

# SOCCER PLAYER FITNESS CIRCUIT

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**Period 7**





## OUR ATHLETE

### Paul Scharner

Paul Scharner is a rising soccer player who adapted to a fitness circuit like this one.

#### WHAT DOES HE WANT TO GAIN?

- Scharner wants to improve his ability to make quick, meticulous movements in his footwork and gain the aptness to “shift” during games.
- In order to improve his overall performance, Scharner wishes to expand his cardiovascular endurance.



Scharner will accomplish these goals by following a 20/10 Tabata workout with fast paced, high intensity exercises.



# ALL ABOUT **TABATA**

## What is a Tabata workout?

Also described as high-intensity interval training (HIIT), the Tabata workout is a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods.

## Why is Tabata beneficial?

- ▶ Anaerobic and aerobic capacity increase
- ▶ Muscle tissue retention
- ▶ Fat loss through increased metabolic rate
- ▶ Time savings
- ▶ Easily adaptable to every athlete

## How does this apply to our athlete?

One of the most important skills in soccer is the ability to respond quickly and accurately to the changing demands of the competitive environment (i.e., position of ball, teammates, opponents).





# CIRCUIT OUTLINE

## Station 1

Agility Ladder  
High-Knees

## Station 2

V-sit Twists

## Station 3

Resistance Band  
Running

## Station 4

Kettle Bell Swings

## Station 5

Bosu Ball Lateral  
Touches

## Station 6

Step-ups

## 4 SIMPLE STEPS

1. Participants will be numbered off.
2. Each will go to the station that is his/her number. There will be  $\approx 6$  people per station
3. Each station is one minute. Participants will do the activity for 20 seconds, take a break for 10, and repeat.
4. Each group will attend each station 3 times, totaling an 18 minute circuit.



## GETTING SET UP

### **Agility Ladder High-Knees:**

*2 Agility Ladders*

### **Kettle Bell Swings:**

*6 10-lb kettlebells*

*6 15-lb kettlebells*

### **V-sit Twists:**

*6 5-lb med balls*

### **Bosu Ball Lateral Touches:**

*6 bosu balls*

### **Resistance Band Running:**

*3 running bands*

### **Step-ups:**

*6 step ups each with an  
elevation of 3 (6 step-up  
height raisers total)*

*12 extra raisers*

### **Location:**

Place the equipment in the order of the stations; keep them distinctly spaced apart



# WARM UPS

5 Warmups

# BUTTKICKERS

Every 3 is a rep

Class count:

1    2    3 (leader)

1 (class)



# HIGH KNEES

Every 2 is a rep

Class count:

1 2(leader)

1(class)



<https://goo.gl/WrvFxy>

# SKIER JUMPS

Every 2 is a rep

Class count:

Left      right (leader)

1 (class)



<https://goo.gl/Ub9WZR>

# IN & OUT PLANK JACKS

Every 1 is a rep

Class count:

In	Out	jack	1 (leader)
			1 (class)



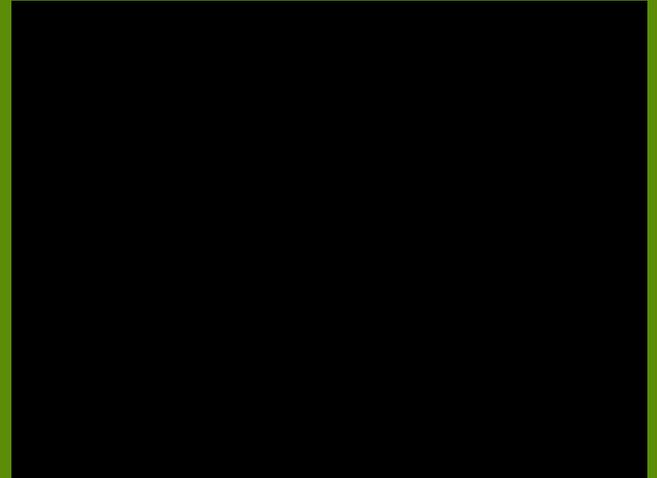
# LATERAL SIDE FLOOR TOUCHES

Every 1 is a rep

Class count:

Up touch (leader)

1 (class)





# STATIONS

6 Stations

<https://goo.gl/R3pBRM>



# STATION 1: AGILITY LADDER HIGH KNEES



## Muscle Groups:

Develops strength and endurance of the hip flexors, the muscles that lift the knees and prevent plodding in the running stride. Develops strength and endurance of the quads. Stretches the hip extensors, which include the gluteal muscles. These benefits lead to a longer stride for faster, more efficient running.

## Skill Components:

High knees combine the typical running motion with exaggerated knee lifts. They are often used by runners and other athletes to improve running form as well as lower body speed, power, and flexibility. There are several variations of the high knees exercise you can implement into your fitness routine.

## Modification:

For the modification part, you're going to step twice in the box instead of doing high knees. This exercise is easier than the normal exercise that was given.

## Progression:

For the progression part, you're now going to start off with going forward 3 steps. Then, you're going to go back 2 steps and go forward 3 again. You then continue this pattern until you reach the end of the agility ladder. This exercise is to help you improve your coordination.



## STATION 2: V-SIT TWISTS

<https://goo.gl/k7ZmhF>



### Muscle Groups:

This core exercise is a good workout for the whole abdomen. It engages all the abdomen muscles. It strengthens the rectus abdominis, internal obliques, and the external obliques. Russian twists are one of the best ways to work your obliques, the muscles that help rotate your torso.

