



## **SALKEHATCHIE**

### **SOCCER OFFICE**

To: Soccer Players

Date: May 17, 2015

From: Coach Glass

Subject: Summer Conditioning

Our first training session for the 2015 season will be on Monday morning, August 3. Ten days later we will play a preseason match against Middle Georgia State College. Therefore it is critically important for all players to come in ready to play. If you want to win you will report in for preseason training in top condition.

Early on August 3 we will do a physical fitness test including push-ups, sit-ups, pull-ups and a 1.5 mile timed run to determine the fitness level of the players. If you will go out every other day during the summer and run for twenty to thirty minutes and then do an Individual Fitness Session on the days you are not running, you will be ready for training on August 3 and a fast 1.5 mile run will not be difficult for you.

In addition to your Individual Fitness Sessions and going out and running three to four times per week, try to get out with some friends to play soccer as often as possible. If you can't find a game go to a field and do an Individual Fitness Session including Conditioning Exercises, Speed Training Exercises and Ball Work Exercises. Playing soccer is NOT a substitute for the 3 – 4 distances runs you must do each week to build endurance. Playing soccer is not a substitute for the Individual Fitness Sessions required for summer conditioning. If you have a summer job that is great however you still must find the time to work on your fitness over the summer.

Make sure you always warm up and stretch before AND after Individual Fitness Sessions or playing soccer.

#### Warm-up/cool down

1. Jog out to middle of field – 30 to 40 yards
2. High knees back
3. Jog out to middle of field again wind milling your arms
4. Butt kicks back
5. Shuttle facing right ½ way out to middle of field, turn and face left the rest of the way
6. Back peddle part way back, turn and jog facing forward, then back peddle again
7. Take skipping steps from side to side out to middle of field
8. Step over chairs going back

#### Stretches

1. Calve stretch
2. Hamstring stretch
3. Quad stretch
4. Butterfly stretch (groin)
5. Hamstring stretch
6. Stretch what you need

# INDIVIDUAL FITNESS SESSION

## Complete at least 2 Individual Fitness Sessions Per Week

### CONDITIONING EXERCISES:

Complete at least 8 of the following activities at each of your individual fitness sessions.

#### *Exercise 1: The Push-up*

1. Start at push-up position
2. Lower body until upper arms are parallel to the ground
3. Repeat 25- 50 times

#### *Exercise 2: The Sit-up*

1. Brace your feet, knees 90 degrees, hands behind head
2. Sit-up to vertical position
3. Lower to shoulder blades on the ground, head and neck should not touch
4. Repeat 25-50 times

#### *Exercise 3: The Pull-up*

1. Start at hanging position
2. Pull up until chin is above the bar
3. Repeat 6-8 times

#### *Exercise 4: The Power Jump*

1. Hands on hips, feet shoulder width
2. Squat, heels flat on ground, touch ground with palms, bending slightly at back
3. Jump high, extending arms overhead
4. Repeat 10 times

#### *Exercise 5: The Lateral Leg Raise*

1. Lay on your right side, upper body propped up on your forearm, legs extended
2. Left foot on top of your right foot
3. Raise left foot 6 inches off the ground
4. Repeat 5 times on each side

#### *Exercise 6: The Bent Leg Raise*

1. Lie flat on your back, knees bent at 90 degree angle as if doing sit-ups.
2. Raise both legs off the ground, maintaining 90 degree angle
3. Hold for 1 minute

#### *Exercise 7: The Side Bridge*

1. Lay on your side, legs and hips on the ground, upper body propped up with forearm
2. Raise hips off the ground, so only forearm and feet touch the ground, creating a bridge type position with your body
3. Hold for 1 minute

#### *Exercise 8: The Back Bridge*

1. Lie flat on your back, knees bent at 90 degree angle as if doing sit-ups.
2. Raise hips to the air, so that only feet and shoulder blades, head, and neck touch the ground

3. Extend left leg, hold for 5 seconds, and switch
4. Perform for 1 minute

*Exercise 9: The Quadruplex*

1. Assume push-up position
2. Raise left arm and right leg off the ground. Hold 5 seconds, and switch
3. Perform for 1 minute.

*Exercise 10: The Rear Lunge.*

1. Start with feet shoulder width
2. Take a step backward with the left foot, bend at the knee
3. Return to start
4. Repeat with right leg
5. Repeat 10 times on each leg

*Exercise 11: The High Jump*

1. Swing arms forward slightly and jump a few inches
2. Swing arms backward slightly and jump a few inches
3. Swing arms forward forcefully and jump high
4. Repeat steps 1-3 ten times

*Exercise 12: The Row*

1. Lie flat on your back, arms and legs extended
2. Perform sit up movement, bringing your arms forward, knees to your chest
3. Repeat 10 times

*Exercise 13: Squats*

1. Hands on hips, feet shoulder width
2. Squat, keeping heels on the ground. Extend arms outward from chest, parallel to ground for balance
3. Repeat 10 times

**SPEED TRAINING EXERCISES**

Complete at least 4 of these exercises at each of your Individual Fitness Sessions.

*Exercise 1: Verticals*

1. March forward, bringing knees to waist height in every step
2. Swing opposite arm forward
3. Stay on balls of feet
4. Perform over 50 yards
5. Repeat 4 times

*Exercise 2: Laterals*

1. Feet shoulder width, arms extended slightly from chest for balance
2. Perform side to side shuffle, bringing feet together, not overlapping
3. Stay low
4. Shuffle 25 yards facing left, then 25 yards facing right.
5. Repeat 4 times

*Exercise 3: The Shuttle Sprint*

1. Set two markers 25 yards apart.
2. Sprint between the markers 3 times ending at the opposite marker from the one you started on.

3. Rest 30 seconds then go again
4. Do 10 repetitions of this drill

*Exercise 4: Jog the straights, spring the curves*

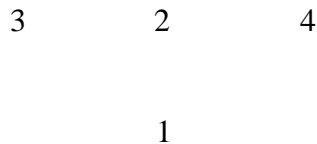
1. Run laps around a track
2. First jog the straight part of the track
3. Then run full speed around the curved part of the track
4. Do 6 laps in this manner (1.5 miles).

*Exercise 5: Interval Training*

1. Place cones 20 yards apart in a line starting at one end of soccer field going all the way to the other end.
2. Now alternate sprinting 20 yards then jogging 20 yards between the cones down and back.
3. Down and back is one repetition, do 6 repetitions.

*Exercise 6: T-Drill*

1. Place two cones (1&2) 10 yards apart.
2. Place another cone (cone 3) 5 yards to one side of the farthest cone
3. Place another cone (cone 4) 5 yards to the other side of cone 2.
4. Now you have a T-shape as shown below



*Exercise 6: T-Drill (Continued)*

5. Starting at cone 1 sprint around cone 2 going in direction of cone 3
6. Then shuttle to cone 3 and touch it
7. Then sprint across the top of the T to cone 4 and touch it
8. Shuttle back to cone 2
9. Now back peddle to starting point – cone 1
10. Do 6 repetitions of this exercise 60 second break between reps.

*Exercise 7: Half laps 60/50/40*

1. Run three laps around ½ a soccer field while timing yourself
2. Each lap should be run 10 seconds faster than the previous lap
3. First lap is a fast jog, allow 60 seconds for this
4. Second lap is a sustainable run allow 50 seconds for this
5. Last lap is an all out run, you have 40 seconds for this
6. Try 3 repetitions of this take a 2 minute break between each rep.

*Exercise 8: Suicides*

1. Start at the goal line of a soccer field
2. Sprint from the goal line to the top of the 6 yard box and back to the goal line
3. Then spring from the goal line to the top of the penalty box and back
4. Then sprint to the half-way line and slowly jog back to the goal line.
5. Repeat 6 times 90 second break between reps.

