

TOTO SCHMUGGE

# SOCCER: THE 6-WEEK PLAN

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THE GUIDE TO BUILDING A  
SUCCESSFUL TEAM

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MEYER  
& MEYER  
SPORT



## ABOUT THE AUTHOR

Thorsten (Toto) Schmugge is a former professional soccer player from Germany. When he was 19, he was signed with a professional soccer club in Germany. After many accomplishments, including playing 149 games in the second German league, Toto moved to Texas with his family.

Since arriving in the United States, he has worked for some of the leaders in the North Texas Soccer scene as part of their coaching staff as well as their technical director.



## Soccer: The 6-Week Plan

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E-Mail: [info@m-m-sports.com](mailto:info@m-m-sports.com)

[www.m-m-sports.com](http://www.m-m-sports.com)

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## **Week 1**

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Week 2

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Week 3

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Week 4

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Week 5

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Week 6

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Credits

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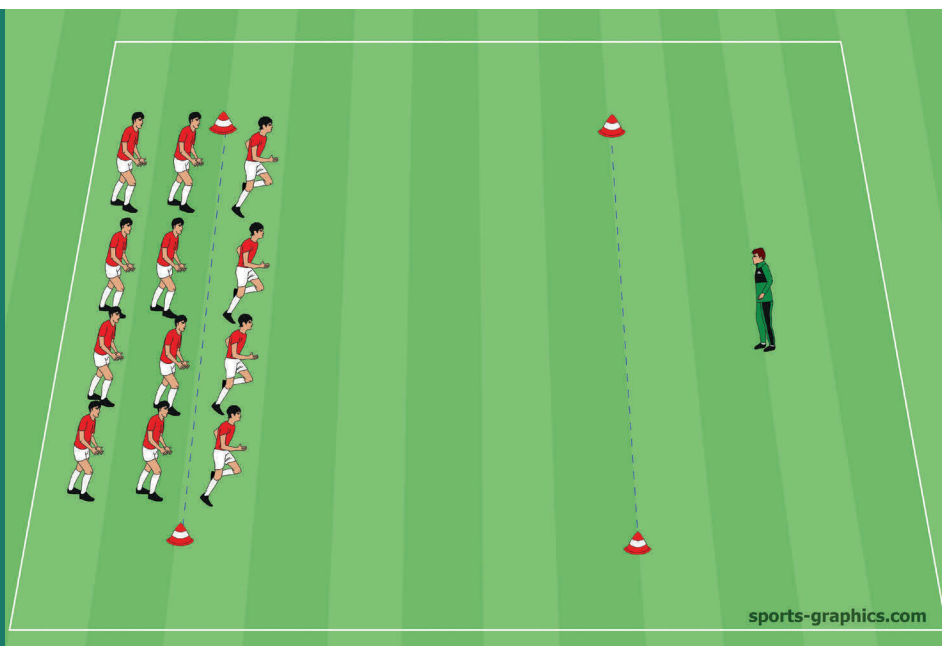
# WEEK 1



