
THE 3 STEP SOLUTION PROGRAM

8-Week Soccer Performance Development Program

Own the pattern.
Produce force.
Express force faster.

8 WEEKS	3 DAYS / WEEK	4 TRAINING BLOCKS
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GROUND FORCE STRENGTH & CONDITIONING TRAINING SYSTEMS



GROUND FORCE
STRENGTH & CONDITIONING

A Training System Built From the Ground Up

The 3 Step Solution Program is an 8-week athletic development system designed to improve how soccer players move, produce force, express speed, and tolerate the physical demands of the game.

The program is built around one central principle: before an athlete can become faster, more explosive, or more reactive, they must first own the positions that allow force to transfer efficiently.

This program progresses through two phases and four training blocks. Phase 1 builds the movement foundation. Phase 2 converts that foundation into maximum force, velocity strength, and reactive strength.

Position first.
Force second.
Speed third.

SYSTEM PATH

01 Own the Pattern Organize posture, joint position, hinge mechanics, and landing control.	02 Produce Force Create higher levels of force through the ground with control.	03 Express Force Faster Convert force into speed, rhythm, stiffness, and reactive ability.
Phase 1 Weeks 1-4 Foundation and force tolerance.	Phase 2 Weeks 5-8 Force, velocity, and reactive expression.	Outcome Better control, sharper contacts, and cleaner force transfer.

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PROGRAM AT A GLANCE

8 Weeks Foundation to performance expression
3 Training Days Max Force, Max Velocity Strength, Reactive Strength
4 Progressive Blocks Patterning, force tolerance, max force, reactive expression

Program Introduction

Soccer players do not need random workouts. They need a system that develops the qualities that transfer to acceleration, deceleration, change of direction, repeat sprint ability, and durability across a season.

The 3 Step Solution Program is designed to improve how athletes create force into the ground, absorb force under control, and reapply force quickly during sport-specific movement.

This is not a bodybuilding plan. This is not a conditioning plan. This is not random athletic training.

It is a structured progression built around movement quality, force production, velocity expression, and reactive ability.

Key Structure

Training Day	Primary Outcome
Day 1	Max Force
Day 2	Max Velocity Strength
Day 3	Reactive Strength

The Ground Up Method

Athletic performance begins with how the athlete interacts with the ground. Every sprint, cut, jump, landing, and deceleration pattern depends on the athlete's ability to organize posture, control joint position, and apply force with intent.

The 3 Step Solution Program is built around five training principles.

Principle Table

Principle	Coaching Meaning
Position Before Power	Control posture, hip position, foot contact, and joint alignment before load or speed increases.
Force Before Speed	Speed improves when the athlete can create force into the ground.
Absorption Before Reaction	Reactive strength requires the ability to absorb force before redirecting it.
Intent Drives Adaptation	Heavy work requires force. Velocity work requires speed. Reactive work requires stiffness.
Progression Must Be Earned	Athletes progress when execution is consistent, not simply because the calendar changes.

Who This Program Is For

This program is designed for soccer players who need to improve the physical qualities that support explosive movement, cleaner mechanics, and better force transfer.

Athlete Needs

Athlete Need	Program Solution
Slow first step	Max force and acceleration transfer
Poor landing control	Depth drops, deceleration, and force tolerance
Weak change of direction	Lateral strength and braking mechanics
Low explosiveness	Velocity strength and med ball power
Poor stiffness	Reactive contacts and plyometric progression
Movement breakdown under speed	Patterning, joint control, and progressive exposure

The athlete should finish this program with better control, stronger positions, sharper ground contacts, and improved ability to produce force into the ground.

The Framework

Step 1

Own the Pattern

The athlete learns to control the key positions required for sprinting, landing, hinging, cutting, and decelerating.

Primary emphasis:

Hip hinge Single-leg control Trunk stiffness Foot and ankle position Landing mechanics Postural control

Step 2

Produce Force

The athlete learns to create higher levels of force through the ground.

Primary emphasis:

Max force Hip extension Unilateral strength Horizontal force production Controlled deceleration Heavy intent

Step 3

Express Force Faster

The athlete learns to express force with speed, rhythm, and reactive ability.

