



# BEYOND SOCCER

Reduce Injuries  
Recover Faster  
Maximize Enjoyment  
Prepare to Dominate



At BreakThrough, we are serious about your health and BreakThrough's BEYOND Performance Program proves it! With more than 6 million youth sports injuries each year, we know as an athlete, parent or coach how devastating an injury can be to you or your athlete's season. We've seen too many preventable injuries cost scholarships, championships, time and money; not to mention the emotional challenges which often result during the aftermath of a season ending injury.

Coaches do not have the bandwidth to properly focus on individual training needs of each athlete. Their time and energies need to be spent furthering sport specific skill development and building team camaraderie. BEYOND Performance bridges that gap in a positive, comprehensive, educational and individualized small group climate.

**BEYOND ATHLETES** enter the season with greater flexibility, power, form/mechanics, strength, speed, agility, core strength and endurance. Simply put, they are ready to dominate!

**BEYOND PARENTS** have healthier, happier, more confident kids. They spend less time and money on healthcare and have more time for themselves, their work and their family. They take pride in their child's contribution to the team.

**BEYOND COACHES** get to focus on their passion, developing successful individual athletes while simultaneously achieving or exceeding team goals. They enjoy greater job security and receive more positive praise from the community and administration they serve. They begin and end their season ahead of the curve.

In this program, you will learn a bit about common injuries, nutrition, hydration, rest and then we will get into specific exercise instruction to prepare you for success in your sport.

All of us here at BreakThrough hope you enjoy this program. We are here to answer questions, provide group and individualized training and much more. We cannot wait to learn of your BreakThroughs!

**Your BreakThrough TEAM**



## Common Soccer Injuries

- Hip joint: Groin strain, hip flexor strain, labral tears, hamstring/quadricep tear.
- Knee joint: ACL/MCL/LCL/PCL/Meniscal tears, Osgood Schlatter, patellofemoral syndrome.
- Ankle joint: Inversion/Eversion sprain, fractures, achilles tear.

## Nutrition

- Balanced diets including whole grains, protein, carbohydrates, fruits and vegetables are equally important and fundamental throughout training for building strength and muscle recovery.

## Hydration

A good rule of thumb for athletes is to **divide their body weight in half and drink at least an ounce per pound of body weight.** (e.g., *someone weighing 100 pounds should drink 50 ounces of water a day*). This amount should then be adjusted for the day's activity level and outside temperature.

On high-activity days, the timing of hydration becomes an extra important factor. As general rules of thumb, the following guidelines can be helpful:

- **Before Exercise:** Drink 16 ounces of water two hours **before beginning physical activity**, and another 8-16 ounces **within 30 minutes** before exercising.
- **During Exercise:** Every 15-20 minutes, drink at least 4-6 ounces of fluid **during intense exercise**. For less intense exercise, decrease the amount slightly.
- **After Exercise:** Drink 16-24 ounces of water for **every pound lost** during physical activity. Consuming rehydrating beverages and eating watery foods (such as fruits and vegetables) along with salty ones can help replace lost fluids and electrolytes.
  - Volume overload can make it difficult for some athletes to fully rehydrate, especially between multiple training sessions within the same day. The goal is to begin training each day at the same weight.
  - Research shows that adolescent males typically lose 1-1.5 liters per hour when performing intense soccer practices/games in the heat, while younger males and females will lose from 0.6 to 1 liter per hour.





- **Types of drink:** A flavored beverage that contains sodium, such as sports drinks, are preferable because the player may drink more than just plain water.

A simpler way for most athletes to drink enough water is to remember the Rule of 8: eight times throughout the day, drink a big glass of water.

According to the American Academy of Pediatrics, teaching the youth soccer player to **monitor their own hydration status** with the following tip is helpful: If their urine (during flow, not once the urine is diluted in the bowl) is a pale yellow like lemonade then they are likely pretty well hydrated. If their urine is dark yellow like apple juice, then they are likely dehydrated.