## WEEK 1, DAY 1

### Warm-Up

#### Exercise 1: Enter and Coordination (10 minutes)





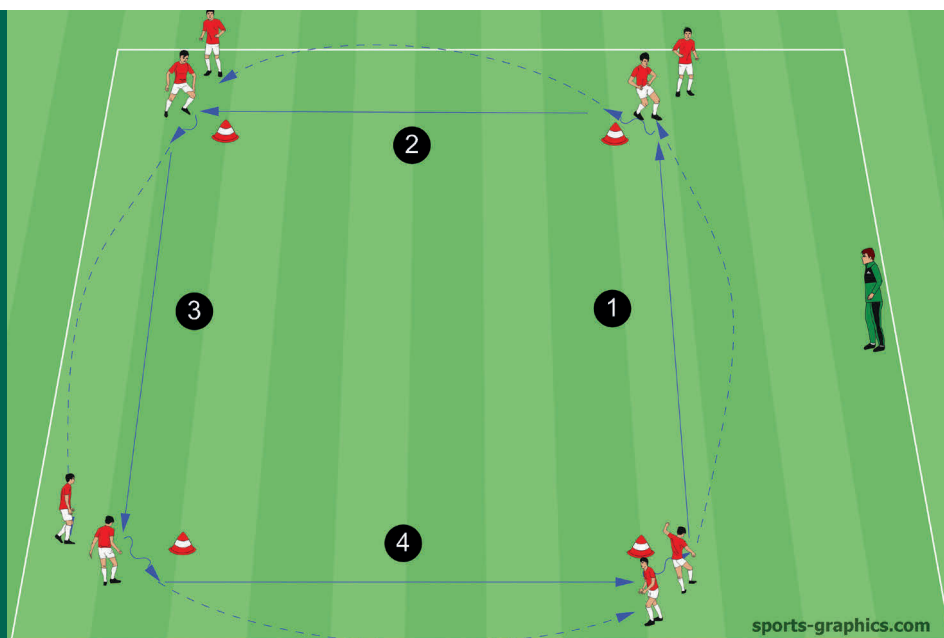
### Setup

- Mark start and finish lines at a distance of 33 feet.
- Divide players into four groups to avoid long waiting times.

### Sequence

- Butt kicks
- High knee skips
- Side-steps forward
- Side-steps backward
- Lateral running (turn the body and move the legs)
- High knee skips
- Run backwards
- Jump-run forward
- Forward side left/jumping
- High jumps
- Run in place
- Sprint to the finish line



**Exercise 2: Ball Habituation and Passing Game (10 minutes)****Setup**

- Use cones to mark out a square 33 feet by 33 feet. Create as many squares as necessary for the number of players.
- Each cone has two players.
- Each group has one ball.

**Sequence**

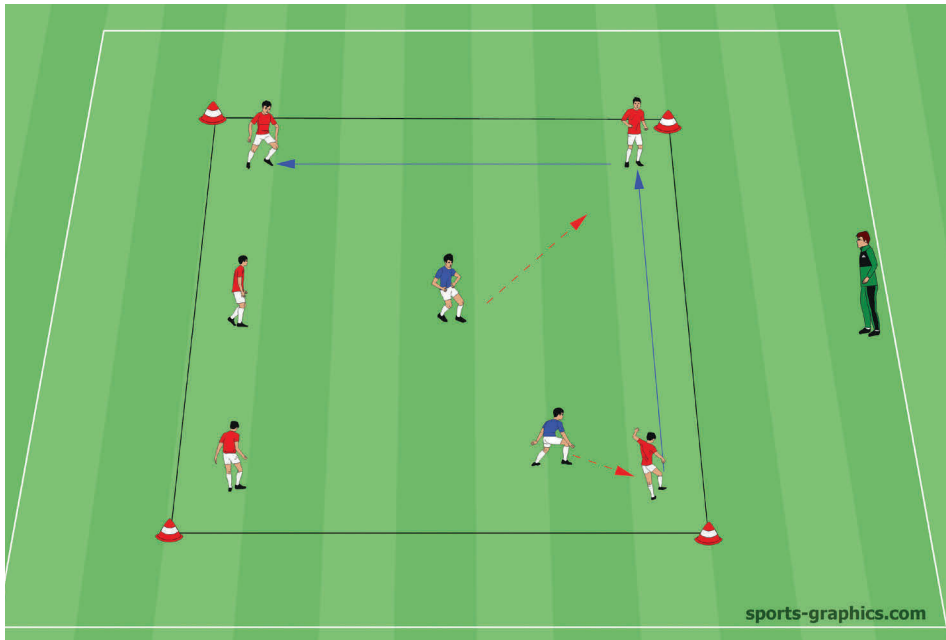
- Player 1 passes the ball to player 2, then follows the ball to the second cone.
- Player 2 takes the ball with a touch to the side and passes to player 3, then follows the ball to the third cone, and so on.

**Tips**

- Pay attention to detail; make sure the players are concentrating when performing the exercises.
- With a defeat (a bad first touch or if the player needs more than two touches), the whole group must do 10 push-ups.



