

# Comprehensive Program

Advanced Soccer Outside Midfielder

- 6 weeks off season
- 3 weeks preseason
- 6 weeks in season

## Offseason:

### Week 1:

#### Monday: plyos and UB RT

Exercise	Intensity	Reps	Rest	Rationale
A-Skip / B-Skip Series	Focus on technique	3 x 15 total contacts	45 s	Light sprint mechanics without plyometric stress; perfect early off-season prep
Acceleration wall drills	Technique	3 x 5 ea	45 s	T Builds correct shin angle & projection before introducing loaded deceleration/jumping.
Bench Press	65 % 1RM	4 x 8	60-90 s	Foundational upper-body strength for shielding and stability.
1 arm DB row	GR 6-8	3x 6	60- 90s	Unilateral pulling for posture & sprint arm drive.
Banded face pulls	GR 8-10	3 x 8-10	45- 60s	Postural strength and scapular control.
Deadbug	BW	3x8 ea	30-45s	Core stability without impact.

#### Tuesday: plyos and UB RT

Exercise	Intensity	Reps	Rest	Rationale
A-Skip + Fast-Leg Combo	Focus on technique, low intensity	2x 15 m	45 s	Light sprint mechanics without plyometric stress; perfect early off-season prep
Lateral Shuffle to sprint (moderate)	Low-mod	3 reps	75 s	Very light direction change without cutting forces.
10 m Accels (submax, 80–90%)	technical	4 x 10m	60-75 s	Teaches projection without full explosive output.
Dribble Accel (10 m)	Low-mod	3x 10m	60s	Adds ball familiarity early in cycle.

#### Wednesday: LB + plyo prep

Exercise	Intensity	Reps	Rest	Rationale
Back squat	65% of 1 RM	4 x 8	60-90s	Foundational strength base for later plyo progression.
RDL	65% of 1 RM	3 x 8 ea	60-90s	Builds posterior chain tissue tolerance pre-plyo.
Reverse Lunges	GR 8-10	3 x 8	60s	Early-phase unilateral strength before high-impact lateral work.
Calf raises	GR 12	3x 12	45-60s	Strengthens Achilles/soleus before SSC loading in later weeks.
Anti-Rot pallof press	GR 8-10	3 x 10 ea	45s	Builds core control needed for stable landings later.

**Thursday: OFF**

**Friday: Whole Body (no plyos yet)**

Exercise	Intensity	Reps	Rest	Rationale
Goblet squat	GR 6-8	4 x 8	90s	Lower-load patterning before switching to heavier squats.
Hip Thrust	Light-mod	3 x 8 ea	60-90s	Hip strength foundation critical for sprinting.
Lateral Lunges	GR 8-10	3 x 8	60-90s	Early-phase unilateral strength before high-impact lateral work.
Pull Ups	BW/assisted if needed)	3x 6	60-90s	Upper body pulling balance.
Hip Abduction/adduction	GR 6-12	3 x 10	60s	Groin strengthening before explosive cutting.
Front Plank	BW	3 x30s	30-45s	Trunk control foundational before plyos.

**Week 2:**

**Monday: plyos and UB RT**

Exercise	Intensity	Reps	Rest	Rationale
A-Skip / B-Skip combo	Focus on technique	2 x 20 total contacts	45 s	Slightly increases distance; reinforces sprint rhythm without stress.
Wall acceleration marches	Technique	3 x 6 ea	45 s	Continues teaching projection angles before accelerating faster

Bench Press	70% 1RM	4 x 8	60-90 s	Small load increase for early strength adaptation.
1 arm DB row	GR 6-8	3x 8ea	60- 90s	Increased reps for improved scapular stability.
Banded face pulls	GR 10-12	3 x 12	45s	Postural strength and scapular control.
Banded Deadbug	Light band	3x 10ea	30-45s	Slight challenge added, building foundational core stiffness.

### Tuesday:

Exercise	Intensity	Reps	Rest	Rationale
A-Skip + Fast-Leg	Focus on technique, low intensity	2x 20 m	45 s	Slight progression in mechanics and coordination.
Lateral Shuffle (controlled)	Low	3 reps	75 s	Light lateral activation without COD forces.
10 m Accels (submax, 80–90%)	technical	4 x 10m	75 s	Teaches projection without full explosive output.
Curve Run	Low-mod	2x 10m	90s	Introduces curved sprinting without peak forces.
Reaction Lean and Go	Low	3 reps	60s	Adds small cognitive layer while staying low intensity

