



UPPER 90

BUILD SOCCER SPECIFIC STAMINA WITH THREE EXERCISES



These exercises are going to put you on track to develop your endurance & explosiveness on the pitch.

Although simple, these drills can be performed at any skill level. Regardless of your current ability, these drills will help you level up.

Some exercises will be performed with the ball and others will be performed without the ball.

Each of these drills are designed to replicate movements and techniques that you utilize in games.

Focus on performing these exercises at your own pace, then gradually increase the intensity as you become more comfortable with them.

After a few weeks, you'll notice both your technical skills and fitness improve.

WARM UP:

You'll want to prepare your body before you get into these high intensity drills. The best way to do that is by performing dynamic stretches to get you warmed up.

Dynamic Stretches:

- ◆ Light Jog
- ◆ High Knees
- ◆ Skips
- ◆ Forward Leg Swings
- ◆ Backward Leg Swings
- ◆ Salsa (Side-to-side)
- ◆ Open the Gate
- ◆ Close the Gate
- ◆ Lunges
- ◆ Short Sprints



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EXERCISE 1:

HIGH INTENSITY SHUTTLE RUN



High intensity interval training (HIIT) is great for replicating the running that's performed in soccer as it involves intense sprinting followed by a brief cool down period.

This drill is unique because it also incorporates backpedaling. Utilizing backwards movements in your training will strengthen your knees and improve your agility over time.

Perform this exercise without the ball and watch your stamina start to improve.

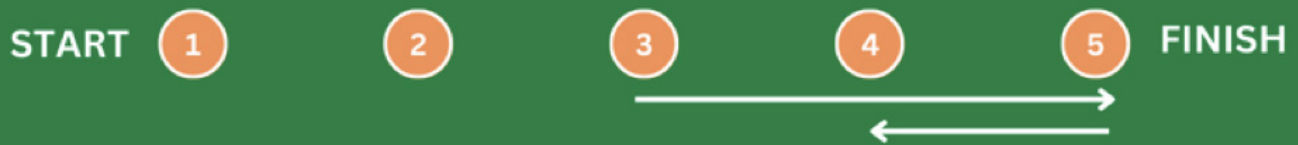
STEP 1



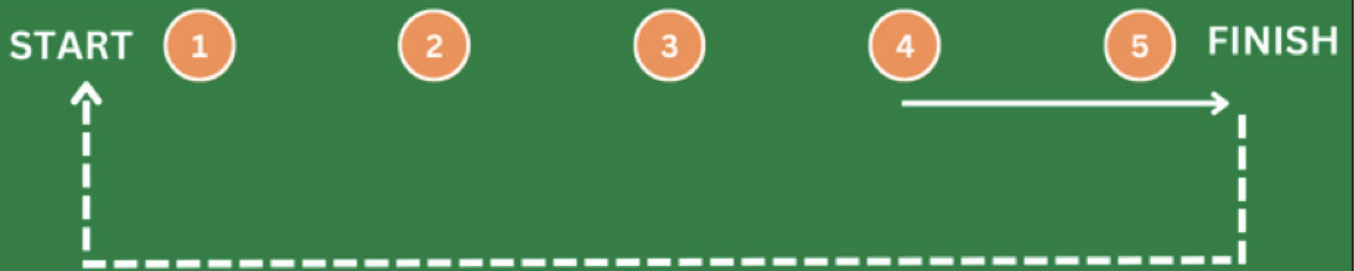
STEP 2



STEP 3



STEP 4



How to Perform

Set up 5 cones, each approximately 5 meters apart

Step 1: Sprint from cone 1 to cone 3, backpedal to cone 2

Step 2: Sprint from cone 2 to cone 4, backpedal to cone 3

Step 3: Sprint from cone 3 to cone 5, backpedal to cone 4

Step 4: Sprint to cone 5 and then jog back to the start

Tips

- ❖ Start by performing 6 sets of this drill, and gradually increase the number of sets as your stamina improves.
- ❖ Focus on leaning forward and driving your legs into the ground as you take off. This will help you achieve an efficient energy transfer while sprinting.
- ❖ Drive your knees up forcefully with every step you take.
- ❖ As you backpedal between the cones, get low and focus on using your quad muscles to accelerate. This drill forces you to speed up and slow down. This dynamic movement is easily applied on the pitch.



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EXERCISE 2:

DYNAMIC DRIBBLING



This is one of my all time favorite dribbling exercises. That's because it involves controlling the ball at a variety of speeds.

Performing this drill will help you control the game at low and high intensity situations.

This drill also helps you master quick 180 degree turns for when you need to change directions in game.

STEP 1



STEP 2



STEP 3



How to Perform

Set Up: Place 4 cones approximately 5 meters apart

Step 1: Dribble at 50% speed from cone 1 to cone 2, turn and dribble back to the start

Step 2: Dribble at 75% speed from cone 1 to cone 3, turn and dribble back to the start

Step 3: Dribble at 100% speed from cone 1 to cone 4, turn and dribble back to the start

Tips

- ❖ When dribbling at 50% speed, take small touches and keep the ball close to your body.
- ❖ As you speed up, take stronger touches with your laces to keep the ball in front of you.
- ❖ Alternate performing the drill with you left and right foot
- ❖ Practice performing different turns when changing direction (inside the foot, outside the foot, back heel, cruyff turn)



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EXERCISE 3:

