



**2020 Girls Soccer**

**Summer Strength/Conditioning**

The best teams and players work during the summer to improve. This means that, in order for us to be the best, we must be working these next few months to improve our fitness. This means WE:

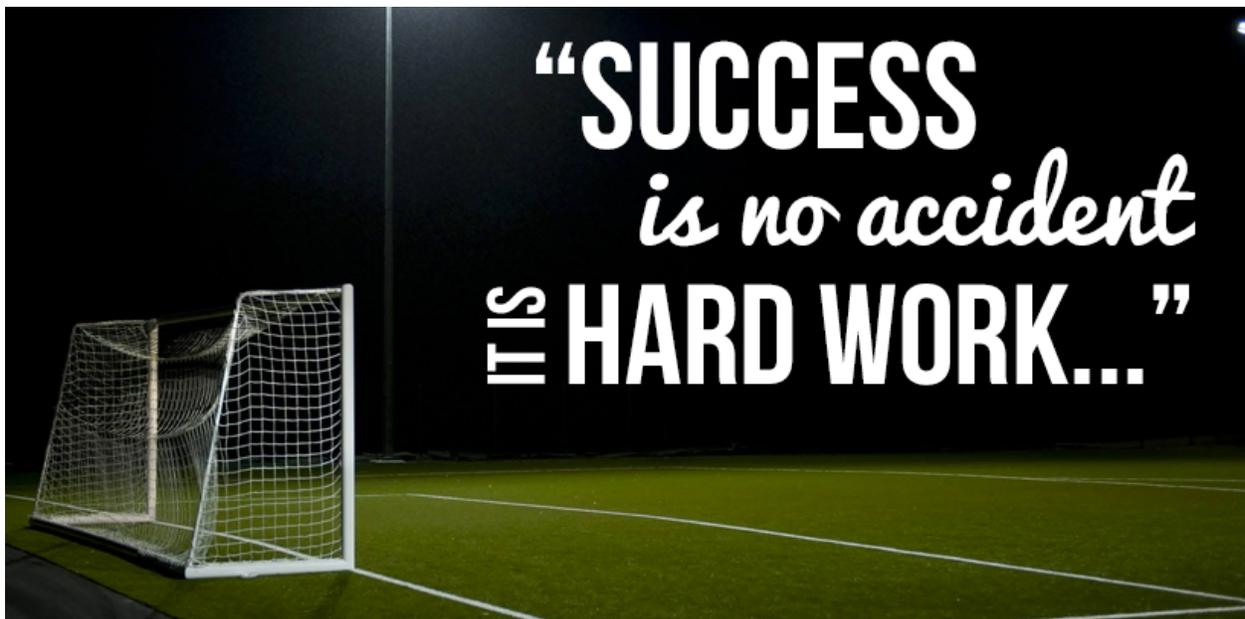
- Are Responsible For Our Own Fitness
- Hold Ourselves Accountable To Do The Work
- Push Ourselves Past Our Perceived Limits
- Strive To Work Hard Every Day
- Come Into Tryouts In The Best Shape

# Championships are EARNED, not given.

In this packet, you will find strength exercises, conditioning, and motivation to push you beyond your limits to prepare for this upcoming season. The workout packet is designed to develop your conditioning and is what you make of it, only you can choose how much work you put in, to prepare for your upcoming season. Stay happy, balanced, healthy, and safe this summer.

Any questions please feel free to let me know,

Coach Brian



## **Fitness Tips:**

1. **Always warm up properly before any workout.**
2. Keep a journal of your workouts to track your progress.
3. Find a partner that will keep you motivated and accountable to the workout program.
4. Push Yourself – especially on the days you don't feel energetic
5. Avoid overdoing it. If needed provide yourself time to recover.
6. Listen to your body. Take care of any injuries.
7. Fitness levels develop gradually over time.
8. Add in Optional run on the weekend. Go for a relaxing jog or long distance run without keeping a time. Just relax, be grateful you have the ability to.

## **Once you are ready to get started, ask yourself the following questions:**

- Am I ready to hold myself accountable to do the necessary fitness and strength work this summer to be a better soccer player?
- How bad do I want myself and my team to be successful this upcoming high school season?
- Am I ready to put in the work to fulfill my potential?