## Main Exercise: 5-v-2 Corner Play (25 minutes)



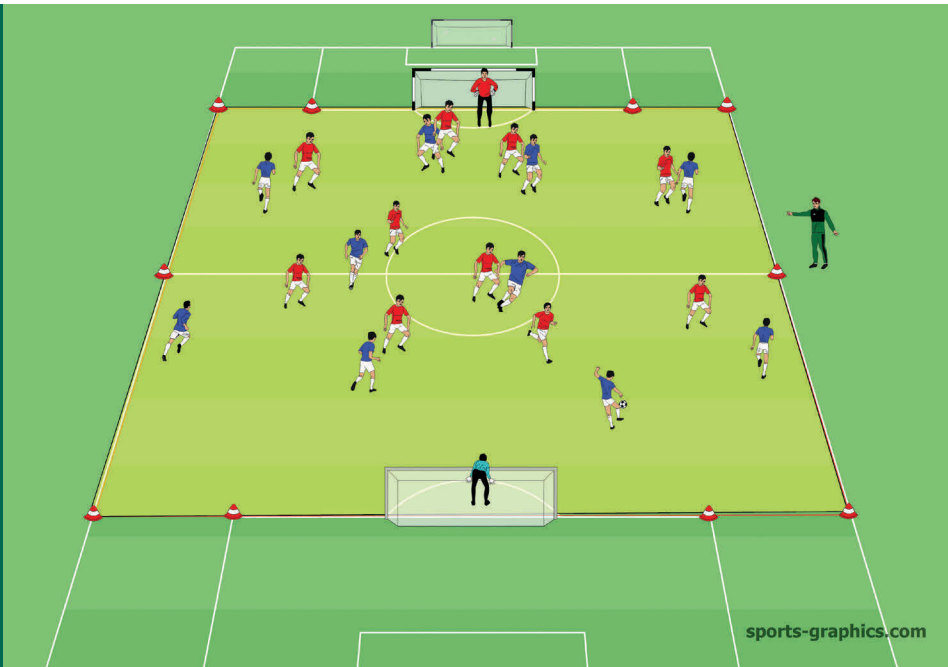
### Setup

- Use cones to mark out a square 33 feet by 33 feet. Create as many squares as necessary for the number of players.
- Each field has seven players, with the two youngest players in the middle.

### Sequence

- The outer players adapt to any position of the ball.
- The two players in the middle try to win the ball.
- The player who loses the ball must be in the middle.
- When there are more than 20 ball touches without players in the middle getting the ball, the players in the middle stay in the middle for double the time.



**Conclusion: Old Versus Young (2x20 minutes)****Setup**

- Use cones to mark out a playing field that goes from penalty area to penalty area and place a goal at each end of the field.
- Divide players into two teams based on their ages (i.e., an older team and a younger team).

**Sequence**

- Play without offside.
- A goal only counts if all players from the attacking team are in the opposing half of the field.
- All players from the defending team must be in their own half, otherwise the goal counts double.



## WEEK 1, DAY 2

### Warm-Up: Force and Stabilization Program (15 minutes)

#### Exercise 1: Push-Ups

- Do 30 reps.



#### Exercise 2: Sit-Ups

- Do 30 reps.





**Soccer: The 6-Week Plan****Exercise 3: Alternating Plank (20 reps)**

- Assume the plank position and alternate slowly lifting the right and left legs.
- Do 20 reps.

**Exercise 4: Side Plank**

- Assume a side plank position and then raise and lower the top leg.
- Do 15 reps per side.







### Exercise 5

- While lying face down with the feet flexed and toes firmly on the ground, put the hands in the air behind the body and then swing them to the front.
- Do 20 reps.



**Soccer: The 6-Week Plan****Exercise 6**

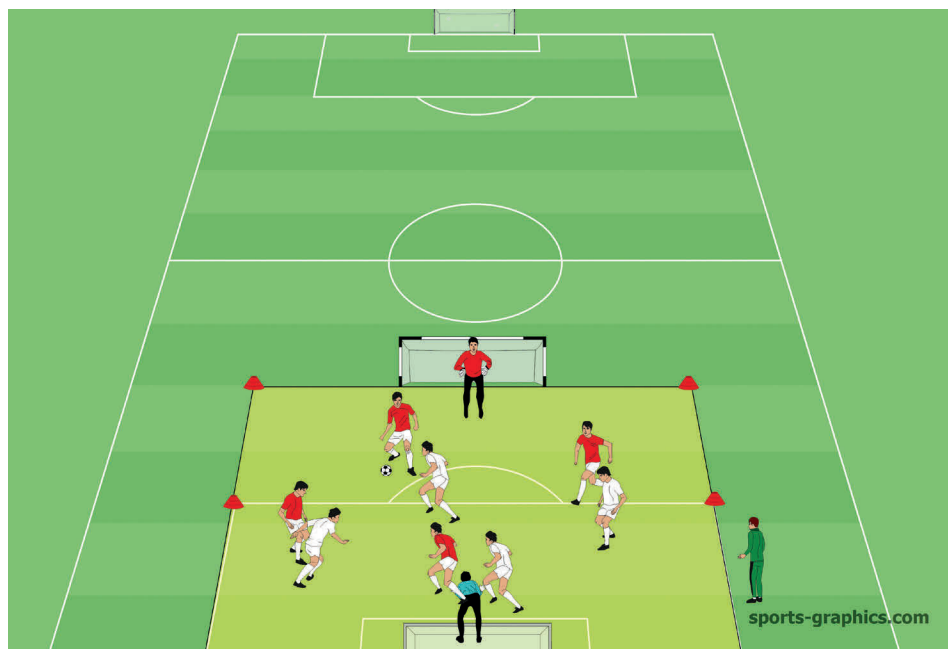
- Using the forearm and heel for support, lift the body slightly off the ground.
- While keeping the body in the air, extend the other leg.
- Hold each leg for 15-20 seconds.

