGtoOLbtqw&index=60>
<http://www.youtube.com/watch?v=yzv6XjVeK7w&list=UUD05mXavI5uMrpGtoOLbtqw>
<http://www.youtube.com/watch?v=xOWOT6pBYdU&list=UUD05mXavI5uMrpGtoOLbtqw&index=103>
<http://www.youtube.com/watch?v=NG-yIRuONFI&list=UUD05mXavI5uMrpGtoOLbtqw>
http://www.youtube.com/watch?v=Zoio-P_xoOU&list=UUD05mXavI5uMrpGtoOLbtqw
http://www.youtube.com/watch?v=Zoio-P_xoOU&list=UUD05mXavI5uMrpGtoOLbtqw&index=38

4. Cross Balls

http://www.youtube.com/watch?v=tIBh_vZbU&list=UUD05mXavI5uMrpGtoOLbtqw&index=37
<http://www.youtube.com/watch?v=irbfYZIbKoY&list=UUD05mXavI5uMrpGtoOLbtqw>
<http://www.youtube.com/watch?v=62NDQe-yNtg&list=UUD05mXavI5uMrpGtoOLbtqw>

Progress to crosses from wide positions. Handle crosses from both sides.

<http://www.youtube.com/watch?v=e6KQdaHAuFw&list=UUD05mXavI5uMrpGtoOLbtqw>

5. Drop Kicks/Driven Balls

<http://www.youtube.com/watch?v=2UPWqWCM9MU&list=UUD05mXavI5uMrpGtoOLbtqw>

Positional training - Defenders:

1. Agility Ladder

The following footwork should be performed through an agility ladder. If you do not have access to a ladder, use a stack of 10 cones. For each set, go up and back three times.

1. One foot in each square
2. Two feet in each square
3. Double In/Out Lateral http://www.youtube.com/watch?v=1AlAxPer_3A
4. Icky Shuffle: <http://www.youtube.com/watch?v=QnYc3MVd1aY>
5. Reverse Icky Shuffle: Perform the Icky Shuffle backwards.

2. Brazilians

With a partner, perform Brazilian touches as demonstrated:

http://www.youtube.com/watch?v=OrP9cE2_Zhg.

Take 10 touches with each foot then switch with your partner. If you do not have a partner, use a wall and rest briefly between sets.

1. Inside Touch
2. Laces Touch
3. Thigh Laces
4. Chest Laces
5. Head: Not demonstrated. Head the ball directly back to your partner's hands.

3. Cutting

Set up two gates 10 yards apart. Beginning at Gate 1, drive towards Gate 2, cut and drive back towards Gate 1. Repeat 10 times, alternating feet at each gate; 20 total cuts per set. Switch with your partner. If you are unfamiliar with any of the cuts, see:

<http://www.youtube.com/watch?v=n1KWobG0-o>. These should be fast!

1. Pull-Back
2. Outside Cut
3. Inside Cut
4. Cruyff Turn
5. Stepover Turn

4. Driven Balls

With a partner, drive the ball back-and-forth 25 times with each foot at 40 yards; 50 times total

Positional training - Defensive Midfielders (6)

1. Brazilians

With a partner, perform Brazilian touches as demonstrated:

http://www.youtube.com/watch?v=OrP9cE2_Zhg. Take 10 touches with each foot then switch with your partner. If you do not have a partner, use a wall and rest briefly between sets.

1. Inside Touch
2. Laces Touch
3. Thigh Laces
4. Chest Laces
5. Head: Not demonstrated: head the ball directly back to your partner's hands.

2. Cutting

Set up two gates 10 yards apart. Beginning at Gate 1, drive towards Gate 2, cut and drive back towards Gate 1. Repeat 10 times, alternating feet at each gate; 20 total cuts per set. Switch with your partner. If you are unfamiliar with any of the cuts, see:

<http://www.youtube.com/watch?v=n1KWobG0-o>. These should be fast!

1. Pull-Back
2. Outside Cut
3. Inside Cut
4. Cruyff Turn
5. Stepover Turn

3. Dueler

Set up a stack of three five yard gates 10 yards apart. Players start in each of the end gates. Player A checks to the middle gate and receives a pass from Player B. A turns and dribbles the end line and cuts. As A cuts, B checks to the middle and receives a pass from A. Repeat for two minutes; rest one minute between sets. Players may choose any of the five cuts listed above when cutting the ball.

1. One-Touch Half-Turn
2. Two-Touch Half-Turn
3. Inside-Turn
4. Outside-Turn

4. Ball Striking

Strike the ball on goal 10 times with each foot from six yards; 10 times with each foot from 20 yards. Each set should be 40 strikes for a total of 80 strikes. Pay attention to the details!

