

SBA GIRLS SOCCER 2009

It is VERY important with respect to next season that fitness is improved. The reasons for this are as follows:

1. The pre-season period (July) is quite short and the amount of work we need to complete is extensive. We intend to spend most of this time on **TECHNICAL** and **TACTICAL** training and not on fitness. Fitness is something that you should have done prior to pre-season.
2. The duration and quality of performance relates directly to your fitness level.
3. Recovery time is shorter.
4. Prevention of injury.
5. Acclimatization. (It's hot and humid in August).
6. You are **CONSTANTLY** being evaluated and compared to other members of the squad.
7. **THE AMOUNT OF WORK YOU DO WILL DIRECTLY RELATE TO THE SUCCESS OF THIS TEAM. DO NOT LET EITHER YOURSELF OR YOUR TEAMATES DOWN.**

*******PERFECT PRACTICE MAKES PERFECT*******

INTRODUCTION

An individual's performance is improved by one's physical condition. Performance is determined by the following.

1. SKILL is the individual's ability to get into good positions, receive a pass, control a ball, make a pass, shoot, head a ball, tackle, etc. In the case of a goalkeeper to position oneself well, handling, saving shots, distribution of the ball, etc.

Skill is achieved through constant practice of techniques. This is often neglected in the player's development...
2. SPEED is the individual's ability to run fast. Speed improvement is achieved through sprint work and plyometrics.
3. SHARPNESS is the individual's ability to react quickly to situations. It is distinct from speed; sharpness is concerned with how quickly the individual responds to a given situation and their movement over the first yard or so. Players need to be explosive over the first few yards; plyometrics will build your muscles to be more explosive.
4. ENDURANCE is the individual's ability to keep up a persistent effort over a long period of time. Recovery time is also shorter. Stamina is built up directly through long persistent running and indirectly through circuit work.

5. RANGE OF MOTION is the limit of flexibility of the body's muscles. It is developed through stretching exercises.
6. STRENGTH is the measure of power of a player. It is built up through most exercises particularly weight training and circuit training.
7. CONCENTRATION is a vital component, enabling the individual to sustain a persistent effort. Without it the individual will "switch off" during a game and the level of fitness becomes irrelevant.

FITNESS

General Guidelines:

1. Aerobic Capacity

It is important that you train your aerobic capacity with respect to soccer. Remember that this capacity reflects your ability to "endure" physical activity over a considerable time period. Also remember that within a game all recovery is aerobic.

Aerobic training involves any repetitive exercise that lasts longer than one minute, i.e. distance running, circuit training, aerobics, and the beep tape.

2. Anaerobic Capacity

It is equally important that you train your anaerobic capacity. This reflects your physical ability to perform maximum intensity work without the presence of oxygen.

Anaerobic training involves any exercise that lasts less than one minute. This can be divided into two areas.

- a) ATP/PC Capacity: this involves short ballistic exercises, i.e. sprints lasting 8-10 seconds.
 - b) Lactic Acid Capacity: this involves longer periods of exercise, lasting 40-60 seconds, i.e. a 400-yard sprint.
- #### 3. Strength Training

It is important that you improve your strength, soccer is a physical contact sport and involves jumping, tackling, quick changes of direction and falling to name a few. Improved strength is also important in the prevention of injury.

Plyometrics – All conditioning programs concentrate on developing strength with weights. This type of strength can be called absolute strength. The amount of weight lifted is the important factor. The time to apply the force is not considered. In sport, power is the key to successful athletes. This is the amount of force that can be generated in the shortest period of time. Quick starts, acceleration, and maintenance of

speed are dependent on the ability to apply force or elastic strength. For example, the foot should rebound from the surface in the same fashion as a handball. Contact, and the foot are off again. An athlete must learn to react to the ground. This is the main objective to plyometric training. It develops the body's explosive power.

TRAINING ROUTINE

To be started now until the end of school and a new program will be posted on the website for summer until the dead period which starts on June 22nd and ends July 4th.

Warm Up

Prior to exercise it is important that you warm-up the major muscle groups before stretching and then exercising. Jog for three to five minutes followed by a stretching routine for ten minutes. Follow the enclosed routine.

Training Schedule

Follow the enclosed routine.

FITNESS TESTS

These fitness tests will be administered beginning the first week of practice. Failure to meet the required standards will result in some of the following: weekend fitness, not able to start, not able to play, or fitness while the rest of the team practices.

