



**COMPLETE CONDITIONING**

# **SOCCER**

***COMPLETE CONDITIONING – SOCCER***

***DVD MANUAL***

***CREATED BY: SPORT SPECIFIC CONSULTING***



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## *Introduction*

Welcome to Complete Conditioning Soccer! By purchasing the DVD and this manual, you have taken the first steps toward developing a year-round speed and conditioning program for your team or individual athlete. Our management team has been training athletes since 1995, and we are proud to share our expertise with you! By implementing our program, you will be able to improve speed, agility, quickness, power, and overall athletic ability! Our research and experience has led to the development of Complete Conditioning Soccer, and we are positive that this program will have your athletes ready for the season and will continue to improve performance year-round.

While it is important to train hard for maximum results, it is even more vital to TRAIN SMART! Our program designs offer proper work load and rest for every athlete during each phase of their training. Our drills and exercises teach proper form and technique so that your players can not only improve performance for the upcoming season, but build a foundation for improvement that they will carry on throughout their life and athletic career. No matter how old or how advanced the athlete, Complete Conditioning Soccer can be modified to challenge anyone looking to improve and excel.

Please read through this entire manual and take all the steps listed when creating your program. If you encounter any problems or have any feedback for us, there are several ways to contact our management team. You can find us on the web at [www.sportsspecificconsulting.com](http://www.sportsspecificconsulting.com) or reach us over the phone at 1-800-440-FAST. Our mailing address is below:

Sport Specific Consulting  
P.O. Box 1413  
Ashburn, VA 20147

Our athlete training business, True Athlete Performance, is located in northern Virginia and Maryland. Please check out our program at [www.TrueAP.com](http://www.TrueAP.com)! Again, thank you for your business, and good luck as you develop your speed and conditioning program!

Sincerely,

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## *How to Use CCP*

1. Watch the entire DVD! Review and take notes, making sure you are familiar with each exercise and all of the progressions.
2. Read the this manual, familiarizing yourself with the program design sheets and how the workouts are organized.
3. Know your seasons! This is an important step so that you can know when each phase ends and a new phase begins. As each phase is designed to improve performance and prepare an athlete for competition, it is important to follow these guidelines closely. Below is a guide to find the dates for each season:
  - a. First, you need to know when the season starts! Look at your calendar and write the date of the first practice for soccer season.  
**In-Season Start Date:** \_\_\_\_\_.
  - b. Second, determine the start of your pre-season. Simply look at your calendar and find the date 12 weeks prior to the season start date listed above.  
**Pre-Season Start Date:** \_\_\_\_\_.
  - c. Third, determine the offseason start date by finding the date in your calendar 4 weeks following the last game of the season.  
**Off-Season Start Date:** \_\_\_\_\_.
4. You are now ready to begin your Complete Conditioning Program! Follow the templates shown in this manual and fill out each workout using the blank sheets provided. Be sure to vary the drills from each dynamic to give each athlete a well-rounded program and maximize performance.





## *Sample Season Guide*

*Season Start Date:* March 15<sup>th</sup>, 2010

*Season End Date:* May 7<sup>th</sup>, 2010

*In-Season Start Date:*  
March 15<sup>th</sup>, 2010

*Pre-Season Start Date (12 weeks prior to In-Season Start Date):*  
December 21<sup>st</sup>, 2009

*Off-Season Start Date (4 weeks after Season End Date):*  
June 4<sup>th</sup>, 2010





## *Program Design Basics*

	<i>I. Off-Season</i>	<i>II. Pre-Season</i>	<i>III. In-Season</i>
<i>Focus</i>	Conditioning	Power	Maintenance
	General / Sport-Specific	Sport-Specific	General
	Form and Technique	Form and Technique	Form and Technique
<i>Sets</i>			
	Varies by Exercise	Varies	Varies
<i>Reps</i>			
	4	2	4
<i>Days/week</i>	2	3	1
<i>Rest Between Sets</i>			
	60 seconds	20 seconds	40 seconds