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**THERE IS NO BETTER RECOVERY THAN SLEEP.**

**- LEBRON JAMES**

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## **Rest**

- Lack of sleep can lead to slowed down reaction times, which may actually lead to increased injury.
- During sleep is when the body recovers, repairs, and regenerates muscular cells.
- Sleep experts for many years have recommended 9-10 hours of sleep for the average adolescent or teen, but those hours may need to be increased for the athletic population.

## FIFA 11+

### Part 1 (Running Exercises)

#### Straight Ahead; 2 sets

- **Intent:** Warm up to prepare the body for running and sprinting forwards.
- **Key Things to look for:**
  - 1) Pace yourself with your partner to be aware of where they are on the field.
  - 2) Begin slowly, increasing speed gradually, as able.



#### Hip Out; 2 sets

- **Intent:** Dynamic stretch of hip to prepare for multi-directional movement of the hip.
- **Key Things to look for:**
  - 1) Engage the core and glutes of the standing leg to prevent excessive weight shift while opening the other hip.
  - 2) Keep pelvis level, don't tip in either direction.
  - 3) Make the movement of the hip large and round to achieve the greatest range of motion.



## Hip In; 2 sets

- **Intent:** Dynamic stretch of hip to prepare for multi-directional movement of the hip.
- **Key Things to look for:**
  - 1) Engage the core and glutes of the standing leg to prevent excessive weight shift while closing the other hip.
  - 2) Keep pelvis level, don't tip in either direction.
  - 3) Make the movement of the hip large and round to achieve the greatest range of motion.



## Circling Partner; 2 sets

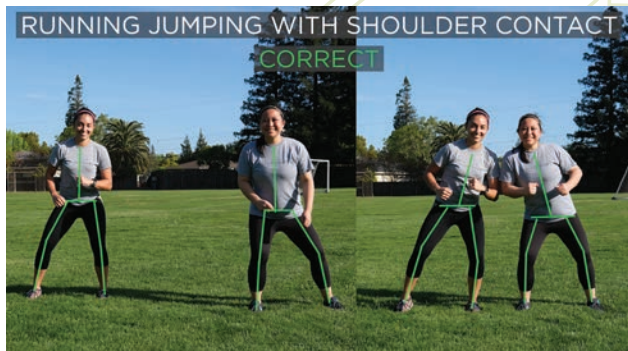
- **Intent:** Practice agility, spotting your teammates and directional changes.
- **Key Things to look for:**
  - 1) When changing directions push off of the outside of the foot, keeping the knee in line with the hip (prevent the knee from angling inward of the foot and hip).
  - 2) Keep the center of mass within legs preventing excessive leaning.





### Shoulder Contact; 2 sets

- **Intent:** Practice agility, warm-up jumping for headers, improve balance, strengthening core.
- **Key Things to look for:**
  - 1) Proper squat form take-off/landing to not let the knees go inward.
  - 2) Avoiding injury/injuring other player.
  - 3) Soft landing on the toes and not flat foot.



### Quick Forwards & Backwards; 2 sets

- **Intent:** Practice agility, prepare for sprinting, prepare for back peddling, quick feet.
- **Key Things to look for:**
  - 1) Proper running form (torso in neutral, arm pump, proper knee alignment).
  - 2) Stay on the toes.
  - 3) Quick change of direction.



## Part 2 (Strength, Plyometrics, Balance)

### Bench

**Static; 20-30 sec, 3 sets**

- **Intent:** Strengthen the shoulders, core, quads, glutes.
- **Key Things to look for:**
  - 1) Chest not sinking towards the ground.
  - 2) Flat back (not sinking to the ground or up in the air).
  - 3) Knees straight.
  - 4) Elbow aligned with shoulder.



**Alternate Legs; 2 sec hold for 40-60 sec duration, 3 sets**

- **Intent:** Level up from standard bench to strengthen the shoulders and increase core endurance.
- **Key Things to look for:**
  - 1) Proper bench form in static.
  - 2) No sway of the body.
  - 3) No twisting of the hip (keep both hips pointed down).
  - 4) Prevent arching of the back. Continue Repetitions.





