The goal for in-season training for any soccer player (in this case we are referring to midfield) is just to maintain all that was done in the off-season. On top of team practices and games every week the athlete really only needs to attend one to two sessions a week with a decreased weight resistance as to not fatigue or damage muscles. Reps will remain about the same. Here is a sample of 2 workouts that will maintain the strength and power throughout the season (about 3 months). Of course if there were injuries some of these exercises would have to be substituted or completely removed temporarily.

**Day 1**

1) [Squat](http://www.stack.com/2012/01/26/squat-how-to/) - 3x10  
2A) [Kettlebell Swings](http://www.stack.com/2011/01/05/exercise-of-the-week-kettlebell-swings/) - 3x10  
2B) [Dumbbell Lunges](http://www.stack.com/2012/01/14/dumbbell-split-squat/) - 3x10  
3A) [Dumbbell Bench Press](http://www.stack.com/2012/01/17/take-your-bench-press-to-the-next-level-with-these-5-dumbbell-variations/) - 3x10  
3B) [Wide-Grip Lat Pulldowns](http://www.stack.com/video/41847780001/Georgia-Tech-Mens-Basketball-Lat-Pulldown/) - 3x10  
4) [Plank](http://www.stack.com/video/17380024001/Shawn-Porter-Plank-Series/) - 3x30 seconds

**Day 2**

1) [Bench Press](http://www.stack.com/bench-press/) - 3x10  
2A) [Barbell Lunges](http://www.stack.com/2012/01/11/barbell-split-squat/) - 3x10  
2B) [Dumbbell Calf Raises](http://www.stack.com/2010/08/25/exercise-of-the-week-calf-raise/) - 3x10  
3A) [Weighted Dips](http://www.stack.com/video/28714547001/Kevin-Robinson-Weighted-Dips/) - 3x10  
3B) [Weighted Chin-Ups](http://www.stack.com/video/10338081001/Indiana-University-Wrestling-Weighted-ChinUp/) - 3x10  
4) [Hanging Leg Raises](http://www.stack.com/video/35262084001/Andre-Johnson-Hanging-Leg-Raise/) - 3x10

\*Perform A and B exercises in superset fashion

~all exercise videos were found from the STACK website <http://www.stack.com/>