



Cascade FC Strength and Conditioning Program

Ramp Warm up

The Cascade FC Strength and Conditioning program is a 16-day physical development warm up. The program is put into place to strengthen, condition, build resilience and prevent injury for Cascade players. The program is used for the first 15 minutes of your warmup, we use what we call the **RAMP** warm up; Raise, Activate, Mobilize and Potentiate. Potentiate is determined by what day you're on in the physical development syllabus (see next page), working on either Declaration, Acceleration, Top Speed or Change of Direction/ Agility. After 16 days, cycle back through the potentiate syllabus, increasing repetition, improving technique and strengthen bodies.

“Strength and the ability to competent fundamental movements well is the foundations of all athletic ability. Without a solid strength foundation, soccer skills and speed will be hard to achieve and achieve regularly well. Work on these exercises to underpin your soccer performance” – Luke Taylor

Raise – Heart Rate

[Skipping](#)

[Lateral Bounds](#)

[Vertical Bounds](#)

[A Skips](#)

[B Skips](#)

[Switches](#)

[Scissors](#)

Activate + Mobilize – *Compound Movement Patterns*

[Squat](#)

[Lunges](#)

[Hinge](#)

[Single Leg Hinge](#)

[Spider-Man](#)

[Inch Worm](#)

[Lateral Bear Crawl](#)

Potentiate – *Game Specificity*

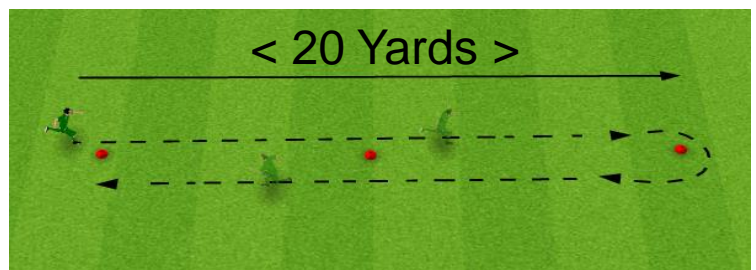
[Deceleration](#)

[Acceleration](#)

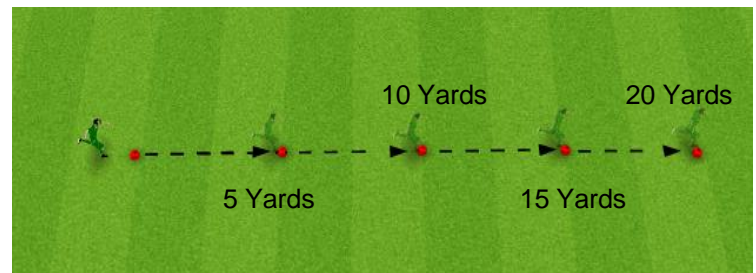
[Top Speed](#)

[Change of Direction / Agility](#)

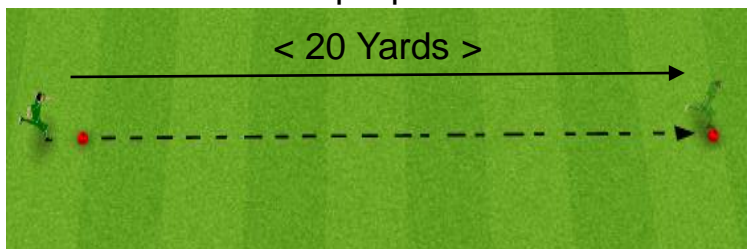
Raise / Activate / Mobilize



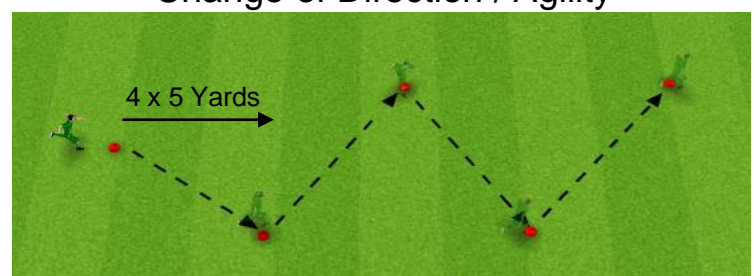
Acceleration / Deceleration



Top Speed



Change of Direction / Agility



16 Day Syllabus

Day	Potentiate	Distance	Repetition
1	Deceleration	5 yards	10
2	Deceleration	10 yards	10
3	Deceleration	15 yards	10
4	Deceleration	20 yards	10
5	Acceleration	5 yards	10
6	Acceleration	10 yards	10
7	Acceleration	15 yards	10
8	Acceleration	20 yards	10
9	Top Speed	20 yards	5
10	Top Speed	30 yards	5
11	Top Speed	40 yards	5
12	Top Speed	45 yards	5
13	Change of direction/ Agility	40 yards , 5 yard changes	10
14	Change of direction/ Agility	40 yards , 10 yard changes	10
15	Change of direction/ Agility	40 yards , 15 yard changes	10
16	Change of direction/ Agility	40 yards , 20 yard changes	10