*Excuses are like losses. Everyone has them except champions.*

*-Alex Morgan*

## Summer Strength and Conditioning

Be sure that a warm-up and stretch is completed before you start each session. A sufficient warm-up should last at least 10 minutes and allow you to break a sweat and it should include dynamic stretching. After completing the workout, spend another 10 minutes doing static stretching to decrease muscle soreness. Descriptions of the exercises and warm-up are found at the end of this packet. You do NOT need cones as you can use shoes, bags, bottles, or anything else as markers.

Week 1	Monday	Tuesday	Wednesday	Thursday
Exercise #1	Cardio Body Moves #1	1 Mile 8:45 pace or better	Plyometrics	Accelerating Sprints
Exercise #2	Sprint Drills: (Each done 5 times with a 60 second rest) 10-yard sprints 20-yard sprints 30-yard sprints- 40-yard sprints)	5-40 yard sprints (30 second rest)	Penalty Area Sprints (6,12,18) 4 sets	20 yard Chelsea Drill
Exercise #3	Ball work 10 min	Ball Work 10 Min	Ball Work 10 Min	Ball Work Min
Exercise #4	Abs-Crunches, left side, right side, plank, side both sides	5 sets of 20 push-ups 5 sets of 25 sit ups	N/A	Abs-scissor kicks, leg raises, ball twist

Week 2	Monday	Tuesday	Wednesday	Thursday
Exercise #1	Cardio Body Moves #2	1 Mile 8:30 pace or better	Plyometrics	300 yd. shuttle, 2 sets, 4 min rest between sets
Exercise #2	Sprint Drills (Each done 5 times with a 60 second rest) 10-yard sprints 20-yard sprints 30-yard sprints- 40-yard sprints)	1050 yard run 2-200's, 4-100's, 5-50's (45 second rest)	Compass Run 4 sets Two Tower Drill 4 sets	25 yard Chelsea Drill
Exercise #3	Ball work 10 min	Ball Work 10 Min	Ball Work 10 Min	Ball Work 10 Min
Exercise #4	Abs-Crunches, left side, right side, plank, side both sides	5 sets of 20 push-ups 5 sets of 25 sit ups	N/A	Abs-scissor kicks, leg raises, ball twist

Week 3	Monday	Tuesday	Wednesday	Thursday
Exercise #1	Cardio Body #1	1 Mile 8:15 pace or better	Plyometrics	Accelerating Sprints
Exercise #2	Sprint Drills (Each done 5 times with a 60 second rest) 10-yard sprints 20-yard sprints 30-yard sprints- 40-yard sprints)	5-10-5 Ladders: 5 times with 60 second rest or less	Funnel Run 5 times Hand Run 5 sets	30 yard Chelsea Drill
Exercise #3	Ball work 10 min	Ball Work 10 Min	Ball Work 10 Min	Ball Work 10 Min
Exercise #4	Abs-Crunches, left side, right side, plank, side both sides	5 sets of 20 push-ups 5 sets of 25 sit ups	Abs-Crunches, left side, right side, plank, side both sides	Abs-scissor kicks, leg raises, ball twist

Week 4	Monday	Tuesday	Wednesday	Thursday
Exercise #1	Cardio Body #2	1 Mile 8:00 pace or better	Plyometrics	Gassers
Exercise #2	Sprint Drills (Each done 5 times with a 60 second rest) 10-yard sprints 20-yard sprints 30-yard sprints- 40-yard sprints)	5-40's (30 second rest)	Penalty Area Sprints (6,12,18) 4 sets  Super Weave 4 sets	35 yard Chelsea Drill
Exercise #3	Ball work 10 min	Ball Work 10 Min	Ball Work 10 Min	Ball Work Min
Exercise #4	Abs-Crunches, left side, right side, plank, side both sides	5 sets of 20 push-ups 5 sets of 25 sit ups	Abs-Crunches, left side, right side, plank, side both sides	Abs-scissor kicks, leg raises, ball twist