### Wednesday: LB + plyo prep

Exercise	Intensity	Reps	Rest	Rationale
Back squat	70% of 1 RM	4 x 8	60-90s	Small load bump builds base strength before plyos begin next week.
RDL	70% of 1 RM	3 x 8	60-90s	Builds posterior chain tissue tolerance pre-plyo.
Reverse Lunges	GR 6-8	3 x 8ea	60s	Slight load increase
Calf raises	GR 12	4 x 12	45-60s	Increased volume for Achilles stiffness before plyos.
Pallof press (hold at extension)	GR 10-12	3 x 8 ea	45s	Adds time under tension

### Thursday: OFF

**Friday: Whole Body (no plyos yet)**

Exercise	Intensity	Reps	Rest	Rationale
Goblet squat	GR 4-6	4 x 8	90s	Slightly heavier to prep for next week
Hip Thrust	mod	3 x 10	60-90s	Increased intensity to build for hip extension
Slow Lateral Lunges (2s eccentric)	GR 8-10	3 x 8ea	60-90s	Builds tissue tolerance in adductors for later side-to-side plyos.
Pull Ups	BW/assisted if needed)	3x 7	60-90s	Slight rep increase.
Hip Abduction/adduction	GR 6-12	3 x 12	60s	Strengthens groin/glute med for COD efficiency later
Front Plank with alternating arm reach	BW	3 x20-30s	30-45s	Introduces mild instability before plyometric phase.

**Week 3:****Monday: plyos and UB RT**

Exercise	Intensity	Reps	Rest	Rationale
Line Hops (front to back)	No weight (low)	2 x 20 total contacts	30-45 s	First exposure to SSC; extremely low load to prep ankles and feet.
Snap Downs (tall to half squat landing)	No weight (low)	3 x 4	45 s	Re-introduces landing pattern before progressing to true jumps
Low Box Step-Off → Stick	No weight (low)	3 x 3	60 s	Safe eccentric landing exposure; conditions tendons for future plyos.
Bench Press	75 % 1RM	4 x 6	60-90 s	Small progression to increase upper-body force output.
1 arm DB row	GR 6-8	3x 8	60- 90s	Volume progression for scapular control.
Banded face pulls	GR 10-12	3 x 12	45s	Reinforces posture and shoulder stability.
Banded Dead bugs	Light band	3x 10ea	30-45 s	Continues core stability progression

**Tuesday:**

Exercise	Intensity	Reps	Rest	Rationale
A-Skip + B skip combo	Focus on technique, low intensity	2x 20 m	45 s	Reinforces sprint timing and shin angles.

Lateral Shuffle (controlled)	Low	3 x10m	75 s	Light lateral activation without COD forces.
5-5 plant and go	low	2 reps	75 s	Teaches projection without full explosive output.
10 m accel (90%)	Low-mod	4x 10m	90s	Slight intensity increase, still submaximal.
Curve run	moderate	2x20m	90s	Teaches directional sprinting mechanics with minimal braking.

### Wednesday:

Exercise	Intensity	Reps	Rest	Rationale
Med-Ball Chest Pass (standing)	Low weight	3x 5	60-75 s	Low-impact power prep; reinforces triple-extension timing.
Back Squat	75% 1RM	4x 6-8	60-90s	Progresses load for strength foundation.
RDL	70% 1 RM	3 x8	75 s	Increasing hamstring eccentric strength before COD/changing direction intensifies.
Reverse Lunge	GR 6-8	3 x 8 ea	60s	Maintains unilateral control.
Standing Calf raises	GR 12	3x 12	60s	Prepares calves/Achilles for upcoming plyos.
Palloff Press (hold)	GR 10-12	3 x10	45s	Builds trunk stiffness important for landing.

**Thursday: OFF**

### Friday: Whole Body (starting to focus on strength)

Exercise	Intensity	Reps	Rest	Rationale
Front Squat	65% RM	4 x 7	90s	Transitioning into Front Squats
Hip Thrust	mod	3 x 8	60-90s	Increased intensity to build for hip extension
Slow Lateral Lunges (controlled)	GR 8-10	3 x 8ea	60-90s	Continues frontal-plane prep before lateral jumps next week.
Pull Ups	BW/assisted if needed)	3x 7-8	60-90s	Slight rep increase.

Hip Abduction/adduction	GR 8-12	3 x 12	60s	Strengthens groin tissue before COD stress increases.
Front Plank with alternating arm reach	BW	3 x20-30s	30-45s	Core strength

## Week 4:

### Monday: intro plyos and UB RT

Exercise	Intensity	Reps	Rest	Rationale
Line Hops (front to back)	No weight (low)	2 x 20 total contacts	30-45 s	Maintains early plyo volume for tendon conditioning.
Snap Downs to mini hop	No weight (low)	3 x 4	45 s	Slight increase in elasticity while still low impact.
Low Box Step-Off → Stick	No weight (low)	3 x 3	60 s	Safe eccentric landing exposure; conditions tendons for future plyos.
DB Bench Press (neutral grip)	70% RM	4 x 6	60-90 s	Slight variation reduces shoulder stress and builds stability.
Chest supported DB row	GR 6-8	3x 8	60- 90s	More stable row variation; reduces low-back demand.
Hollow Holds	Low-mod	3x30 s	45s	Increases anterior core bracing for sprinting + decel.