### Modification:

If you cannot complete the exercise, practice twisting your torso as far as you can to the left, while leaving your hands on the floor. This assistance will guide the movement while utilizing proper form.

### Skill Components:

Explosively twist your torso as far as you can to the left [1], and then reverse the motion, twisting as far as you can to the right [2]. That's one rep.

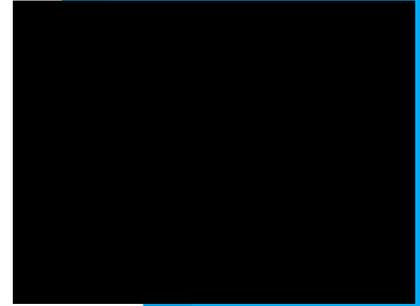
### Progression:

Hold the med ball (if used) straight out in front of you and keep your back straight (your torso should be at about 45 degrees to the floor). Do the v-sit twist while holding the med ball.



# STATION 3: RESISTANCE BAND

<https://goo.gl/AZhtqL>



## Muscle Groups:

The Resistance Band can target multiple muscle groups, depending on the way you use it. For example, it can target the shoulders, triceps, legs, quads, glutes, hamstrings, biceps, forearms, etc.

## Modification:

Lift your legs in an upright manner, representing the movement quality of “high knees”. Take strides forward, bringing your knees up in a walking format. Develop strength and endurance of the hip flexors, the muscles that lift the knees and prevent plodding in the running stride.

## Skill Components:

Some skill components that are used in the resistance band can be muscular endurance since you need endurance so the ability of your muscles can perform contractions for extended periods of time. Rather than just lifting or carrying something for a few seconds, the muscles are used for minutes.

## Progression:

Make friends while making a difference in your physical fitness. Ever wanted a high five, but were constantly rejected by your peers? Well, now it’s mandated by us. Pair up with two group mates. One group member will hold the band, one will run, and one will wait for the running member to slap a nifty high-five.



# STATION 4:

## KETTLE BELL SWINGS



### Muscle Groups:

The muscles that the kettlebell swing targets is the hips, glutes, hamstrings, lats, abs, shoulders, pecs and grip. It's a simple and fast way to incorporate an athletic movement.

### Skill Components:

The skill components of kettlebell swings can be by using cardiovascular endurance where your body's ability increases when working out for extended periods of time. Muscular endurance is another skill component because you are lifting a weight for an extended period of time, so the muscles are used for minutes.

### Modification:

The modification for this exercise is simple. All you have to do is squat down less, or bring the kettlebell less high up. By doing this, the core isn't worked as much, since there isn't too much pressure on it to stabilize the body.

### Progression:

To make the workouts more intense, the athlete should use a heavier kettlebell. This will add weight to the squats, making it more difficult to lift the kettlebell and go into the squat.



# STATION 5:

## BOSU BALL LATERAL TOUCHES



### Muscle Groups:

This core exercise is a good workout for the whole abdomen. It engages all the abdomen muscles. It strengthens the rectus abdominis, internal obliques, and the external obliques. Russian twists are one of the best ways to work your obliques, the muscles that help rotate your torso.

### Modification:

If this exercise is too hard, don't make fast movements/leaps from side to side. Take it easy and just go over the bosu ball slowly. Then touch the ground. By minimizing the amount of movement that you have to do, the exercise will become easier.

### Skill Components:

Skill components of Bosu Ball Lateral Touches would be to obtain cardiovascular endurance with some muscular endurance if you do the progression exercise.

### Progression:

If this exercise is too easy, try using a kettlebell. Instead of touching the floor with your hand everytime you move to each side, you are going to touch the floor with the kettlebell. Therefore, it makes the exercise a little bit harder because you're carrying weight from side to side.



# STATION 6:

## STEP UPS

<https://goo.gl/SRM7jE>



### Muscle Groups:

Your quadriceps and hamstrings (the muscles on the front and back of your thighs) gluteus maximus, and hips provide most of the power while doing step ups. Other muscles contribute with provide power and stability.

### Skill Components:

The skill components that step ups help us with would be to improve cardiovascular endurance (meaning to have the ability to keep up with exercise like running, jogging, swimming, cycling, and anything that forces your cardiovascular system (lungs, heart, blood vessels) to work for extended periods of time) and flexibility where it ensures that your body can move through its entire range of motion without pain or stiffness.

### Modification:

Modification for this exercise is by slowly stepping up the step ups at your own pace. So, everything is the same but instead, you're going slower than the normal pace you're suppose to go at.

### Progression:

Progression for this exercise is by adding an additional 3 purple boards at the bottom in order to make the step ups higher than they are. In total, there should be 5 height increasers on each side. This way, you will need to be focused all the time in order to not lose balance and collapse.



# COOL DOWN **STRETCHES**

5 stretches

## DOUBLE-STAG LUNGES

Too Hard?

Bend your leg a little.

Too easy?

Bring your elbows down.



## CALF-HAMSTRING STRETCH

### Tips:

- Make sure that the knee does not go too far past the ankle.



## SUMO STRETCH

### Tips:

- Make sure that your upper thighs are parallel to the ground.
- Check to see that your knees are at a 90 degree angle.



## BUTTERFLY

Too Hard?

Bring your feet further out.

Too Easy?

Try to get your knees to touch the ground.

Still Too Easy?

Try to bring your nose to your feet



# FLAMINGO

## Tips:

- If you are having trouble with balance, stare at a still object.





# ENJOY YOUR WORKOUT!

Tabata Format