

TC United Physical Protocol

Objectives: A youth team based program designed to optimize athleticism and injury prevention.

Instituting a strength and injury prevention program is paramount to the success of any athletic organization. Most programs fail at this endeavor for two reasons...they are too complicated for coaches to follow and/or they require too much time to complete. This program will provide both efficacy and efficiency. Coaches will feel confident to oversee the program and it will not interfere with their lesson plan with unnecessary time constraints.

Athleticism/General Physical Preparedness:

While technical skills and tactical schemes are the core of soccer, even the best ball handlers and adept coaches will not stand a chance in competition if they are not able to compete physically. We will focus on three aspects of physical preparedness.

- 1) Strength and Stability
- 2) Explosiveness and Speed
- 3) Core Strength

These will be performed 3 days per week on non-consecutive days. They should take no longer than 10-12 minutes to complete. Exercises are to be performed with a high level of effort and should be set up in a circuit fashion, moving from one exercise to the next in a swift manner.

Day 1: Strength and Stability

Static Lunges: (Left and Right) 2 sets of 30 seconds each.

Agility Dots: (Left and Right, Forward and Reverse) 1 set of 10 reps each direction and leg.

Static Squats: 2 sets of 30 seconds

Day 2: Explosive Speed/Strength

Jumping Lunges: 2 sets of 30 seconds.

Broad jumps: 2 sets of 10 reps.

Lateral jumps: 2 sets of 10 reps.

5 step sprints: 3 sets.

Knee tuck jumps: 1 set of 10 reps.

Day 3: Core

Explosive crunches: 3 sets of 20 reps.

Planks: 3 sets of 30 seconds.

Side hip raises: 3 sets of 15 each side.