Week 5	Monday	Tuesday	Wednesday	Thursday
Exercise #1	Cardio Body #1	1 Mile 7:45 pace or better	Plyometrics	300 yd. shuttle, 2 sets, 4 min rest between sets
Exercise #2	Sprint Drills (Each done 5 times with a 60 second rest) 10-yard sprints 20-yard sprints 30-yard sprints- 40-yard sprints)	1050 yard run 2-200's, 4-100's, 5-50's (45 second rest)	Compass Run 4 sets Two Tower Drill 4 sets	40 yard Chelsea Drill
Exercise #3	Ball work 10 min	Ball Work 10 Min	Ball Work 10 Min	Ball Work Min
Exercise #4	Abs-Crunches, left side, right side, plank, side both sides	5 sets of 20 push-ups 5 sets of 25 sit ups	Abs-Crunches, left side, right side, plank, side both sides	Abs-scissor kicks, leg raises, ball twist

Week 6	Monday	Tuesday	Wednesday	Thursday
Exercise #1	Cardio Body #2	1 Mile 7:30 pace or better	Plyometrics	Accelerating Sprints
Exercise #2	Sprint Drills (Each done 5 times with a 60 second rest) 10-yard sprints 20-yard sprints 30-yard sprints- 40-yard sprints)	5-10-5 Ladders: 5 times with 60 second rest or less	Funnel Run 5 times Hand Run 5 sets	45 yard Chelsea Drill
Exercise #3	Ball work 10 min	Ball Work 10 Min	Ball Work 10 Min	Ball Work 10 Min
Exercise #4	Abs-Crunches, left side, right side, plank, side both sides	5 sets of 20 push-ups 5 sets of 25 sit ups	Abs-Crunches, left side, right side, plank, side both sides	Abs-scissor kicks, leg raises, ball twist

Week 7	Monday	Tuesday	Wednesday	Thursday
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Exercise #1	Cardio Body #1	2 Miles 8:00 pace or better	Plyometrics	Gassers
Exercise #2	Sprint Drills (Each done 5 times with a 60 second rest) 10-yard sprints 20-yard sprints 30-yard sprints- 40-yard sprints)	5-40's (30 second rest)	Penalty Area Sprints (6,12,18) 4 sets  Super Weave 4 sets	35 yard Chelsea Drill
Exercise #3	Ball work 10 min	Ball Work 10 Min	Ball Work 10 Min	Ball Work Min
Exercise #4	Abs-Crunches, left side, right side, plank, side both sides	5 sets of 20 push-ups 5 sets of 25 sit ups	Abs-Crunches, left side, right side, plank, side both sides	Abs-scissor kicks, leg raises, ball twist

Week 8: Continue working out by using one of the prior weeks. Be ready for the ball skills (shooting, passing, 1v1, 2v2) and conditioning test (2 mile run keeping a 8 minute pace or better and beep test).

## **Description of Exercises**

### **DYNAMIC WARM UP**

(Perform before each conditioning session)

- High knee walk – stepping forward, grabbing the shin of the opposite leg and pulling the knee towards the chest. Extend the stepping leg and get up on the toes.
- High knee walk with external rotation – grasp the shin with a double overhand grip and pull the shin to waist height. Extend the hip of the supporting leg while raising up on the toes.
- A-skip – gentle skipping designed to warm up the hips. No emphasis on height or speed only rhythmic action.
- Heel ups – touch heels with both hands, actively warms up the hamstrings as well as move the quads through full range of motion.
- High knee run – similar to running in place but with forward movement. Emphasis is on maintaining an upright posture and getting a large number of foot contacts. The key to this exercise is to maintain perfect posture.
- Straight leg skip – increases the dynamic stretch of the hamstring while activating the hip flexor. Hands are held at shoulder height and right foot goes up to the opposite left hand and left foot goes up to the opposite right hand.
- Walking lunges w/ side lunge – lunge walk forward then lateral lunge to the same side. (i.e. lunge forward with the right, then lunge lateral with the right).
- Giant carioca – facing laterally, lead with the trail leg. The trail leg crosses over the lead leg above knee height. When the trail leg becomes the lead leg make sure the toes are facing up field.
- Backward run – emphasis is on actively pushing with the front leg while reaching out aggressively with the back leg.
- Forward sprint – Forward sprint-turn to backward run.

### **Plyometrics**

Each exercise is to be performed for 30-45 seconds with a 30 second rest in between exercises. Do 2 rotations of the assigned body circuit with a 3-minute rest in between circuits. Prior to starting the circuit, make sure you do the following: 5-minute warm-up of any type of cardio or running. A comprehensive full body stretch.

