



SPHS Girls Soccer

Summer Workout



“Preparation is the main ingredient to success”

When planning a workout, it is important to prioritize your efforts. Although playing in games is the best way to prepare, it will not always be available. Here are the things you need to be doing for your training:

1. **Play:** Pick up games, keep away, 1 v 1, anything that involves soccer skills.
2. **Running:** Do combination running, jog 3 minutes sprint 30 seconds. (It is more sport specific).
3. **Sprinting:** A sprint workout is provided.
4. **Skill/Strength:** You do not need to go to the gym to get stronger. But if you do use the guidelines provided in this packet. In addition to the information provided in this packet use the 1000 touch per day guidelines to help improve your skill.

Below is an example of a typical week of summer training for a varsity level athlete preparing for the fall season. You should be able to run several miles at a time and do the late summer sprint workout by August 15th.

Sample Week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
-30 minute Combo run (jog 3 minutes sprint 30 seconds)	-Sprint Workout -Pick Up Games	-30 minute Combo run -Skill & Strength Program	-Sprint Workout -Pick Up Games	-30 minute Combo run -Skill & Strength Workout	-Off	-30 Minute combo run -Optional Skills/ Pick Up Games/ Sprint Workout

***Playing should always be a priority; play when you get the opportunity.**

The Workout

Playing

- Play as much as you can.
- Use the phone list to call up teammates and get a pick up game started even if it's only 2v2.
- Attend as many soccer camps as you can.
- Watching soccer matches is also helpful. Watch how defenders react away from the ball; Watch how player away from the ball move to space near the ball to

receive a pass; Or they will run away from the ball to drag a defender and clear space for the player with the ball.

30 Minute Combination Run

- Start slow- Jog lightly for 3-5 minutes. Stop and stretch completely holding each stretch for a minimum of 30 seconds.
- Continue to jog steadily and every 3 minutes sprint for 20-30 seconds. Jog 3 minutes, sprint 20-30 seconds.
- End slow- Your last 3-5 minutes should be slow with a big stretch at the end.
- It is just as important to get a quality stretch at the end as it is in the beginning.
- *Make this a 40-minute run late in the summer.

****Avoid long distance running that does not involve sprints, this will make you a slower player!!!!!!

Sprint Workout

- Always start with a 3-5 minute slow jog and stretch.
- Start with the set/rep sequence.
- Sprint 100% on every stint, don't pace yourself.
- Always take the full rest period.
- Focus on getting explosive starts- drive knees, start low, lean forward.

Beginning Workout (1st 3 weeks)	
<i>Reps x Dist.</i>	<i>Rest</i>
5 x 20	20
5 x 40	30
4 x 60	45
4 x 100	70

Late Workout (After 1st 3 weeks)	
<i>Reps x Dist.</i>	<i>Rest</i>
8 x 20	20
8 x 40	30
6 x 60	40
6 x 100	60

Lifting Guidelines (Lifting should only be done if you are supervised by a knowledgeable adult)

1. Stretch! Muscle mass is useless if it costs you flexibility. Stretch before and after slowly.
2. Focus more on repetitions and sets then maxing out.
3. Always alternate lifting days with days off and rotate what you lift. (Muscle is being built while you recover)
4. Vary your workouts. Pick 5-7 lifts and do 3 sets of 10 alternating the weights on different days:
 Monday: moderate weight Wednesday: maximum weight Friday: light weight

Skills & Strength Program

This entire program should take about an hour. It is important that you do the full series of exercises without big breaks other than the planned rest intervals. It is fine to change the sequence of activities or add/change things to emphasize a weak area or a particular skill. Always stretch first.

Ball Control

- 5 minutes- Jog while dribbling the ball with quick touches changing direction and speed. Use all parts of the foot and stay in a small space where many touches and turns are required.
- 1 minute- Head juggling
- 2 minutes- Throw a ball up, control it with your head, settle it to the ground and move off quickly.
- 1 minute- Thigh juggling.
- 2 minutes- Throw a ball up, control it with your chest, settle it to the ground and move off quickly
- 1 minute- Foot juggling.
- 2 minutes- Throw a ball up, control it with your thigh, settle it to the ground and move off quickly.
- 1 minute- Combined juggling using all parts of the body.
- 2 minutes- Throw a ball up, control it with a wedge trap (ball hits the ground 1st and the inside of your foot contacts the ball on the upswing; the inside of your foot wedges the ball back down to the ground), move off quickly.

Speed with the ball/Agility

Rest by walking for 30 seconds between every stint and exercise in this section

1. Dribble in a figure 8 around markers 10-15 yards apart alternating with the inside and outside of both feet. As you dribble around one marker, accelerate to the next as if you were beating an opponent. (Do 8 figure 8's, four with each foot – twice)

Lay out 2 markers about 25 yards apart.

2. -sprint dribble to the marker
-sprint backwards to a starting point
-sprint back to the ball
-collect it and sprint dribble back to the starting point (twice)
3. From the starting point:
-pass the ball to the 25 yard marker
-sprint to the ball
-collect it and sprint dribble back to the starting line (twice)

Lay out 2 markers 10 yards apart.

4. Slide to one marker then back to the start. Avoid crossing your legs. Do this 10 times.
5. To the 10 yard marker and back- 2 leg explosive jumps, then each single leg (twice)
6. To the 10 yard marker and back- Karioka (sideways running criss-crossing legs) (10 times)

Strength

Stretch legs again before starting this section, rest by walking for 45 seconds between stints

1. 40 ball hops – 2 foot jumping over ball, marker or a line (Knees up high)
2. 40 ball hops – 2 foot jumping side to side over a ball, marker, or line
3. 40 ball hops – 2 foot jumping over ball clapping feet together over ball.
4. 15 sit ups and 15 push ups (3 sets)

Shooting and Heading

You will need a partner or a wall to complete this section

1. *Technique:* Get 5-7 yards from the wall (10-15 for a partner), shoot the ball at the wall with your toe down, knee is over the ball, shoe laces are striking the ball, and that the power is coming from the snapping motion of the lower leg. (If done correctly you should land on your shooting foot in your follow-through) (3-5 minutes)
2. *First Time Shooting:* Get 10-15 yards from the wall or partner. Continuously strike the ball hard at the wall regardless of height, speed, etc... With a partner, one person can be the keeper. Keeper should return the ball differently each time (bouncing, rolling, changing speed, in the air). (3-5 minutes)
3. *Trap and Shoot:* Same as the exercise above except now take a controlling touch first. It is important to make a good first touch, otherwise you may not get a second. (3-5 minutes)
4. *Heading:* 2-3 yards from the wall or partner. Try to keep the ball alive with just heading. (3-5 minutes)

5. *Power Heading:* Back up to 5-7 yards and try to powerfully head the ball back against the wall or to your partner. Practice heading with power up and out for defensive heading and down toward the goal line for offensive heading.
(2 minutes)
6. *Jumping headers:* Same as the exercise above except now get up in the air for a high ball. Focus on timing your jump so your heading the ball at the height of your jump.

***Always try to end this program by playing a small-sided game or even 1v1 against your partner with 2 small goals.

Coming to pre-season unprepared will stifle the development and progress of the team. BE PREPARED!!!