1. Fifty Yard Sprint Test
2. Shuttle Runs
3. Cooper Test
4. Sit-Up & Push-Up Test

TRAINING PROGRAM

Exercise Descriptions:

Distance Runs. (30-40 minutes of running are needed each time). Target distance 5 miles. One soccer game may be substituted for one of the runs. It is better to run 2-3 miles twice a day than run the 5 miles all at one time.

25 yd Sprints. (3 sets of 5 repetitions). Three minutes of rest between sets. Time of rest between repetitions. (Three times as long as it takes you to perform the sprint, i.e. 25 yds in 4 seconds, multiply 4 seconds by 3 = 12 seconds rest). Perform these sprints on the same day but following your distance runs.

Max Sprints. (Three sprints of maximum intensity). Each sprint should last for 40-50 seconds and cover a distance of 350+ yards. (Rest for 3 minutes between sprints). (Easier to run one lap of a track).

Shuttle Runs. (3 repetitions). Three times a week. Shuttles are performed by covering distances of 5 yds, 10 yds, 15 yds, 20 yds, 25 yds, returning to the start line each time. Do not perform this exercise the same day you do your distance runs.

Chelsea Square. This exercise involves jogging and sprinting around a 30 x 30 yd square as follows:

1. Jog four sides
2. Sprint one side, jog three
3. Sprint two, jog two
4. Sprint three, jog one
5. Sprint four
6. Jog one, sprint three
7. Jog two, sprint two
8. Jog three, sprint one
9. Jog four = 1 CHELSEA
10. Rest for two minutes

Crunches. 3 sets of 30 crunches, four times per week, building up to 3 sets of 50 crunches, four times per week.

Push-Ups. 3 sets of 15 push-ups, four times per week, building up to 4 sets of 30 push-ups, four times per week. Use regular push-up position.

Ball-Work. Try to be creative by using a variety of different games such as soccer tennis to help keep up your touch. Be sure to use both your strong and weak foot an equal amount of times. The times given represent the minimum amount of time that should be spent working with a ball. You can never do too much ball work!

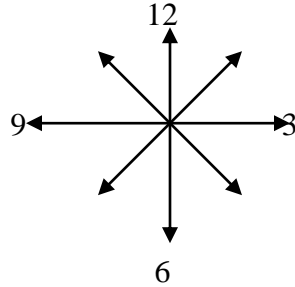
PLYOMETRICS

- Do Plyometrics on a day you don't do distance or endurance workouts.
- Always take a "good" rest between sets. (That does not mean real long breaks. Just till you catch your breath.)
- Go as fast as you can during your set. To increase speed and power you need maximum effort every time.
- Stretch before and after work.
- Start with 3-5 minutes. Jog then stretch.

L = Left foot R = Right Foot * = Target Dot | = Line on Floor

- Choose your own order (mix it up workout to workout).

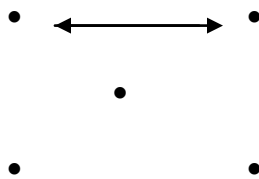
Star Drill



- Pattern L R - Home Position

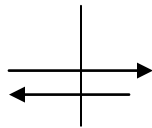
1. Start Feet side by side in middle of star.
 2. Move R to 12/ move L 6 and back to home.
 3. Move R to 2/ move L 7 and back to home.
 4. Move R to 3/ move L 9 and back to home.
 5. Move R to 5/ move L 10 and back to home.
 6. Move R to 6/ move L 12 and back to home.
 7. Move R to 5/ move L 10 and back to home.
- Continue for 30 to 45 seconds. 3 sets.

5 Dot



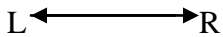
- start in middle
- jump forward and backward as fast as possible
- 30 to 45 seconds. 3 sets.
- alternate R and L in middle

Lateral Jumps



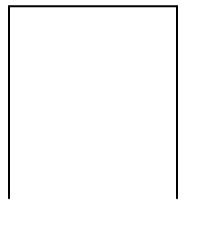
- go back and forth as fast as possible
- both feet, then one at a time
- 2 times each, 30 seconds, 3 sets

Lunge Jump



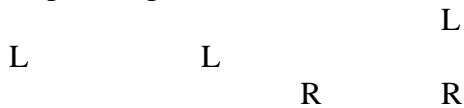
- jump as far side-to-side as you can
- only your outside foot touches the ground
- one leg might be stronger than other so give yourself room to move
- as soon as you land push back to the other way
- 2 times, 30 seconds, 3 sets.