1. Squat Jumps
2. Forward and backward jumps- one leg. 20 total (10 each leg)
3. Side to side jumps. 20 total (10 each side)
4. Lunges – alternate legs.
5. Broad jumps – jump as far out in front as you can. Yes, for 45 seconds
6. Burpees – jump, hands on ground, extend your legs into a push up position, legs back to chest, jump. Yes, for 45 seconds.
7. Bench dips – hands on a bench or chair, feet straight out on the floor, lower yourself until the upper arm is parallel with the floor.
8. Hip ups – lie on your back, legs straight up in the air, shoot your hips to the ceiling.
9. Mountain Climbers – keep knee over your ankle
10. Bicycle crunches - hands behind head, legs off the ground, opposite elbow to knee.
11. Front Plank
12. Side Plank – Alternate sides

\*\*\*If you are uncertain as to how to properly perform any of these exercises, “google” the activity or look it up on YouTube.

## **Body Cardio Moves # 1**

1. T Jacks – Simple jumping jacks. You alternate arms forward and arms to the side on each jack. Hands only go up to shoulder level. Round 1: 50. Round 2: 40. Round 3: 30.
2. Bear Crawl – Keep your bottom down. Right leg and right arm go up simultaneously, then left arm and left leg go up simultaneously as you “crawl” forward and backward for a 5 count rep. Round 1: 20. Round 2: 25. Round 3: 30
3. Side Lateral Shuffle – Two shuffles to each side and the opposite hand comes down. Round 1: 30. Round 2: 25. Round 3: 20
4. Forward Lunge Twist – Clasp your hands in front of you. As you lunge forward with your left leg, twist to the left and come back up. Then lunge with your right leg and twist to the right. Round 1: 10. Round 2: 16. Round 3: 20
5. Basic Burpee – A burpee but with NO jumping at the top. It’s set to the cadence so it’s down, back, forward, stand up. Round 1: 15. Round 2: 12. Round 3: 10
6. A Skips – Running in place but your leg that is down slides backward. The left leg and right arm are up, then opposite right leg and left arm. Round 1: 30. Round 2: 40. Round 3: 50
7. Run Lunge Squat – Low impact move where you squat, the reverse lunge right, squat, reverse lunge left, squat, repeat. Round 1: 30. Round 2: 40. Round 3: 50.
8. BONUS ROUND – After you do all seven moves three times; bonus round which is 22 Bear Crawls and 22 Basic Burpees.

\*\*\*If you are uncertain as to how to properly perform any of these exercises, “google” the activity or look it up on YouTube.

## **Body Cardio Moves #2**

1. Sprint in Place – Like it sounds, high knees in-place sprinting. While you spring, move your arms also. Round 1: 60. Round 2: 50. Round 3: 40.
2. Mountain Climbers – Plank position, and move your knees in and back. 2 moves count as 1 rep. Round 1: 30. Round 2: 40. Round 3: 50.
3. Straight Leg Sprint – It's basically kicking with a straight leg. Round 1: 50. Round 2: 40. Round 3: 30.
4. Gorilla Crawl – This one is HARD, you are in a super low squat the ENTIRE time. Basically you start off in a squat, place your hands to the side and then jump laterally while keeping your hands on the ground. You do this twice in each direction before going back. Round 1: 10. Round 2: 12. Round 3: 14.
5. Jimmy Jumps – This is a simple jump but each on you alternate which hand goes in the air (like you are shooting a basket). Round 1: 50. Round 2: 40. Round 3: 30.
6. Water Bug – This is like a lateral Plyo push up, but without the actual push up part. You basically jump side to side in the plank position. Round 1: 10. Round 2: 12. Round 3: 14.
7. Frog Burpee – These are similar to Gorilla Crawls. Wide feet / wide legs, you hop back into a blank, back up to a squat and then you look up, but keep down in the knees, no standing up like a regular burpee. So all reps are done low in your legs. Round 1: 15. Round 2: 12. Round 3: 10. 10

\*\*\*If you are uncertain as to how to properly perform any of these exercises, "google" the activity or look it up on YouTube.