## Workout Basics

<i>Dynamic</i>	<i>I. Off-Season</i>	<i>II. Pre-Season</i>	<i>III. In-Season</i>
<i>Linear Speed Agility Power Quickness/ F.S./Reaction</i>	4 Total Exercises	8 Total Exercises – 2 Linear	4 Total Exercises
	1 From Each Dynamic	3 Agility 1 Power 2 Quickness-F.S.-Reaction	1 From Each Dynamic
<i>Core</i>	2 Exercises	2 Exercises	2 Exercises
<i>Balance</i>	2 Exercises	2 Exercises	2 Exercises
<i>Anaerobic Conditioning</i>	2 Exercises	1 Exercise	Nothing





## Exercise List – Linear Speed

Exercise/ Equipment	Sets	Reps	Duration	Rest
Sprint Series/ Cones (3)	1 Ankling	Varies with Season	10 yards with 30 yard sprint-out	Varies with Season
	2 High Knees		10 yards with 30 yard sprint-out	
	3 High Knee Butt Kicks		10 yards with 30 yard sprint-out	
	4			
	5			
Hurdle Cycles/ 12 in. Hurdles (6)	1 Right Leg Only	Varies with Season	Sprint out 30 yards	Varies with Season
	2 Left Leg Only		Sprint out 30 yards	
	3 Doubles		Sprint out 30 yards	
	4 Singles		Sprint out 30 yards	
	5			
Wall Drill/ No Equipment	1 Power Down	Varies with Season	10 reps followed by 30 yard sprint	Varies with Season
	2 Power Up		10 reps followed by 30 yard sprint	
	3 1,3,5,7		20 sec. followed by 30 yard sprint	
	4 Continuous		10 sec. followed by 30 yard sprint	
	5			
Resisted Starts/ SPARQ Launch Trainer, Cones (3)	1 Resist 5 yards	Varies with Season	Sprint out 30 yards	Varies with Season
	2 Resist 10 yards		Sprint out 30 yards	
	3 Resist 15 yards		Sprint out 30 yards	
	4			
	5			
Resisted Running/ NZ Cord and Belt, Cones (2)	1 Resisted Skips	Varies with Season	30 yard contrast sprint	Varies with Season
	2 Resisted Running (Light)		30 yard contrast sprint	
	3 Resisted Running (Heavy)		30 yard contrast sprint	
	4			
	5			





# COMPLETE CONDITIONING

## Exercise List – Agility

Exercise/ Equipment	Sets	Reps	Duration	Rest
Sprint Cuts/ Cones (5)	1 Ready Position	Varies with Season	Once through	Varies with Season
	2 Rapid Fire		Once through	
	3 Exaggerated Cuts		Once through	
	4 Full Speed		Once through	
	5 Up 2-Back 1		Once Through	
Sprint- Backpedal/ Cones (5)	1 Sprint/ Backpedal	Varies with Season	Once through	Varies with Season
	2 Sprint/ Forward Carioca		Once through	
	3 Sprint/ Backward Carioca		Once through	
	4 Sprint/ Sprint		Once through	
	5			
Resisted Carioca/ NZ Cord and Belt, Cones (2)	1 Tapioca-Rest-Contrast	Varies with Season	5 Yards	Varies with Season
	2 Carioca out-Tapioca back-Rest-Contrast		5 Yards	
	3 Carioca out-Shuffle back-Rest-Contrast		5 Yards	
	4			
	5			
3 Hurdle Cutting/ 6 in. Hurdles (3)	1 Doubles	Varies with Season	12 seconds with 10 yard sprint-out	Varies with Season
	2 Singles (Cross in Front)		12 seconds with 10 yard sprint-out	
	3 Singles (Cross Behind)		12 seconds with 10 yard sprint-out	
	4 Doubles to Weave		12 seconds with 10 yard sprint-out	
	5			
Hurdle Weave/ 6 inch Hurdles (6)	1 Sprint/ Backpedal	Varies with Season	Sprint out 20 yards	Varies with Season
	2 Shuffle		Sprint out 20 yards	
	3 Sprint/ Shuffle		Sprint out 20 yards	
	4			
	5			