### One Leg lift and Hold; 20-30 sec, 3 sets

- **Intent:** Level up from standard bench to strengthen the shoulders and increase core endurance.
- **Key Things to look for:**
  - 1) Proper bench form in static.
  - 2) No sway of the body.
  - 3) No twisting of the hip (keep both hips pointed down).
  - 4) Hold leg lift without arching the back.



### Sideways Bench

#### Static; 20-30 sec, 3 sets

- **Intent:** Strengthen the shoulders and obliques.
- **Key Things to look for:**
  - 1) Straight from shoulders to hips and knees (bottom leg bent).
  - 2) Maintain core and glute engagement.
  - 3) Elbow aligned with shoulder.
  - 4) Neutral head position (Look straight ahead).



### Raise and Lower Hip; repetitions for 20-30 sec, 3 sets

- **Intent:** Challenge core, shoulder, and hip strength.
- **Key Things to look for:**
  - 1) Straight from shoulders to hips, knees and ankles (both legs straight).
  - 2) Maintain core and glute engagement.
  - 3) Elbow aligned with shoulder.
  - 4) Neutral head position (Look straight ahead).
  - 5) Raise hips up and lower, continue repetitions.



### With Leg Lift; repetitions for 20-30 sec, 3 sets

- **Intent:** Challenge core, shoulder, and hip strength.
- **Key Things to look for:**
  - 1) Straight from shoulders to hips, knees, and ankles (both legs straight).
  - 2) Maintain core and glute engagement.
  - 3) Elbow aligned with shoulder.
  - 4) Neutral head position (Look straight ahead).
  - 5) Raise top leg up and lower while maintaining bench position, continue repetitions.



## Nordic Hamstring

**Beginner: >3-5 reps and/or 60 sec, 1 set**

- **Intent:** To strengthen and condition hamstrings eccentrically to reduce risk of strain or injury.
- **Key Things to look for:**
  - 1) Have your partner hold your legs down (Ankles can be straight or bent).
  - 2) Keep your torso and hips straight in line by activating your abdominals/glutes.
  - 3) Lower self as close to the ground as you can before needing to use your hands.
  - 4) Use hands to push yourself back up forcefully while keeping your abdominals/glutes engaged.

**Intermediate: >7-10 and/or 60 sec, 1 set**

**Advanced: >12-15 reps and/or 40 sec, 1 set**





## Single Leg Stance

### Hold Ball; 30 sec, 2 sets

- **Intent:** To improve balance using ankle, knee and hip to recover when center of mass is moved. Improved balance will reduce falls, risk of ankle injury and allow for more power with kicking.
- **Key Things to look for:**
  - 1) Tripod stance (Using big toe, little toe and heel, gently pull together to strengthen arch of foot; don't curl toes).
  - 2) Unlock/soften knee to allow for bending and straightening to recover balance.
  - 3) Engage core muscles.
  - 4) Fixate your stare ahead at something that is not moving.



### Throwing Ball to Partner; 30 sec, 2 sets

- **Intent:** Increase difficulty of balancing. Improve recovery and balance in response to spontaneous movement/weight shift. Improve tracking of ball.
- **Key Things to look for:**
  - 1) Tripod stance (Using big toe, little toe and heel, gently pull together to strengthen arch of foot; don't curl toes).
  - 2) Unlock/soften knee to allow for bending and straightening to recover balance.
  - 3) Engage core muscles.
  - 4) Keep pelvis level and glutes of standing leg engaged.
  - 5) Throw a ball at varying speeds and directions to challenge the partner.



### Test your Partner; 30 sec, 2 sets

- **Intent:** Increase difficulty of balancing. Improve recovery techniques and balance in response to spontaneous movement/external forces.
- **Key Things to look for:**
  - 1) Tripod stance (Using big toe, little toe and heel, gently pull together to strengthen arch of foot; don't curl toes).
  - 2) Unlock/soften knee to allow for bending and straightening to recover balance.
  - 3) Engage core muscles.
  - 4) Vary direction and amount of pressure to challenge a partner.



