



SC WAVE

SOCCER CLUB

MLS NEXT | 2025-26

ACTIVE WARM UP

SET UP ALONG SIDELINE | CONES AT 5 & 10 YDS

START ON SIDELINE

- Skips With Cross Body Arm Swings x 10 yds
- Skips With Arm Circles x 10 yds
- Skips With Groin Circles Forwards x 10 yds
- Skips With Groin Circles Backwards x 10 yds
- High Knees x 10 yds
- Skips With Opposite Arm/Leg Touch x 10 yds

LIE DOWN ON SIDELINE

- Knee Hug Single Leg Hip Extension x 5-10 ea.
- Kneeling Lat. Plank Hip Abduction x 5-10 ea.
(Beginner: Bent Knee / Advanced: Straight Leg)
- Hamstring Walkouts x 5 ea.
- Beginner: Split Squat or Advanced:
Single Leg Skater Squat x 5-10 ea.

FACING FORWARDS ON SIDELINE

- Low Lateral Squat Rocking x 5 ea.
- Drop Lunge to Lateral Lunge x 5 ea.
- Single Leg RDL with Reach x 5 ea.
- World's Greatest Stretch x 3 ea.
- Forward Walking Lunge Top Arm Reach x 10 yds
- Backward Walking Lunge w/ Reach & Turn x 10 yds

FOCUS ON EXPLOSIVENESS

- Lateral Bound x 5 ea.
- Lateral Shuffle to Turn and Sprint x 10 yds
- Forward Sprint to Back Pedal x 2-4 Sprints
(5 & 10 yard distances)
- Vertical Jump Bump and Run 2 x 5-10 yd Sprint

TRANSITION TO SOCCER SPECIFIC DRILLS!