## Exercise List – Power

Exercise/ Equipment	Sets	Reps	Duration	Rest
Jump Series/ No Equipment	1 Quick Jump	Varies with Season	5 Jumps	Varies with Season
	2 Ankle Flip		10 Jumps	
	3 Scissor Jump		5 Each Leg	
	4			
	5			
Woodchopper Throw/ No Equipment	1 Overhead Throw	Varies with Season	10 reps	Varies with Season
	2 Rotational Throw - Right		10 reps	
	3 Rotational Throw - Left		10 reps	
	4			
	5			
Chimney Jumps/ 12 inch Hurdles (6)	1 Power Jumps	Varies with Season	Once through, tuck on even reps	Varies with Season
	2 Quick Jumps		Once through, tuck on even reps	
	3 Ankle Flips		Once through, tuck on even reps	
	4			
	5			
Power Med Ball Push-Up/ Med Ball (3kg.)	1 Med Ball Walk	Varies with Season	10 Total	Varies with Season
	2 Push-Up		10 Total	
	3 Power Push-Up		10 Total	
	4			
	5			
Resisted Bounding (Linear and Lateral)/ NZ Cord and Belt	1 Linear Jump-Contrast	Varies with Season	5 Jumps	Varies with Season
	2 Lateral Jump-Contrast		5 Jumps	
	3 Diagonal Jump-Contrast		5 Jumps	
	4			
	5			





# COMPLETE CONDITIONING

## Exercise List – Quickness/ First Step/ Reaction

Exercise/ Equipment	Sets	Reps	Duration	Rest
Ball Drops/ Balls, Cones	1 Ready Position	Varies with Season	Once Through	Varies with Season
	2 Rapid Fire		Once Through	
	3 180s		Once Through	
	4			
	5			
Linear Ladders/ Ladder	1 Singles	Varies with Season	10 Yard Sprint	Varies with Season
	2 Doubles		10 Yard Sprint	
	3 33s		10 Yard Sprint	
	4 44s		10 Yard Sprint	
	5 Lateral Hops		10 Yard Sprint	
	6 Bunny Hops		10 Yard Sprint	
Lateral Ladders/ Ladder	1 Doubles	Varies with Season	10 Yard Sprint	Varies with Season
	2 Singles		10 Yard Sprint	
	3 Single 22s		10 Yard Sprint	
	4 Double 22s		10 Yard Sprint	
	5 Single Scissors		10 Yard Sprint	
	6 Double Scissors		10 Yard Sprint	
3 Cone Crazy/ Cones (3)	1 Ready Position	Varies with Season	9 signals, 3 each cone	Varies with Season
	2 Rapid Fire		9 signals, 3 each cone	
	3 Continuous		9 signals, 3 each cone	
	4			
Cone Weave/ Cones (10)	1 33s	Varies with Season	10 Yard Sprint-out	Varies with Season
	2 Step Behind		10 Yard Sprint-out	
	3 Sprint into 33s		10 Yard Sprint-out	
	4 Sprint into Step Behind		10 Yard Sprint-out	





## *Exercise List – Core*

Exercise/ Equipment	Sets	Reps	Duration	Rest
Sit-Up/ No Equipment or Add Med Ball	Sit-Up	Varies with Season	20 Reps	Varies with Season
Alternating Pike/ No Equipment or Add Med Ball	Alternating Pike	Varies with Season	10 Each Leg	Varies with Season
Russian Twist/ No Equipment or Add Med Ball	Russian Twist	Varies with Season	20 Each Side	Varies with Season
Leg Raise/ No Equipment or Add Med Ball	Leg Raise	Varies with Season	20 Reps	Varies with Season
Superman/ No Equipment or Add Med Ball	Superman	Varies with Season	20 Reps	Varies with Season





## Exercise List – Balance

Exercise/ Equipment	Sets	Reps	Duration	Rest
<i>***New exercises can be added by standing on Foam Roller, BOSU Ball, or Balance Board***</i>				
1 Ft. Hip Flexion-Extension/ No Equipment	1 Ft. Hip Flexion-Extension	Varies with Season	10 Each Leg	Varies with Season
1 Ft. Hip Abduction-Adduction/ No Equipment	1 Ft. Hip Abduction-Adduction	Varies with Season	10 Each Leg	Varies with Season
1 Ft. Toe Touch/ No Equipment	1 Ft. Toe Touch	Varies with Season	10 Each Leg	Varies with Season
1 Ft. Crossover Touch/ No Equipment	1 Ft. Crossover Touch	Varies with Season	10 Each Leg	Varies with Season
1 Ft. Squat/ No Equipment	1 Ft. Squat	Varies with Season	10 Each Leg	Varies with Season





