Conditioning Workouts

Endurance Training: Pick one of the following workouts on your endurance day. You can only do one activity every 3 workouts so you must mix it up and do the harder workouts. Remember - push yourself, you must come into preseason in shape.

|  |  |  |  |
| --- | --- | --- | --- |
| Exercises  | Repetitions  | Recovery Time  | Notes  |
| Recovery Run  | 1  | Good Stretch  | Nice slow pace. Minimum length of 1.5 miles. Point is to recover and push lactic acid out of muscles.  |
| 2 mile Run  | 1  | Good Stretch  | 2 types: Run without time, mental training to push yourself without a clock; Time yourself to reach the team standards (less than 15 minutes)  |
| Fastest Mile  | 1  | Stretch and Accel- eration Training  | Timed mile—keep your marks on record to see improvement. Push yourself every time you run this option!  |

Interval Training: This is the most realistic/easiest to translate to the real game of soccer. Commit to proper take off form, really change pace from the sprints to the jogs and push your mental game up a notch.

|  |  |  |  |
| --- | --- | --- | --- |
| Exercises  | Repetitions  | Recovery Time  | Notes  |
| 120’s  | 10  | 1 min back to start  | Timed full field sprint (our field– 120 yards long). Make it to the other end under 18 seconds/sprint. Recover with a jog back to the start line under 1 minute. Start the next sprint at the end of the recovery minute.  |
| 180’s  | 5-10  | Paced walk across midfield  | Using half of the field for one runner(1) and other half for partner(2) — 1 starts with a half field sprint while 2 walks across the midfield at a pace to meet 1 at opposite corner of midfield line and sideline. When they meet, 2 takes off on sprint and 1 walks back across midfield line . Repeat.  |
| Sprint, Jog, Walk  | 10  | Always moving Walk = recovery  | Start at one corner of the field. Jog the sideline to opposite end of the field. Walk across the end line to other corner. Turn and with proper acceleration/take off form—sprint the diagonal of the field back to the starting point.  |
| Forward 4 Pack  | 1  | Jog = Recovery  | Using 1/2 the field. Start where midline meets sideline. Jog all 4 “sides” , this should return you to your starting pt. Once back at  |
| Forward 6 Pack  | 1  | Jog = Recovery  | Using the entire field (6 sides: Midline to end line, end line, end line to midline, etc.) Jog all 6, Progress: Sprint 1, Jog 5—Sprint 2,  |
| Backward 6 pack  | 1  | Jog = Recovery  | See above description, just reverse it.  |
| “Big Ugly”  | 1  | Built in  | 4 Progressive intervals and 4 regressive intervals. Start at corner of field 1)Jog to the midline 2)Sprint to End line 3)Jog Diagonal- ly to opposite corner of field 4)Sprint sideline to end line 5) Jog diagonally to opposite corner, turn and cont. to jog to midline 6) Sprint to end line, turn and cont. sprint diagonally to opposite corner 7) Jog sideline to other end line, turn and cont. jog diago- nally to opposite corner 8) Sprint sideline, turn and cont. sprint to opposite corner 9) go back down in reverse...all steps.  |

Conditioning Workouts

Acceleration Training: These exercises are to help you use proper take-off form, turn your feet over quickly and accelerate your first steps. If you can do them well, up it and put the actions into your game. It doesn’t matter how well you can do this unless you translate it to the match!

|  |  |  |  |
| --- | --- | --- | --- |
| Exercises  | Repetitions  | Recovery Time  | Notes  |
| Seated Arm Swings  | 3 x 20 sec  | -  | Seated on ground: reach back as if pulling tissues from your back pocket and throwing them forward—full arm swinging movements as fast as possible.  |
| Machine Guns  | 3 x 30 sec  | 1 min.  | Standing straddling a line. Pick your feet up off the ground and put them down as fast as possible while staying in place. Make sure you sitting down bent at all joints and staying low. Make sure you don’t just move your ankles—really make sure you clear the ground!  |
| Falling Starts  | 10—15  | Walk back to start  | Standing in place, lean forward until you “fall”. Once you have to catch yourself: put your head down, drive your arms and turn your feet over as fast as possible. Sprint for 10 yds. To see progress count the number of touches in the first 5 yards.  |
| Moving Start (aka fat man jog )  | 10—15  | Long Rest—Keep form  | Pick a line. Jog around behind the line within 10 yards at a slow pace. Turn and approach the line. Once at the line (your starting point) do everything you would with a falling start but you have to be disciplined enough to GET LOW on your own.  |
| Ladders  | 3 times through/action  | Walk back to start  | 1 foot each square, 2 feet each square, Side Step through left and right and 1 foot in each/2 feet, Ski Jumps, High Knees, Bun- ny Hops, 2 ahead 1 back, 2 feet in 2 feet out , Do all the others Backwards!  |
| Track Starts  | 10—15  | Long Rest  | Hands on ground feet staggered front/back. When set, ready to go DECIDE to start while staying low. Turn over your feet as fast as possible. Keep your head down. Pump your arms. Slowly stand up to full sprint. Keep sprints short –work on takeoff  |

