

St Lawrence Men's Soccer Training Video Index

Intro by Coach Durocher 0:00-2:11

- I. **Medicine Ball Warm-ups** 2:12-5:22
- II. **Power Lifts** 5:23-7:12
 - a. Power Clean 5:27
 - b. Hang and Clean 5:43
 - c. Power Snatch 5:57
 - d. Push Press 6:12
 - e. Push Jerk 6:28
 - f. DB Snatch 6:44
- III. **Combination Lifts** 7:13-8:39
 - a. Hang Clean and Push Press 7:16
 - b. DB Hang Clean and Push Press 7:34
 - c. Hang Clean and Front Squat 7:52
 - d. Hang Clean, Front Squat, and Push Press 8:17
- IV. **Lower Body Lifts** 8:40- 12:12
 - a. Front Squat 8:44
 - b. Back Squat 8:54
 - c. Split Squat 9:05
 - d. Alternating Lunge 9:21
 - e. Bent Leg Dead lift 9:38
 - f. Step-up with Hip Flexion 9:57
 - g. SL Squat w/Swiss Ball 10:23
 - h. Excursions 10:36
 - i. Lateral Cross-over Step-ups 11:29
 - j. SL DB Squat 11:46
- V. **Upper Body Lifts** 12:13- 16:20
 - a. Swiss Ball DB Bench Press 12:18
 - b. Incline Swiss Ball DB Chest Press 12:39
 - c. Swiss Ball DB Military Press 12:57
 - d. Swiss Ball DB Flies 13:18
 - e. Swiss Ball Bench Press 13:39
 - f. Swiss Ball Supine Pull-ups 13:59
 - g. Upright Rows 14:20
 - h. Back Rows 14:39
 - i. Swiss Ball DB Rows 14:59
 - j. Pull-up 15:10
 - k. Inverted Pull-up 15:20
 - l. Chin-up 15:36
 - m. Curl and Press 15:51
 - n. Weighted Dips 16:08
- VI. **Core Exercise Progressions** 16:21- 28:23
 - a. Glut-Hamstring Bench progressions 16:24
 - b. Knee-ups 17:54

- c. Elbow Bridge 18:12
- d. Oblique Bridge 18:37
- e. Swiss Ball Squat Progressions 18:52
- f. Medicine Ball Squat Progressions 20:20
- g. Russian Twists 21:39
- h. Woodchoppers 21:53
- i. Diagonal Chops 22:03
- j. Push-up Progressions 22:27
- k. Half twists 23:39
- l. Full Twists 23:56
- m. Hip Thrust Progressions 24:19
- n. Swiss Ball Ab Progression 25:17
- VII. **Dynamic Warm-ups** 28:24- 31:30
- VIII. **Coerver Footwork Drills** 31:31- 34:16
 - a. Pendulums 31:38
 - b. Step-on 31:43
 - c. Walking The Ball 31:47
 - d. Alternating Pull-Push 31:39
 - e. Rt. Foot Cuts 32:10
 - f. Left Foot Cuts 32:17
 - g. Foot Combos inside/outside 32:26
 - h. Puskus-Pulling the V 32:36
 - i. Maradonna 32:49
 - j. Matthews inside/outside same foot 33:01
 - k. Beckenbauer 33:24
 - l. Half Zico 33:36
 - m. Full Zico 33:44
 - n. Littbarski Takeaway 33:52
 - o. Inside/outside of foot cutting 34:00
 - p. Full and Half Zico Turns 34:09
- IX. **Agility Drills** 34:17-37:59
 - a. Lateral Box Step Progression 34:21
 - b. Compass Drill 34:53
 - c. Star Drill 35:04
 - d. T drill 35:19
 - e. Up/Down River Lateral 35:41
 - f. Up/Down River Forward-Backward 35:56
 - g. Line Drills 36:10
 - h. Funnel Drill 37:10
 - *Split Ladder Assessment 37:21
 - **Leg Circuit Assessment 38:00
(20 Squats/20Lunges/20step-ups/10 Squat Jumps)
- X. **Plyometrics** 39:27-43:45
 - a. Lateral Cone Hops 39:30
 - b. SL lateral cone hops 39:40
 - c. 3 cone Lateral Hops 39:49

- d. Forward Bounding 39:59
- e. SL Bounding 40:03
- f. Lateral Slides 40:10
- g. Knee Tuck Jumps 40:24
- h. Long Jump w/ Sprint 40:39
- i. Long Jump w/ Lateral Sprint 40: 43
- j. Frog leaps 40:46
- k. Lateral Bounds 40:57
- l. Four Square Drill 41:10
- m. Eight Square Drill 42:21
- n. Hex Drill 42:34
- o. Multiple Box Jumps 42:49
- p. 30 sec Lateral Box Jumps

Credits 43:45- 44:08