Primary emphasis:

Velocity strength Explosive lifting intent Short ground contact Elastic stiffness Reactive strength Acceleration transfer

Two-Phase System

Phase	Weeks	Primary Objective	Training Emphasis
Phase 1	Weeks 1-4	Foundation and force tolerance	Movement quality, hinge mechanics, joint stability, landing control, intro plyometrics
Phase 2	Weeks 5-8	Force, velocity, and reactive expression	Max force, velocity strength, reactive strength, acceleration transfer

Phase 1 prepares the athlete to load, land, hinge, stabilize, and absorb force. The goal is not fatigue. The goal is clean execution.

Phase 2 builds on the foundation created in Phase 1. The athlete now progresses toward higher force outputs, faster intent, and more reactive ground contacts.

Four Training Blocks

Block	Weeks	Name	Primary Focus
Block 1	1-2	Foundation, Patterning, Landing Control	Movement quality, hinge mechanics, low-level landing
Block 2	3-4	Force Tolerance and Controlled Strength	Loading, stabilization, controlled deceleration
Block 3	5-6	Max Force and Velocity Strength	Heavy strength, explosive intent, acceleration transfer
Block 4	7-8	Reactive Strength and Performance Expression	Short contacts, rebound ability, sprint-deceleration-transfer

Each block progresses the athlete from control to force, and from force to faster expression.

Weekly Training Structure

Recommended Schedule

Day	Session	Outcome
Monday	Day 1 - Max Force	Produce high levels of force with control
Wednesday	Day 2 - Max Velocity Strength	Express strength quickly
Friday	Day 3 - Reactive Strength	Absorb and reapply force quickly

There should be at least 48 hours between training sessions.

Session Flow

Order	Section
01	RAMP Warm-Up
02	Movement Preparation
03	Primary Training Emphasis
04	Secondary Strength or Power
05	Accessory Stability
06	Field Transfer or Movement Skill
07	Recovery Reset

Training Rules

Max Force Day

Variable	Standard
Sets	5-8
Reps	2-3
Rest	2-4 minutes
Intent	Heavy, controlled, high force
Stop Point	Technical breakdown or grinding reps

Max Velocity Strength Day

Variable	Standard
Sets	4-6
Reps	2-5
Rest	90 seconds to 3 minutes
Intent	Explosive concentric action
Stop Point	Speed drop or loss of position

Reactive Strength Day

Variable	Standard
Reps / Contacts	6-8 high-quality contacts
Timed Work	8-12 seconds only when appropriate
Rest	60-120 seconds
Intent	Short ground contact and stiffness
Stop Point	Slow contacts or poor landing quality

PHASE 1

Foundation and Force Tolerance

Weeks 1-4

The athlete learns to move, land, hinge, stabilize, and absorb force before progressing to higher speed and higher output work.

Block 1

Foundation, Patterning, Landing Control

Weeks 1-2

Block 1 introduces the athlete to the positions that drive the rest of the program. The focus is clean hinge mechanics, basic force absorption, landing control, trunk stiffness, and low-level plyometric exposure.

The goal is not to make the athlete tired. The goal is to build repeatable positions.

Block Outcomes

Outcome	Standard
Hinge Pattern	Athlete can load the hips without lumbar extension
Landing Control	Athlete can land quietly and hold position
Single-Leg Stability	Athlete can control hip, knee, and foot alignment
Force Tolerance	Athlete can absorb low-level impact without collapse
Plyometric Intro	Athlete can perform low-level contacts with rhythm

Day 1

Max Force Introduction

Session Purpose

Teach the athlete how to hinge, brace, and produce force from controlled positions.

