



Soccer Conditioning Program

Head Coach: Bill Madigan
4550 Cox Road, Evans High School
Tel: (706) 863-1198
Fax: (706) 868-3720

Warm Ups

2 laps around the track

Stretching (Please spend ample time on this, ensure they are doing it right)

Phase I

Interval Sprints x 5

Jog 3 Laps (slow- medium pace)

High Knees 100 m x 5

Crossover 100m x 5

Phase II

4 complete Stadiums

Cool down 1 lap (SLOW)

Proper stretching