



# Severna Park

Girls Soccer



**Principal Will Myers**

**Athletic Director Wayne Mook**

**Head Coach Gary Lam**

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## Hartwick Series Skill and Conditioning Program

### Fitness

Soccer players cover a total distance of about 6 miles during an average game. This distance is an accumulation of walking, jogging, cruising, and sprinting that is randomly spread throughout the game. Added to this is the fact that the movements are not only "straight ahead" running, but often involve agility running (change of speed and direction), running backwards, and sideways. What follows are selected games and activities that attempt to replicate the type of fitness demanded during a game. The activities vary in that some are individual activities, some small group activities and some large group. Notice that all of them involve the ball, and all can be played to keep score so that the activities become competitive and intense. Never are players standing on long lines, waiting to play. If they are waiting, it is to recover from intense activities. The best way to monitor fitness levels and work rates is by taking one's pulse. The average heart rate should be approximately 90% of maximum heart rate. Maximum heart rate can be found by taking 220 minus the player's age (202 for an 18-year-old player). Therefore for an 18 year old their average should be about 180 beats / min. Or a range of about 160 - 200 bpm while working hard. Pulse rates can be found by taking the pulse for 15 sec, and then multiplying by 4.

### **Ball Control and Agility**

- 4 Minutes - Jog while executing coerver moves with quick touches, changing directions and speed. Do this in a confined space to get as many completed moves as possible.
- 1 Minute - Head juggle
- 4 Minutes - Jog while executing coerver moves with quick touches and then explode for 5-8 yards on the final touch. Give yourself plenty of room to be able to accelerate on every move.
- 1 Minute - Thigh juggle
- 1 Minute - Throw the ball up in the air, jump and while you are in the air head trap the ball to your feet, as you are trapping the ball accelerate 5-8 yards, and try to get in an extra third touch.



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- 1 Minute - Foot juggle with no spin on the ball
- 1 Minute - Throw the ball up in the air, jump and while you are in the air chest trap the ball to your feet, as you are trapping the ball accelerate 5-8 yards, and try to get in an extra third touch.
- 1 Minute - Foot juggle with spin on the ball
- 1 Minute - Throw the ball up in the air, jump and while you are in the air thigh trap the ball to your feet, as you are trapping the ball accelerate 5-8 yards, and try to get in an extra third touch.
- 1 Minute - Sit ups
- 1 Minute - Throw the ball up in the air, trap the ball down to the ground with both the inside and outside of both right and left feet, as you are trapping the ball accelerate 5-8 yards, and try to get in an extra third touch.
- 2 Minutes - Combine juggling using all parts of the body.
- 4 Minutes - Sit down, throw the ball up in the air, jump up trapping the ball to your feet, as you are trapping the ball accelerate 5-8 yards, and try to get in an extra third touch. Repeat using head, chest, thighs and both feet.

### **Technical Speed, Pure Speed, and Endurance**

- Figure 8's - Place two cones 15 yards apart. Dribble the ball 6 times in a figure 8. Start with a long touch toward the first cone, then use quick touches to go around the cone. Do this 6 times using the inside of your feet to go around the cone and 6 times with the outside of your feet. It is very important to accelerate as soon as you touch the ball long. This will improve your ability to beat players and technical speed.
- Rest - Walk for 30 seconds
- Dribbling - Set a cone 25 yards from a starting point or another cone.
  - Sprint dribble to the marker
  - Leave the ball, sprint backwards to the starting point.
  - Immediately sprint back to the ball.
  - Collect the ball and sprint dribble back to the starting point.
  - **Repeat entire series 3 times.**
- Rest - Walk for 30 seconds.



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- Shuttles - Place two cones 10 yards apart. Shuttle from side to side using a slide method of moving. Do NOT cross your feet. Do this a total of 10 times.
- Rest - Walk for 30 seconds.
- Jumps - Use the above 10 yard markers.
- Two legged explosive jumps, up and back 3 times.
  - One legged explosive hopping, up and back 3 times. Using your left leg first and then your right.
- Rest - Walk for 30 seconds
- Passing - Set a cone 25 yards from a starting point to another cone.
- Pass the ball to the cone.
  - Sprint to the ball. If the ball does not make it to the cone, drop down where the ball is and do 25 sit ups. It is okay to pass the ball beyond the cone.
  - Collect the ball and sprint dribble back to the starting line.
  - Make three passes.
  - **Repeat entire series 3 times.**

### **Strength and Flexibility**

- Jumps - 60 two footed jumps over the ball forwards and backwards.
- Rest - Do 15 Figure 8's by standing with your legs spread apart and knees straight. Roll the ball with your hands in the figure 8 pattern around your legs.
- Jumps - 60 two footed jumps over the ball side to side.
- Rest - Do 15 roll arounds. Sit with your legs straight tout and roll the ball around the soles of your feet.
- Jumps - Throw the ball up in the air, jump and hit the ball back up in the air before you hit the ground. Repeat this 60 consecutive times without stopping.
- Rest - 30 sit-ups
- Jumps - 60 touch and jumps. Start in standing position by holding the ball in your hands over your head, touch the ball on the ground by bending at your knees so your thighs are parallel to the ground and then explode in the air with the ball again over your head. Repeat this 60 consecutive times without stopping.
- End - 15 push-ups and 30 sit-ups.

It is important that you go through the entire program without a pause other than the given rest periods.

*"A Tradition of Excellence in Athletics"*  
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