Block	Exercise	Sets	Reps / Time	Rest	Intent
A1	Trap Bar Deadlift from Blocks or KB Deadlift	5	3	2 min	Own the hinge and push the ground away
A2	Tall-Kneeling Pallof Press	5	5 / side	45 sec	Resist rotation and maintain trunk position
B1	RFESS ISO Hold	4	20 sec / side	60 sec	Build single-leg force tolerance
B2	Hamstring Walkout	4	5	60 sec	Maintain hip extension
C1	Snap Down to Athletic Position	4	3	45 sec	Drop, brace, and absorb
C2	Low Box Step-Off Landing	4	3	60 sec	Land quietly and hold position

Coaching Cues

Push the floor away. Keep the ribs stacked over the pelvis. Control the hip hinge before adding load. Land through the whole foot.

Day 2

Max Velocity Strength Introduction

Session Purpose

Teach the athlete to move with intent without sacrificing position.

Block	Exercise	Sets	Reps / Time	Rest	Intent
A1	Med Ball Scoop Toss	5	3 / side	60-90 sec	Rotate with control and finish through the ground
A2	Low-Level Pogo Jumps	5	8 contacts	60 sec	Stay tall, stiff, and rhythmic
B1	Trap Bar Jump or KB Jump	4	3	90 sec	Move fast and land clean
B2	Push-Up to Tall Plank Lockout	4	4	60 sec	Produce force quickly while braced
C1	Wall Drill Switch	4	3 / side	45 sec	Strike down and maintain posture
C2	Falling Start	4	10 yd	90 sec	Project forward and push back

Coaching Cues

Fast does not mean loose. Move with intent. Finish every rep in control. Stop before speed turns into fatigue.

Day 3

Reactive Strength Introduction

Session Purpose

Build landing skill, stiffness, and introductory reactive ability.

Block	Exercise	Sets	Reps / Time	Rest	Intent
A1	Depth Drop to Stick	5	3	60-90 sec	Step off, land quietly, hold position
A2	Lateral Bound to Stick	5	3 / side	60 sec	Control the hip and knee on one leg
B1	Line Hops Forward and Back	4	8 contacts	60 sec	Short, stiff, quick contacts
B2	Skater Hop to Controlled Stick	4	3 / side	60 sec	Absorb lateral force
C1	5-Yard Acceleration to Stick	5	1	60-90 sec	Accelerate, brake, and own the stop
C2	Lateral Shuffle to Stick	4	2 / side	60 sec	Control center of mass

Coaching Cues

Land quiet. Own the stop before adding speed. Keep the chest over the hips. Absorb through the hip, knee, and ankle together.

Block 2

Force Tolerance and Controlled Strength

Weeks 3-4

Block 2 increases the athlete's ability to absorb, stabilize, and produce force from cleaner positions. Loading increases, but technical quality remains the priority.

The athlete should now move with more confidence under load and show better control during landing and deceleration.

Block Outcomes

Outcome	Standard
Strength Control	Athlete can produce force without losing posture
Unilateral Control	Athlete can load one leg with cleaner alignment
Landing Progression	Athlete can absorb greater impact
Deceleration	Athlete can brake under control
Acceleration Intro	Athlete can project and push with intent

Day 1

Max Force

Session Purpose

Increase force production while maintaining clean hinge and single-leg mechanics.

Block	Exercise	Sets	Reps / Time	Rest	Intent
A1	Trap Bar Deadlift	6	3	2-3 min	Heavy, clean, controlled
A2	Dead Bug Pullover or Pallof Press	6	5	45-60 sec	Maintain trunk stiffness
B1	RFESS	5	3 / side	90 sec	Produce force through the front leg
B2	Single-Leg RDL	4	5 / side	60-90 sec	Control the hinge on one leg
C1	Low Box Drop to Stick	5	3	60 sec	Absorb force and stabilize
C2	Copenhagen Side Plank Short Lever	3	15-20 sec / side	45 sec	Build adductor and trunk control

Day 2

Max Velocity Strength

Session Purpose

Express strength faster with controlled acceleration mechanics.

Block	Exercise	Sets	Reps / Time	Rest	Intent
A1	Med Ball Forward Scoop Toss	5	3	90 sec	Project force forward
A2	Broad Jump to Stick	5	3	90 sec	Horizontal projection with control
B1	Trap Bar Jump	5	3	2 min	Explode vertically and land clean
B2	Split-Stance DB Jump	4	3 / side	90 sec	Fast extension from split stance
C1	Falling Start	5	10 yd	90 sec	Push, project, accelerate
C2	2-Point Start	4	10 yd	90 sec	Attack the first three steps

Day 3

Reactive Strength

Session Purpose

Improve the athlete's ability to absorb and redirect force.

