



HIGH SCHOOL PREP

6-Week Prep Guide

Luck is what happens when preparation meets opportunity.

**Champions Soccer's
High School Prep Summer Training Schedule**

June 16-22, 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
- 1 mile timed - Rest 5 min - 1 mile timed	- 30 x 40yd sprints - 300 Abs - 5 min plank	- ¼ mile run - 4 x 30 walking lunges - 50 push ups (split up and mix between sets of lunges) - ¼ mile run	Active Recovery Do soccer drills and mix in a lot of stretching	- ½ mile run - rest 3 min - ½ mile run - rest 3 min - ½ mile run	- ¼ run - 5 x 20yd broad jumps - 5 x 20yd 1-footed jumps right - 5 x 20yd 1-footed jumps left - ¼ mile run	- 2 mile run timed
- 10 min juggling - 10 min wall	- Dribbling Drill - 10 min juggling	Drills Optional	- Dribbling Drill - 10min juggling - 10min wall shooting - 10min wall passing	- Dribbling Drill - 10min juggling	- 20 min wall	Drills Optional
Notes:	Notes:	Notes:	Notes:	Notes:	Notes:	Notes:

**Champions Soccer's
High School Prep Summer Training Schedule**

June 23-29, 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OFF	- 30 x 40yd sprints - 300 Abs - 5 min plank	- ¼ mile run - 2 x 30 walking lunges - 4 x 10 split lunges - 50 push ups (split up and mix between sets of lunges) - ¼ mile run	- 10 laps around the track <i>(sprint the strait-a-ways and jog the curves)</i> - 300 Abs - 3 min plank	Active Recovery Do soccer drills and mix in a lot of stretching	- 10x200 yd shuttles (set cones up 25 yds apart and run 8 lengths in under 40 seconds with 1 min rest between each)	- ¼ run - 5 x 20yd broad jumps - 5 x 20yd 1-footed jumps right - 5 x 20yd 1-footed jumps left - 2 x 40 walking lunges - ¼ mile run
OFF	- Dribbling Drill - 10 min juggling	- 10min wall shooting - 10min wall passing	Drills Optional	- 10min wall - 10min juggling	- 20 min wall	Drills Optional
Notes:	Notes:	Notes:	Notes:	Notes:	Notes:	Notes:

**Champions Soccer's
High School Prep Summer Training Schedule**

June 30 - July 6, 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> - ½ mile run - rest 3 min - ½ mile run - rest 3 min - ½ mile run - rest 3 min - ½ mile run 	OFF	<ul style="list-style-type: none"> - 1 mile run timed - Rest 5 min - 1 mile run timed 	<ul style="list-style-type: none"> - ¼ mile run - 5 x 20yd broad jumps - 5 x 20yd 1-footed jumps right - 5 x 20yd 1-footed jumps left - 2 x 40 walking lunges - ¼ mile run 	- 10 x 6 cone suicides	Active Recovery Do soccer drills and mix in a lot of stretching	- 10x200 yd shuttles (set cones up 25 yds apart and run 8 lengths in under 40 seconds with 1 min rest between each)
<ul style="list-style-type: none"> - 10min juggling - Dribbling Drill 	OFF	<ul style="list-style-type: none"> - 10min wall shooting - 10min wall passing 	Drills Optional	<ul style="list-style-type: none"> - 10min wall - 10min juggling 	<ul style="list-style-type: none"> - Dribbling Drill - 20 min wall 	- Drills Optional
Notes:	Notes:	Notes:	Notes:	Notes:	Notes:	Notes:

**Champions Soccer's
High School Prep Summer Training Schedule**

July 7 - July 13, 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> - ½ mile run - 2 x 50 walking lunges - 300 abs - 50 push ups - ¼ mile run 	<ul style="list-style-type: none"> - 2 mile run 	OFF	<ul style="list-style-type: none"> - 1 mile run timed - Rest 5 min - 1 mile run timed 	<ul style="list-style-type: none"> - ¼ mile run - 5 x 20yd broad jumps - 5 x 20yd 1-footed jumps right - 5 x 20yd 1-footed jumps left - 2 x 40 walking lunges - ¼ mile run 	<ul style="list-style-type: none"> - ½ mile run timed - rest 3 min - ½ mile run - rest 3 min - ½ mile run - rest 3 min - ½ mile run 	<p>Active Recovery Do soccer drills and mix in a lot of stretching</p>
Drills Optional	<ul style="list-style-type: none"> - 10min wall shooting - 10min wall passing 	OFF	<ul style="list-style-type: none"> - Dribbling Drill - 10 min juggling 	<ul style="list-style-type: none"> - 10min wall - 10min juggling 	Drills Optional	<ul style="list-style-type: none"> - 10min wall - 10min juggling - Dribbling Drill
Notes:	Notes:	Notes:	Notes:	Notes:	Notes:	Notes:

**Champions Soccer's
High School Prep Summer Training Schedule**

July 14-20, 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
- 10x200 yd shuttles (set cones up 25 yds apart and run 8 lengths in under 40 seconds with 1 min rest between each)	- ¼ run - 2 x 50 walking lunges - 50 push ups - 300 abs - 5min plank - ¼ mile run	- 10 laps around the track <i>(sprint the strait-a-ways and jog the curves)</i> - 300 Abs - 3 min plank	OFF	- 10 x 6-cone suicides	- ¼ mile run - 5 x 20yd broad jumps - 5 x 20yd 1-footed jumps right - 5 x 20yd 1-footed jumps left - 2 x 40 walking lunges - ¼ mile run	- 2 mile run timed
- 10 min juggling - 10 min wall	- Dribbling Drill - 10 min juggling	Drills Optional	OFF	- Dribbling Drill - 10min juggling	- 20 min wall	Drills Optional
Notes:	Notes:	Notes:	Notes:	Notes:	Notes:	Notes:

**Champions Soccer's
High School Prep Summer Training Schedule**

July 21-27, 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OFF	- 2 miles timed	- ¼ run - 5 x 20yd broad jumps - 5 x 20yd 1-footed jumps right - 5 x 20yd 1-footed jumps left - 3 x 40 walking lunges - ¼ mile run	- 10 x 5-cone suicides	- ½ mile jog - stretch ½ mile jog - stretch	Active Recovery Do soccer drills and mix in a lot of stretching	OFF
OFF	- Dribbling Drill - 10 min juggling	- 10min wall shooting - 10min wall passing	Drills Optional	- 10min wall - 10min juggling	- 10 min juggling - Dribbling	OFF
Notes:	Notes:	Notes:	Notes:	Notes:	Notes:	Notes: