



Staying active during COVID-19.

General prevention tips

- Exercise 30 to 60 minutes per day can always help you stay healthy
- Practice social distancing
 - Recommended minimum of 6-foot distance from others
- Avoid handshakes and hugs
- Avoid high use public surfaces and shared equipment
- Adhere to appropriate hand and personal hygiene
 - Wash hands for at least 20 seconds with soap and water

Soccer exercises

This time can be used to increase your strength and skill in soccer using the workouts listed below. The following strengthening exercises will work on your explosive movement and directional stability. Also included are some specific fine-tuning drills to take what you are doing with the strengthening exercises directly to your field skills. These drills are meant to work on changes in speed and multi-directional stability.

What you need

- Soccer ball
- Cones and/or markers
- Yard space

Strength

- Hip thrusters or glute bridge
 - Lay on your back with knees bent and feet flat on the ground
 - Bridge your hips straight into the air, keeping your back flat and core (stomach) engaged
 - Perform three sets of 12 to 15 reps
- Split squats
 - Stand in a lunge position with one foot out in front of you and the other behind
 - Drop trail leg so that your knee is 3 to 4 inches off the ground and both of your knees are bent at a 90-degree angle
 - To progress this:
 - Hold when you get down to the bottom for 10 to 15 seconds
 - Elevate the back leg off the ground by placing your foot on a chair, couch, or step
 - Perform three sets of 12 to 15 on each side

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- Lateral lunge
 - Stand with legs slightly wider than shoulder width apart
 - Lean to one side as if you were trying to sit down on a chair, keeping the opposite leg straight, then lean to the other side
 - Perform three sets of 12 to 15 reps

Drills

- Figure 8 runs
 - Set three cones and/or markers 5 to 10 yards apart
 - Run in a figure 8 pattern around the three cones staying as tight as possible to the cone
 - Perform eight to ten laps
- Cone circle drill
 - Set up six cones 5 to 10 yards out from a center cone.
 - Sprint from center cone out to each of the outside cones then back pedal to the center, then sprint out to the next cone in a clockwise pattern.
 - Repeat five to eight times
- Diagonal sprints
 - Run at a diagonal for 5 yards at a 45-degree angle from your starting position.
 - Repeat this in a zig-zag formation for 20 yards then take a break.
 - Repeat five to eight times

Easy ways to practice skills

- Grab a sibling or parent to kick the ball with
 - A brick wall or fence are great substitutes if a family member is not available
- Find a target on a brick wall or fence to aim for
- Practicing dribbling is always great for skill development

What else to do in the downtime

- Stay connected with your teammates and friends via social media
- Take this time to get to know soccer better
 - Read about its history, tactics, and strategy

To learn more about staying active during COVID-19 visit our blog:
[MedStarHealth.org/MedStar-Blog](https://www.MedStarHealth.org/MedStar-Blog)