Block	Exercise	Sets	Reps / Time	Rest	Intent
A1	Depth Drop to Rebound Prep	5	3	90 sec	Absorb and prepare to reapply force
A2	Lateral Bound to Mini-Rebound	5	3 / side	90 sec	Control and reload quickly
B1	Pogo Jumps	5	8 contacts	60 sec	Short contact and tall posture
B2	Line Hops Lateral	5	8 contacts	60 sec	Fast feet without hip collapse
C1	5-Yard Sprint to Deceleration	5	1	90 sec	Brake under control
C2	Shuffle to Sprint	4	2 / side	90 sec	Transition lateral movement into sprint

Phase 1 Checkpoint

Before progressing to Phase 2, the athlete should show control across the foundational patterns.

Checkpoint Table

Quality	Pass Standard
Hip Hinge	Clean hip load without spinal compensation
Landing	Quiet landing with stable knee and foot position
Single-Leg Control	No major hip drop or knee collapse
Trunk Position	Ribs and pelvis remain organized
Deceleration	Athlete can brake without excessive forward collapse
Plyometric Rhythm	Contacts are sharp and controlled

If the athlete cannot meet these standards, repeat the final week of Phase 1 before progressing.

PHASE 2

Force, Velocity, and Reactive Expression

Weeks 5-8

The athlete now progresses toward higher force outputs, faster strength expression, sharper contacts, and better transfer to acceleration and change of direction.

Block 3

Maximum Force and Velocity Strength Development

Weeks 5-6

Block 3 increases force output and begins converting strength into explosive expression. The athlete should now train with higher intent, lower unnecessary volume, and longer rest periods between high-output efforts.

Block Outcomes

Outcome	Standard
Max Force	Athlete can perform heavy low-rep strength work cleanly
Velocity Strength	Athlete can move lighter loads with speed
Acceleration	Athlete can project force over the first three steps
Reactive Contacts	Athlete can rebound with improved stiffness
Deceleration Transfer	Athlete can brake and reapply force

Day 1

Max Force

Session Purpose

Develop higher force output through heavy, low-rep strength work.

Block	Exercise	Sets	Reps / Time	Rest	Intent
A1	Trap Bar Deadlift	7	2-3	3 min	High force, no failed reps
A2	Heavy Pallof Press ISO	7	10 sec / side	45 sec	Brace and resist rotation
B1	RFESS	5	3 / side	2 min	High force through the front leg
B2	DB or Barbell Hip Thrust	5	3	90 sec	Full hip extension with control
C1	Copenhagen Plank	4	15-25 sec / side	60 sec	Improve adductor and trunk capacity
C2	Single-Leg Calf ISO Hold	4	20 sec / side	45 sec	Build lower-leg stiffness

Day 2

Max Velocity Strength

Session Purpose

Convert force into explosive strength.

Block	Exercise	Sets	Reps / Time	Rest	Intent
A1	Med Ball Overhead Throw	6	3	90 sec	Full-body explosive extension
A2	Med Ball Rotational Scoop Toss	6	3 / side	90 sec	Rotate through hip and trunk
B1	Trap Bar Jump	6	2-3	2 min	Maximum speed on every rep
B2	DB Split Squat Jump	5	3 / side	90 sec	Explosive single-leg projection
C1	2-Point Start	6	10 yd	90-120 sec	Max intent over first three steps
C2	Lateral Push-Off to Sprint	4	2 / side	90 sec	Push out of the outside leg

Day 3

Reactive Strength

Session Purpose

Improve stiffness, rebound quality, and short-contact plyometric ability.

