



ADC ATHLETE PERFORMANCE

IN-SEASON SOCCER PERFORMANCE BLUEPRINT

MAINTAIN. PERFORM. WIN.

A simple in-season system to protect the strength, speed and power you built in the offseason
— without adding unnecessary fatigue.

WEEKLY TARGET

2 performance sessions

STRENGTH

1x squat + hinge anchor

TRUE SPEED

1x acceleration + max velocity

“If you want to be the thing, you have to do the thing.”

You built strength and speed in the offseason. Keeping it requires continued exposure. The dose changes in-season — the work doesn't disappear.

STRENGTH | SPEED | POWER | RESILIENCE | RECOVERY

DON'T LOSE WHAT YOU BUILT.



THE TEAM SCHEDULE WINS.

High school players may already have 5-6 soccer exposures each week. ADC work should fill the physical gaps, not compete with practices and matches.

SESSION 1

STRENGTH + POWER

- Squat pattern
- Hinge / hamstrings
- Upper push + pull
- Low-volume jumps
- Groin + calf resilience

SESSION 2

SPEED + POWER

- Acceleration
- Long flying sprints
- Elastic power
- Small COD dose
- Full recovery between reps

ONE-MATCH WEEK EXAMPLE

DAY	TEAM	ADC PLAN
SUN	Match	No extra work
MON	Recovery	15-min Home Reset
TUE	Practice	Session 1 — Strength + Power
WED	Practice	No extra work
THU	Practice	Session 2 — Speed + Power
FRI	Practice	No extra work
SAT	Match	Compete

Example only — practice and match days vary by team. Place supplemental work where it creates the least interference with training and matches.

HEAVY MATCH WEEK?

Do less, not more. Keep the strength anchor if readiness allows. Skip or reduce the speed session when matches or team training already provide high-speed exposure. Quality always beats volume.

WHY THIS MATTERS

One weekly in-season strength session preserved offseason strength and sprint gains across 12 weeks in professional soccer players — while training only every other week was linked to declines. Two weeks without training measurably worsened repeated-sprint performance in elite players. The goal isn't more volume — it's the minimum dose that keeps what you built. (*Rønnestad, Nymark & Raastad, 2011, J Strength Cond Res; Castillo et al., 2018, PLOS ONE*)



SESSION 1

STRENGTH + POWER

45-55 MIN · MODERATE INTENSITY

Leave 1-3 reps in reserve on every set.

Order: prepare → power → squat + hinge → upper body → unilateral + resilience.

GYM / FULL EQUIPMENT

HOME / MINIMAL EQUIPMENT

1 PREP 8-10 min

- 90/90 hip switch — 6/side
- Ankle rocker — 8/side
- Spiderman + rotation — 3/side
- Band walks — 2x10/side
- Pogos — 2x10

Same sequence at home.
Mini-band lateral walks 2x10/side if available.

2 POWER 6-8 min

- Box jump — 3x3
- Broad jump — 2x3
- Med-ball rotational throw — 3x3/side

- Squat jump to stick — 3x3
- Lateral bound to stick — 3x3/side
- Rotational throw w/ light object — 3x3/side

3 SQUAT + HINGE 15-18 min

- Back/front squat OR goblet squat — 3-4x4-5 @RPE 7-8
- RDL — 3x5-6 OR slider hamstring curl 3x6-8

- Goblet/backpack squat — 3x6-8
- Single-leg RDL — 3x6/side OR towel hamstring curl 3x8

4 UPPER BODY 8-10 min

- DB bench press — 2-3x6-8
- Pull-up OR DB row — 2-3x6-8

- Push-up — 2-3x8-12
- Band row OR sturdy towel row — 2-3x8-12

5 UNILATERAL + RESILIENCE 8-10 min

- Rear-foot elevated split squat — 2x5/side
- Copenhagen plank — 2x15-20s/side
- Soleus calf raise — 2x10-12
- Pallof press — 2x8/side

- Stationary split squat — 2x6/side
- Side plank + top-leg lift — 2x15s/side
- Bent-knee calf raise — 2x12
- Band Pallof press, door anchor — 2x8/side

COACHING INTENT

This is your weekly strength anchor. Build and maintain strength and muscle while supporting durability. No conditioning finisher needed — soccer already supplies conditioning. Finish feeling strong enough to practice well the next day.



