

FAIRFIELD LUDLOWE GIRLS SOCCER

Conditioning Exercises

Cone Test

1. Place a marker to indicate your starting point
2. Place a marker at five, ten, fifteen, twenty, and twenty-five yards
3. Starting at the first cone, run out to the five and back, the ten and back, and so on
4. Perform as fast as you can
5. Rest thirty seconds. Repeat according to workout.
6. If you are up to ten repetitions, add an extra 15 seconds of rest on 3, 6, and 8.
 - *US National Team (USNT) Standard: 8-10 repetitions at under 35 seconds each.*

25's

1. Place a marker to indicate your starting point
2. Set a marker 25 yards away
3. Run out and back six times (300 yards total)
4. Rest 45 seconds 5. Repeat according to workout
 - *USNT Standard: 60-70 seconds per repetition.*

40's

1. Place a marker to indicate your starting point
2. Set a marker 40 yards away
3. Run out and back three times (240 yards total)
4. Try for your best time on each repetition
5. Rest 45 seconds
6. Repeat according to workout
 - *USNT Standard: under 55 seconds per repetition.*

Figure 8's

1. On a soccer field, start in one corner and jog the sideline to the center line
 2. Sprint across the center line to the other sideline
 3. Jog that sideline to the opposite far corner
 4. Sprint across the end line in front of the goal to the sideline
 5. Jog the sideline back to the center line
 6. Sprint across the center line to the other sideline
 7. Jog last sideline to end line
 8. Sprint last end line to starting point
- One time around the field is one Figure 8 with four sprints.

Hills

1. Find a relatively steep and long hill (Sturges grass hill works)
 2. Sprint up, walk down, then rest at the bottom of the hill
- You will need to judge the toughness of your workout based on the hill/street you choose.

Raise the Bar

This workout works best on a track or outside of a soccer field. If you are on a soccer field, you use the lines of the 6-yard box, the 18-yard box, and the center line. If you are on a track, you will need some sort of markers to set up the 6, 18, and 60 yard lines. Try to hit the listed times. Rest times begin right at the end of the target time. If you finish early, you get more rest time. If you take longer, you get less rest time.

Two laps (800 m) 3:20 (Three minutes, twenty seconds)

Rest 2:00 minutes

Sprint shuttle :35 (Thirty-five seconds)

6 and back, 18 and back, 60 and back

Rest 1:00 minute

One lap (400 m) 1:20

Rest 1:00 minute

Sprint shuttle :36

Rest 1:00 minute

Sprint shuttle :37

One lap 1:30

Rest 1:00 minute

Sprint shuttle :38

Rest 2:00 mnutes

Two laps 3:30