Block	Exercise	Sets	Reps / Time	Rest	Intent
A1	Depth Drop to Vertical Jump	5	3	90-120 sec	Absorb and rebound vertically
A2	Lateral Bound to Rebound	5	3 / side	90 sec	Absorb lateral force and redirect
B1	Low Hurdle Hop	5	6 contacts	90 sec	Short contact and clean posture
B2	Pogo Jump Series	4	8 sec	60-90 sec	Stiff ankles and fast rhythm
C1	5-Yard Sprint, Stick, Reaccelerate	5	1	90-120 sec	Brake and reapply force
C2	Lateral Shuffle, Stick, Sprint	4	2 / side	90 sec	Control the stop before sprinting

Block 4

Reactive Strength and Performance Expression

Weeks 7-8

Block 4 focuses on expressing the qualities developed across the previous six weeks. The athlete should now train with high intent, low fatigue, and precise execution.

The goal is not to add more work. The goal is to produce cleaner, sharper outputs.

Block Outcomes

Outcome	Standard
Force Expression	Heavy work remains clean and fast
Velocity Output	Explosive work is sharp with no wasted reps
Reactive Strength	Contacts are stiff, quick, and controlled
Sprint Transfer	First steps are more aggressive and efficient
Deceleration Rebound	Athlete can brake and exit with control

Day 1

Max Force

Session Purpose

Maintain and express high force while reducing unnecessary fatigue.

Block	Exercise	Sets	Reps / Time	Rest	Intent
A1	Trap Bar Deadlift	8	2	3 min	Heavy, fast, technically clean
A2	Anti-Rotation Cable Hold	8	10 sec / side	45 sec	Maintain trunk and pelvis control
B1	RFESS	5	2-3 / side	2 min	High force and clean alignment
B2	Single-Leg Hip Thrust	4	4 / side	90 sec	Strong hip extension
C1	Copenhagen Plank	4	20 sec / side	60 sec	Adductor and lateral trunk capacity
C2	Soleus ISO or Tibialis Raise	4	20 sec or 8-10 reps	45 sec	Lower-leg stiffness and control

Day 2

Max Velocity Strength

Session Purpose

Express strength at high speed with maximal intent.

Block	Exercise	Sets	Reps / Time	Rest	Intent
A1	Med Ball Forward Throw	6	2-3	90 sec	Explosive horizontal projection
A2	Med Ball Rotational Throw	6	2-3 / side	90 sec	Fast hip-to-trunk transfer
B1	Trap Bar Jump	6	2	2-3 min	Maximum speed, stop if output drops
B2	Loaded Jump or Band-Assisted Jump	5	3	90-120 sec	Fast projection and controlled landing
C1	10-Yard Sprint from 2-Point Start	6	1	2 min	Max intent first three steps
C2	Lateral Start to 10-Yard Sprint	4	1 / side	2 min	Push laterally and accelerate

Day 3

Reactive Strength

Session Purpose

Peak reactive ability, short-contact stiffness, and movement expression.

Block	Exercise	Sets	Reps / Time	Rest	Intent
A1	Depth Drop to Rebound Jump	6	2-3	2 min	Minimal ground contact, strong rebound
A2	Lateral Bound to Immediate Rebound	5	3 / side	90-120 sec	Redirect lateral force quickly
B1	Low Hurdle Hop Series	5	6 contacts	90 sec	Fast, stiff, clean contacts
B2	Single-Leg Pogo	4	6 contacts / side	90 sec	Stiff foot and controlled hip
C1	Sprint, Decelerate, Reaccelerate	5	1	2 min	Brake with control and explode out
C2	45-Degree Cut to Sprint	4	1 / side	2 min	Plant, push, and exit with speed

Day 3 Sprint Development

Day 3 is the program's reactive strength and field transfer day. The sprinting work should progress from controlled acceleration and braking into sharper reacceleration, cutting, and game-like exits.

The goal is not conditioning. The goal is to sprint, stop, redirect, and reapply force with high quality.

Sprint Qualities

Quality	Coaching Standard
Acceleration	Project forward and push back through the ground
Deceleration	Lower the center of mass and brake through the hips
Reacceleration	Exit the stop with aggressive first steps
Cutting	Plant under control, push the ground away, and exit cleanly
Repeat Quality	Stop the set when speed, posture, or braking quality drops

Every sprint rep should look like a performance rep, not a conditioning rep.

