



**GROUP D**  
**ANAEROBIC**  
**COMPONENT**

# SAN JOSÉ STATE UNIVERSITY

## WOMEN'S SOCCER

### SUMMER SPEED PROGRAM

This is our *anaerobic fitness base* (to be able to sprint for 90 minutes and still have your legs for a game the next day. This does not help your wind (aerobic base) but it is just as critical for the way we will play the next game (at a sprint). Remember this is just a part of what you have to do. You must continue training with the ball and playing small-sided games. This speed program will only work on outright speed and power, not on wind and changes in direction. It is important to be able to distinguish between the different programs.

**SPRINT ALL OUT ON EVERY SPRINT (DO NOT PACE YOURSELF)**

**TAKE THE FULL REST PERIOD (NOT ANY LESS)**

**CONCENTRATE ON EXPLOSIVE STARTS (Driving knees, leaning forward, pumping arms, keep stride smooth and powerful throughout the sprint)**

***Weeks 1 and 2***

10 x 20 yds.  
 10 x 40 yds.  
 8 x 60 yds.  
 4 x 80 yds.  
 2 x 100 yds.

***Weeks 3 and 4***

12 x 20 yds.  
 12 x 40 yds.  
 10 x 60 yds.  
 6 x 80 yds.  
 2 x 100 yds.

***Weeks 5 and 6***

14 x 20 yds.  
 14 x 40 yds.  
 10 x 60 yds.  
 6 x 80 yds.  
 3 x 100 yds.

***Weeks 7 and 8***

16 x 20 yds.  
 14 x 40 yds.  
 12 x 60 yds.  
 6 x 80 yds.  
 4 x 100 yds.

***Weeks 9 and 10***

16 x 20 yds.  
 14 x 40 yds.  
 12 x 60 yds.  
 8 x 80 yds.  
 4 x 100 yds.

***Weeks 11 and 12***

20 x 20 yds.  
 16 x 40 yds.  
 12 x 60 yds.  
 8 x 80 yds.  
 6 x 100 yds.

**Rest Periods**

**(Take full time)**

20 seconds for 20's  
 35 seconds for 40's  
 45 seconds for 60's  
 65 seconds for 80's  
 75 seconds for 100's

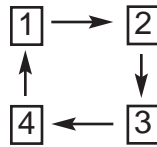
# SAN JOSE STATE UNIVERSITY WOMEN'S SOCCER

## PLYOMETRIC WORKOUT

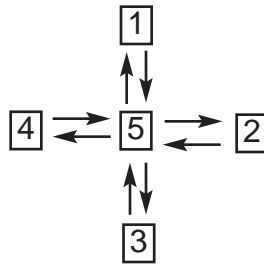
### Quick Feet Drills (10 minutes)

Quick feet drills are designed for quickness and agility. Find a line to work with and try to as quickly as possible jump just over the line. The ideal is to not jump high, but to just jump over the line as quickly as possible so that your feet are on the ground the least time possible.

1. Front/Back - Find a line and jump over and back for 30 seconds (4 times)
2. Side/Side - Find a line and jump side-to-side over it for 30 seconds (4 times)
3. Box - Now you are going to jump in a box shape going one direction for 30 seconds and then switch. (2 times in each direction)



4. Plus Sign - Start in the middle (5), jump forward (1) then back to the middle (5), then jump to the side (2) then back to the middle (5), then backward (3) then middle (5), then to the other side (4) then to the middle (5) for 30 seconds. (2 times in each direction)



### Power Skipping (5 minutes)

Use the normal skipping motion, but explode upwards, trying to achieve maximum height on every jump. (About 20-25 yards each time for 10 sets)

### Jumping over Ball(s) (15 minutes)

These jumps are designed to get more height and explosiveness as opposed to quickness. Try all three sets with both two-foot and one-foot technique.

1. Front/Back - Jump forward and back over a ball (or other obstacle) for 30 seconds. (3 times)
2. Side/Side - Jump side-to-side over a ball (or other obstacle) for 30 seconds. (3 times)
3. Diagonals - Jump forward and to the side (a diagonal) over a ball (or other obstacle) for 30 seconds. (2 times for each diagonal)

### Step-ups (10 minutes)

Find a bench or sturdy box and step up with one foot and drive the other knee to the sky. (2 sets of 5 minutes, alternating legs)

### **Lunges (10 minutes)**

With or without a weight, lunge out with one leg so that your knee is bent at about 90 degrees and your thigh is parallel to the ground. Your back knee should almost scrape the ground. Alternate legs. (20-25 yards, 10 sets)

### **Calf Raises (5 minutes)**

With or without a weight, stand with your feet together and raise your heels off the ground. Hold that position for a full second and then go back down. (4 sets of 50)

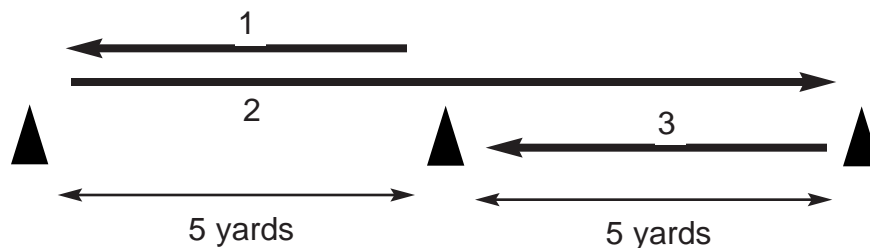
### **Bleachers Jumps (5 minutes)**

Find a set of bleachers or a wall or something that is approximately 3-6 feet off the ground. Climb up and jump off it. Land with both feet hitting at the same time and allow your legs to absorb the impact. Then try landing on one foot and allowing only the one leg to absorb the impact (only trying this at lower heights). (Do 20 two-legged jumps at the lower height, and 10 at a higher height. Do 10 one-legged jumps only at a low height.)

### **Stretch (10 minutes)**

It is important after a good plyometric workout to get a good quality stretch of you lower body muscles.

## ***Pro Agility Sprints***



Place two cones 10 yards apart from each other and one in the middle so you have it set up like above. Start in the middle by the center cone. Start by sprinting one way, touch the cone and quickly change direction. Then sprint the other way to the far cone, turn and sprint to the center cone. The next time, start going the opposite direction.