

Section 5

Progress Chart
Weekly Training Schedule
Training Tip Reminders

PROGRESS CHART

Name _____ Date Started _____

STEP 1a. Record your five longest soccer kicks, football punts, kickoffs, and/or field goals before starting this program. Add the yards for each individual kick together and divide by 5 to get the average. Use the chart below:

Number	Soccer kicks	Punting	Kickoffs	Field Goals (FG)
1.	Yards	Yards	Yards	Yards
2.	Yards	Yards	Yards	Yards
3.	Yards	Yards	Yards	Yards
4.	Yards	Yards	Yards	Yards
5.	Yards	Yards	Yards	Yards
Add the yards for each individual kick together and divide by 5 to get the average:				
Average Yards	Soccer: Yds.	Punting: Yds.	Kickoff: Yds.	FG: Yds.

STEP 1b. Record your fastest time in one or more of the following races before starting this program in the spaces below:

40 yards _____ seconds
 60 meters _____ seconds
 100 meters _____ seconds
 200 meters _____ seconds
 400 meters _____ seconds
 Other _____ seconds

STEP 2. Complete the Weekly Training Schedule located on the next page for at least two weeks. Perform each exercise three times on the recommended day. You may also make copies of the Weekly Training Schedule to allow for documenting any additional week(s) of training.

STEP 3a. Now record your five longest soccer kicks, football punts, kickoffs and/or field goals after you have completed the exercises for at least two weeks. Add the yards for each individual kick together and divide by 5 to get the new average and note the improvement. Use the chart below:

Number	Soccer kicks	Punting	Kickoffs	Field Goals (FG)
1.	Yards	Yards	Yards	Yards
2.	Yards	Yards	Yards	Yards
3.	Yards	Yards	Yards	Yards
4.	Yards	Yards	Yards	Yards
5.	Yards	Yards	Yards	Yards
Add the yards for each individual kick together and divide by 5 to get the new average:				
Average Yards	Soccer: Yds.	Punting: Yds.	Kickoff: Yds.	FG: Yds.

PROGRESS CHART (Continued)

STEP 3b. Now record your fastest time in one or more of the following races after you have completed the exercises for at least two weeks.

40 yards _____ seconds

60 meters _____ seconds

100 meters _____ seconds

200 meters _____ seconds

400 meters _____ seconds

Other _____ seconds

STEP 4. After you have completed this program for at least two weeks, it is recommended that you continue on with this same schedule for as long as you plan to stay competitive in your sport. This means you should be doing these exercises right along with any other training routine you may be involved in over the coming weeks, months and years.

WEEKLY TRAINING SCHEDULE

The table below outlines your weekly schedule for all ten exercises. As noted, Exercises 1-5 are performed on Days 1 and 4 of the week and Exercises 6-10 are performed on Days 2 and 5.

WEEKLY TRAINING SCHEDULE					
Day of Week	Exercises				
1	Exercise #1	Exercise #2	Exercise #3	Exercise #4	Exercise #5
2	Exercise #6	Exercise #7	Exercise #8	Exercise #9	Exercise #10
3	Rest Day				
4	Exercise #1	Exercise #2	Exercise #3	Exercise #4	Exercise #5
5	Exercise #6	Exercise #7	Exercise #8	Exercise #9	Exercise #10
6	Rest Day				
7	Rest Day				

Using the Weekly Training Schedule: each exercise found in Section 3 of this publication as well as on the members website contains a table stating to perform it either three times with each leg (Exercises 1-6, 9 and 10) or three times in each direction (Exercises 7-8).

Using Exercise #1 (page 15) as an example, you are to do this exercise 3 times with each leg, alternating between them as you go. When you are finished, proceed to do likewise with Exercise #2 (page 16) and so on until all five exercises for the day shown in the Weekly Training Schedule above have been completed.

With each exercise taking around 3 minutes to complete, it should take you about 15 minutes to perform all five exercises for any given day.

TRAINING TIP REMINDERS

Tip #1. The exercises demonstrated in this program are meant to be physically challenging. If you find that your initial attempt with an exercise is too easy then you will need to increase the resistance by either adding in another resistance band, using a stronger band and/or repositioning yourself further away from where your band is attached to stretch it further.

Tip #2. Always train within the physical limits of the band. What this means is, no matter how much effort you are exerting for a given exercise, the resistance band should still be capable of stretching a little further. If the band is stretched to its maximum where there is no more stretch left in it, you will essentially turn the resistance band into a static rope, or cable, incapable of returning any elastic force back. This greatly reduces its effectiveness. If this should happen to you, then watch the video on [How To Increase Resistance](#) and use one of the methods presented there.

Tip #3. All of the exercises recommend using between 70-80% of your maximum strength over a 10-15 second period of time. This is a significant amount of effort and the best way to gauge this is you should feel like you need to take a rest from the exercise around the 10 second mark. So when it's your turn to do an exercise, if you can easily hold the final position for a lot longer than the recommended 10-15 seconds, such as 20 seconds or more, then you do not have enough resistance and will need to increase it.