Sprint Workouts: Use these exercises to help train quick sprints in successive repetitions. Your lungs will adjust to low recovery time between sprints and you w ill be able to keep proper take-off form for all sprints during a match (this takes mental discipline).

|  |  |  |  |
| --- | --- | --- | --- |
| Exercises  | Repetitions  | Recovery Time  | Notes  |
| Helter Skelter  | 10 times  | 45 seconds  | Set-up a circle of 10 cones. Put another in middle. Start at a cone. Sprint to center cone. Delay enough to switch directions and sprint out to next cone. Continue to all cones until back at start.  |
| 20 Yard Sprints  | 20  | Slow walk back  | Use good Acceleration Training take off—Sprint 20 yards. Time your sprint.  |
| 40 Yard Springs  | 15  | Slow walk back  | Use good Acceleration Training take off—Sprint 40 yards. Time your sprint.  |
| Supper Shuttle  | 15  | “  | Set 4 cones in a cross formation 10 yds apart in every direction. Put in center cone. (1)Backwards to cen- ter (2) shuffle to right cone (3)shuffle back to center -facing same way (4)Sprint forward (5) Backward to center (6) side shuffle out (7) shuffle back –face same direction (8) Turn and Sprint to start  |
| Slalom  | 15  | ‘  | Place 10 cones 5 yards apart. Weave in and out as fast as possible (do not go over the cones, establish your feet on each side, going around the cone). Add a ball for touches.  |

Fitness Tests for Milton Girls Soccer

Timed 2-Mile – Trying for fastest time. Pace your run to finish the entire course strong. Sprint at the end if possible. Test will take place on track.

|  |  |
| --- | --- |
| Excellent | 13-14 mins. |
| Very Good | 15 mins. |
| Good | 16 mins. |
| Average | 17 mins. |

120’s x10 under 20 sec.

120 Yard Sprints: This is an interval training system based off a 1:20 cycle. Start at one end of the field. Sprint the entire length to the touch line in under 20 seconds. Return to the start within the remaining 30 seconds/ rest for 30 seconds and repeat 5 times without taking a break from the intervals. Once back on the starting line do the next sprint as soon as the 30 second rest time has lapsed.

20 and 40 yard Sprints – Timed Sprints based on age chart below:

20 YARD SPLIT

AGE RANGE 14-17 YEAR OLD GIRLS

|  |  |
| --- | --- |
| Excellent | 3.20 |
| Very Good | 3.30 |
| Good  | 3.50 |
| Average | 3.70 |

40 YARD SPLIT

AGE RANGE 14-17 YEAR OLD GIRLS

|  |  |
| --- | --- |
| Excellent | 5.60 |
| Very Good | 5.90 |
| Good  | 6.40 |
| Average | 6.80 |

Juggling – 3 minutes – goal should be between 30-50 consecutive juggles with ball starting at the feet



“The only thing you ever have total control over is your fitness”

Soccer is a game that contains much of the challenges of real-life: frustration, joy, uncertainty, pain, highs and lows and feelings of incredible accomplishment. As you participate in competitive sports, you soon realize there is more to it than just mastering physical skills. It is the ability to utilize those skills when it counts the most - when the game is on the line or when you are faced with an opportunity to directly influence the outcome. To that end, the game becomes an ultimate challenge of Mental and Physical fitness. It is in that battle to control our own performance that reveals so much about us - our doubts, our fears, our insecurities our abilities to push past our comfort levels, to lift our team up through encouragement, our strength, our courage. It is in those moments that make athletics and the thrill of competition miraculous. Mastering the battle is a continuous process that involves resolution, dedication, and discipline it is through that effort we find our true authentic selves, the meaning of TEAM and SUCCESS!!

The “Self Inspired”

One of the key elements of a great soccer team is fitness and the key to any conditioning program is the ATHLETE. No matter how good the program may be, nothing is truly accomplished unless the athlete actually DOES the training and develops their level of physical fitness.

Soccer is a game that requires you to run, and run more. Any time you are focusing on soccer-specific fitness, you should be doing one of two things - either 1) playing a lot or 2) replicating the physical demands of soccer in your training routine. This program is your guide and a resource in preparation for the new season. You are being challenged to make a personal commitment to being as physically fit as you can in order to accomplish your individual and our team goals this season with no regrets.

Do you want to be on an average team or a championship team?

The answer will largely be determined by you !