

Summer Fitness Plan for Boys Soccer 2006

There are about 5 weeks before the start of soccer, which gives you some time to prepare yourselves. As I mentioned last fall, we have many openings on the varsity team so the competition for spots should be intense. One of my intentions in pre-season is to match players against one another to see who can perform at a higher level, i.e. most skilled, fastest, strongest, quickest, smartest and most likely to help us in each respective position for the varsity. To maximize your opportunity to make the team it is essential that you come to pre-season in good shape. It will be difficult to assess the above mentioned characteristics if you are injured for the first part of the season.

Below is a fitness program that you can do on your own to help yourself prepare. Good luck and remember we only have 13 practice days to prepare for our first match this year so some difficult decisions will have to be made the first few days of pre-season. To make those difficult decisions there will be a few tests of your skill, strength and endurance. If a large number of players come in to pre-season "out of shape" and cannot pass these tests, we will really have to take a look at whether the camping trip and other "fun things" we have done in the past are appropriate for this years squad. I have extremely high expectations for our program this year and some things will be done differently in order to ensure our success on and off the field. I hope everyone that wants to be involved is on board. The following workouts will be posted at:

<http://www.northfieldsoccer.net/boys.html> (look for the summer workout link on the left side, you can also download your game schedules)

Workout

The following workout plan will take a commitment on your part to becoming a better player. I suggest mapping out the summer and figure out what days you will work each week. **Keeping a log helps record your progress and I would like to see them at our first practice to see how much you have trained.** The program here is designed to last from now until the middle of August when we will start the season.

If you can't make the time to do everything listed below, here are some priorities for the next 5 weeks:

Aerobic fitness: Get that solid foundation of endurance which we can build on in August. Be able to run 40 minutes comfortably at a decent pace.

****Flexibility:** Builds strength and prevents injuries.

Ball skills: Improve your touch!!!!

Phase 1 Conditioning

The Pre-Season Conditioning program is broken into 2 phases that should gradually bring you into the season in correct condition.

Each player should keep a daily workout log where you keep track of what you did.

Period 1: This initial phase is geared toward developing a base aerobic fitness level combined with a focus on flexibility and some simple strength training. Workouts should not be at 100% intensity but rather 70 % of maximum. Endurance capacity and correct techniques should be the focus. This phase should last 4-6 weeks.

Training frequency: 3-4 days per week

Duration: 1-2 hours

Intensity: Moderate

Aerobic Fitness

Distance running: 30-40 minutes. Monitor pace and distance and enter in your log. Goal is to maintain a steady pace and adjust as it gets easier. Go to a track every two weeks for your workout and record how far you run in a set time (at least 24 minutes)

Stretching Routine

Can be done every day to get maximum results.

Warm-up: 2-5 minutes light jogging, forward, lateral and sideways.

Joint Movement: Focus on movement of joints

- Big Arm circle

- Small arm circles
- Standing twist w/ feet planted
- Twist behind feet must turn
- Hip rotation
- Knee flex: Feet together hands on knees continually flex knees to 30 degrees
- Knee circles: Feet together hands on knees rotate knees clockwise and then counter
- Heel and Toe Raises

Stretches: Remember to hold each stretch 20-30 seconds

Standing Upper Body Stretches

- Lateral reach: Feet shoulder apart Right hand on hip, reach across with left hand then reverse.
- Overhead lateral bend: Same as previous, now stretch over your head.
- Triceps reach, hold right elbow with left hand and reach behind your head and down your back hold and lean to the left. Reverse
- Posterior Shoulder stretch: Hold your left elbow with right hand in front and close to chest. Squeeze, pull, hold and reverse

Standing Lower Body Stretches

- Standing Hamstring: Legs spread, reach both hands first to the right foot, to the center, and then the left. Continuous stretch hold for 20 sec. In each position. Work up to longer stretch ie. knee, shin, foot.
- Lateral Groin Stretch: Squat on right leg with heel on floor, face forward. Extend left leg laterally resting your foot on your heel (toe up). Raise up and switch.
- 3 point lunge. Do regular lunge, keep body upright and knee at 90 degrees. For Right side lunge now bend forward to bring your arm down and shoulder to knee. Use left hand for balance. Finally, reach behind with right arm and raise left foot while keeping the left knee on the ground.

