

FIT 4 SOCCER

FIT KIDS & TEENS



SPORTS SPECIFIC TRAINING: SOCCER U8

- 5 minute Warm up sequence
- Topic of the Day: i.e, Arms for Effective Momentum. Ready Stance, Proper Athletic Stance & Body Alignment
- Agility Cone Drills: **Improve direction changes. Obstacle avoidance. Ball Touches. Forward / Backward. Lateral Drills.**
- Core Exercises for balance: **1/2 Get ups, 1/2 Crunch, Penguins, Starfish**
- Endurance / Off the line speed: **Fun Sprints. Relays. Races.**
- Lower Body Strength: **Body weight Squats, Lunges, Calf Raises**
- **Mini Box Jumps:** Plyometrics to increase muscle speed & power.
- Strength Circuits: **Core: Walkouts, plank, bear crawls, mountain climbers. Shoulders / Arms: Presses, curls.**
- **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
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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
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