

Interval Kicking Program

Description:

The interval kicking program is designed to gradually return motion, strength and confidence in the soccer kick after injury or surgery by gradually increasing kicks and intensity.

Instructions for Soccer Program:

- Begin program with proper warmup
- Dribbling and juggling should be used as a warm up, with a gradual increase in intensity
- The program is designed to pass/kick/shoot **every other day**, to allow your body a day of rest and recovery before passing/kicking/shooting again.
- **Pass/kick/shoot only three days a week** (make sure there is a day in between).
- Perform strengthening exercises after passing/kicking/shooting.
- **Do not advance a step until you are completely comfortable at your present step.**
- The program should be followed by ice to control pain, swelling and soreness.

Tips:

- Even though you could pass/kick/shoot at a more intense level that is not the idea of this program, it is the slow build up and conditioning of the body that will allow you to progress and not re-injure yourself.
- It is important to ease off when you are abnormally sore after a certain step or have pain when hitting
 - Soreness Rules
 - If no soreness: Advance to next step
 - If sore during warm up but soreness is gone after dribbling/juggling: repeat previous step
 - If soreness during warmup and soreness continues through dribbling/juggling: stop, take 2 days off, and drop down one step
- It is common to experience soreness and/or dull pain in the muscles and tendons. **If you experience sharp pain, particularly in the joint, stop all hitting until the pain subsides. If pain continues, contact your physical therapist and/or physician.**

Step 1: Warm-up with dribbling x 5 min
Two touch passing x 5 min (6 yards)
Rest x 5 min
Warm up with juggling x 5 min
One touch passing x 5 min (6 yards)

Step 2: Warm-up with dribbling x 5 min
Two touch passing x 5 min (18 yards)
Rest x 5 min
Warm up with juggling x 5 min
One touch passing x 5 min (18 yards)

Step 3: Warm-up with dribbling x 5 min
Two touch passing x 5 min (25 yards)
Rest x 5 min
Warm up with juggling x 5 min
One touch passing x 5 min (25 yards)
Rest 5 min
Warm up drilling x 5 min
One and two touch passing x 5 min (18 yards)

Step 4: Warm-up with dribbling x 5 min
Two touch passing x 5 min (40 yards)
Rest x 5 min
Warm up with juggling x 5 min
One touch passing x 5 min (40 yards)

Step 5: Warm-up with dribbling x 5 min
Two touch passing x 5 min (40 yards)
Rest x 5 min
Warm up with juggling x 5 min
One touch passing x 5 min (40 yards)
Rest 5 min
Warm up dribbling x 5 min
One and two touch passing x 5 min (40 yards)

Step 6: Warm-up with dribbling x 5 min
Two touch passing x 5 min (40 yards)
Rest x 5 min
Warm up with juggling x 5 min
Shooting x 10 shots (12 yards)
Chipping and Crossing balls x 2-3 min (12 yards)
Rest 5 min
Warm up dribbling x 5 min
One and two touch passing x 5 min (40 yards)

Step 7: Warm-up with dribbling x 5 min
Two touch passing x 5 min (40 yards)
Rest x 5 min
Warm up with juggling x 5 min
Shooting x 10 shots (12 yards)
Chipping and Crossing balls x 2-3 min (12 yards)
Rest 5 min
Warm up dribbling x 5 min
Shooting x 10 shots (12 yards)
Chipping and Crossing balls x 2-3 min (12 yards)

Step 8: Warm-up with dribbling x 5 min
Two touch passing x 5 min (40 yards)
Rest x 5 min
Warm up with juggling x 5 min
Shooting x 10 shots (18 yards)
Chipping and Crossing balls x 2-3 min (18 yards)
Rest x 5 min
Warm up dribbling x 5 min
One and two touch passing x 5 min (40 yards)

Step 9: Warm-up with dribbling x 5 min
Two touch passing x 5 min (40 yards)
Rest x 5 min
Warm up with juggling x 5 min
Shooting x 10 shots (18 yards)
Chipping and Crossing balls x 2-3 min (18 yards)
Rest 5 min
Warm up dribbling x 5 min
Shooting x 10 shots (18 yards)
Chipping and Crossing balls x 2-3 min (18 yards)

Step 10: Warm-up with dribbling x 5 min

Two touch passing x 5 min (40 yards)

Rest x 5 min

Warm up with juggling x 5 min

Shooting x 10 shots (40 yards)

Chipping and Crossing balls x 2-3 min (40 yards)

Rest 5 min

Warm up dribbling x 5 min

Shooting x 10 shots (40 yards)

Chipping and Crossing balls x 2-3 min (18 yards)

Step 11: Warm-up with dribbling x 5 min

Two touch passing x 5 min (40 yards)

Rest x 5 min

Warm up with juggling x 5 min

Shooting x 10 shots (40 yards)

Chipping and Crossing balls x 2-3 min (40 yards)

Rest 5 min

Warm up dribbling x 5 min

Shooting x 10 shots (40 yards)

Chipping and Crossing balls x 2-3 min (40 yards)

Step 12: Warm-up with dribbling x 5 min

Two touch passing x 5 min (40 yards)

Rest x 5 min

Warm up with juggling x 5 min

Lofted Driven Ball x 25 times (50 yards)

Rest 5 min

Warm up dribbling x 5 min

Shooting x 10 shots (40 yards)

Chipping and Crossing balls x 2-3 min (40 yards)