8-Week Day 3 Sprint Progression

Use this progression after the primary reactive strength work on Day 3. Keep the total sprint dose low enough that every rep stays fast and technically clean.

Progression Table

Weeks	Sprint Focus	Prescription	Coaching Emphasis
1-2	Accelerate and stick	4-5 x 5 yd acceleration to stick	Own the stop before adding speed
3-4	Sprint to decelerate	5 x 5 yd sprint to controlled deceleration	Brake through the hips and hold position
5-6	Decelerate and reaccelerate	5 x 5 yd sprint, stick, reaccelerate 5 yd	Stop clean, then attack the first two steps
7-8	Cut and exit	4-5 x 45-degree cut to 10 yd sprint	Plant, push, and exit with speed

Sprint Dose Rules

Variable	Standard
Rest	90 seconds to 2 minutes between reps
Volume	4-6 high-quality reps
Distance	5-10 yards per action
Stop Point	Slower first step, poor braking, or loose cutting mechanics

8-Week Training Calendar

Week	Block	Monday	Wednesday	Friday
1	Block 1	Max Force Intro	Velocity Strength Intro	Reactive Intro
2	Block 1	Max Force Intro	Velocity Strength Intro	Reactive Intro
3	Block 2	Max Force	Max Velocity Strength	Reactive Strength
4	Block 2	Max Force	Max Velocity Strength	Reactive Strength
5	Block 3	Max Force	Max Velocity Strength	Reactive Strength
6	Block 3	Max Force	Max Velocity Strength	Reactive Strength
7	Block 4	Max Force	Max Velocity Strength	Reactive Strength
8	Block 4	Max Force	Max Velocity Strength	Reactive Strength

The structure remains consistent so the athlete can adapt to the rhythm of the program. Progression occurs through intensity, complexity, output quality, and exercise demand.

Session Intent Guide

Day	What It Should Feel Like	What It Should Not Become
Max Force	Heavy, focused, controlled	Grinding, sloppy, fatigue-based
Max Velocity Strength	Fast, sharp, explosive	Random jumping or conditioning
Reactive Strength	Stiff, rhythmic, precise	Long-duration fatigue work

The goal is to train the correct quality on the correct day. More work is not the answer if the intent of the day is lost.

Coaching Cues

Category	Cues
Hinge	Push the hips back. Keep the ribs down. Push the ground away. Finish tall.
Landing	Land quiet. Absorb through the hip, knee, and ankle. Keep the knee in line with the foot.
Max Force	Brace before the lift. Create full-body tension. Stop before technical breakdown.
Velocity Strength	Move with intent. Reset between reps. Stop when speed drops.
Reactive Strength	Hit and get off the ground. Stay tall. Keep contacts sharp.
Acceleration	Push back, not up. Project forward. Attack the first three steps.
Deceleration	Lower the center of mass. Brake through the hips. Own the outside leg.

Progressions and Regressions

Hip Hinge

Level	Exercise
Regression	Dowel Hip Hinge
Regression	KB Deadlift from Elevated Surface
Standard	Trap Bar Deadlift
Standard	Single-Leg RDL
Progression	Heavy Trap Bar Deadlift
Progression	Trap Bar Deadlift to Jump Contrast

Landing and Plyometric Progressions

Landing Progression

Level	Exercise
Regression	Snap Down to Stick
Regression	Low Step-Off Landing
Standard	Depth Drop to Stick
Standard	Lateral Bound to Stick
Progression	Depth Drop to Rebound
Progression	Lateral Bound to Immediate Rebound

Plyometric Progression

Level	Exercise
Regression	Pogo Rhythm Contacts
Regression	Line Hops
Standard	Pogo Jumps
Standard	Low Hurdle Hops
Progression	Repeated Hurdle Hops
Progression	Single-Leg Pogo Contacts

Strength and Acceleration Progressions

Strength Progression

Level	Exercise
Regression	Goblet Squat to Box
Regression	Split Squat ISO
Standard	Trap Bar Deadlift
Standard	Rear-Foot-Elevated Split Squat
Progression	Heavy Trap Bar Deadlift
Progression	Loaded Split Squat Jump