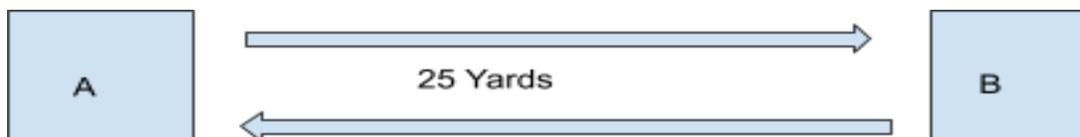
### **Penalty Area Sprints**

Starting on the goal line sprint to the edge of the 6-yard box and back. Turn and sprint to the penalty spot and back. Turn and sprint to the edge of the D and back. Continue for 60 seconds. Rest for sixty seconds. Repeat 3-5 times. Rest for 2 minutes. This is one set.

**Road alternative:** All you need is a 22 yards of driveway/road/lawn. The distances are 6 yds, 12 yds, 22 yds. Just find a little space.

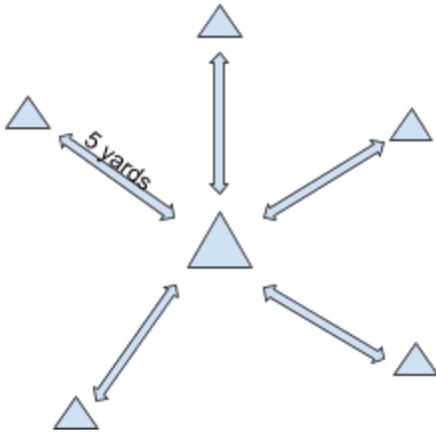
### **300 Yard Shuttle:**

The 300-yard shuttle is a very tough agility movement. You will be going a twenty-five-yard distance. The objective is to move between the lines as quickly as possible until 12 complete trips are completed, which equals 300 yards. The goal is to complete the drill in less than 65 seconds and to continue improving the time. \*\*There are 12 direction changes in this drill.



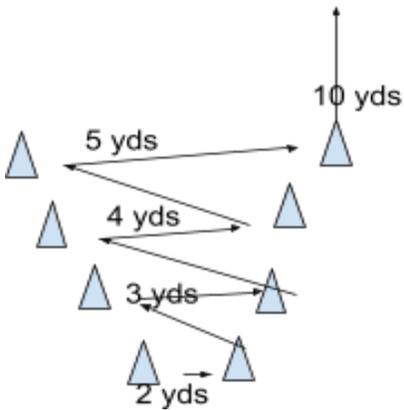
### **Compass Run:**

Place 5 cones 5 yards away from the middle marker as shown below. Start in the middle and sprint to a cone and back to the middle, continue to run to each cone (5 runs). Repeat with a 30 second break between each set.



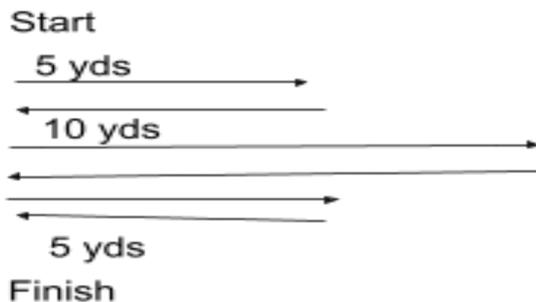
### **Funnel Run:**

Sprint laterally; keep the knees bent and shuttle side to side, when you reach the last cone sprint forward 10 yards, and walk back to the start.



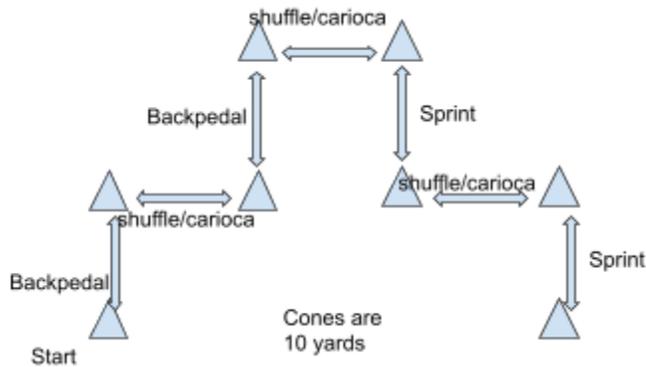
### **5-10-5 Ladders:**

Start in a sport specific position and sprint 5 yards out. Touch the line and sprint to the starting line. Next sprint 10 yards, touch the line, and sprint back. Continue with the last 5 yards out and back. Also change the direction the athlete turns after touching the line.



