

Soccer Interval Kicking Program

Phase	Step	Criteria for Progression
Basic Kicking and Passing	Step 1	Warm-up dribbling or juggling (5 min) Two touch passing 5.5m (5 min) Rest (5 min) Warm-up dribbling or juggling, performing opposite activity from start (5 min) One touch passing, 5.5m (5 min)
	Step 2	Warm-up dribbling or juggling (5 min) Two touch passing, maximum 16.5m (5 min) Rest (5 min) Warm-up dribbling or juggling, performing opposite activity from start (5 min) One touch passing maximum 16.5m (5 min)
	Step 3	Warm-up dribbling or juggling (5 min) Two touch passing, maximum 16.5m (5 min) Rest (5-10min) Warm-up dribbling or juggling (5 min) One touch passing, maximum 16.5m (5 min) Warm-up dribbling or juggling (5min) One or Two touch passing, maximum 16.5m (5 min)
Passing and Basic Shooting	Step 4	Warm-up dribbling or shooting (5 min) Two touch passing, maximum 36m (5 min) Rest (5 min) Warm-up dribbling or juggling, performing opposite activity from start (5 min) One touch passing , maximum 36m (5 min)

	Step 5	<p>Warm-up dribbling or juggling (5 min)</p> <p>Two touch passing, maximum 36m (5 min)</p> <p>Rest (5-10min)</p> <p>Warm-up dribbling or juggling (5 min)</p> <p>One touch passing, maximum 36m (5 min)</p> <p>Rest (5-10 min)</p> <p>Warm-up dribbling or passing (5 min)</p> <p>One or Two touch passing, maximum 36m (5 min)</p>
	Step 6	<p>Warm-up dribbling or juggling (5 min)</p> <p>One or Two touch passing, maximum 36m (5 min)</p> <p>Rest (5-10 min)</p> <p>Warm-up dribbling or juggling (5 min)</p> <p>Shooting (10 shots) and chipped/lofted balls, maximum 11m (2-3 min)</p> <p>Rest (5-10 min)</p> <p>Warm-up dribbling or juggling (5 min)</p> <p>One or Two touch passing, maximum 36m (5 min)</p>
Advanced Shooting	Step 7	<p>Warm-up dribbling or juggling (5 min)</p> <p>One or Two touch passing, maximum 36m (5 min)</p> <p>Rest (5-10 min)</p> <p>Warm-up dribbling or juggling (5 min)</p> <p>Shooting (10 shots) and chipped/lofted balls, maximum 11m (2-3 min)</p> <p>Rest (5-10 min)</p> <p>Warm-up dribbling or juggling (5 min)</p> <p>Shooting (10 shots) and chipped/lofted balls, maximum 11m (2-3 min)</p>
	Step 8	<p>Warm-up dribbling or juggling (5 min)</p> <p>One or Two touch passing, maximum 36m (5 min)</p> <p>Rest (5-10 min)</p> <p>Warm-up dribbling or juggling (5 min)</p>

		<p>Shooting (10 shots) and chipped/lofted balls, maximum 16.5m (2-3 min)</p> <p>Rest (5-10 min)</p> <p>Warm-up dribbling or juggling (5 min)</p> <p>One or Two touch passing with a maximum 36m (5 min)</p>
	Step 9	<p>Warm-up dribbling or juggling (5 min)</p> <p>One or Two touch passing, maximum 36m (5 min)</p> <p>Rest (5-10 min)</p> <p>Warm-up dribbling or juggling (5 min)</p> <p>Shooting (10 shots) and chipped/lofted balls, maximum 16.5m (2-3 min)</p> <p>Rest (5-10 min)</p> <p>Warm-up dribbling or juggling (5 min)</p> <p>Shooting (10 shots) and chipped/lofted balls, maximum 16.5m (2-3 min)</p>
Increased Intensity and Distance	Step 10	<p>Warm-up dribbling or juggling (5 min)</p> <p>One or Two touch passing, maximum 36m (5 min)</p> <p>Rest (5-10 min)</p> <p>Warm-up dribbling or juggling (5 min)</p> <p>Shooting (10 shots) and chipped/lofted balls, maximum 36m (2-3 min)</p> <p>Rest (5-10 min)</p> <p>Warm-up dribbling or juggling (5 min)</p> <p>Shooting (10 shots) and chipped/lofted balls, maximum 16.5m (2-3 min) <u>or</u> One or Two touch passing, maximum 36m (5 min)</p>
	Step 11	<p>Warm-up dribbling or juggling (5 min)</p> <p>One or Two touch passing, maximum 36m (5 min)</p> <p>Rest (5-10 min)</p> <p>Warm-up dribbling or juggling (5 min)</p> <p>Shooting (10 shots) and chipped/lofted balls, maximum 36m (2-3 min)</p> <p>Rest (5-10 min)</p>

		<p>Warm-up dribbling or juggling (5 min)</p> <p>Shooting (10 shots) and chipped/lofted balls, maximum 36m (2-3 min)</p>
	Step 12	<p>Warm-up dribbling or juggling (5 min)</p> <p>One or Two touch passing, maximum 36m (5 min)</p> <p>Rest (5-10 min)</p> <p>Warm-up dribbling or juggling (5 min)</p> <p>Lofted driven ball, maximum 45m (25 times)</p> <p>Rest (5-10 min)</p> <p>Warm-up dribbling or juggling (5 min)</p> <p>Shooting (10 shots) and chipped/lofted balls, maximum 36m (2-3 min) <u>or</u> One or Two touch passing, maximum 36m (5 min)</p>
Initiating Return to Sport	Step 13	<p>At this point goalkeepers should begin work on punting and drop kicking</p> <p>Field players may begin to perform >20 min technical portions of practices with their team as well as shooting and other drills</p>
	Step 14	<p>When cleared by medical team, player may begin full practices with their team, initially non-contact and progressing to contact</p>
	Step 15	<p>Reintroduce game-play first through scrimmages in practice then with gradually increasing periods of game time</p>

Soreness rules

If no soreness:	Advance to next stage
If sore during warm-up but soreness is gone during dribbling and juggling warm-up:	Repeat previous stage
If sore during warm-up and soreness continues through dribbling and juggling warm-up:	Stop; take 2 days off, and upon return, drop down one stage
If sore more than 1 hour after kicking, or the next day:	Take 1 day off; repeat most recent stage

Arundalem, A., Silvers, H., Logerstedt, D., Rojas, J., & Snyder-Mackler, L. An Interval Kicking Program for Return to Soccer following Lower Extremity Injury. *Int J Sports Phys Ther.* 2015; 10(1), 114-127.