# COMPLETE CONDITIONING

## PRE-SEASON SAMPLE PROGRAM DESIGN

Dynamic	Exercise/ Equip.	Sets	Reps	Duration	Rest
Warm-Up	See List	See List	See List	See List	See List
Linear Speed	Resisted Starts/ SPARQ Launch Trainer, Cones (3)	1 Resist 5 yards	2	Sprint out 20 yards	20s
		2 Resist 10 yards	2	Sprint out 20 yards	20s
		3 Resist 15 yards	2	Sprint out 20 yards	20s
		4	2		20s
		5	2		20s
Linear Speed	Resisted Running/ NZ Cord and Belt, Cones (2)	1 Resisted Skips	2	20 yd contrast sprint	20s
		2 Resisted Running (Light)	2	20 yd contrast sprint	20s
		3 Resisted Running (Heavy)	2	20 yd contrast sprint	20s
		4	2		20s
		5	2		20s
Agility	Resisted Carioca/ NZ Cord and Belt, Cones (2)	1 Tapioca-Rest-Contrast	2	5 Yards	20s
		2 Carioca out-Tapioca back-Rest-Contrast	2	5 Yards	20s
		3 Carioca out-Shuffle back-Rest-Contrast	2	5 Yards	20s
		4	2		20s
		5	2		20s
Agility	3 Hurdle Cutting/ 6 in. Hurdles (3)	1 Doubles	2	12 sec with 10 yd sprint-out	20s
		2 Singles (Cross in Front)	2	12 sec with 10 yd sprint-out	20s
		3 Singles (Cross Behind)	2	12 sec with 10 yd sprint-out	20s
		4 Doubles to Weave	2	12 sec with 10 yd sprint-out	20s
		5	2		20s
Agility	Hurdle Weave/ 6 in. Hurdles (6)	1 Sprint/Backpedal	2	20 yd sprint-out	20s
		2 Shuffle	2	20 yd sprint-out	20s
		3 Sprint/Shuffle	2	20 yd sprint-out	20s
		4	2		20s
		5	2		20s
Power	Resisted Bounding (Linear and Lateral)/ NZ Cord and Belt	1 Linear Jump-Contrast	2	5 Jumps	20s
		2 Lateral Jump-Contrast	2	5 Jumps	20s
		3 Diagonal Jump-Contrast	2	5 Jumps	20s
		4	2		20s
		5	2		20s
Quickness/ First Step/ Reaction	3 Cone Crazy/ Cones (3)	1 Ready Position	2	9 signals, 3 each cone	20s
		2 Rapid Fire	2	9 signals, 3 each cone	20s
		3 Continuous	2	9 signals, 3 each cone	20s
		4	2		20s
		5	2		20s





# COMPLETE CONDITIONING

Dynamic	Exercise	Sets	Reps	Duration	Rest
Quickness/ First Step/ Reaction	Ball Drops/ Balls, Cones	1 Ready Position	2	Once Through	20s
		2 Rapid Fire	2	Once Through	20s
		3 180s	2	Once Through	20s
		4	2		20s
		5	2		20s
Core	Superman/ No Equipment or Add Med Ball	Superman	2	20 reps	20s
			2		20s
			2		20s
			2		20s
			2		20s
Core	Sit Up/ No Equipment or Add Med Ball	Sit Up	2	10 reps	20s
			2		20s
			2		20s
			2		20s
			2		20s
Balance	Floor	Hip flexion/extension	1	10 Reps	20s
		Hip Abd/Add	1		20s
		Toe Touch	1		20s
		Cross Over Toe Touch	1		20s
		1 Ft. Squat	1		20s
Balance	Bosu	Hip flexion/extension	1	10 Reps	20s
		Hip Abd/Add	1		20s
		Toe Touch	1		20s
		Cross Over Toe Touch	1		20s
		1 Ft. Squat	1		20s
Anaerobic		1	2		20s
		2	2		20s
		3	2		20s
		4	2		20s
		5	2		20s





