



**ACTIVE SPINAL
& SPORTS CARE**
KEEPING YOU ACTIVE FOR LIFE

HIGH SCHOOL SOCCER PERFORMANCE PLAN

MOVE BETTER. PLAY STRONGER

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*Keeping You Active
for Life*

1. DYNAMIC WARM-UP (PRE- PRACTICE/GAME)

Purpose: Increase blood flow,
improve mobility, activate
key muscle groups. Time: ~8
minutes

Core Sequence:

Glute Bridges – 10
reps

High Knees – 20
yards

A-Skips – 20 yards

Lateral Lunge with
Reach – 5 reps each
side

Leg Swings (front-
to-back & side-to-
side) – 10 reps each
leg

Plank Shoulder Taps
– 20 total

Wall Hip Flexor
Mobilization –
1x8/side

Walking Spiderman
with Overhead
Reach – 1x5/side

Scapular Wall Slides
– 1x8



2. STRENGTH & POWER

 (2X/WEEK) 

Purpose: Build athletic strength, injury
resilience, and explosiveness.

Lower Body Focus

Bulgarian Split Squats – 3x8
each leg

Single-Leg Romanian
Deadlifts – 3x8 each leg

Box Jumps – 3x5

Upper Body & Core

Push-Ups (or DB Bench
Press) – 3x10

Inverted Rows (or DB Rows)
– 3x10

Plank with Reach – 3x30
seconds

3. SPEED & CONDITIONING

 (2X/WEEK) 

Purpose: Improve acceleration, agility, and
endurance.

Acceleration Sprints (10–20 yards)
– 5 reps

Shuttle Runs (5-10-5) – 3 rounds

Cone Drills (W-pattern or zig-zag)
– 3 rounds

Sprint Intervals (30s sprint / 30s
jog) – 6 rounds

4. RECOVERY & MOBILITY (1X/WEEK OR POST-GAME)

Purpose: Enhance flexibility,
mobility, and recovery to
prevent overuse injuries.

Foam Roll (quads,
glutes, calves) – 1 min
each

90/90 Hip Stretch – 1
min each side

Lying Hamstring
Stretch – 1 min each
leg

Cat/Cow + Child's
Pose – 1–2 min

Breathing: 5 slow belly
breaths (use box
breathing)

5. FUEL TO PERFORM (NUTRITION TIPS)

Purpose: Optimize performance,
energy, and recovery through smart
fueling.

Pre-Game Snack (30–45 min before)

Banana + peanut butter

Half PBJ sandwich

Hydration

16–24 oz water 1 hour before game

Add hydration powder if
needed

Post-Game Recovery

Protein + carbs within 30 minutes

Granola bar + protein shake