1. Laces, no spin, middle of the goal
2. Inside of the foot, bending around the goalkeeper, side netting

Positional training - Attack Midfielders/ Strikers:

1. Dueler

Set up a stack of three five yard gates 10 yards apart. Players start in each of the end gates. Player A checks to the middle gate and receives a pass from Player B. A turns and dribbles the end line and cuts. As A cuts, B checks to the middle and receives a pass from A. Repeat for two minutes; rest one minute between sets. Players may choose any cut when cutting the ball.

1. Half-Turn

2. Inside-Turn

3. Outside-Turn

4. 3-touch-Turn (Begin with and outside or inside turn to create an angle, Cruyff the ball back to the middle finish with a pass

5. Self-Pass Turn (Take a weighted first touch to create space, look over your shoulder, then use a cut to square up, dribble straight to a 1v1 move then finish with pass.

2. 1 v. 1 Attacking Moves

Set up two gates 20 yards apart with a single cone in the middle of the two gates. Beginning at the first gate, drive at the middle cone, perform an attacking move and explode to the second gate. Turn and repeat 9 more times; 10 times total. Alternate feet. Repeat each set twice.

1. Scissors: <http://www.youtube.com/watch?v=RQfM8PQlueg&feature=related>

2. Double Scissors: <http://www.youtube.com/user/SeeltDoltSoccer#p/u/18/-6sjJ8U3ubA>

3. Step-over: http://www.youtube.com/watch?v=B63m_28K-eE

4. Matthews: <http://www.youtube.com/watch?v=4R8IHAgDsLY>

5. Fake Matthews:

<http://www.youtube.com/watch?v=espptvqY05k&playnext=1&list=PLD00A7EC63DC53555>

3. Crossing & Finishing

Set up two gates 5 yards from the sideline at 18 and 23 yards respectively. Beginning at the first gate, drive through the second gate and whip an outswinging cross into the box onto a finisher's run. Vary your delivery: near post, far post, high, low, etc. All balls should be played hard with spin. Finishers, be an artist in the box. Cross the ball 20 times, then switch with your partner. Repeat each set twice.

1. Right Wing

2. Left Wing

4. Ball Striking

Strike the ball on goal 10 times with each foot from six yards; 10 times with each foot from 20 yards. Each set should be 40 strikes for a total of 80 strikes. Pay attention to the details!

1. Laces, no spin, middle of the goal

2. Inside of the foot, bending around the goalkeeper, side netting

Positional training - Wingers:

1. Cutting

Set up two gates 10 yards apart. Beginning at Gate 1, drive towards Gate 2, cut and drive back towards Gate 1. Repeat 10 times, alternating feet at each gate; 20 total cuts per set. Switch with your partner. If you are unfamiliar with any of the cuts, see:

http://www.youtube.com/watch?v=n1KWobG0-_o. These should be fast!

1. Pull-Back
2. Outside Cut
3. Inside Cut
4. Cruyff Turn
5. Stepover Turn

2. 1 v. 1 Attacking Moves

Set up two gates 20 yards apart with a single cone between the two gates. Beginning at the first gate, drive at the middle cone, perform the attacking move and explode to the second gate.

Turn

and repeat; 10 times total. Alternate feet. Repeat each set twice.

1. Lunge: http://www.youtube.com/user/SeeltDoltSoccer#p/u/6/m-OMewLnB_o
2. Scissors: <http://www.youtube.com/watch?v=RQfM8PQlueg&feature=related>
3. Step-over: http://www.youtube.com/watch?v=B63m_28K-eE
4. Matthews: <http://www.youtube.com/watch?v=4R8IHAgDsLY>
5. Fake Matthews:

<http://www.youtube.com/watch?v=espptvqY05k&playnext=1&list=PLD00A7EC63DC53555>

3. Crossing & Finishing

Set up two gates 5 yards from the sideline at 18 and 23 yards respectively. Beginning at the first gate, drive through the second gate and whip an outswinging cross into the box onto a finisher's run. Vary your delivery: near post, far post, high, low, etc. All balls should be played hard with spin. Finishers, be an artist in the box. Cross the ball 20 times, then switch with your partner. Repeat each set twice.

1. Right Wing
2. Left Wing

4. Ball Striking

Strike the ball on goal 10 times with each foot from six yards; 10 times with each foot from 20 yards. Each set should be 40 strikes for a total of 80 strikes. Pay attention to the details!

1. Laces, no spin, middle of the goal
2. Inside of the foot, bending around the goalkeeper, side netting