

120 for 90

120 for 90 is the NorthStar Soccer's Senior team fitness program created by Coach Steve Taylor. The goal of the program is to help athletes achieve 120 minute match fitness.

The program consists of 6 modules: Speed

- Quickness - Aerobic Conditioning - Agility - ACL Injury Prevention - Core Training. Every Tuesday Fitness session will contain elements of each module. Sessions will have a specific focus and therefore will contain more exercises from that module than others. The ultimate goal is a balanced, 120 minute match pace fitness capacity.

Speed: A-Skips, B-Skips, "Ankling", Speed Ladders, Banana Hurdles, Speed Chutes, Partner Resisted Sprints, Partner Assisted Runs, Power Skips

Quickness: Backpedal to Sprint, Shuffles, Medicine Ball Toss, Ball Drops, Wheelbarrows, Plyo Push-Ups, Partner Mirrors, Sprint & Cuts, Star Drill,

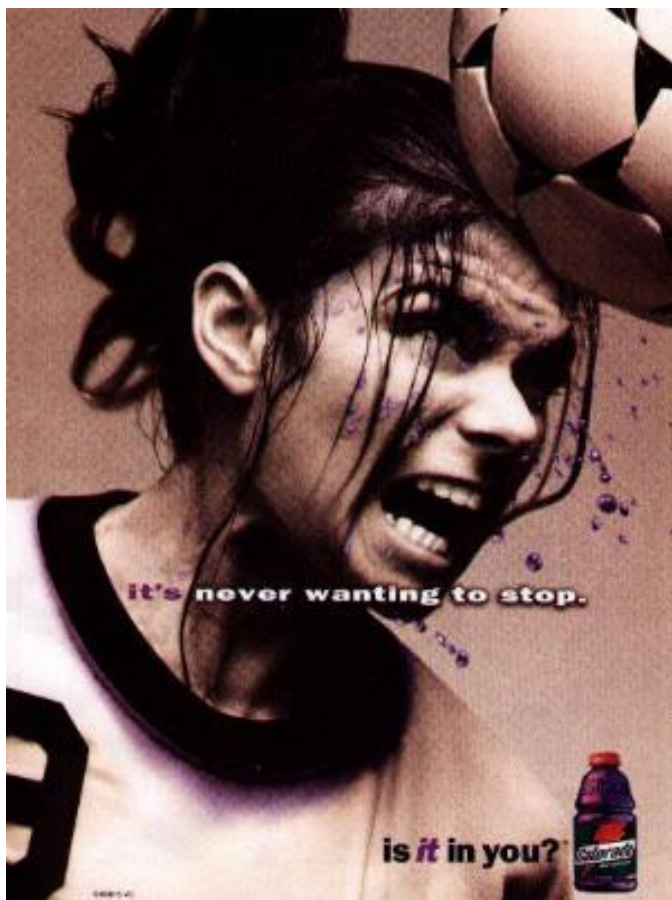
Speed Ladders, Lateral Skaters, Tuck Jumps

Aerobic Conditioning: 30/30's, Graham Crackers, 150 yard Shuttles (5/10/15/20/25), 300 yard Shuttles (10/20/30/40/50), Ball touches to Sprints, 120's

Agility: Carioca, Crossover Skips, 20 yard Shuttle, T-Drill, Squirm, 15 Yard Turn Drill, Z-Pattern Run, Z-Pattern Cuts, Agility Ladder, Illinois Agility, Star Drill, Banana Hurdles

ACL Injury Prevention: Jumps, Single Leg Hops, Single Leg Lateral Hops, Stationary Lunges, Single Leg Squats, Partner Hamstring Leans, Backwards run, Backwards Skips

Core Training: Crunches, Knee to Ankle Ball Roll, Ball Leg Lifts, Ball Leg Lifts w/ rotation, "Good Mornings", 6-Second Crunch & Hold, Push-ups, Ball Planks, Side Plank, Pendulum Leg Lifts



Athletes will be tested for speed, agility, aerobic conditioning and strength two times during the season. This testing will then be used to suggest supplemental exercises for each athlete to achieve a balanced level of strength, agility and conditioning.

Additional training will be made available during the winter off-season.

Training and education for nutrition & hydration, exercise induced asthma, shin splint rehab and prevention are also available for athletes as well as their parents.

For more information contact Coach T at:
steve.taylor@northstarsoccer.org