



Performance Training and Physical Therapy

Sport: Soccer & Field Hockey

Category	Exercise	Sets x Reps	Rest
Flexibility & Mobility			
5-7minutes	Foam Rolling: Do these in order, visit vastasports.com for anything in question 1. T-Spine 2. Lats 3. Pecs 4. Glute complex 5. Hamstring 6. Calves 7. Quad/Lateral 8. Hip flexor 9. Adductors	1 set/ side - :30-60/side	
3-5 minutes	Static Stretching: 1. Pigeon 2. Wall- Quad/HipFlexor/Hamstring 3. Half kneeling SK adductor stretch 4. Calves	1 set/ side - :30-60/side	
Dynamic Warm-Up			
5 min	Movement Prep: 1. Iron cross - 5/s 2. Hip circles - forwards/backwards - 10/s 3. Quad pull RDL reach and shoot the moon - 5/s 4. World Greatest - 5/s Sprint/Run Mechanic Warm-up: 1. Forward jog 2. Back pedal 3. Forward skip 4. Backward skip 5. Quick feet in place 6. High Knees 7. Butt Kicks 8. Lateral shuffle w/ rotation 9. High Knee carioca 10. A-skip 11. B-skip	1x 15-20yds	
SPARQ			
2 sets = 12 min training session	Depth drop to bilateral broad jump	2 x 5-8	1 min.
3 sets = 15 min training session	Illinois Agility Drill (8 cones; create a box with the sides at 10m apart and the top and bottom 5m apart, the center cones are spaced evenly)	4x	:30-60s
4 sets = 20 min training session	Pro Agility (3 cones; 5yds apart)	4x	:30-60s
	Lateral Split Stance Med Ball Power Throw	2 x 5-8	1 min.
Cool Down			
5-7min	Foam Rolling and static stretching from Warm Up		
Disclaimer			
1. You are engaging in this activity at your own risk. Please make sure you are cleared for physical activity by your primary Doctor.			
2. For best results, follow the program in order. If you have any questions visit the vastasports.com link.			