**Exercise 7**

- Start in a forearm plank position.
- Lift the opposite hand and leg and hold for 10-20 seconds.
- Repeat with the other hand and leg.



## Conclusion: Tournament Form, Small Box, 4-v-4 Game (35 minutes)



### Setup

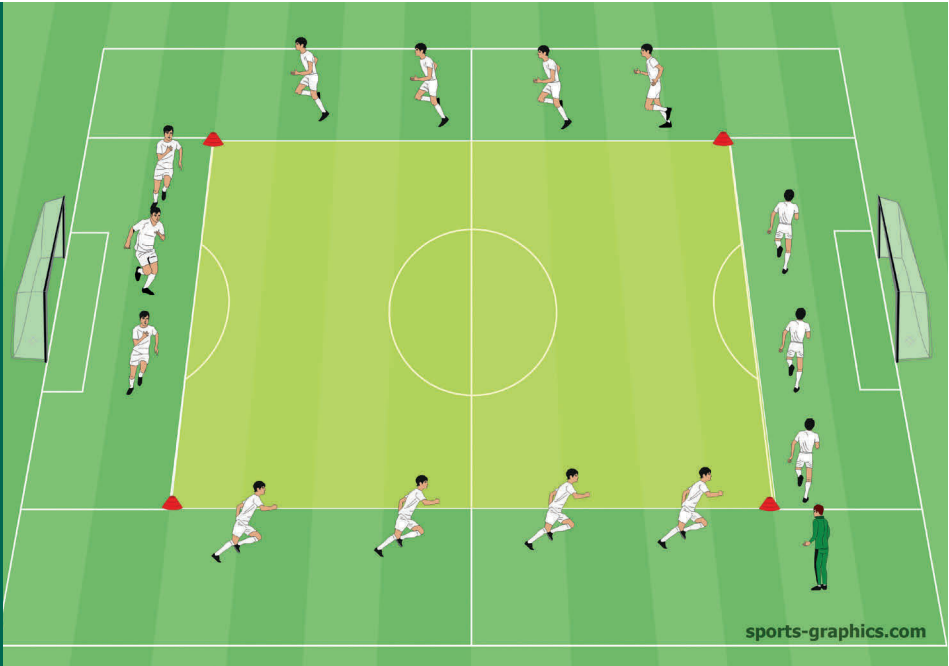
- Make a field that is twice the size of the penalty area.
- Split players into four teams (depending on the number of players).

### Sequence

- Teams play a free, 4-v-4 game.
- Each team plays each other twice (first and second round).
- Winner of the tournament is the team that finishes with the most wins.
- The team that is in last place must clean up the playing/training field.





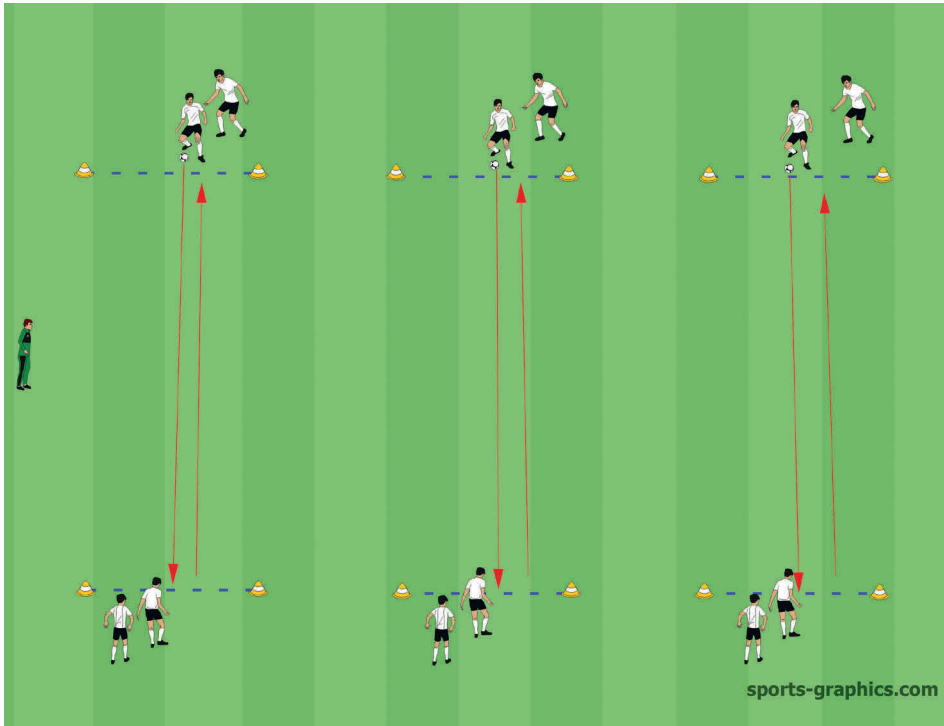
**Main Exercise 1: 4x4-Minute Runs (30 minutes)****Setup**

