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XL Athletic Performance™

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Soccer

Exercise	Explanation of Exercise	Length / Duration
Dynamic Warm Up		Use Penalty Box (start from backline and move towards top of penalty box)
Warm-up Jog forward	Easy jog forward	Jog from backline to just beyond top of penalty box
Warm-up Jog backward	Easy jog backward	Jog backward from top of penalty box to backline
High Knee Pulls	Walking pulling knee to chest	Backline to half-way point of penalty box
Quad Pulls	Walking pulling ankle to butt going up on toe	Half-way point to top of box
Walking Leg Cradle	While stepping forward, lift opposite leg, grab shin and ankle with both hands, rotate hip and knee outward while pulling up and stand tall, hold, alternate legs	Top of box to half-way point
Step and Reach Calf	Step forward, keep leg straight, reach down and grab toes pulling back on foot	Half-way point to backline
Squats	Standing position feet shoulder-width apart, squat down until top of thigh is parallel to ground, keep knees over ankle, shoulders over hips, return to standing position.	10-15 reps
Forward Lunges	Long forward step, dropping hips as low as tolerated, keeping shoulders over hips and forward knee directly over ankle. Make sure knee does not bow in medially during movement	Backline to half-way point of penalty box
Inchworm Walk Out with Push-Up Plus	Starting in pushup position, perform 5 push-ups then walk feet to hands and then hands away from feet	Half-way point to backline
Lateral Shuffles	Moving sideways- athletic stance-no crossover step	Top of box to backline and back
Lateral Lunges	Long lateral step, dropping hips as low as tolerated, keeping shoulders over hips and lead knee directly over ankle. Make sure knee does not bow in medially during movement	6 reps each leg
Soldier March/Straight Leg March	High leg kick while reaching to touch foot with opposite hand and repeat	Top of box to half-way point
Scorpion	Lie on stomach arms straight out, reach 1 foot across body to opposite hand, touching heel to floor.	6 reps on each side



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Exercise	Explanation of Exercise	Length / Duration
Spiderman/Alligator	Start in a push-up position, reaching forward with right hand and bringing left knee up and to the outside of elbow. Continue to alternate while keeping hips low to the ground	Half-way point to backline
Push-up	Holding plank position through entire movement, drop chest to ground and press back to starting position. Vary hand position: Narrow, shoulder width, wide, staggered.	10-15 reps
Y - Scapular Movement	Start with hand down at sides. Keeping shoulder blades retracted and depressed, Raise hands in front of body, thumbs up, performing Y pattern to full extension.	8 reps
T - Scapular Movement	Start with hand down at sides. Keeping shoulder blades retracted and depressed, Raise hands to side of body, thumbs up, performing T position pattern	8 reps
W - Scapular Movement	Start with hands together in front of body. Keeping shoulder blades retracted and depressed. Perform a reverse fly movement creating a W pattern at end range	8 reps
L - Scapular Movement	Start with arms extended out in front of body at shoulder height. Keep shoulder blades retracted and depressed. Perform rowing movement with external shoulder rotation	8 reps
Carioka	Lateral movement with crossover trail leg step alternating in front and then behind lead leg	Backline to half-way point
Power Skipping Forward	Vertical Skip forward with explosive quad drive. Focus on height of jump and arm drive.	Half-way point to top of box
Power Skipping Backward	Vertical Skip backward with explosive quad drive. Focus on height of jump and arm drive.	Top of box backwards to half-way point
Squats with jump for height	Standing position feet shoulder-width apart, squat down until top of thigh is parallel to ground, keep knees over ankle, shoulders over hips, jump for height, repeat	10-12 reps
Leg Swing Hip Ab/Add	Facing wall/fence, both hands on wall/fence, full hip ROM, rotating toes upward	10-12 swings on each leg
Leg Swing Hip Extension/ Flexion	Standing sideways to wall/fence with inside arm raised to shoulder height and hand on wall/fence, swing inside leg forward and backward through full ROM	10-12 swings on each leg