### Tuesday:

Exercise	Intensity	Reps	Rest	Rationale
Mirror Shuffle (react to partner)	Focus on technique, low intensity	3x8-10	60s	Introduces low-intensity reactive agility without high braking forces.
Hip turn- jog out	Low	3 reps each	60s	Teaches opening hips and transitioning into forward movement , key for outside mids adjusting to play quickly.
Zig Zag COD	Light jog, controlled angles	2 x20m	75 s	Adds low-impact directional change variety without taxing deceleration yet.
10 m accel (90%)	Low-mod	4x 10m	90s	Continues acceleration progression while staying submaximal.
Rolling 5m- 10 m accel	moderate	2 reps	90s	Introduces a smoother, more realistic acceleration pattern used in soccer when already moving.

**Wednesday:**

Exercise	Intensity	Reps	Rest	Rationale
Med-Ball Chest Pass (standing)	Low weight	3x 5	60-75 s	Maintains low-impact power development.
Back Squat	77-80% 1 RM	4x 5-6	60-90s	Begins shifting toward heavier strength loading.
SL RDL	GR 6-8	4x7 ea	75 s	Progresses eccentric hamstring strength, unilateral to add variation
Bulgarian Split Squat	GR 6-8	3 x 8 ea	60s	Adds variety + greater unilateral demand.
Standing Calf raises	GR 12	3x 12	60s	Prepares calves/Achilles for upcoming plyos.
Side plank with reach under	BW	3 x8 ea	45s	Improves lateral core stability + rotational control for cutting.

**Thursday: OFF****Friday: Whole Body (starting to focus on strength)**

Exercise	Intensity	Reps	Rest	Rationale
Front Squat	70% RM	4 x 7	90s	Transitioning into Front Squats
Glute bridges	Mod-heavy	4 x 6	60-90s	Similar intent as hip thrust but lower back-friendly; still builds hip extension crucial for acceleration.
Lateral Step downs	GR 6-8	3 x 8 ea	60-90s	Introduces controlled single-leg eccentric work, excellent for knee stability and cutting mechanics.
Inverted Row	BW	3x 8	60-90s	Encourages trunk stabilization + hip engagement while still keeping the UB pull.
Lateral band walks	GR 8-12	2 x 12 each way	60s	Strengthens glute med/min for cutting, shuffling, and preventing knee valgus.

Bird Dog	BW	3 x 6 each	30-45s	Anti-rotation + trunk control, supports sprinting & deceleration mechanics.
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## Week 5:

### Monday: intro plyos and UB RT

Exercise	Intensity	Reps	Rest	Rationale
Lateral Line Hops	Low-mod	2 x 20 total contacts	30-45 s	Introduces frontal-plane elasticity important for outside midfield transitions.
Snap Downs to mini hop	No weight (low)	3 x 4	45 s	Slight increase in elasticity while still low impact.
Box Jump	Low box	3 x 3	60 s	First moderate-intensity concentric plyo; controlled height protects tendons.
BB Bench Press	80% RM	4 x 5	60-90 s	Begins strength-emphasis phase for UB pressing.
Chest supported DB row	GR 6	3x 6	60- 90s	More stable row variation; reduces low-back demand. Increased intensity decreased volume.
Hollow Holds	Low-mod	3x40 s	45s	Increases anterior core bracing for sprinting + decel.

### Tuesday:

Exercise	Intensity	Reps	Rest	Rationale
Mirror Shuffle – 2-3 step burst	Low-mod	3x8-10s	60s	Introduces small reactive acceleration after agility movement.
Hip turn- 5 m sprint	mod	3 reps each	75 s	Links hip opening with explosive steps used in soccer transitions.
Figure 8 COD	mod	2 x15 m	75 s	Adds curved decel/reaccel patterns with moderate complexity.
10 m accel (90%)	Low-mod	4x 10m	90s	Continues acceleration progression while staying submaximal.
Rolling 5m- 15 m accel	moderate	2 reps	90 -120 s	Builds toward longer acceleration with a smooth transition.

**Wednesday:**

Exercise	Intensity	Reps	Rest	Rationale
Med-Ball Chest Pass (standing)	Low weight	3x 5	60-75 s	Maintains low-impact power development.
Back Squat	82% RM	4x 5	90s	Begins shifting toward heavier strength loading.
SL RDL	GR 6 (slightly heavier)	4x6 ea	75 s	Progresses eccentric hamstring strength, unilateral to add variation
Bulgarian Split Squat	GR 6-8	3 x 8 ea	60s	Adds variety + greater unilateral demand.
Standing Calf raises	GR 12	4x10	60s	Builds stiffness for higher-level plyos in Week 6.
Side plank with reach under	BW	3 x8 ea	45s	Improves lateral core stability + rotational control for cutting.