- Put one cone at each corner of the penalty area.

**Sequence**

- Players run around the cones for 4 minutes followed by a 3-minute break.
- Repeat for a total of four runs.
- If a lactate test was performed, players should run at 85-90% of the maximum pulse.
- If there are no values, each player should run about 70-80% of maximum speed BBs.

## Main Exercise 2: Ball Acclimatization Passing Game (10 minutes)



### Setup

- Make several pairs of 5-foot goals approximately 32 feet apart, depending on the level of performance.
- Put 2-3 players at every goal.
- Each pair of goals gets one ball.

### Sequence

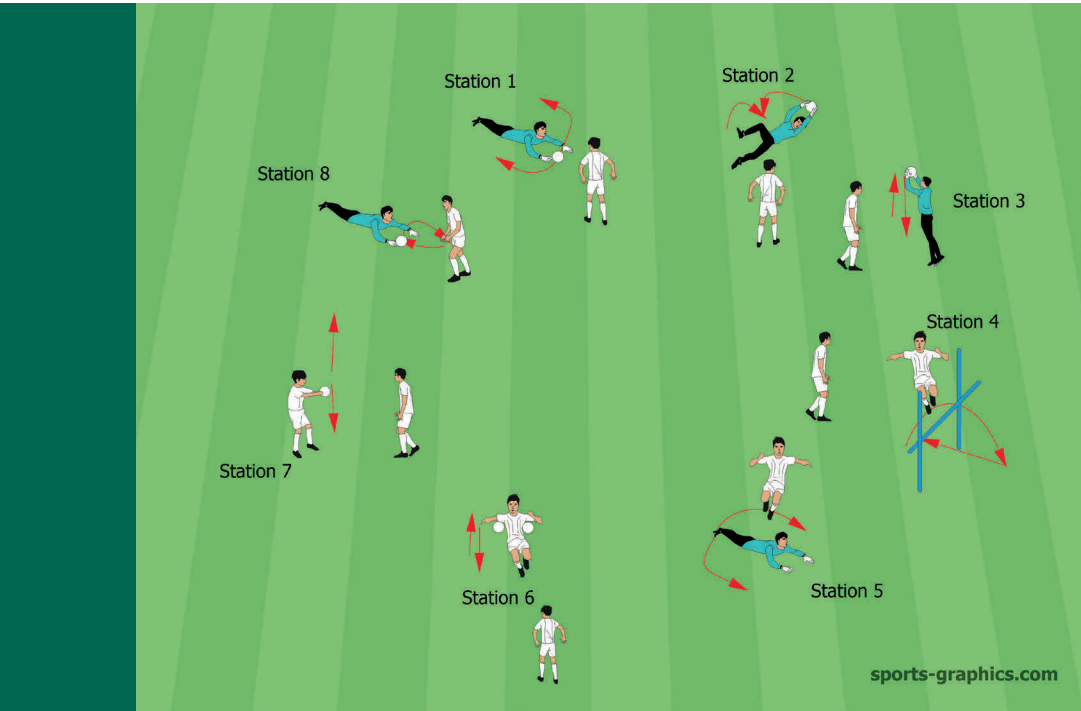
- Player passes the ball through the goals and then switches places with his or her teammate.
- After the opposite player receives the pass, the ball is returned through the other goal.
- Players continue to pass the ball back and forth through the goals.





