

FIT 4 SOCCER

FIT KIDS & TEENS



SPORTS SPECIFIC TRAINING: SOCCER U16

- 5 minute Warm up sequence
- Topic of the Day: i.e, Direction Change. Anticipation.
- Agility Cone Drills: **Improve direction changes. Obstacle avoidance. Ball Touches. Forward / Backward. Athletic Stance Touch Downs**
- Core Exercises for balance: **Full Get Ups, Knee Tucks, Med Ball Toe Touch, Scissors, Hula Twist**
- Endurance / Off the line speed: **Reverse speed training, Parachute Sprints, Sand Bag Runs, Hills**
- Lower Body Strength: **Weighted Squats, Lunges, Hamstrings, Calf Raises**
- **Full Box Jumps:** Plyometrics to increase muscle speed & power.
- Strength Circuits: Core: Walkouts, plank, bear crawls, mountain climbers. Shoulders / Arms: **Push Ups, Pull overs**
- Fast Feet: Agility Ladder Drills

“Strength training for sports will increase muscle endurance and reduce the risk of injury.” Kiana Tom

NOTES:

- 60 minute programs
- Professional gear

Kiana Tom - Host Kiana's Flex Appeal
ESPN, Fit Mom TV. Walt Disney World
Kids Workouts, ABC Wide World of

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FITKIDS.KIANA.COM
KIANA.COM