



**Pelada Soccer Coaching**  
**Off-Season Strength Training**  
**3 – Day Total Body Routine**

*The following is a combined plyometric training and strength training routine designed for simplicity. All of the following exercises can be achieved with minimal equipment and little-to-no strength training experience. This can be performed concurrently with the Off-Season Conditioning Plan.*

**Day 1**

Plyo 1	(sets x reps)
Box Jumps	3 x 5
Drop Jumps	3 x 5
Depth Jumps (drop from one box, quick hop to next box)	3 x 5
Squat Jumps	3 x 10

Take at least 1 minute between sets of plyos. Focus on LANDINGS - form and stability should be your priority.

Strength 1	
Rear Foot elevated split squat	3 x 6-8 each
DB Push Press	3 x 10
Bent over Row	3 x 10
Single leg Deadlift	3 x 8 each
Rear Delt Raise	3 x 10
DB Overhead Tricep Extension	3 x 10
DB Curl	3 x 10 each
Core*	

Pair off exercises 1 & 2, 3 & 4, then complete 5, 6, 7, & 8 in a circuit.

Anything involving a weight is meant to be done with dumbbells. Get a good warmup in before starting. Look up any exercises you don't know by name (google/youtube is a great resource). Never do an exercise you don't feel comfortable with. Pick an appropriate weight that will challenge you, but not compromise your form.

\*Core Routines should consists of bridging (planks), crunching, and rotating motions. Use variation.



***Pelada Soccer Coaching***  
***Off-Season Strength Training***  
***3 – Day Total Body Routine***

**Day 2**

Plyo 2	
Hurdles - Stick one linear, one lateral left, one lateral right	3 x 5
Hurdles - Bounce one linear, one lateral left, one lateral right	3 x 5
Hurdles - True (quick hops) one linear, one lateral left, one lateral right	3 x 5
Alternating Split Squat Jumps	3 x 10 (5 each)

Strength 2	
DB Front Squat	3 x 10
Pullup or Lat pulldown	3 x max or 10
DB Bench	3 x 8 each
Single Leg Glute Bridge (onto bench)	3 x 8 each
Pushup Hold DB Row	3 x 8 each
1-arm Overhead DB Press	3 x 8 each
Side Lunge	3 x 10 each
Core	



***Pelada Soccer Coaching***  
***Off-Season Strength Training***  
***3 – Day Total Body Routine***

**Day 3**

Plyo 3	
Single Leg Hurdles - Stick one linear, one lateral left, one lateral right	3 x 5 each
Single Leg Hurdles - Bounce one linear, one lateral left, one lateral right	3 x 5 each
Single Leg Hurdles - True one linear, one lateral left, one lateral right	3 x 5 each

Strength 3	
Walking Lunge	3 x 8-10 each
DB Hang Pull	3 x 10
Pushup variation (regular, medicine ball, over step, etc.)	3 x 10-15
Nordic Hamstring Curl	3 x 8
DB Side Delt Raise	3 x 10
DB Woodchopper	3 x 10 each
Bench Dips	3 x 10
Core	