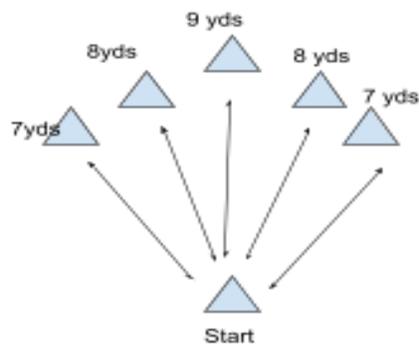
## Two Tower Drill:

Begin drill by backpedaling ten yards and then either shuffle/carioca ten yards to cone. Again backpedal another ten yards and shuffle/carioca ten yards through cone. Next sprint ten yards to cone and shuffle/carioca ten yards and finish with a ten-yard sprint to the last cone.



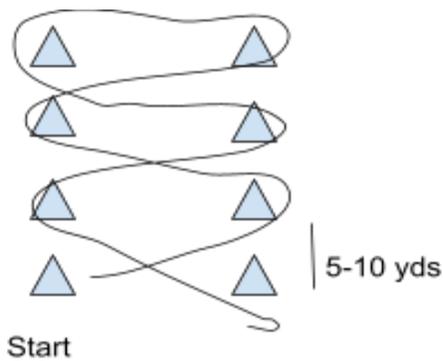
## Hand Run:

Begin at the START cone and sprint forwards to the 1st cone and then sprint backwards to the start cone, then sprint forwards to the 2nd cone and backwards to the start cone, continue to do the same for the 3rd, 4th & 5th cone this equals one set with a 30 second rest between each set.



## Super Weave:

Start on either side of the drill and sprint through the entire drill while weaving in and out of each cone, touch each cone before continuing.



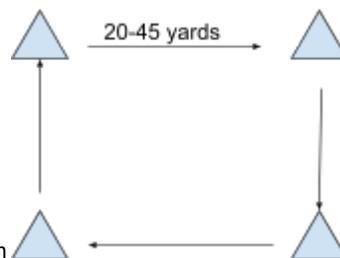
## Accelerating Sprints

Starting on one goal line, gradually accelerate to reach full speed at the halfway line and continue to sprint to the edge of the opposite penalty area. Gradually slow down to the goal line, turn and repeat for a total of 2 minutes. Walk or jog slowly for 2 minutes. This is one set. Complete a total of 4-6 sets.

**Road alternative:** Farlek variation – Gradually build up to max speed over the distance between utility poles, sprint the distance between poles, slow down and gradually build up max speed by the next pole, sprint the distance between poles, repeat for 2 minutes. Walk or jog for two minutes. This is one set. Complete a total of 4-6 sets.

## Chelsea Drill

- Start by jogging three sides of the field and sprinting the last.
- Jog two sides and sprint two.
- Jog one side and sprint three.
- Sprint all four sides



## Footwork Drills

(2 sets of each x 30 seconds with 30-second rest)

Toe Taps, Scissors, Step Overs, Inside-outside right and left foot, Inside-outside both feet

## Dribbling Drills:

- Set up cones 10 yds apart. Simple right foot only and left only. Dribble with laces and keep the ball close. Increase speed after each set.
- Set up cones in a triangle 3-5 yds apart. Work on dribbling with laces and making turns with outside the foot, pull backs, inside the foot.
- Set up 5-8 cones 2-3 feet apart and practice weaving in and out. Inside the foot only, inside outside, outside of the foot only, dribble forward and pull back.

## Ball Juggling

1. Start out juggling using all surfaces (feet/thighs, chest, head) 2. Next try feet only alternating the left and right foot 3. Next try making every 5th touch with the outside of your foot and alternate the outside of the foot touch, first outside right then after 5 more alternating foot only touches outside left 4. Next you can add one touch with the head 5. At this point you would do five alternating feet only touches then one with the outside right, five alternating feet juggles then one with outside left, five alternating feet juggles then one with the head, then try doing the alternating foot only touches then two with the outside right, two outside left and two with the head then start over and try it with three. See how far you can get with this progression without dropping the ball. 6. You should spend at least 15-20 minutes juggling each day