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# **Sample Youth Soccer Conditioning Program**

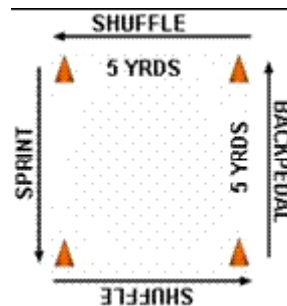
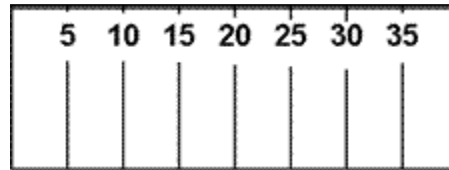
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Please forward to any one involved in youth soccer

## Sample Youth Soccer Conditioning Program

Here is a sample youth soccer conditioning program:  
Shuttles can be distance of 10, 20 and/or 30 meters



Change of direction is good to train from both the energy and muscular system perspective. This type of interval training stresses muscles that are ignored during shuttles. This will help reduce the potential for injury.

### Sample Ten Week Adolescent Youth Soccer Conditioning Program

#### Week 1

2x week 30 meter or yard shuttles  
30 seconds work, 30 seconds active rest - walk 2x

1x week 20 yard box runs  
30 seconds work, 30 seconds active rest walk 2x

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## **Week 2**

2x week 30 meter or yard shuttles  
30 seconds work, 30 seconds active rest - walk 3x

1x week 20 yard box runs  
30 seconds work, 30 seconds active rest walk 3x

## **Week 3**

2x week 30 meter or yard shuttles  
30 seconds work, 30 seconds active rest - walk 4x

1x week 20 yard box runs  
30 seconds work, 30 seconds active rest walk 4x

## **Week 4**

2x week 30 meter or yard shuttles  
30 seconds work, 30 seconds active rest - walk 5x

1x week 20 yard box runs  
30 seconds work, 30 seconds active rest walk 5x

## **Week 5**

2x week 30 meter or yard shuttles  
30 seconds work, 30 seconds active rest - walk 6x

1x week 20 yard box runs  
30 seconds work, 30 seconds active rest walk 6x

## **Week 6**

2x week 30 meter or yard shuttles  
30 seconds work, 30 seconds active rest - walk 7x

1x week 20 yard box runs  
30 seconds work, 30 seconds active rest walk 7x

## **Week 7**

1x week 30 meter or yard shuttles  
30 seconds work, 30 seconds active rest - walk 8x

1x week 10 meter or yard shuffle  
20 seconds work, 10 seconds rest, 4 times

1x week 20 yard box runs  
30 seconds work, 30 seconds active rest walk 8x

## **Week 8**

1x week 30 meter or yard shuttles  
20 seconds work, 20 seconds active rest - walk 9x 1x week

1x week 10 meter or yard shuffle  
20 seconds work, 10 seconds rest 4 times  
rest two minutes and repeat

1x week 20 yard box runs  
30 seconds work, 30 seconds active rest walk 9x

## **Week 9**

1x week 30 meter or yard shuttles  
20 seconds work, 20 seconds active rest - walk 10 x

1x week 10 meter or yard shuffle  
20 seconds work, 10 seconds rest 4 times  
rest two minutes and repeat

1x week 20 yard box runs  
30 seconds work, 30 seconds active rest walk 10 x

## **Week 10**

1x week 30 meter or yard shuttles  
20 seconds work, 20 seconds active rest - walk 10x

1x week 10 meter or yard shuffle  
20 seconds work, 10 seconds rest 4 times  
rest two minutes and repeat

1x week 20 yard box runs 30 seconds work, 30 seconds  
active rest walk 7x

## **"Fartlek"**

"Fartlek" type of training intervals may be incorporated into this youth soccer conditioning program in weeks 7, 8, 9 and 10.

Fartlek training was developed in the 1930's from the Swedish for 'Speed Play'. It combines continuous and interval training. Fartlek allows the athlete to run whatever distance and speed they wish, varying the intensity, and occasionally running at high intensity levels. This type of training stresses both the aerobic and anaerobic energy systems. This is another system for a youth soccer conditioning program.

Here are a couple of Fartlek type interval to include for a youth soccer conditioning program.

## **A**

5-7 minutes warm up  
Repeat 3 times each  
Maximum effort for 75 seconds, 150 seconds jog  
Maximum effort for 60 seconds, 120 seconds jog .  
5 minute cool down. In this Fartlek training the work to rest ratio is 1:2

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**B**

5-7 minutes warm up. Repeat 3 times -  
Run hard for 30 seconds, jog 90 seconds.  
Repeat with 15 second decreases in recovery jog e.g.  
30-90,  
30-75,  
30-60,  
30-45,  
30-30, 30-15 and 30-15.  
10 minute warm down jog 5 minute cool down

\*\*\*Important note\*\*\*

These type of intervals are more for players 14 and up.

Younger players conditioning may be done in 3v3 and 4v4 mini games or scrimmages.

Cheers!

Yours in Soccer Power,

Mike Grafstein

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