**Thursday: OFF****Friday: Whole Body (starting to focus on strength)**

Exercise	Intensity	Reps	Rest	Rationale
Front Squat	75-80% RM	4 x 5	90s	Clear strength progression from Week 4.
Kettlebell Swing	Low-mod	3x10	60-75s	Adds explosive hip extension without heavy loading; safe intro to power.
Lateral Step downs	GR 6-8	3 x 8 ea	60-90s	Maintains unilateral stability training.
Inverted Row	BW	3x 8	60-90s	Encourages trunk stabilization + hip engagement while still keeping the UB pull.
Lateral band walks	GR 8-12	3 x 12 each way	60s	Strengthens glute med/min for cutting, shuffling, and preventing knee valgus.
Bird Dog	BW	3 x 8 each	30-45s	Anti-rotation + trunk control, supports sprinting & deceleration mechanics.

**Week 6: (deload to prep for preseason)**

**Monday: intro plyos and UB RT**

Exercise	Intensity	Reps	Rest	Rationale
Line Hops (front to back)	Low-mod	1 x 20 total contacts	30s	Maintains SSC exposure without fatigue.
Snap Downs	No weight (low)	2x 4	45 s	Keeps landing mechanics sharp while reducing stress.
Box Step off	Low box	2x 3	60 s	Minimal eccentric stimulus to maintain patterning.
BB Bench Press	60% RM	3 x 5	60-75 s	Reduces load to allow recovery while maintaining movement.
Chest supported DB row	GR 8	2x 6	60- 90s	Reduces load to allow recovery while maintaining movement.
Hollow Holds	Low-mod	2x 30s	45s	Increases anterior core bracing for sprinting + decel.

**Tuesday: OFF- self recovery****Wednesday:**

Exercise	Intensity	Reps	Rest	Rationale
Med-Ball Chest Pass (standing)	Low weight	2x4	60-75 s	Maintains low-impact power development.
Back Squat	65% RM	3x 4	90s	Reduces fatigue while reinforcing technique.
SL RDL	GR 6 (slightly heavier)	3x 4 ea	75 s	Maintains unilateral hinge pattern with low stress.
Bulgarian Split Squat	BW	3 x 6 ea	60s	Eliminates loading but keeps pattern.
Standing Calf raises	GR 12	2x10	60s	Maintains tendon conditioning without overload
Side plank with reach under	BW	2x 8ea	45s	Improves lateral core stability + rotational control for cutting.

**Thursday: OFF****Friday: Whole Body (starting to focus on strength)**

Exercise	Intensity	Reps	Rest	Rationale
Front Squat	65% RM	3x 4	90s	

				Maintains squat strength - pattern while reducing fatigue.
Kettlebell Swing	Low-mod	2 x 10	60-75s	Small hip-power stimulus without CNS load.
Lateral Step downs	GR 6-8	2 x 6 ea	60-90s	Keeps unilateral control minimal.
Inverted Row	BW	2 x 6	60-90s	Maintains pulling strength lightly.
Lateral band walks	GR 8-12	2x 10 each way	60s	Keeps activation minimal but effective.
Bird Dog	BW	3 x 6 each	30-45s	Low-fatigue core control before preseason.

## Off Season General Rationale:

Weeks 1–3 focused on establishing a foundational base of movement quality, tissue tolerance, and technical efficiency before progressing into higher intensities. Early plyometrics were intentionally low-impact (e.g., line hops, snap-downs) to reintroduce the stretch-shortening cycle safely and prepare the ankle–knee complex for greater elastic demands. Speed and agility work emphasized technique, acceleration mechanics, and controlled changes of direction rather than maximal velocities to develop efficient sprint posture and hip orientation used by outside midfielders. Resistance training was kept moderate in intensity with higher volumes to develop general strength and reinforce fundamental patterns such as squatting, hinging, pushing, and pulling. Core and hip stability exercises were rotated weekly to avoid overuse and enhance trunk stiffness required for deceleration and cutting. Overall, Weeks 1–3 served as a movement and strength foundation that reduced injury risk and prepared the athlete for progressive overload in later phases.

Weeks 4–6 progressively increased strength and power demands while introducing more complex speed, agility, and COD patterns. Plyometrics transitioned to moderate-intensity variations such as low box jumps and lateral hops to improve elastic power without excessive loading. Strength training shifted toward higher intensities (75–82%) with unilateral emphasis to mirror soccer-specific force production and deceleration requirements. Agility and COD work incorporated reactive components and multi-directional patterns (e.g., hip turns, Figure-8 COD) to reflect the unpredictable nature of midfield play. Week 6 intentionally reduced volume and intensity across all modalities to serve as a deload, allowing neuromuscular recovery and optimizing readiness for the increased physical stress of preseason. This taper-maintained movement quality while ensuring the athlete enters preseason fresh, powerful, and resilient.