Seated and Lying stretches

- Seated Hamstring. Sit with legs spread as far as comfortable. Reach with both hands to the left foot, right foot and then center.
- Butterfly: From seated position bring both feet into the middle of your body as far as possible. Hold feet and pull chest to your feet.
- I-T Band Stretch: From butterfly position, maintain right leg position but place left leg behind your body. Attempt to place your chest on your right knee. Reverse
- Lying Lower Back: Lie on your back legs extended. Lift right leg to perpendicular position then lower it to your left hand. Not necessary to keep leg straight when lowering. Reverse.

Warm-up II: This is done prior to more intense workouts and follows stretching routine. Should go with plyometrics and ball skills sessions.

- High knee run in place.
- Jog with Butt kicks.
- Backward running. Remember arms
- Shuffle (relaxed). Feet come together
- Shuffle for speed. Feet don't come together, body is lower
- Two legged hops. Move forward high and far. Quick takeoffs and landings
- One legged hops for distance and balance. Speed not important
- One Legged hops for speed same as above but aim for speed.
- Backpedal slow and then fast
- Jog and stride. Start with Jog and move increase speed and stride length
- Stride and sprint: Start by striding and then change to a sprint
- Sprint and backpedal

Plyometrics

Twice weekly workouts. Avoid doing plyometrics on days with high intensity workouts or weightlifting (legs). As you progress, increase sets on reps.

- Side to side. 2 legged jumps. Start with feet hip width and jump as far to the right as you can and then back to the left. Use two markers to identify width of jump. Jump as fast as possible. 1 to 5 sets of 10 reps. As you get better try one legged hops (set with right leg only then left leg only)
- Angle hop. Same as previous two legged hop except now advance at a 45 degree angle with each hop. Use markers to help with direction and distance of each hop. 1-5 sets of 4-10 reps. Advanced is doing it one legged.
- Max vertical jump. Feet hip width, jump as high as possible, extend arms upward and keep them extended through apex of jump. Pause in the quarter squat position between each jump. 1-5 sets of 5-10 reps. Challenge, do double jumps before pause. Advanced, 1 leg.
- Tuck Jump: Same as vertical jump except bring knees to waist height as you reach the apex. 1-5 sets of 5- 10 reps.

- Squat jump. Feet hip width, descend to half squat (knees 90) then do vertical max jump land and return to squat for pause. 1-5 sets 5-10 reps
 - Standing long jump. 1-5 sets, 5 reps.
 - Obstacle hop. Low cones, low hurdles space evenly in straight line in front of you. Hop over objects for the determined distance or reps. Can vary height of obstacles. 1-5 sets 3- 10 reps (obstacles).
- Combination Jump: For a change, try combining different jumps that involve change in direction or distance.

Ball Skills: Many of the moves can be done between two cones or other markers set up about 8-10 yards apart. Begin with the **7 minute drill** and then progress to the Fast Footwork and Moves to Beat an Opponent.

Strength: 3-4 days per week. Ideally we would engage in strength training as a team. I know some of you have access to weight rooms while others do not. I also know that because of the variety of ages and physical development, workouts would need to vary. Therefore I will not prescribe a specific weightlifting regime. If you do any lifting, focus on the entire body and not just a few specific areas. Obviously, leg strength is primary but a strong upper body also helps. Talk to the fitness trainer at the gym to develop a good safe workout. For those who don't go to a gym here are some simple exercises that you can do on your own that are beneficial:

- Abdominals: Curl-ups. Side curls. Alternate leg curls. Lift both legs perpendicular reach with your hands upward. Lie on stomach and raise head (add feet)
- Push-ups
- Simple dips. Hold yourself on your hands on a bench (or chair) with feet extended. Lower yourself in front of bench and then raise up.
- Calf raises. Use a step to get full range of motion.
- Lunges: Remember to not let your knee go beyond 90 degrees
- Squats:

The plyometric exercises will also work the legs.

Every week you commit to improvement will put you that much further ahead of those who don't.

“What are you doing today that will make you a better player tomorrow”

Call me with any questions: 485-4890