## BOMMARITO PERFORMANCE SYSTEMS - ELITE SOCCER ESD

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MACROCYCLE:	OFF-SEASON	ALP MICROCYCLE	EARLY OFF-SEASON	MACROCYCLE:	OFF-SEASON	ALP MICROCYCLE	BEGINNING OF SEASON
SPORT:	ELITE SOCCER	AAC MICROCYCLE	PRE-SEASON	SPORT:	ELITE SOCCER	AAC MICROCYCLE	BEFORE PLAYOFFS

Accession   Acce	SPORT:	ELITE SOCCER		AAC MICROCYCLE	PRE-SEASON		SPORT:	ELITE SOCCER		AAC MICROCYCLE	BEFORE PLAYOFFS		
	OFF-SEASON SAMPLES						IN-SEASON SAMPLES						
Second column   Second colum													
August   A	SUPPORT SYSTEM	PREP	SST SYSTEM PRE	EP - 1 AND 2 SST SYSTEM PREF		2-2 AND 3	Support System Prep		Rapid Response (	10s on, 10s off)	Unloaded		
March   Marc	Fwd/Back Jog		Knee Punch Series - Full Se	ries Supine Hip/Knee Series:			**Jog Recovery	*Jog Recovery		2 over, 2 back (stationary)		Track Hurdle Marches	
A control force   Control fo	Ankle Series - Full Series		Buttkick Raise	- Straight Leg Lift (opp leg		ent) - Pause and Reflex	Fwd/Back Jog		2 over, 2 back (move lateral)		**All Marches - slow pause, reflex, skip rhythm		
A Land Mark   Auffales   Replace Lagran   Short   Record place by a land of Mark   Auffales   Record place by a land of Mark   Record place by a land   Record place by a land of Mark   Record place by a land   Record place   Record place by a land   Record place   Record	sometric Series - Full Series		Adduction Rhythm - all spe			raight) - Pause and Reflex Ankle Series - Full Series			Lateral Singles (stationary)	Lateral			
A Ballon Name Name  Conting the Entermini Process and failure  Conting the Entermini Process	Back Dorsiflex - Full Series		Explosive Lateral Lunge to	PAUSE - ROLL FOOT - Bent Neutral (opp leg bent		t) - Pause and Reflex	and Reflex Isometric Series - Full Series		Lateral Singles (moving forward)		Side-A		
A BERNES PROJECT   Provide Project Sequence   Provide Project Sequence   Provide Project Sequence   Provide	Back Low Walk - Full Series		Rhythm Lunges - Slow	- Bent Neutral (opp leg strai		ight) - Pause	Back Dorsiflex - Full Series		Same in (stationary)		Hip Rotate		
Angel Series - Series   Prove   Prove in Determinary (sing - Prove and finite   Series - Series   Series - Se	Sack Buttkick Reach - Reflex Kneeling Hip Extension		Kneeling Hip Extension - P	'ause and Reflex Kneeling Hip Circle - Fv		ck Slow	Back Low Walk - Individual		Same in (move lateral))		Abduct/Adduct		
AND   Single   Sing	Sack Buttkick Reach Skip - Rhythm Con't Prone Hip Extension (bent		Prone Hip Extension (bent	leg) - Pause Kneeling Hip Extension/Out		- Pause	Walking Calf Series - Slow Pause			Windmill			
Addition   Name			Prone Hip Extension (strai	ght leg) - Pause and Reflex	SL iso 1/4 Squat - front, side, back (pause)						Straight Leg		
SAMPLE 1-ALP   SAMPLE 2-AAC   SAMPLE 1-ALP   SAMPLE 2-AAC	Valking Calf Series - Slow Re	eflex	Side Lying Quad	SL SLDL - 3 sec pause									
NEAROBIC LACTIC POWER (ALP)	/alking Calf Series - Fast Pa	use	Adductor Raise - Pause an	d Reflex	Back Reach Run - 1/2, 3/4, F	ull Speed							
NEAROBIC LACTIC POWER (ALP)	9	AMPLE 1. AL	P		SAMPLE 2. AA		SAMPLE 1 ALD			SAMPLE 2. AAC			
NS ACTIVATION (10 min): 1:4 Work:Rest RATIO    State													
Miling													
Superset St RDL   3.56   - Superset CQS   6.56   2. Kneeling Arm Drill   2x10s   5.5-Syd (accet, decel, accel) to Syd cut-up   4 sets		(10 Milly): 1.4 WORL	1			T						J WORKLINEST IN	
Miling/Buttkick   3x10-20yd   Quick Cuts (full speed)   2x20-40yd each   3x10-20yd   55-10yd to 5yd cut-up   4 sets					side, odeside edge,							4 sets	