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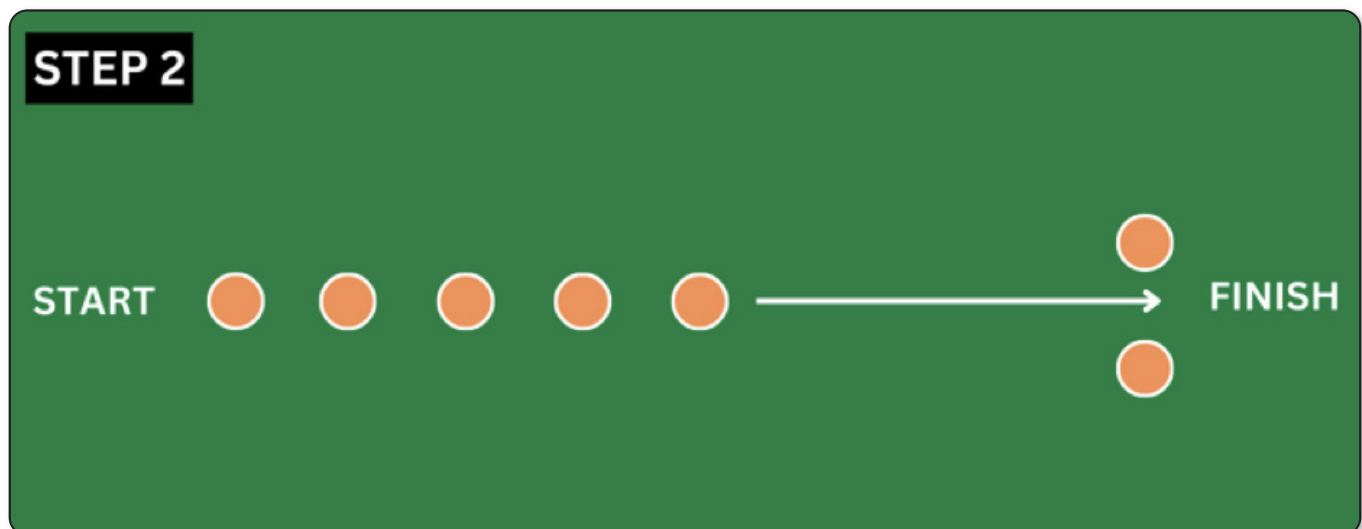
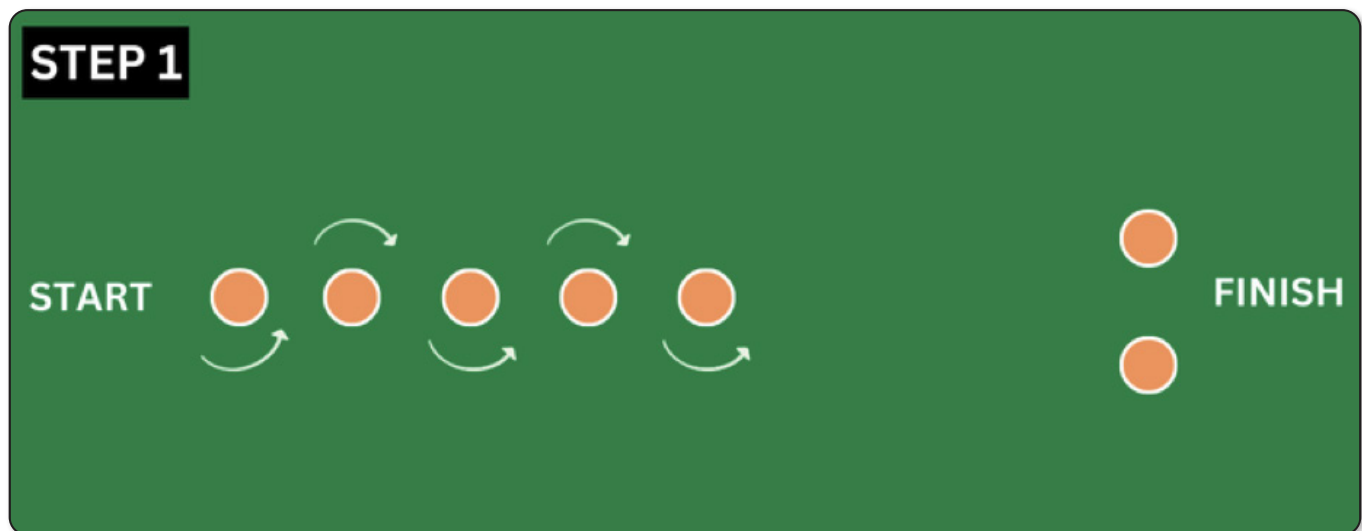
TO GATE



This drill combines dribbling in tight spaces with the use of explosive speed.

It will train you to change the pace and tempo of your dribbling at the drop of a hat.

On top of that, this drill is great for improving your cardio and is a great way to round out your training.



How to Perform

Set up 5 to 10 cones about one foot apart from each other. Then set up a gate of 2 cones about 10 yards farther away.

Step 1: Dribble the ball through the cones using the outside of your foot

Step 2: When you get to the last cone, sprint with the ball all the way through the gate

Step 3: Dribble back to the start

Tips

- ◆ Keep your touches light and controlled when dribbling through the cones
- ◆ Use no more than two touches to dribble around each cone
- ◆ Practice this drill using both feet to help improve coordination
- ◆ Take a strong touch when rounding the last cone, and explode with pace towards the gate