

Juke Box Hero

Interval training with 10 segments. The pace of the song "Juke Box Hero" modulates with 4 soccer motions. Good message too.

30 yard deep field, wide enough for your team to run side-by-side w/ a player cone on each end.

1. 0:00 - 0:32 - Jog
2. 0:33-0:43 - Sprint
3. 0:44-0:54 - Jog
4. 0:55-1:25 - Sprint
5. 1:26-1:48 - Def. Shuffle
6. 1:49-2:09 - Jog
7. 2:10-2:31 - Sprint
8. 2:32-2:54 - Side Skips
9. 3:00 - 3:25 - Sprints
10. 3:36-4:19 - Jog it out

0:00 - 0:32 Jog (touch cone)

Standing in the rain
With his head hung low
He couldn't get a ticket
It was a sold out show
Heard the roar of the crowd
He could picture the scene
Put his head to the wall
And like a distant scream

0:33-0:43 Sprint

He heard one guitar
It just blew him away
He saw stars in his eyes
And the very next day

0:44-0:54 Jog

He bought a beat up six string
In the second hand store
Didn't know how to play it
But he knew for sure

0:55-1:25 - Sprint

That one guitar
Felt good in his hands
It didn't take long
To understand
Just one guitar
Slung way down low
Was a one way ticket
Only one way to go
So he started rockin'
And he's never gonna stop
Gonna keep on rockin'
Someday gonna make it to the top

1:26-1:48 Defensive Shuffle (touch tight, side-on stance)

And be a jukebox hero
(Got stars in his eyes)
He's a jukebox hero
He took one guitar
(Jukebox hero)
(Stars in his eyes)
Jukebox hero
(Stars in his eyes)
He'll come alive tonight

1:49-2:09 Jog (touch cone)

In a town without a name
In a heavy downpour
Thought he cast his own shadow
By the backstage door

2:10-2:31 Sprint

Like a trip through the past
To that day in the rain
And that one guitar
Made his whole life change
Now he needs to keepa rockin'
He just can't stop
Gonna keep on rockin'
That boy has got to stay on top

2:32-2:59 Defensive Shuffle

And be a jukebox hero
(Got stars in his eyes)
He's a jukebox hero
(Got stars in his eyes)
Yeah, jukebox hero
(Stars in his eyes)
With that one guitar
(Stars in his eyes)
He'll come alive
Come alive tonight

3:00 - 3:25 Sprints

No lyrics

3:26-3:35 Side Skips (ice skates)

Yeah, he's gotta keepa rockin'
Just can't stop
Gonna keep on rockin'
That boy has got to stay on top

3:36-4:19 Jog it out (touch your cone)

And be a jukebox hero
(Got stars in his eyes)
He's a jukebox hero
(Got stars in his eyes)
Just one guitar
Yeah, jukebox hero
(Stars in his eyes)
He's a jukebox hero
Jukebox hero
JUKE BOX HERO
HE'S GOT STARS IN HIS EYES
STARS IN HIS EYES

Scott Moroney
FC Stars
smoroney@starsofma.org
508 951 1654

Set up your 30 yards deep and as wide as necessary for your team to run side-by-side. Use one cone per player on each end.