## Preseason: 3 weeks

### Week 1:

**Monday: LB emphasis, short plyos**

<b>Exercise</b>	<b>Intensity</b>	<b>Reps</b>	<b>Rest</b>	<b>Rationale</b>
Lateral Hurdle Hops	Low hurdles (mod)	1 x 20 total contacts	60-90s	Introduces higher-level lateral plyos; mimics quick reactive hops used in wide defensive pressure.
Broad Jumps to stick	mod	2x 4	75-90s	Builds horizontal power for acceleration and explosive first steps down the line.
Push press	70 % RM	4x4	90s	Total-body power production improving arm drive and trunk-force transfer during sprints.
BB Bench Press	80% 1 RM	3 x 5	60- 90s	Maintains upper-body strength for physical duels and aerial stability.
Front Plank w shoulder taps	BW	3x8 ea	45s	Trains anti-rotation stability for cutting, sprinting, and body control under contact.

## **Tuesday: Practice**

## **Wednesday: Agility/COD/Speed**

<b>Exercise</b>	<b>Intensity</b>	<b>Reps</b>	<b>Rest</b>	<b>Rationale</b>
A-Skip to fast leg	Low-mod	2x 20m	60s	Prepares rhythm, stiffness, and sprint timing without fatigue. (neural prep)
Reactive Mirror Shuffle – 2-3 step burst	Mod	2x 6-8s	90s	True agility, unpredictable, reactive, decision-making required.
45 degree plant-5 m Reacceleration	mod	2 each side	75-90s	Introduces angles, low CNS loa, teaches braking and reorientation.
Figure 8 COD	Low-mod	2 x15m	75s	Reduces load to allow recovery while maintaining movement.
10 m Accel	95-100%	3x10m	90s	Clean max-intent acceleration with full recovery.

## **Thursday: Practice**

**Friday: plyos, whole body**

Exercise	Intensity	Reps	Rest	Rationale
Lateral Bounds	BW	4x5 ea	90s	Develops lateral single-leg power used in cutting, recovery runs, and shielding wide players.
Box Jumps	BW	3x 3	75-90s	Vertical power with controlled landing and reduced joint impact.
Hang Clean	70 % RM	4x3	90- 120s	Explosive triple extension for improved acceleration and reactive speed.
Landmine Press (half kneeling)	GR 6-8	3x6 ea	60-90s	Builds diagonal pressing strength and trunk control, important for crossing and resisting contact.
Inverted row	BW	3 x 8	60- 90s	Strengthens the upper back and trunk stability for sprint posture and duels.
Palloff Press	Light mod (GR 8-10)	3x8	60-90s	Finishes the week with anti-rotation core work, reinforcing trunk stability for cutting,

**Week 2:****Monday: LB emphasis, short plyos**

Exercise	Intensity	Reps	Rest	Rationale
Lateral Hurdle Hops	Low hurdles (mod)	1 x 24 total contacts	60-90s	Mild increase in frontal-plane plyometric volume.
Broad Jumps to stick	mod	3x 3	75-90s	Progresses horizontal power safely.
Push press	75 % RM	4x4	90s	Increased intensity for power emphasis.
BB Bench Press	85 % 1 RM	3 x 4	120s	Small UB strength progression.
Front Plank w shoulder taps	BW	3x10 ea	45s	Slightly increased volume for trunk stability.

**Tuesday: Practice****Wednesday: Agility/COD/Speed**

Exercise	Intensity	Reps	Rest	Rationale
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A-Skip to fast leg	Low-mod	2x 25m	60s	Slight extension for neural prep.
Reactive Mirror Shuffle – 2-3 step burst	Mod	3x 6-8s	90-120s	Maintains reactive agility and decision-making.
45 degree plant-5 m Reacceleration	mod	3 each side	75-90s	Introduces more COD exposures with controlled intensity.
Figure 8 COD	Low-mod	2 x20m	75s	Adds multi-directional movement with a small progression.
10 m Accel	95-100%	3-4 x10m	90s	Acceleration quality prioritized without overload.