Superiet Straight Leg Skip (rhythm ind)		·						2-pt start)					
PPLICATION COMPLEX (15 MIN): 1.6 WORK:REST RATE   APPLICATION COMPLEX (15 MIN): 1.8 WORK:REST RATE   STABILIZATION COMPLEX (15 MIN): CONT   2. 8 sek tunge Series (6 levels)   1x5 see tuner sprint (from 2pt start)   4.8 x 20-60yd   1.8 ut Multi Sequence   2.8 t. 1/4 sguat Reach   2.5 see tuner sprint (from 2pt start)   4.8 x 10-30yd   2. tune (single/double)   2.e   2. st. Siguat Touchdown   2.5 see tuner sprint (from 2pt start)   2. band on arm (trunk lat flex isometric)   4.10yd   5.5 syd (accel, decel, accel)   2. 2x25yd   2. 8 sek tuner sprint (from 2pt start)   6.610 x 20-80yd   5.5 syd (accel, decel, accel)   2. 2x25yd   3. Tempo Runs (85%)   6.10 x 20-80yd   5.5 syd (accel, decel, accel)   2. 2x5 yd   3. Tempo Runs (85%)   6.10 x 20-80yd   5. 5 syd (accel, decel, accel)   2. 5 syd (accel,		g Skip (rhythm ind)		, , ,									
Linear Sprint (from 2pt start)			L	The Art Art and Art an			STABILIZATION COMPLEX (5MIN) - CON'T						
Pull Sied Sprint (from low 2-pt start)  4-8 x 10-30yd  Cut-up (single/double)  2e  2. S.L Squat Touchdown  2x 5e  STABILIZATION COMPLEX (5MIN) - CoN'T  Accel-Decel Zones  Jump Cut (basic/wide)  2e  3. Explosive Lateral Lunge - Pause  2x 5e  Partner Band Lateral March  4x10yd  5x 5-10yd  2x 2x 5yd  2x 2x 5yd  2x 2x 5yd  3. Tempo Runs (85%)  6x 10-20yd  5x 5-5-5-5-5yd  2x 25yd  3. Tempo Runs (85%)  6x 10-20yd  5x 5-5-5-10-10-10yd  2x 5yd  2x 5yd  2x 5yd  2x 5yd  2x 5yd  3. Tempo Runs (85%)  6x 10-20 yd  6x 10-20 yd  5x 5-5-5-10-10-10yd  2x 5yd  2x 5yd  4x 20yd e  2x 5e  STABILIZATION COMPLEX (5MIN) - CoN'T  SPRINT QUALITY (10-20MIN): 1:8 Work:REST RATIO  5x 6-10 x 20-80yd  5x 6-10 x 20-80								in the second					
Accel-Decel Zones Jump Cut (basic/wide) 2e 3. Explosive Lateral Lunge - Pause 2x5e Partner Band Lateral March 4x10yd 5x5-5yd (accel, decel, accel) 2x15yd Sprint-Shuffle-Break 2e -band on arm (trunk lat flex isometric) 5x5-10yd 2x20yd 2x6yd 3. Tempo Runs (85%) 6x10-20yd 5x5-5x5-5yd 2x25yd 3. Tempo Runs (85%) 6x10-20yd 5x5-5x5-10-10yd 2x40yd 5x5-5x10-10yd 2x40yd 5x5-5x10-10yd 2x40yd 5x5-5x10-10yd 2x40yd 5x5-5x10-10yd 2x50yd 5x5-5x10-10yd 2x50yd 5x5-5x10-10yd 2x50yd 5x5-5x10-10yd 2x50yd 5x5-5x10-10yd 5x5						2e			STABILIZATION COMPLEX (5MIN) - CON'T				
Systy   Syst													
5-5-10yd   2x20yd   2x85yd   3. Tempo Runs (85%)   6-10 x 20-80yd   5-5-5-5yd   2x25yd   2x40yd   5-5-5-5-10-10-10yd   2x60yd   5-5-5-5-10-10-10yd   2x50yd   5-5-5-5-10-10-10yd   5-5-5-10-10yd   5-5-5-5-10-10-10yd   5-5-5-10-10yd   5-5-5-10-10yd   5-5-5-10-10-10yd   5-			2x15yd			2e							
5.5-5-5yd   2x25yd   3. Tempo Runs (85%)   6-10 x 20-80yd										· ·			
5-5-10-10-10yd	5-5-5-5yd		· ·	1		•							
2x50yd			-	. , ,				1000					
Sied March Fwd	· · · · · · · · · · · · · · · · · · ·		2x50yd										
Seed March Bck	·		SPRINT QUALITY (10-20MIN): 1:8 WORK:REST RATIO										
Seed March Bck	SA Sled March Fwd		4x20yd e	Linear Sprint (10-20y	d)								
Supine Hip Bridge Series         2x8 e (131 tempo)         - Quick Shuffle Wave to Sprint         3e           Linear Sprint to Quick Cut-Up (20-40yd)	A Sled March Bck		-	•		3e							
Linear Sprint to Quick Cut-Up (20-40yd)	Supine Hip Bridge Series (DL, all 4 pos)		2x8 e (131 tempo)	- Parallel Start		3e				7			
- Cone 2e	SL Supine Hip Bridge Series		2x8 e (131 tempo)	- Quick Shuffle Wave	to Sprint	3e							
- Command 2e				Linear Sprint to Quick	Cut-Up (20-40yd)	1,5							
						2e							
				- Command		2e							
								4					
							Anie	E 57					
							ANI	IE					