## Squats

### With Toe Raise; reps for 30 sec, 2 sets

- **Intent:** Strengthen lower body for stability and power with running, jumping and cutting. Test balance on toes. Improve calf strength for jumping/running.
- **Key Things to look for:**
  - 1) Position feet hip width apart.
  - 2) Shift hips backward as you bend your knees as if sitting in a chair behind you.
  - 3) Keep knees aligned with 2nd toes laterally.
  - 4) Keep knees behind your toes.
  - 5) Rise engaging glutes to bring hips up and forward.
  - 6) Then raise up onto your toes keeping ankles neutral to prevent them from rolling outward.





### Walking Lunges; ~ 10x each leg, 2 sets

- **Intent:** Strengthen lower body for stability during directional changes and kicking.
- **Key Things to look for:**
  - 1) Take a big step forward, keeping feet in line with hips.
  - 2) Bend both front and back knees to approx 90 deg (Back knee under hip, front knee between ankle and toes).
  - 3) Trunk and hips should drop straight down, avoid shifting forward to keep the front knee from bending over toes.



### One-Leg Squats; ~10x each leg, 2 sets

- **Intent:** Bias single leg strengthening for stability for directional changes, kicking. Improve balance/strength with spontaneous movement of partner.
- **Key Things to look for:**
  - 1) Engage glutes to keep knee, hip and ankle aligned to prevent knee falling inward of foot.
  - 2) Shift hips back and hinge forward slightly at the hips, keeping the pelvis level.
  - 3) Keep back neutral during forward lean.
  - 4) Limit pressure on partner's shoulders, using only as much as is needed.



## Jumping

### Vertical Jumps; reps for 30 sec, 2 sets

- **Intent:** To obtain vertical height and power with jumps.
- **Key Things to look for:**
  - 1) Symmetrical movement starting with squat to prepare for jump, extend knees and hips pushing off of toes. Land toe to heel, decelerating into squat.
  - 2) Avoid landing with a flat foot or reducing depth of squat.
  - 3) Engage glute muscles and pull knees out in line with 2nd toes preventing knees from falling inside of hips and ankles.



### Lateral Jumps; reps for 30 sec, 2 sets

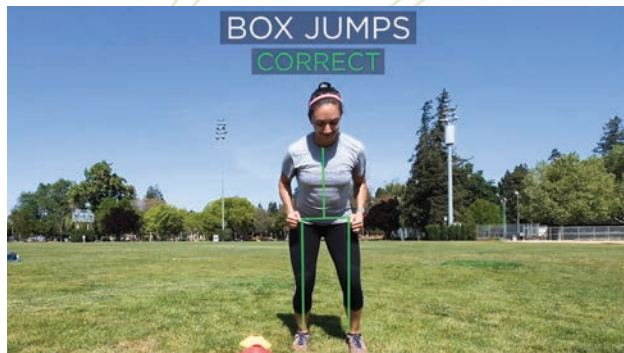
- **Intent:** Improve power with lateral push off, jumping up off one leg, lateral movement or quick directional changes.
- **Key Things to look for:**
  - 1) Knee aligned with hip and ankle.
  - 2) Prep for jump and land in a single leg squat.
  - 3) Pause after landing to ensure you maintain balance before jumping to the next leg.





### Box Jumps; reps for 30 sec, 2 sets

- **Intent:** To prepare the body for directional changes and single leg push off as needed with cutting or jumping up.
- **Key Things to look for:**
  - 1) Symmetrical movement starting with squat to prepare for jump, extend knees and hips pushing off of toes.
  - 2) Land toe to heel, decelerating into squat.
  - 3) Avoid landing with a flat foot or reducing depth of squat.
  - 4) Engage glute muscles and pull knees out in line with 2nd toes preventing knees from falling inside of hips and ankles.



### Part 3 (Running Exercises)

#### Across the Field; 75-80% max pace, 2 sets

- **Intent:** Prepare athletes for sprints.
- **Key Things to look for:**
  - 1) Keep knee aligned with hip and 2nd toes, preventing knee from falling inward.
  - 2) Prevent stepping in tandem or crossing midline.
  - 3) Pump arms effectively and symmetrically to improve power and efficiency with run.