### Thursday: Practice

### Friday: plyos, whole body

Exercise	Intensity	Reps	Rest	Rationale
Lateral Bounds	BW	4x 6 ea	90s	Increased single-leg power and stability.
Box Jumps	BW	3x 4	75-90s	Maintains vertical power with small progression.
Med Ball Chest-Pass	Light-mod MB	2 x3	75s	Upholds UB plyo emphasis; reinforces trunk-to-arm power
Hang Clean	72-75 % RM	4x3	90- 120s	Slight load progression for explosive triple extension.
Landmine Press (half kneeling)	GR 6-8	3x7 ea	60-90s	Progresses diagonal pressing power.
Inverted row	BW	3 x 9	60- 90s	Increased pulling strength for sprint posture.
Palloff Press	Light mod (GR 8-10)	3x10 ea	60-90s	Increased core anti-rotation volume.

## Week 3:

### Monday: LB emphasis, short plyos

Exercise	Intensity	Reps	Rest	Rationale
Skater Bounds (distance-based controlled)	mod	3 x 4 ea	75-90s	Variation from hurdle hops; promotes single-leg lateral power and landing stability crucial for outside mids.
Broad Jump to vertical jump	mod	3x 3	75-90s	Progresses horizontal power safely.
Push press	78 % 1RM	4x4	90s	

				Maintains UB power as you finish preseason.
BB Bench Press	85 % 1 RM	3 x 4	120s	Keeps the same UB strength for maintenance
Deadbug with Band	Light band	3x10 ea	45s	New core variation preventing monotony while reinforcing anti-extension stability

## Tuesday: Practice

## Wednesday: Agility/COD/Speed

Exercise	Intensity	Reps	Rest	Rationale
Pogo to A-Skip Rhythm Prep	Low-mod	2x 20m	45- 60s	Light plyometric rhythm that improves ankle stiffness without conflicting with Monday plyos.
Number call Reactive Shuffle to Sprint	Mod-high	2x8-10s	90s	More realistic, cognitive agility; unpredictable direction change.
Crossover step to 5m reaccel	Mod-high	3 each side	75-90s	Adds a directional crossover for attacking movements down the line.
Figure 8 COD	Low-mod	1x20m	75s	Kept for continuity but reduced slightly due to new crossover COD.
Curve Sprint (12-15m)	high	2 reps	120s	Prepares for real curved sprint lines used by outside mids making overlapping runs.

## Thursday: Practice

## Friday: plyos, whole body

Exercise	Intensity	Reps	Rest	Rationale
Lateral Bounds	BW (mod)	4x 6 ea	90s	Maintains single-leg power without major changes.
Box Jumps (higher box)	BW	3x 4	75-90s	Mild complexity change without excess stress.
Med Ball Chest-Pass	Light-mod MB	3 x3	75s	Keeps UB plyo consistent, reinforcing power without overload.

Hang Clean	75-80 % 1 RM	4x3	90- 120s	Keeps power emphasis peaking.
Landmine Press (half kneeling)	GR 6-8	3x6-8	60-90s	Maintains UB diagonal pressing strength.
Inverted row (tempo 2-1-1)	BW	3 x 8	60- 90s	Variation increases neuromuscular demand without needing more volume.
Side plank with leg lift	Light mod (GR 8-10)	2x 30s ea	45-60s	Adds lateral hip stability + trunk control for cutting mechanics.

## General Rationale:

Across Weeks 1–3 of the preseason, training shifts from reintroducing plyometric and strength demands to emphasizing higher-intensity strength and power development. Early sessions focus on controlled jumps and moderate loads to rebuild stretch-shortening cycle tolerance, while later weeks incorporate heavier lifts and more complex plyos to enhance force production and rate of force development. This linear progression prepares the outside midfielder for the accelerations, cutting actions, and explosive movements required in competition, while keeping total volume manageable alongside rising practice demands.

## In- season: 6 weeks

### Week 1: In season

#### Monday: light plyos and UB RT

Exercise	Intensity	Reps	Rest	Rationale
Pogo Hops in place	No weight (mod)	3x 15 ea	30–45 s	Low-level SSC to wake up the ankles and calves without much fatigue
Line Hops (forward/back)	No weight (mod)	2 x 20 total	30–45 s	Light multidirectional footwork to keep coordination and rhythm
DB Bench Press	75 % 1RM	3 x 4	90 s	Low-volume heavy pressing to maintain upper-body strength
Chest-Supported Row	GR 4–6	3 x 5	60–90 s	Maintains upper-back strength and scapular control
Banded Face Pulls	GR 10-12	2x 10	30- 45 s	Keeps posterior shoulder and scapular stabilizers strong

Front Plank w/ shoulder taps	BW	2 x 10 each	30- 45 s	Short anti-rotation core dose to maintain trunk stability
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**Tuesday: Practice**

**Wednesday:**

Exercise	Intensity	Reps	Rest	Rationale
Lateral Hurdle Hops ( very low)	No weight (mod)	3x 3 ea	60–75 s	Small dose of lateral SSC to maintain agility and cutting mechanics.
Jump Squat	20 % of 1RM	3 x 3	75–90 s	Very low-load, high-velocity power to maintain explosiveness
Back Squat	80 % 1RM	2 x 3	90–120 s	Maintains lower-body strength with minimal volume, letting her stay strong through the season.
DB Step-Up to Knee Drive	GR 4–6	2 x 5 each	60–90 s	Unilateral strength/power, mimicking drive power
Nordic Hamstring Curl	BW	2x 5	30- 45 s	Keeps eccentric hamstring strength
Half-Kneeling Cable Chop	Low- mod (GR 10)	2 x 8	30- 45 s	Trains rotational and anti-rotational core control while the hips and trunk work together.

