

North Carolina Women's Soccer Yearly Rythm

IN SEASON:

Aug 12 - 31: Pre season

TWO A DAYS - until classes start (5 days)

1. Testing in morning – spread out over two weeks to allow recovery (1.5 hrs)
 1. Athletic Testing - Beep, Agility, Vert Jump, Speed testing
 2. 20s, 40s, 60s, 80s, 100s, 120s
 3. 120s
2. Training in morning and afternoon (1.5 hrs)

regular training
(2x 1.5 hr) training sessions per day until classes start

ONE A DAYS – from start of class until first game (2 weeks)

- regular training with emphasis on scrimmages, choreography, starter and reserve units formation
- establish speed ladder
- Lifting Tues, Wed (1 hr each)

Sept 1 - Nov 9: From First Game until NCAA Tournament (2nd week of Nov)

Play Fri, Sun

20 min team jog and stretch Sat

Mon - Off

Lifting Tues (upper and lower), Wed (body weight drills at field) (1/2 hr each)

Train Tues, Wed, Thurs (1.5 hrs, 1.25 hrs, 1 hr)

Tues - Triangle Passing warm up or Back To Pressure warm up/competition,
120s (cones start 2nd week of Oct just before conference tournament),
3 Tier Shooting, Bogeys, 20s-40s

Wed - 6+1 v4 (16x16 grid) and/or Combination Game warm up (18x18 grid),
1v1s (alt to-goal and to-cone by week), Power or Attack and Defensive Heading, ½ field 5v5 games,
11v11 scrimmage

Thurs - 5v2 warm up (10x10 grid), 4 Corners Serving/Finishing, Endline Series,
Team Trains the Keeper, set plays, PKS.

Extra – extra days in the week used to include 4v4 tournaments, 3v2 in the box,
Long Service/Long Reception, Technical shooting

Nov 10 - Dec 4: NCAA Tournament (4 weeks)

Play 1 game a week, each week 1 day earlier, Sun, Sat, Fri

Off the day after the game

Lifting: same as before

Train 4 days per week (length dependent on day)

Day 1 - (1:30) Dynamic stretching warm up, Cones, 3 Tier Shooting,
Bogies, Rickys

Day 2 - (1:30) Back to Pressure warm up/competition, 1v1s (alt to goal and cone
by week), Power or Attack and Defensive Heading, 5 v 3 from midstripe,

Day 3 - (1:15) 6+1 v 4 warm up and/or Combination Game warm up, 3v2 in the box, ½ field 5v5 games,
11v11 scrimmage, Long Service-Long Reception, shooting or heading game to leave

Day 4 - (:45-1:00) 5v2 warm up, 4 Corners Serving/Finishing, Endline Series,
Team Trains the Keeper, set plays, PKS.

** Free Kicks and Pks taken by artists after every practice **

Dec 5 - Jan 6: Exams and Break

Players on own to run, lift, maintain fitness

OFF SEASON:

Jan 16 - Feb 2: First Block Offseason

Players allowed 8 hours per week to Train – 2 with coaches

Lifting - 4 times a week x :45 = 3 hrs (M,T,R,F)

- 2 x regular, 2 x circuit

Hockey, Tai Bo - 2 times a week x 1 hr = 2 hrs

Group run - 2 times a week x :30 = 1 hr

Training 2 times a week x 1 hr = 2 hrs

- 4 players per group (session) - groups assigned based on class schedule

Triangle passing warm up

1v1 in 20x20 field w/ full sized goals

2v2 in 20x20 field w/ full sized goals

Power heading

Long service/Long reception

Long service

Athletic Testing at end of Jan (beep, agility, vertical, speed)

Weight Testing in weight room (squat, bench, sit ups, med ball toss, vertical)

Technique technical skills testing (turning, juggling, shooting, serving, passing)

Feb 3 - Mar 10: Second Block Offseason

Lifting 3 times a week (M,W,F) 1 hr each

Train 4 times a week in teams drafted by rising SRS (1-1.5 hrs each)

1. 5v5 soccer on basketball court with mini goals and size 3 ball

2. 11v11 vs college boy's intramural team

3. 5v5 and 11v11 on astroplay artificial surface

4. 3 - 5v5 and 1- 11v11 possession games + shooting

Mar 10 - 19: SPRING BREAK

Mar 20 - April 15: Third Block Offseason

Lifting 3 times a week (M,W,F) 1 hr each

Games on weekends (5 playing dates max per NCAA rules)

Train 4 times a week (1.5 hrs each)

Mon - Speed training with strength/conditioning coach, shooting, weights

Tues - Chinese coerver warm up, Scrimmage with college boys' team + technical drills

Wed - Paired Turning / Figure 8 warm up + competition, Combinational play - knock and move ½ field game, 11v11 from player draft (players drafted by 2 new captains each week) + technical drills

Thurs - Speed training with asst. coach, Team length of field turning warm up + competition, technical training

April 16 – April 29: Fourth Block Offseason

Players allowed 8 hours per week to Train – 2 with coaches

Lifting - 4 times a week x :45 = 3 hrs (M,T,R,F)

- 2 x regular, 2 x circuit

Training 2 times a week x 1 hr = 2 hrs

- 4 players per group (session) - groups assigned based on class schedule

Same curriculum as January sessions

End of Spring Athletic Testing (beep, agility, vertical, speed)

End of Spring Weight Testing (weight room)

End of Spring Technique Technical Skills Testing (turning, juggling, shooting, serving, passing)

April 16 - Aug 11: Summer Break

Individual Training

NC Summer Skills Conditioning Program

Ball Control and Agility

Technical Speed, Pure Speed, and Endurance

Strength and Flexibility

Shooting and Heading

UNC Summer Speed Program (20s, 40s, 60s, 80s, 100s)

UNC Summer Lateral Speed and Agility Program

UNC Summer Anaerobic/ Aerobic Fitness Shuttles

UNC Summer Strength Program