

SECTION B – Train For Fast & Noticeable Improvement

Module 6: A Complete Morning Routine To Make Everyday A Success

Win the morning and you will win the day.

Regardless of what happens throughout the rest of the day, we must ensure that our morning is taking us closer to our goals.

A 30 Minute *Soccer Specific Workout* that can be completed anywhere regardless of time, weather, or location – will ensure that we:

- Increase motivation and discipline
- Improve stamina and breathing efficiency
- Become quicker and more explosive
- Sharpen technical skills (control, dribbling, ball striking)
- Develop strength and core stability
- Increase confidence and self-esteem
- Set ourselves up for a day of success

How are we going to be consistent?

1) Wake Up On Time

This action will literally make or break your day.

When it's time to get up, don't hesitate. Get up and attack the day. If you hit the snooze, button you have decided to move backwards with your very first action of the day.

Helpful tip: put your phone (alarm clock) in the bathroom.

2) Review Goals

Remind yourself why you need to start the day positively.

Which short-term goals are approaching quickly?

What do you need to be in top form?

If you complete a successful morning routine, you will move closer to your goals and increase your chances of success.

If you fail to complete your morning routine, you will move further away from your goals and increase your chances of failure.

3) Begin Without Hesitation

Avoid all distractions until your morning workout is complete.

Don't check your phone messages.

Don't turn on the TV.

Don't go on the computer.

Whatever happens later in the day, fine. But these first 30 minutes of the day are for you. Move into your morning routine without hesitation and set yourself up for a successful day.

**Consume 500mL of water before completing your routine.*

What is the morning routine?

Warm Up (10 mins)

- 1) Walk with 5 Breathe Holds
- 2) Run Home

- 3) Mobility Stretches:
 - a) Rotations (x 3 each direction)
 - b) Leg Swings (x 20 each side)
 - c) Quad + Hamstring Stretch (x 5 each side)
 - d) Downward + Upward Dog (x 5 reps)
 - e) Deep Squat + Forward Bend (x 5 reps)

Movement & Ball Control (7 mins)

- 1a) Balance Bound (x 1 each side)
- 1b) Alternate Juggle (x 50 touches)

- 2a) Power Bound (x 1 each side)
- 2b) Right Foot Juggle (x 50 touches)

- 3a) Quick Step (x 1 each direction)
- 3b) Left Foot Small Juggle (x 50 touches)

- 4a) Side Shuffle (x 1 each direction)
- 4b) Right Foot Big Juggle (x 50 touches)

- 5a) Cross Step (x 1 each direction)
- 5b) Left Foot Big Juggle (x 50 touches)

Strength & Dribbling (7 mins)

- 1a) Squats (x 20 reps)
- 1b) Inside Touches (until drop in quality)

- 2a) Push Ups (x 20 reps)
- 2b) Right Foot Dribble (until drop in quality)

- 3a) Lunges (x 10 reps each side)
- 3b) Left Foot Dribble (until drop in quality)

- 4a) Inchworms (x 5 reps)
- 4b) 1v1 Dribble (until drop in quality)

- 5) Calf Raises (x 20 reps)

Shooting (5 mins)

- 100 shots (alternating feet)