**Thursday: team practice**

**Friday: game day**

**Week 2: In season**

**Monday: Speed/COD/agility microdose**

Exercise	Intensity	Reps	Rest	Rationale
Pogos in Place	low	2 x 20	30–45 s	Quick SSC activation without significant load.
45 degree plant to 3-5 m reaccel	70 % 1RM	2 each side	60-75 s	Light COD exposure to maintain braking mechanics.

Reactive Shuffle- 1-2 step burst	Low-mod	2x5-6s	75s	Maintains reactive agility under minimal fatigue.
10 m Accel	75 % 1RM	2 reps	90 s	Short, crisp acceleration stimulus to maintain speed.

**Tuesday: team practice**

**Wednesday: Lift (strength and power maintenance)**

Exercise	Intensity	Reps	Rest	Rationale
Box Jump (low)	No weight (mod)	3x 4 ea	75-90s	Low-volume lateral power work to maintain frontal-plane explosiveness
Front Squat	80 % 1RM	2 x 3	90–120 s	Heavy but low-volume strength to maintain lower-body force production
Single-Leg RDL	GR 4–6	2 x 5 each	60–90 s	Unilateral posterior-chain strength for deceleration and high-speed running
Standing Calf Raises	GR 6–8	2x 8	60 s	Short, heavier sets to keep plantar flexor strength

**Thursday: team practice**

**Friday: Game day**

### Week 3: In season

**Monday: Total body power**

Exercise	Intensity	Reps	Rest	Rationale
Lateral Bounds	No weight (mod)	2 x 3	75-90s	Small dose of lateral power to keep cutting mechanics sharp
Box Jumps	No weight	2 x 3	75–90 s	Maintains vertical explosiveness with minimal contacts to avoid soreness.
Push Jerk	70 % 1RM	3 x 2	90–120 s	Short, heavy power exposure to maintain triple-extension
Front Squat	80% of 1 RM	2 x 3	90–120 s	Strength maintenance dose
Front Plank w/ shoulder taps	BW	2x 8ea	60 s	Quick anti-rotation core touch-up

**Tuesday: team practice**

**Wednesday:**

Exercise	Intensity	Reps	Rest	Rationale
Pogo Hops	No weight (mod)	2 x 15	30-45s	Light activation for SSC
Goblet Squat	GR 6-8	2 x 3	60-75 s	Just enough load to maintain squat pattern and a bit of strength without heavy stress.
Single Leg RDL	light/mod	3 x 2	60s	Keeps unilateral hip-hinge mechanics while tapering total load
Side Plank	BW	2 x 20s	30-45 s	Simple lateral core maintenance for trunk stability and hip control.
Banded Rows	GR 10-12	2x 10	60 s	Quick anti-rotation core touch-up to keep trunk stability for cutting and contact.

**Thursday: team practice**

**Friday: Game day**

## **Week 4: In season**

**Monday: Speed/COD/agility microdose**

Exercise	Intensity	Reps	Rest	Rationale
Pogo Hops to Quick A Skip	low	2 x 15	30-45 s	Light SSC activation and rhythm drill to prime sprint mechanics without fatigue.
Reactive lateral shuffle- 1-2 step burst	low-mod	2x 5-6s	60-75 s	Maintains reactive agility, slight variation from Week 2 to prevent monotony.
Crossover Plant- 3-5 m Reaccel	mod	2 each side	75s	Light directional reacceleration exposure
Curved 10 m accel	mod	2 reps	90 s	Maintains maximal acceleration qualities while adding soccer-specific curved sprint patterns.

**Tuesday: team practice**

**Wednesday: Lift (strength and power maintenance)**

Exercise	Intensity	Reps	Rest	Rationale
Box Jump (low)	No weight (mod)	2x 3	75-90s	Brief power exposure without soreness; maintains neuromuscular sharpness.
Front Squat	80 % 1RM	2 x 3	90–120 s	Heavy but low-volume strength to maintain lower-body force production
Single-Leg RDL	GR 4–6	2 x 5 each	60–90 s	Maintains hip-hinge integrity and hamstring readiness for decel and sprinting.
Side Plank (hips high)	BW	2x 20s	45s	Maintains trunk + pelvic stability for cutting and contact
Banded Row	GR 12-15	2x 12	45-60s	Light upper-body pulling maintenance for sprint posture and shoulder control.