## **BALL WORK EXERCISES**

Complete at least 2 of these exercises at each of your Individual Fitness Sessions.

### *Exercise 1: Juggling (Keep-ups)*

1. Place two cones 20 to 30 yards apart.
2. Starting at one cone, start juggling the ball while walking/jogging toward the opposite cone
3. If the ball hits the ground go back to the cone you started at and begin over
4. When you get to the far cone turn around and begin again this time heading back toward the cone you started from.
5. As your juggling improves place the cones further try to go from jogging to running

### *Exercise 2: Juggling (Keep-ups)*

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 5<sup>th</sup> 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.

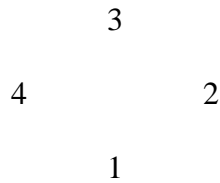
### *Exercise 3: Five Cone Dribbling*

1. Place 5 cones in a line, ten yards apart
2. Start at the first cone and use just your right foot with inside and outside alternating touches to dribble 10 yards to the second cone
3. Use just your left foot with inside and outside touches to dribble 10 yards to the third cone
4. Use just the laces of the right foot to dribble the ball to the 4<sup>th</sup> cone
5. Use just the laces of the left foot to dribble the ball to the 5<sup>th</sup> cone
6. Take one touch with each step doing all the above, go down and back 6 times.
7. Try doing this exercise with your head up not looking at the ball
8. Try to increase your speed while minimizing mistakes

## DIAMOND DRIBBLING

Set up cones in a diamond shape 2-3 yards apart as below:

Start B



Start A

1. Dribble at cone 2 from Start A (about 10 yards away from cone
2. Imagine cone 2 is a defender, do a trick (step over and go, pull back and go, fake kick and go, Valderama, drags, scissors, etc.) in front of cone 2 then execute an outside cut with your left foot so that the ball now goes diagonally through the diamond between cones 1 & 2 and then 3 & 4.
3. Pick up your dribble again as you explode out of the diamond for 10 yards or so to start point B then execute a turn at Start B (try different turns pull back, Kruff, step over, hook turns, etc.) and come back the other way now attacking cone 4.
4. Work on the same trick for 5 or 6 trips down and back then start working on another trick spend 20-30 minutes on this activity.

## COMMUNICATE

Keep a calendar of your fitness activities and either email or fax your calendar to me the last day of each month (May, June and July). My fax number is **803-584-5038**. In order to record fitness activities for one day simply write a note in the square on the calendar for that day as in example below:

**MAY**

*Arjen Robben*

18	19	20	21	22
1.5 Mile run	Indiv Fitness	1.5 mile run	6 mile bike ride	Swim meet
Ball work	Played soccer		Played soccer	Ball work

Calendars for May, June and July are attached for your use in recording your summer fitness activities.

**IMPORTANT:** Write your name at the top of the calendar before you fax it!

In order to track our progress we will have several practice fitness tests during the summer, for these tests you will be asked to record 5 numbers in the following order:

1. Your time for a 1.5 mile run
2. # of pushups in 1 minute
3. # of situps in 2 minutes
4. # of pull-ups you can do in one try
5. # of juggles you can get with (1) all surfaces-AS or (2) feet only-FO

I will send you a text message notifying you of the time frame for the test and ask you to text me back your numbers in the same order shown above.

**EXAMPLE PRACTICE TEST REPORT: 12:10, 45, 54, 4, 32FO.**

Preseason training begins the first Monday in August. During preseason players will be expected to demonstrate familiarity/proficiency with the individual fitness exercises and ball work exercises described in this program. Each player on the team will be ranked based on their score on the fitness test. You may email me at [WAGlass@mailbox.sc.edu](mailto:WAGlass@mailbox.sc.edu) with any questions you may have about a particular exercise.

August 3 will be here before you know it!

See you soon,

Coach Glass  
912-585-9415

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# May 2015

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Notes:



# JUNE 2015

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Created using the Vertex42 Calendar Template for Excel

<http://www.vertex42.com/calendars/2015.html>

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Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# July 2015

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