# WEEK 1, DAY 3

## Warm-Up 1: Running and Power Circuit (40 minutes)



### Setup

- Create a power circuit with eight stations. Place a medicine ball (4-10 lbs depending on the level of performance) at seven of the stations and a hurdle at station 4.
- Two players work together at each station.



## Sequence

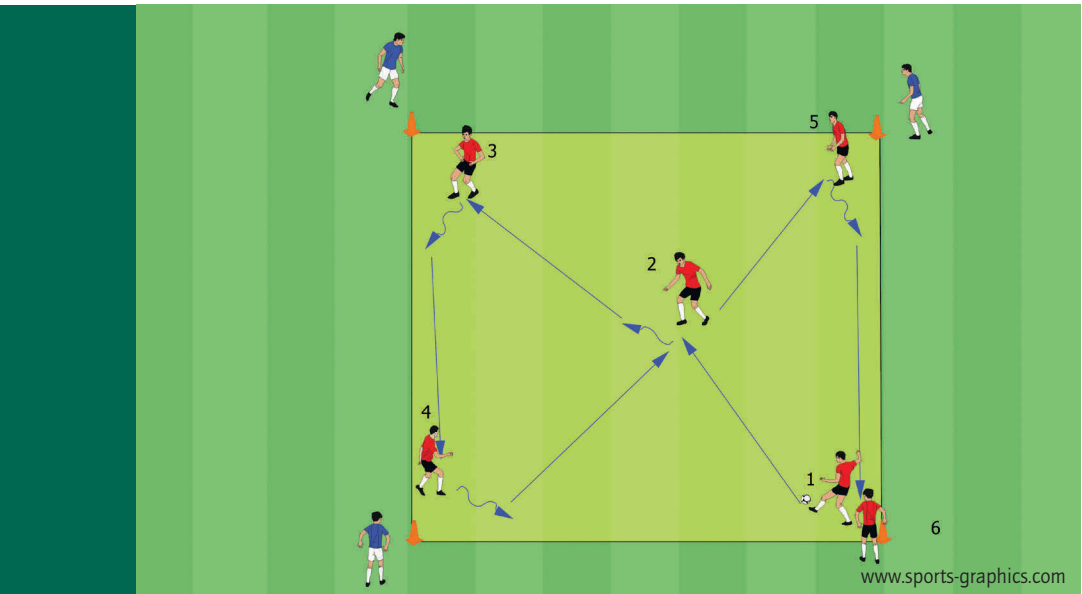
- **Station 1:** While lying on the stomach with the legs slightly lifted off the ground, hold the medicine ball out in front and roll sideways back and forth. The legs and the medicine ball may not touch the ground.
- **Station 2:** Lie on the back holding the medicine ball back with the upper body. Keeping the arms extended, lift one leg and stretch to the medicine ball. Repeat, alternating legs.
- **Station 3:** Jump while holding the medicine ball above the head.
- **Station 4:** Side jump back and forth over the hurdle, alternating the lead foot each time.
- **Station 5:** One partner lies on his or her stomach, and the other partner jumps or skips side to side over him or her.
- **Station 6:** Hold two medicine balls and jump, bringing the knees up as high as possible.
- **Station 7:** Hold the medicine ball with straight arms in front of your body. Throw the ball straight up, then quickly lie down on the ground and get back up, catching the ball before it hits the ground.
- **Station 8:** One player begins the exercise lying on the stomach. The partner throws the medicine ball to him or her and then lies down on the ground. The first partner immediately gets up without the ball touching the ground, and the exercise repeats.

## Tips

- The partners take turns at each station.
- Perform the exercises at high speed so players can get the most out of the workout.
- The exercises should be performed in about 20-40 seconds (depending on the power level) per play.



### Warm-Up 2: Ball-Passing Game (10 minutes)



## Setup

- Use four cones to mark off an area about 20 x 33 feet.
- Two players begin at each cone, with one player in the center.

## Sequence

- Player 1 passes the ball to player 2 (in the middle), calls "Turn!" and follows the ball.
- Player 2 turns with a ball touch to the other side, passes to player 3, calls "Turn!" and follows the ball.
- Player 3 takes the ball with a touch to the side, passes to player 4, calls "Turn!" and follows the ball.
- Player 4 takes the ball with a touch to the front, passes to player 1 (now standing in the middle), calls "Turn!" and follows the ball to the middle.
- Player 1 turns with a ball touch to the other side, passes to player 5, calls "Turn!" and follows the ball.
- Player 5 takes the ball with a touch to the side and play continues to player 6, and so on.