**Thursday: team practice**

**Friday: Game day**

**Week 5: In season**

**Monday: light plyos and UB RT**

Exercise	Intensity	Reps	Rest	Rationale
Pogo Hops in place	No weight (mod)	3x 12 ea	30–45 s	Wakes up SSC without fatigue; maintains ankle stiffness.
Line Hops (forward/back)	No weight (mod)	2 x 20 total	30–45 s	Light multidirectional footwork for coordination + rhythm.
DB Incline Bench Press	70 % 1RM	3 x 4	90 s	Maintains UB strength with slight variation from Week 1 bench pressing.
Chest-Supported Row	GR 4–6	3 x 5	60–90 s	Maintains upper-back strength and scapular control
Banded Face Pulls	GR 12-15	2x 12	30- 45 s	Scapular stability maintenance.

**Tuesday: team practice**

**Wednesday: strength and power maintenance**

Exercise	Intensity	Reps	Rest	Rationale
Lateral Hurdle Hops ( very low)	No weight (mod)	2x 3 ea	60–75 s	Small plyo dose to maintain agility mechanics.

Jump Squat	20 % of 1RM	3 x 2	75–90 s	High-velocity power with minimal joint stress.
Back Squat	80 % 1RM	2 x 3	90–120 s	Maintains LB force production with low volume.
DB Step-Up to Knee Drive	GR 4–6	2 x 5 each	60–90 s	Unilateral strength + sprint pattern carryover.
Nordic Hamstring Curl	BW	2x 5	30- 45 s	Keeps eccentric hamstring strength
Half-Kneeling Cable Chop	Low- mod (GR 10)	2 x 8	30- 45 s	Trains rotational and anti-rotational core control

**Thursday: team practice**

**Friday: Gameday**

## Week 6: In season

**Monday: Speed/COD/agility microdose**

Exercise	Intensity	Reps	Rest	Rationale
Pogo Hops to fast leg exchange	low	2 x 15s	30–45 s	Preps SSC and timing without fatigue.
Reactive Hip Turn- 2-3 step burst	low-mod	2x 5-6s	75 s	Maintains agility and defensive recovery mechanics.
Lateral Shuffle to plant 3m reaccel	mod	2 each side	60- 75s	Controlled COD exposure maintaining braking mechanics.
10-12 m Accel at 90 %	high	2 reps	90 s	Short acceleration stimulus needed to maintain speed throughout the season.

**Tuesday: team practice**

**Wednesday: Lift (strength and power maintenance)**

Exercise	Intensity	Reps	Rest	Rationale
Box Jump (low)	BW	2x 2-3	60s	Keeps power output “awake” while minimizing fatigue.
Front Squat	80 % 1RM	2 x 3	60 -75 s	Easy pattern refresher to maintain neuromuscular readiness.
Single-Leg RDL	light	2 x 3 ea	60s	Very low-load unilateral hinge for hamstring activation.

Side Plank w reach through	BW	2x 15s	30-45s	Slightly more challenging core variation without adding load.
Banded Row	GR 12-15	2x 12	45-60s	Light UB pull to maintain shoulder stability.

**Thursday: team practice**

**Friday: game day**

### General Rationale:

During Weeks 1–3 of the in-season phase, the primary goal is to maintain the strength, power, and movement qualities developed through the off-season and preseason while minimizing fatigue and preserving game readiness. Training volumes remain intentionally low, with short plyometric exposures, low-volume strength work, and simple, fast power movements designed to maintain neuromuscular sharpness without generating muscle soreness. The structure alternates between light plyometric/upper-body maintenance days and a single weekly full-body lift emphasizing moderate-load strength and low-impact power. This approach ensures the athlete retains the force-production and rate-of-force-development capacities required for sprinting, cutting, and physical contact, while still allowing sufficient recovery between practices and games. The steady rotation of unilateral exercises, posterior-chain maintenance, and anti-rotation core work supports injury resilience during the most demanding portion of the competitive season.

Weeks 4–6 continue the in-season maintenance model but introduce a strategic alternation between full-body lifts and speed/agility/COD microdose sessions to sustain performance qualities without accumulating fatigue. Microdose weeks prioritize very short, high-quality exposures to acceleration, reaction, and directional change, which are essential for an outside midfielder and help maintain maximal velocity mechanics that regular practices do not fully address. Lift weeks remain low in volume but address all major movement patterns through controlled plyometrics, moderate-load strength work, and targeted posterior-chain and core maintenance. Exercise variations are introduced to prevent stagnation while keeping total stress extremely manageable during heavy match schedules. This alternating structure preserves power, minimizes neuromuscular decay, and supports consistent in-game performance across a long competitive stretch.

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