



Player Development Program

Summer 2023





TEXAS MEN'S SOCCER

PLAYER DEVELOPMENT PROGRAM









FIRST PART

MOBILITY 2 X 10 REPETITIONS



SECOND PART

STRENGTH & PREVENTION

<p>1</p> <p>STIFF HIGH PULL 3 x 10 REPETITIONS</p> 	<p>4</p> <p>DUMBBELL THRUSTER 3x 12 REPETITIONS</p> 	<p>7</p> <p>DUMBBELL CHEST PRESS 3 X 10 REPETITIONS</p> 
<p>2</p> <p>PLANK 3 X 30 SECONDS</p> 	<p>5</p> <p>TRADITIONAL SIT UP 3 x 20 REPETITIONS</p> 	<p>8</p> <p>PLANK UP AND DOWN 3 X 20 REPETITIONS</p> 
<p>3</p> <p>SIDE PLANK (EACH SIDE) 3 x 30 SECONDS</p> 	<p>6</p> <p>FLUTTER KICKS ABS 3 X 20 REPETITIONS</p> 	<p>9</p> <p>BIKE 10 MINUTES</p>

STABILITY 2 X 10 REPETITIONS



PREPARATION TRAINING SCHEDULE



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PLAYER DEVELOPMENT PROGRAM

FIRST PART

MOBILITY 2 X 10 REPETITIONS

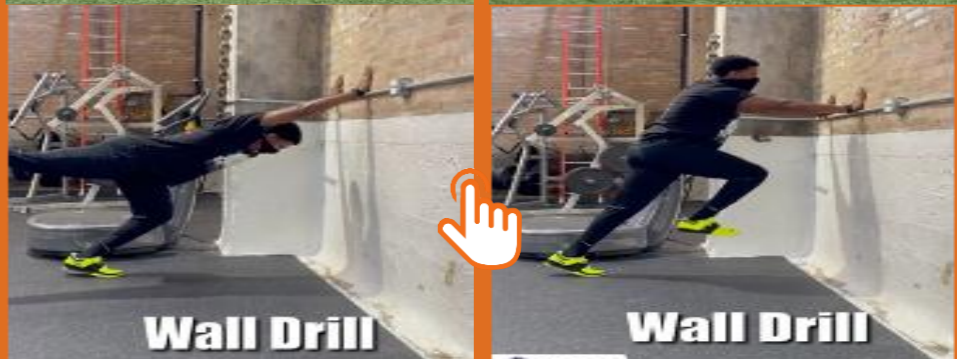
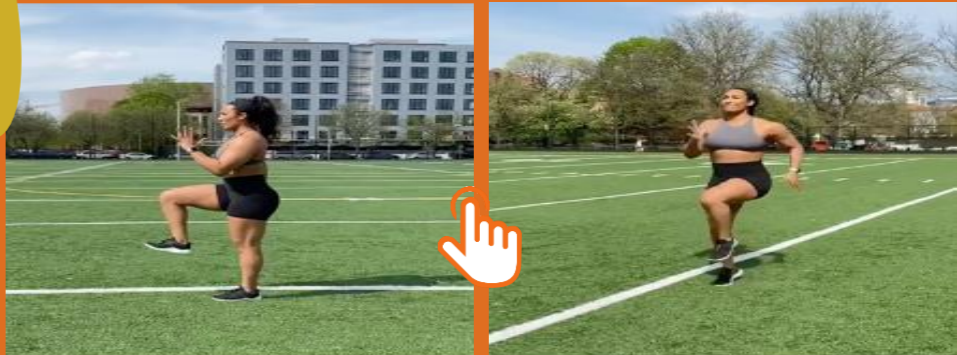


SECOND PART

AEROBIC

<p>1</p> <p>BIKE 10 MINUTES</p>	<p>4</p> <p>10 BURPEES + PLANK 20 SEC 8 BURPEES + PLANK 30 SEC 6 BURPEES + PLANK 40 SEC 4 BURPEES + PLANK 1 MIN</p>	<p>7</p> <p>JUMP ROPE TRADITIONAL 5 X 30 SECONDS REST 30 SECONDS</p>
<p>2</p> <p>PLANK 3 X 30 SECONDS</p>	<p>5</p> <p>10 BURPEES + PLANK 20 SEC 8 BURPEES + PLANK 30 SEC 6 BURPEES + PLANK 40 SEC 4 BURPEES + PLANK 1 MIN</p>	<p>8</p> <p>TREADMILL 1 MILE RUN FAST AS YOU CAN REST 3 MINUTES</p>
<p>3</p> <p>TREADMILL 1 MILE RUN FAST AS YOU CAN REST 3 MINUTES</p>	<p>6</p> <p>TREADMILL 1 MILE RUN FAST AS YOU CAN REST 3 MINUTES</p>	<p>9</p> <p>BIKE 10 MINUTES</p>

STABILITY 2 X 10 REPETITIONS



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SECOND PART

STRENGTH & PREVENTION

<p>1</p> <p>SINGLE LEG STIFF 2 X 10 REPETITIONS EACH LEG</p> 	<p>3</p> <p>SQUAT 3 X 10 REPETITIONS</p> 	<p>5</p> <p>ALTERNATE DUMBBELL FORWARD LUNGE 3 X 10 REPETITIONS</p> 
<p>2</p> <p>DUMBBELL PUSH PRESS 3 X 10 REPETITIONS</p> 	<p>4</p> <p>BENCH PRESS 3 X 10 REPETITIONS</p> 	<p>6</p> <p>BARBELL ROW 3 X 10 REPETITIONS</p> 
	<p>7</p> <p>TREADMILL 20 MINUTES</p>	

