

## AFC 4 Week At Home Conditioning Program



**“Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do.”**  
– Pelé

This 4 week training program is intended to help your soccer player improve their overall health, speed, strength, stamina, and agility over a 4 week period. Workouts are all under 30 minutes and require nothing but a little space (well, sometimes a lot of space for sprints and distance running). Feel free to workout with your athlete or simply encourage them to push through when the workouts feel tough. The intent is to help each player improve.

# WEEK 1

**Week 1 Warmup:**  
30 seconds each x2

toe taps on ball  
inchworms  
jumping jacks  
karaoke

**Day 1**  
Warmup

1 mile run for time; record time

**Day 2**  
warmup

1 minute each, rest 1 minute between each exercise; repeat 3 times

squats  
pushups  
lunges (alternating legs)  
plank  
burpees

**Day 3**  
warmup

20 minute run- record distance



*"You have to fight to reach your dream. You have to sacrifice and work hard for it."  
-Lionel Messi*

**Goal:**  
**This week is all about establishing a baseline so we can measure progress and see how much you have improved. Focus on pushing yourself to get one more rep or push yourself a little harder.**

Week/ Day	Time/ Reps/ Distance	Parent initials
W1/ D1	Time:	
W1/ D2	Reps:            1            2            3 Squats- Pushups- Lunges- Plank- Burpees-	
W1/ D3	Distance:	

## WEEK 2

### Week 2 Warmup:

30 second each x2

high knees  
pushups  
lateral jumps  
squats  
Jumping jacks

### Day 1

Warmup

15 minutes AMRAP (As Many Rounds As Possible)

Sprint 40 yards while dribbling ball

20 lunges

Sprint full pitch while dribbling ball

30 flutter kicks

### Day 2

Warmup

8 RFT (Rounds For Time)

Shuttle run

5 burpees

10 walking lunges

### Day 3

Warmup

15 minute ladder (increase reps each round, until time runs out)

2 jingle jangles

2 frog jumps

4 jingle jangles

4 frog jumps

6 jingle jangles

6 frog jumps

8 of each

10 of each... etc.



“When people succeed, it is because of hard work. Luck has nothing to do with success.”

-Diego Maradona

### Goal:

**The focus of training this week is to build speed and stamina. Sprints aren't fun, but they're necessary to build speed- so embrace the suck and give it your all!**

Week/ Day	Rounds	Parent Initials
W2/ D1		
W2/ D2		
W2/ D3		

# WEEK 3

## Week 3 warmup:

30 seconds each

- Jingle jangles
- Inchworms w/ pushup
- High knees
- Mountain climbers
- Jumping jacks



**“Talent without working hard is nothing.”**

**– Cristiano Ronaldo**

### Day 1

Warmup

12 minute AMRAP (As Many Rounds As Possible)

- 3 squat jumps
- 3 pushups
- 6 squat jumps
- 6 pushups
- 9 of each
- 12 of each
- 15 of each... etc. Keep going until time runs out!

### Day 2

Warmup

- 5 RFT (Rounds for Time)
- X- Drill
- 8 Broad Jumps
- 8 Burpees

### Day 3

Warmup

- 2 RFT (Rounds for Time)
- 16 Lateral jumps (Left + Right = 1 rep)
- 16 Burpees
- 16 Broad jumps
- 16 Jumping lunges

### Goal:

**This weeks focus is on explosive movements and agility. This will help with quick changes in direction, help build stamina, and increase speed. Push yourself and don't quit- these are quick workouts that make you better!**

Week/ Day	Rounds/ Time	Parent Initials
W3/ D1	Rounds:	
W3/ D2	Time:	
W3/ D3	Time:	

## Week 4

**Week 4 warmup:**  
30 seconds each x2

toe taps on ball  
inchworms  
jumping jacks  
karaoke

**Day 1**  
Warmup

1 mile run for time; record time

**Day 2**  
warmup

1 minute each, rest 1 minute between each exercise; repeat 3 times

squats  
pushups  
lunges (alternating legs)  
plank  
burpees

**Day 3**  
warmup

20 minute run- record distance



**"I just hate losing and that gives you an extra determination to work harder"  
-Wayne Rooney**

**Goal:  
This week should look familiar- repeat these workouts and push yourself to beat your scores from week 1!**

Week/ Day	Time/ Reps/ Distance	Parent initials
W4/ D1	Time:	
W4/ D2	Reps:           1       2       3 Squats- Pushups- Lunges- Plank- Burpees-	
W4/ D3	Distance:	

## Glossary

broad jump - <https://www.youtube.com/watch?v=96zJo3nlmHI>

burpees - <https://www.youtube.com/watch?v=IYIT3GN9JOW>

flutter kicks - [https://www.youtube.com/watch?v=t\\_ONDu5SL30](https://www.youtube.com/watch?v=t_ONDu5SL30)

frog jump - <https://www.youtube.com/watch?v=C54LoE13DUo>

high knees - <https://www.youtube.com/watch?v=8opcQdC-V-U>

inchworms - [https://www.youtube.com/watch?v=uwB\\_lmF3\\_R0](https://www.youtube.com/watch?v=uwB_lmF3_R0)

jingle jangles - [https://www.youtube.com/watch?v=DnQugVc\\_SNU](https://www.youtube.com/watch?v=DnQugVc_SNU)

jumping jacks

jump lunges - <https://www.youtube.com/watch?v=clkkHg8YZQU>

Karaokes - <https://www.youtube.com/watch?v=PEbVqwLX8xY>

Lateral jumps - <https://www.youtube.com/watch?v=scWvUN5RFys>

Lunges

mountain climbers - <https://www.youtube.com/watch?v=PYi8OjFJkLo>

plank

pushups

shuttle runs (5-10-15) - <https://www.youtube.com/watch?v=l3S7Tyk6HX0>

squats

squat jumps

X-drill - [https://kingsportstraining.com/sample\\_drills/x-drill](https://kingsportstraining.com/sample_drills/x-drill)