SESSION 2

SPEED + POWER

35-45 MIN · HIGH QUALITY, LOW FATIGUE

Full recovery between reps. Stop when mechanics deteriorate, you feel heavy, or speed clearly drops.
GOAL: touch true speed every week — fast, fresh and fully recovered.

FIELD / OPEN SPACE

HOME / LIMITED SPACE

1 PREP 6-8 min

- Dynamic mobility — 2-3 min
- A-skip — 2x10 yd
- Straight-leg run — 2x10 yd
- 2 progressive build-ups

Limited space: same prep, shorten build-ups.

2 ELASTIC POWER 5-6 min

- Pogo to broad jump — 2x3
- Lateral bound — 2x3/side
- Single-leg hop for distance — 2x2/side

Same — minimal space needed.

3 ACCELERATION 6-8 min

- 2x10 yd + 2x15 yd
- Full walk-back recovery

- 3x5 yd + 3x8 yd
- Full recovery

4 MAX VELOCITY 12-15 min

- Flying 10: 2 reps — 15-20yd build + 10yd fly
- Flying 20: 2-3 reps — 20-30yd build + 20yd fly
- 2.5-3.5 min recovery

Limited space cannot truly replace max velocity. Use 4-6 x 8-10yd fast accelerations. Count team work only if it includes real open sprinting.

5 COD (OPTIONAL) 5-6 min

- 45-degree cut — 2x/side
- 5-10-5 shuttle — 2 reps

Skip if the week already has heavy practice or match COD volume.

COACHING INTENT

One short, high-quality weekly exposure can help maintain speed when combined with the sprint demands already present in soccer.

QUALITY CHECK

- ✓ Full recovery between reps
- ✓ Tall posture, smooth mechanics
- ✓ Stop if you feel heavy or mechanics slip



RECOVER ENOUGH TO KEEP TRAINING FAST.

Recovery is not another workout. Use this after a match, after travel, or whenever the legs feel heavy.

RESET	90/90 breathing — 5 slow breaths
MOBILITY	90/90 hip switch 8/side adductor rockback 8/side couch stretch 30-45s/side ankle rocker 10/side
ACTIVATE	Glute bridge 2x10 calf raise 2x12 dead bug 2x6/side side plank 2x20s/side
EASY MOVEMENT	10-20 min easy walk when appropriate

WEEKLY PLAYER CHECK-IN

Rate 1-5. If two or more categories are 1-2, reduce supplemental volume and communicate.

CATEGORY	1	2	3	4	5
Leg freshness					
Recovery / sleep					
Soreness / pain					
Overall readiness					

RESEARCH BASIS

Rønnestad, Nymark & Raastad (2011). Effects of in-season strength maintenance training frequency in professional soccer players. *J Strength Cond Res*, 25(10), 2653–2660.

Castillo et al. (2018). Effects of short-term in-season break detraining on repeated-sprint ability and intermittent endurance. *PLOS ONE*.

SLEEP | EAT ENOUGH | HYDRATE | COMMUNICATE

Count school + club + private sessions + lifting + matches as one total weekly load.

Want this built around your exact week? — see ADC Remote Performance Coaching on the next page.



ADC REMOTE PERFORMANCE COACHING

Your team gives you soccer training.

We make sure your physical development doesn't stop during the season.

YOUR PROGRAM

Personalized strength, speed, power and recovery built around your actual schedule.

YOUR WEEKLY COACHING CALL

Meet with your ADC coach every week on Zoom to review performance, fatigue, match minutes and the week ahead.

YOUR ADJUSTMENTS

Your program changes when your schedule changes. Games, travel, soreness, equipment and workload are accounted for.

READY TO TRAIN WITH A PLAN?

**BOOK YOUR FREE 15-MINUTE
REMOTE TRAINING CONSULTATION**

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