Acceleration Progression

Level	Exercise
Regression	Wall Drill Hold
Regression	Wall Drill Switch
Standard	Falling Start
Standard	2-Point Start
Progression	Sprint to Deceleration
Progression	Sprint, Stick, Reaccelerate

Quality Standards

Quality	Standard
Load	Heavy enough to create adaptation, not so heavy that mechanics break
Speed	Fast enough to express intent, not rushed or uncontrolled
Landing	Quiet, stable, aligned
Contact	Sharp, stiff, short
Rest	Long enough to preserve output
Volume	Enough to drive adaptation, not enough to bury the athlete
Progression	Earned through execution

The athlete should finish each session feeling trained, not destroyed.

Re-Assessment Recommendations

Athletes should be re-assessed at the end of Week 8 to evaluate movement quality, force development, and performance transfer.

The goal of re-assessment is not only to measure output. The goal is to determine whether the athlete can now produce and control force more effectively.

Re-Assessment Table

Test	What It Shows
Countermovement Jump	Lower-body power and force expression
Reactive Strength Index	Jump stiffness and reactive ability
Broad Jump	Horizontal force production
Single-Leg Hop Control	Unilateral control and landing quality
10-Yard Acceleration	First-step and early acceleration ability
Landing Mechanics	Force absorption and joint control
Deceleration Control	Braking quality
Subjective Readiness	Fatigue, soreness, and recovery status

What Comes Next?

Re-Assessment Result	Next Training Emphasis
Improved force but poor stiffness	Reactive strength block
Improved movement but low output	Max force and velocity strength block
Improved speed but poor braking	Deceleration and reacceleration block
Improved all major areas	Advanced performance expression block
Poor movement quality remains	Repeat foundational phase

Training should not restart randomly. The next phase should be selected based on what the athlete shows after re-assessment.

Readiness and Recovery Standards

Training quality depends on readiness. The athlete should not force high-output work when recovery, soreness, or movement quality is clearly compromised.

Use the readiness score before every session to decide whether to train as planned, reduce volume, or shift to a lower-output technical day.

Readiness Table

Score	Athlete State	Training Decision
1	Poor sleep, heavy soreness, low energy	Reduce volume or use recovery reset
2	Some soreness or stiffness	Keep warm-up longer and reduce total contacts
3	Normal readiness	Train as planned
4	High energy and clean movement	Train as planned with high intent
5	Excellent readiness and sharp output	Train as planned, but do not add unnecessary volume

Output quality decides the session. More work is not the goal.

RAMP Warm-Up Menu

Every session should begin with a warm-up that raises temperature, activates key positions, mobilizes the joints needed for the session, and potentiates the main training quality.

Warm-Up Menu

Segment	Exercise Options	Coaching Focus
Raise	Light jog, bike, skip series	Increase temperature without fatigue
Activate	Glute bridge, dead bug, side plank	Trunk, hip, and pelvic control
Mobilize	Ankle rocks, hip airplanes, adductor rockbacks	Access usable range of motion
Potentiate	Pogos, snap downs, wall switches	Prepare stiffness, posture, and intent

Session Fit

Day	Potential Emphasis
Max Force	Bracing, hinge patterning, low-level jumps
Max Velocity Strength	Med ball rhythm, acceleration posture, explosive intent
Reactive Strength	Landing prep, ankle stiffness, short contacts

Exercise Substitution Guide

Substitutions should preserve the training intent. Do not swap a max force exercise for a conditioning drill or a reactive drill for a fatigue-based jump circuit.

Substitution Table

Original Exercise	Acceptable Substitute	Keep The Intent
Trap Bar Deadlift	KB Deadlift, DB RDL, Barbell RDL	Heavy hinge and ground force
RFESS	Split Squat, Step-Up, Reverse Lunge	Single-leg force and alignment
Trap Bar Jump	KB Jump, DB Jump, Bodyweight Jump	Explosive intent and clean landing
Med Ball Throw	Band-Resisted Punch, Cable Scoop	Fast trunk and hip transfer
Low Hurdle Hop	Line Hop, Pogo Jump, Mini Hurdle Hop	Short contact and stiffness
Copenhagen Plank	Side Plank Adductor Squeeze	Adductor and lateral trunk control

The substitute must train the same quality, not just a similar body part.