## Bounding; 2 sets

- **Intent:** Power and strength with jumping off of one leg forward and vertically translating to power with sprinting, jumping, and reaching for the ball.
- **Key Things to look for:**
  - 1) Punch opposite arm and leg into the air (Force from arm and leg will assist with height and power of jump).
  - 2) Keep core engaged and spine neutral to avoid hip hiking or side bending through the trunk.



## Plant & Cut; 80-90% max pace, decelerate prior to cut and direction change, accelerate after direction change; 2 sets

- **Intent:** Practice quick/spontaneous changes in direction with proper body mechanics to reduce risk of injury and improve movement efficiency.
- **Key Things to look for:**
  - 1) Stay low with knees bent.
  - 2) Push off of the lateral foot.
  - 3) Engage glutes and push the knee out laterally.
  - 4) Do not let your knee buckle excessively inwards of the foot.



## Additional Exercises:

### Copenhagen Adductor Strengthening

- **Dose:** 1 Set each leg to a pain level of <3/10.
- **Frequency:** 3x/week for 6-8 weeks Pre-season. Perform 1x/week during season.  
i.e. once doing >12-15 reps, 3x/week with ease, should be able to continue 1x/week during the season to maintain.
- **TIP:** Perform after a game, or day after game to avoid interfering with performance.
- **Reduced reports of groin injury by 41%.**
- **Intent:** Strengthen hip adductors (inner thighs). Reduce groin strain.
- **Key Things to look for:**
  - 1) Elbow aligned under shoulder.
  - 2) Abdominals engaged.
  - 3) Head in neutral in line with the spine.
  - 4) Lift bottom leg up to meet top leg.
  - 5) Keep legs straight by engaging the quadriceps.

### Copenhagen progression

**Copenhagen Level 1:** Lay on the side, and bring the bottom leg up and hold





**Copenhagen Level 2:** Grip at the knee, and bring the bottom leg up and hold



**Copenhagen Level 3:** Grip at the ankle, and bring the bottom leg up and hold



**Copenhagen Level 4:** Grip at the ankle, pulse the bottom leg up and down





## High Kicks

- **Intent:** Warm up hamstrings without overstretching prior to play. Light stretch felt at back of thigh.
- **Key Things to look for:**
  - 1) Neutral spine.
  - 2) Aim to touch opposite hand to foot, but ok if unable to reach.
  - 3) Attempt to keep kicking knee straight.



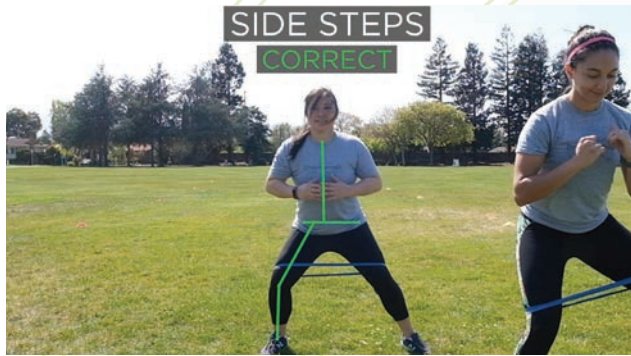
## Glute Kicks

- **Intent:** Warm up quadriceps without overstretching prior to play. Light stretch felt in front of thigh.
- **Key Things to look for:**
  - 1) Kick the foot behind you and limit the thigh from going too far in front of the other knee.
  - 2) Keep the spine neutral.
  - 3) Stay on the balls of your feet.



## Side Steps

- **Intent:** Strengthen gluteus medius for stability with lateral movement and stability of stance leg when kicking. Fatigue in back/side of hips.
- **Key Things to look for:**
  - 1) Hips back.
  - 2) Knees behind toes but in line laterally with 2nd toes.
  - 3) Stay Low.
  - 4) Keep knees over the 2nd toes to not let knees collapse inward.







For group and individual assistance with  
anything soccer related, please contact us at  
**[BreakThroughPT.com](http://BreakThroughPT.com)**