# COMPLETE CONDITIONING

## IN-SEASON SAMPLE PROGRAM DESIGN

Dynamic	Exercise/ Equipment	Sets	Reps	Duration	Rest
Warm-Up	See List	See List	See List	See List	See List
Linear Speed	Sprint Series/ Cones (3)	1 Ankling	4	10 yds with 20 yd sprint-out	40s
		2 High Knees	4	10 yds with 20 yd sprint-out	40s
		3 High Knee Butt Kicks	4	10 yds with 20 yd sprint-out	40s
		4	4		40s
		5	4		40s
Agility	Sprint Cuts/ Cones (5)	1 Ready Position	4	Once through	40s
		2 Rapid Fire	4	Once through	40s
		3 Exaggerated Cuts	4	Once through	40s
		4 Full Speed	4	Once through	40s
		5 Up 2 Back 1	4	Once Through	40s
Power	Jump Series/ No Equipment	1 Quick Jump	4	5 Jumps	40s
		2 Ankle Flip	4	10 Jumps	40s
		3 Scissor Jump	4	5 Each Leg	40s
		4	4		40s
		5	4		40s
Quickness/ First Step/ Reaction	Ball Drops/ Balls, Cones	1 Ready Position	4	Once Through	40s
		2 Rapid Fire	4	Once Through	40s
		3 180s	4	Once Through	40s
		4	4		40s
		5	4		40s





# COMPLETE CONDITIONING

Dynamic	Exercise	Sets	Reps	Duration	Rest
Core	Sit-Up/ No Equipment or Add Med Ball	Sit-Up	4	20 Reps	40s
			4		40s
			4		40s
			4		40s
			4		40s
Core	Alternating Pike/ No Equipment or Add Med Ball	Alternating Pike	4	20 Reps	40s
			4		40s
			4		40s
			4		40s
			4		40s
Balance	Floor	Hip flexion/extension	1	10 Reps	40s
		Hip Abd/Add	1		40s
		Toe Touch	1		40s
		Cross Over Toe Touch	1		40s
		1 Ft. Squat	1		40s
Balance	Bosu	Hip flexion/extension	1	10 Reps	40s
		Hip Abd/Add	1		40s
		Toe Touch	1		40s
		Cross Over Toe Touch	1		40s
		1 Ft. Squat	1		40s





# COMPLETE CONDITIONING

## OFF-SEASON SAMPLE PROGRAM DESIGN

Dynamic	Exercise/ Equipment	Sets	Reps	Duration	Rest
Warm-Up	See List	See List	See List	See List	See List
Linear Speed	Wall Drill/ No Equipment	1 Power Down	4	10 reps with 20 yd sprint-out	60s
		2 Power Up	4	10 reps with 20 yd sprint-out	60s
		3 1,3,5,7	4	20 sec. with 20 yd sprint-out	60s
		4 Continuous	4	10 sec. with 20 yd sprint-out	60s
		5	4		60s
Agility	Resisted Carioca/ NZ Cord and Belt, Cones (2)	1 Tapioca-Rest-Contrast	4	5 Yards	60s
		2 Carioca out-Tapioca back-Rest-Contrast	4	5 Yards	60s
		3 Carioca out-Shuffle back-Rest-Contrast	4	5 Yards	60s
		4	4		60s
		5	4		60s
Power	Chimney Jumps/ 12 inch Hurdles (6)	1 Power Jumps	4	Once through, tuck on even reps	60s
		2 Quick Jumps	4	Once through, tuck on even reps	60s
		3 Ankle Flips	4	Once through, tuck on even reps	60s
		4	4		60s
		5	4		60s
Quickness/ First Step/ Reaction	3 Cone Crazy/ Cones (3)	1 Ready Position	4	9 signals, 3 each cone	60s
		2 Rapid Fire	4	9 signals, 3 each cone	60s
		3 Continuous	4	9 signals, 3 each cone	60s
		4	4		60s
		5	4		60s