STABILITY 2 X 10 REPETITIONS



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STABILITY 2 X 10 REPETITIONS

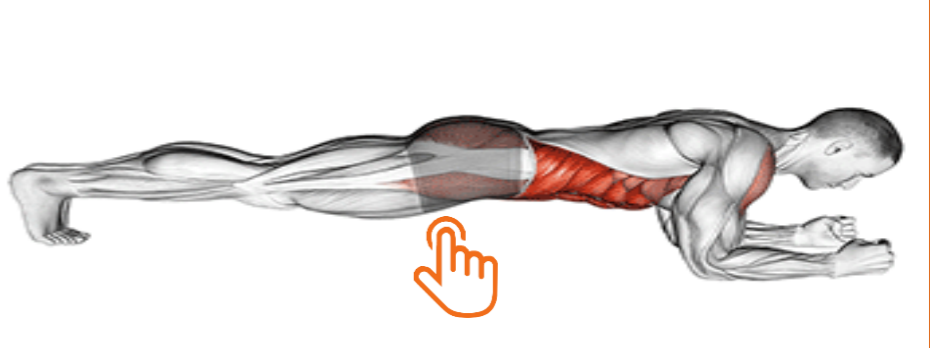


SECOND PART

AEROBIC + CORE

1 THRUSTER 3 X 10 REPETITIONS	4 DEADLIFT 3 X 8 REPETITIONS	7 DUMBBELL BICEPS CURL 3 X 10 REPETITIONS
2 BOX JUMP 3 X 12 REPETITIONS	5 JUMPING JACK 3 X 30 REPETITIONS	8 DUMBBELL TRICEP 3 X 10 REPETITIONS
3 ABS WORKOUT 3 X 30 REPETITIONS	6 TREADMILL 1/2 MILE RUN FAST PACE 3 SETS REST 1 MINUTE BETWEEN SETS	9 BIKE 10 MINUTES RECOVERY

PREPARATION TRAINING SCHEDULE











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SECOND PART

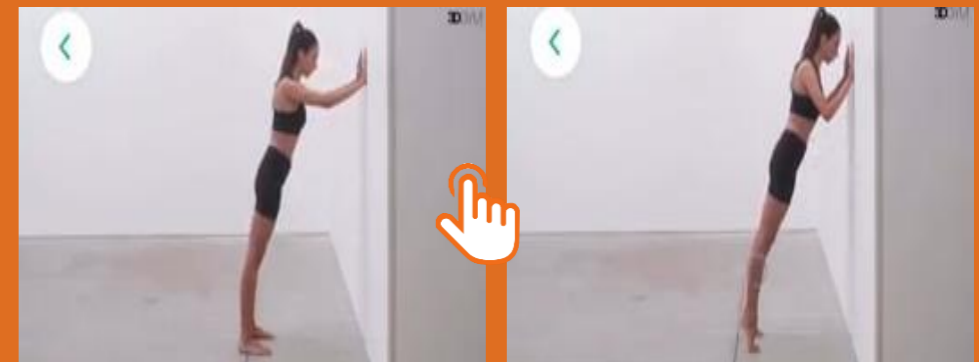
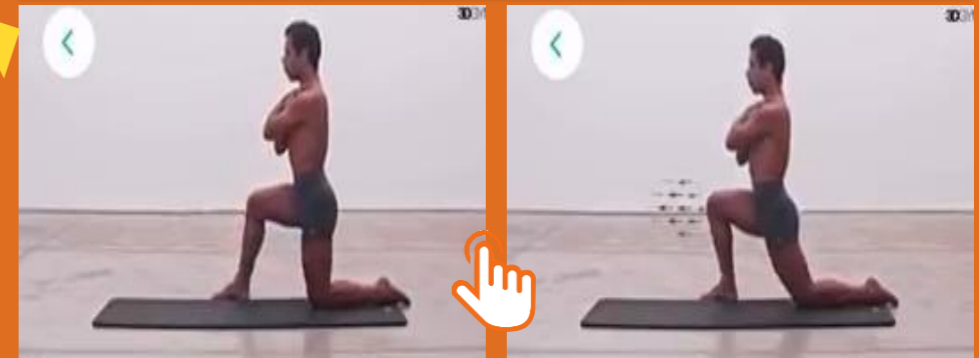
STRENGTH & PREVENTION

<p>1 PLANK 3 X 1 MINUTE REST 30 SECONDS BETWEEN SETS</p> 	<p>4 INCLINE BENCH PRESS 3 X 10 REPETITIONS</p> 	<p>7 ABDUCTOR & ADDUCTOR 3 X 15 REPETITIONS EACH</p> 
<p>2 SIDE-PLANK 3 X 30 SECONDS EACH SIDE</p>	<p>5 SEAT ROW 3 X 12 REPETITIONS</p> 	<p>8 DUMBBELL UPRIGHT ROW 3 X 10 REPETITIONS</p> 
<p>3 LOWER BACK EXTENSION 3 X 20 REPETITIONS</p> 	<p>6 TREADMILL 10 X 30 SECONDS RUN FAST 30 SECONDS REST</p>	<p>9 ABS 1 X MAXIMUM YOU CAN (UNTIL FAIL)</p>

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