Load, Volume, and Progression Rules

Progression is earned through execution. The athlete should only increase load, speed, complexity, or contacts when the current version is technically consistent.

Progression Table

Training Quality	Progress When	Hold Or Regress When
Max Force	Reps are strong, clean, and repeatable	Reps grind or position breaks
Velocity Strength	Output stays fast across sets	Speed drops or landings get loud
Reactive Strength	Contacts are short, stiff, and aligned	Contacts slow or collapse appears
Acceleration	First steps project forward with intent	Athlete pops up or overstrides
Deceleration	Athlete brakes under control	Torso collapses or knees cave

Weekly Adjustment

Athlete Response	Adjustment
Fresh and sharp	Continue as written
Sore but moving well	Reduce accessory volume
Slow contacts or low output	Reduce jumps and sprints by 25-40%
Pain or major compensation	Stop the drill and substitute or refer out

Weekly Tracking Sheet

Track readiness, session completion, sprint quality, and the coaching adjustment that should guide the next week.

Week	Ready	D1	D2	D3	Top Quality	Adjustment Notes
1		[]	[]	[]		
2		[]	[]	[]		
3		[]	[]	[]		
4		[]	[]	[]		
5		[]	[]	[]		
6		[]	[]	[]		
7		[]	[]	[]		
8		[]	[]	[]		

Weekly Review

1. Which quality improved most this week?
2. Which drill showed the most technical breakdown?
3. What should be adjusted next week?

Session Log Template

Use this template after each training day to capture the most important coaching information without turning the program into a paperwork exercise.

Session Log

Field	Entry
Date	
Training Day	Max Force / Velocity Strength / Reactive Strength
Readiness Score	
Best Exercise	
Exercise Needing Attention	
Load Or Output Notes	
Landing / Contact Quality	
Next Session Adjustment	

Track what changes coaching decisions. Ignore the rest.

Implementation Checklist

Before beginning the program, the coach or athlete should confirm that the training environment, equipment, and progression standards are clear.

Checklist

Item	Complete
Baseline movement and performance markers recorded	
Training schedule selected with 48 hours between sessions	
Substitution options chosen for unavailable equipment	
Landing and deceleration standards reviewed	
Readiness scoring explained to the athlete	
Week 4 checkpoint date selected	
Week 8 re-assessment date selected	

The program works best when the athlete trains hard, recovers well, and earns each progression.

Train With Us Online

The 3 Step Solution Program can be coached remotely through Ground Force Strength & Conditioning for athletes who want structure, feedback, and progression without guessing what to do next.

Online training is built around movement analysis, individualized exercise selection, weekly progression, and clear coaching standards.

Online Coaching Includes

Feature	What You Get
Remote Movement Analysis	Video review of sprinting, landing, deceleration, and key strength patterns
Personalized Training Plan	Program adjustments based on equipment, schedule, needs, and training age
Weekly Coaching Feedback	Technique notes, progression decisions, and session adjustments
Performance Re-Assessment	End-of-block review to guide the next phase of training

Call To Action

Ready to train with structure? Start your remote movement analysis and build your next phase with Ground Force.

Contact Area

Website: groundforcestrength.com Instagram: [@groundforcestrength](https://www.instagram.com/groundforcestrength)

Final Notes

The 3 Step Solution Program is built to move the athlete through a clear progression.

Own the pattern. Produce force. Express force faster.

The athlete begins by learning how to move, land, hinge, and stabilize. The program then progresses toward higher force production, faster strength expression, and reactive movement qualities that better match the demands of soccer.

The outcome is not just a stronger athlete.

The outcome is an athlete who can create force, absorb force, and reapply force with better control, speed, and intent.

Train with structure.
Progress with intent.
Move from the ground up.