# COMPLETE CONDITIONING

Dynamic	Exercise	Sets	Reps	Duration	Rest
Core	Russian Twist	Russian Twist	4	20 each side	60s
			4		60s
			4		60s
			4		60s
			4		60s
Core	Leg Raise/ No Equipment or Add Med Ball	Leg Raise	4	20 reps	60s
			4		60s
			4		60s
			4		60s
			4		60s
Balance	Foam Roller	Hip flexion/extension	1	10 Reps	60s
		Hip Abd/Add	1		60s
		Toe Touch	1		60s
		Cross Over Toe Touch	1		60s
		1 Ft. Squat	1		60s
Balance	Balance Disc	Hip flexion/extension	1	10 Reps	60s
		Hip Abd/Add	1		60s
		Toe Touch	1		60s
		Cross Over Toe Touch	1		60s
		1 Ft. Squat	1		60s
Anaerobic		1	4		60s
		2	4		60s
		3	4		60s
		4	4		60s
		5	4		60s
Anaerobic		1	4		60s
		2	4		60s
		3	4		60s
		4	4		60s
		5	4		60s





# COMPLETE CONDITIONING

## PRE-SEASON PROGRAM DESIGN

DATE

Dynamic	Exercise/ Equip.	Sets	Reps	Duration	Rest
Warm-Up	See List	See List	See List	See List	See List
Linear Speed		1	2		20s
		2	2		20s
		3	2		20s
		4	2		20s
		5	2		20s
Linear Speed		1	2		20s
		2	2		20s
		3	2		20s
		4	2		20s
		5	2		20s
Agility		1	2		20s
		2	2		20s
		3	2		20s
		4			20s
		5	2		20s
Agility		1	2		20s
		2	2		20s
		3	2		20s
		4	2		20s
		5	2		20s
Agility		1	2		20s
		2	2		20s
		3	2		20s
		4	2		20s
		5	2		20s
Power		1	2		20s
		2	2		20s
		3	2		20s
		4	2		20s
		5	2		20s
Quickness/ First Step/ Reaction		1	2		20s
		2	2		20s
		3	2		20s
		4	2		20s
		5	2		20s
Quickness/ First Step/ Reaction		1	2		20s
		2	2		20s
		3	2		20s
		4	2		20s
		5	2		20s





# COMPLETE CONDITIONING

## PRE-SEASON PROGRAM DESIGN (Continued)

Dynamic	Exercise	Sets	Reps	Duration	Rest
Core			2		20s
			2		20s
			2		20s
			2		20s
			2		20s
Core			2		20s
			2		20s
			2		20s
			2		20s
			2		20s
Balance			1		20s
			1		20s
			1		20s
			1		20s
			1		20s
Balance			1		20s
			1		20s
			1		20s
			1		20s
			1		20s
Anaerobic		1	2		20s
		2	2		20s
		3	2		20s
		4	2		20s
		5	2		20s





# COMPLETE CONDITIONING

## IN-SEASON PROGRAM DESIGN

DATE

Dynamic	Exercise/ Equip.	Sets	Reps	Duration	Rest
Warm-Up	See List	See List	See List	See List	See List
Linear Speed		1	4		40s
		2	4		40s
		3	4		40s
		4	4		40s
		5	4		40s
Agility		1	4		40s
		2	4		40s
		3	4		40s
		4	4		40s
		5	4		40s
Power		1	4		40s
		2	4		40s
		3	4		40s
		4	4		40s
		5	4		40s
Quickness/ First Step/ Reaction		1	4		40s
		2	4		40s
		3	4		40s
		4	4		40s
		5	4		40s





# COMPLETE CONDITIONING

## IN-SEASON PROGRAM DESIGN (Continued)

Dynamic	Exercise	Sets	Reps	Duration	Rest
Core			4		40s
			4		40s
			4		40s
			4		40s
			4		40s
Core			4		40s
			4		40s
			4		40s
			4		40s
			4		40s
Balance			1		40s
			1		40s
			1		40s
			1		40s
			1		40s
Balance			1		40s
			1		40s
			1		40s
			1		40s
			1		40s





# COMPLETE CONDITIONING

## OFF-SEASON PROGRAM DESIGN

DATE

Dynamic	Exercise/ Equip.	Sets	Reps	Duration	Rest
Warm-Up	See List	See List	See List	See List	See List
Linear Speed		1	4		60s
		2	4		60s
		3	4		60s
		4	4		60s
		5	4		60s
Agility		1	4		60s
		2	4		60s
		3	4		60s
		4	4		60s
		5	4		60s
Power		1	4		60s
		2	4		60s
		3	4		60s
		4	4		60s
		5	4		60s
Quickness/ First Step/ Reaction		1	4		60s
		2	4		60s
		3	4		60s
		4	4		60s
		5	4		60s





# COMPLETE CONDITIONING

## OFF-SEASON PROGRAM DESIGN (Continued)

Dynamic	Exercise	Sets	Reps	Duration	Rest
Core			4		60s
			4		60s
			4		60s
			4		60s
			4		60s
Core			4		60s
			4		60s
			4		60s
			4		60s
			4		60s
Balance			1		60s
			1		60s
			1		60s
			1		60s
			1		60s
Balance			1		60s
			1		60s
			1		60s
			1		60s
			1		60s
Anaerobic			4		60s
			4		60s
			4		60s
			4		60s
			4		60s
Anaerobic			4		60s
			4		60s
			4		60s
			4		60s
			4		60s





**COMPLETE CONDITIONING**

# EQUIPMENT



[www.sparqtraining.com](http://www.sparqtraining.com)

**CONES  
HURDLES  
LADDERS  
LAUNCH TRAINER  
MEDICINE BALL**



[www.power-systems.com](http://www.power-systems.com)

**CONES  
HURDLES  
LADDERS  
FOAM ROLLER  
MEDICINE BALL  
BOSU BALL  
BALANCE BOARD**



[www.nzmfq.com](http://www.nzmfq.com)

**RESISTANCE BELTS  
RESISTANCE CORDS**



# SPORT-SPECIFIC SPEED & STRENGTH CLINIC

## CLINIC

### TOPICS:

#### Performance Training

1. Speed
2. Agility
3. Quickness
4. Power
5. Reaction Time

#### Strength Training

1. Sport-specific
2. Functional
3. Core and Balance
4. Power
5. Program Design

## TEAM/INDIVIDUAL PROGRAM DESIGNS

(DOWNLOAD AT SPORTSPECIFICCONSULTING.COM)

### SAQ & STRENGTH

- Baseball
- Basketball
- Football
- Lacrosse
- Soccer
- Softball

**WE WILL COME  
TO YOUR  
SCHOOL!**

## CLINIC FEES

**2 DAY CLINIC \$1600**  
**3 DAY CLINIC \$2200**

1. Up to 80 athletes/clinic
2. Coach Participation Required
3. Max 4 hours/day
4. Expenses (Not included in clinic fees)
  - a. Additional SSC Staff (\$300/trainer/day)
  - b. Air
  - c. Room
  - d. Transportation
  - e. Meals

Consulting agreement must be completed and signed prior to consulting.

## ADDITIONAL OPTIONS

*(Not included in clinic fees, additional fees apply)*

Clinic Video/DVD

Program Designs CD

Discount Equipment Sales

SSC Exercise Poster Sets

Phone Consultations: \$100/hour

Email Consultations: \$50/hour





**COMING SOON...**

***TAPSAQ.COM***

Sport Specific Consulting is excited to announce our latest innovation – TAPSAQ.com! This online speed and conditioning coach will help athletes, coaches, fitness professionals, and teachers develop goal and sport specific programs. This user-friendly program includes pictures, video, and detailed descriptions along with several other features to develop your ideal training program!

***June 2010***

## **FEATURES**

### ***Athlete Site***

- Questionnaire to Customize Program Goals
- Pictures, Videos, and Descriptions for Each Exercise
- Track and Analyze Progress
- Access to Blogs and Weekly Tips

### ***Coach Site***

- Create Custom Programs with Database of Over 10,000 Speed, Strength, and Power Exercises
- Templates Available by Sport/ Position
- Special Team/ Group Logins – Create Your Own Private Team Page!
- Separate Workouts by Position, Goals, etc.

### ***Fitness Professional Site***

- Create Custom Workouts and Programs or Choose from Several Templates
- Alternate Exercises Provided for Equipment, Fitness Level Variations
- Keep Track of Client Progress and Communicate Easily
- Training and Nutrition Blogs and PodCasts

### ***Teacher Site***

- Allows Students to Easily Design Programs
- Muscle Group Descriptions and Difficulty Levels for Each Exercise
- Educational Links and Resources
- Online Clinics and PodCasts



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