Big Square Jump



- 3x clockwise, 3x counterclockwise
- any time forward or backward use both feet
- moving left was right foot
- moving right use left foot

Triple Jump



- sprint 20 yds. – jumps off on foot
- land and rebound same foot. Land and rebound on other foot. Land together.
- each jump go as far as you can go
- left, left, right then right, right, left
- 5 times each foot

Fast Feet

- run in place
- small steps as fast as you can
- 30 seconds, 3 sets

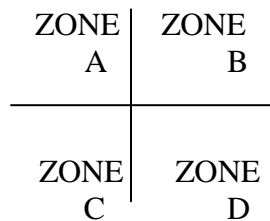
High Knees

- run in place
- pull knee to chest
- 1 minute, 3 sets

Sprint

- 20 yards (up as steep a hill as possible)
- 10 times

4 Square



- jump from zone to zone
- 2 feet, right and left
- 2 sets each, 30 seconds at a time

WEIGHTLIFTING PROGRAM

- 3 days a week entire body workouts
- Do this after Plyos or before Long Distance Run
- Do 20 minutes of crunch exercises daily
- Upper body is always 12 to 20 reps (work to fatigue)
- Lower body go heavy 5-8 reps first 3 weeks then 12 to 20 reps second 3 weeks.

** WARM UP **

- Bench Press - (warm-up + 3 sets) – your choice straight bar or dumbbells
- Shoulder Press – (3 sets)
- Lat. Pull – (front and back) – (3 sets)
- Bicep Curls – (3 sets)

- Triceps Kick Backs– (3 sets)
- Dips – (3 sets)
- Lateral Arm Raises – (3 sets)

LEGS:

- Squat or Leg Press (warm-up + 5 sets)
- Leg Extension (3 sets)
- Leg Curls (3 sets)
- Lunges (forward and side lunge) (3 sets)
- Abductor/Adductor (if possible) (3 sets)
- Calf Raises
- Shuttle if possible (3 Sets)

WEEKLY PROGRAM

Weekly Schedule, for Weeks 1 through 2:

- | | |
|-------|--|
| Day 1 | Warm up 15 min./ stretch
25 yd Sprints
Plyometrics
Ball Work (25 min.)
Warm down/stretch |
| Day 2 | Warm up 15 min./ stretch
Shuttle Run
Crunches
Push-Ups
Warm down/ stretch |
| Day 3 | Warm up 15 min./ stretch
Distance Run
25 yd Sprints
Ball Work (25 min.)
Warm down/ stretch |

Day 4 Warm up 15 min./ stretch
Shuttle Run
Crunches
Push-Ups
Plyometrics
Warm down/ stretch

Day 5 Warm up 15 min./ stretch
Distance Run
25 yd Sprint
Ball Work (30 min.)
Warm down/ stretch

Day 6 Warm up 15 min./ stretch
Shuttle Run
Crunches
Push-Ups
Warm down/ stretch

Day 7 OFF/Sunday Soccer League

Day 1 Warm up 15 min./ stretch
Distance Run
25 yd Sprints (cut down to two sets)
Max Sprints (three reps)
Warm down/ stretch

Day 2 Warm up 15 min./ stretch
Shuttle Run
Crunches
Push-Ups
Ball Work (20 min.)
Plyometrics
Warm down/ stretch

Day 3 Warm up 15 min./ stretch
Distance Run
25 yd Sprints (two sets)
Max Sprints (three reps)
Warm down/ stretch

Day 4 Warm up 15 min./ stretch
Chelsea Square (three reps)
Crunches
Push-Ups
Ball Work (30 min.)
Warm down/ stretch

Day 5 Warm up 15 min./ stretch
Distance Run
25 yd Sprints (two sets)
Max Sprints (three reps)
Warm down/ stretch

Day 6 Warm up 15 min./ stretch
Shuttle Run
Crunches
Push-Ups
Ball Work (20 min.)
Plyometrics
Warm down/ stretch

Day 7 OFF/Sunday Soccer League

Week 3-4

Day 1 Warm up 15 min./ stretch
Distance Run
25 yd Sprints (two sets)
Max Sprints (three reps)
Warm down/ stretch

Day 2 Warm up 15 min./ stretch
Chelsea Square (three reps)
Crunches
Push-Ups
Ball Work (40 min.)
Plyometrics
Warm down/ stretch

Day 3 Warm up 15 min./ stretch
Distance Run
25 yd Sprints (two sets)
Max Sprints (three reps)
Warm down/ stretch

Day 4 Warm up 15 min./ stretch
Shuttle Run
Crunches
Push-Ups
Ball Work (40 min.)
Warm down/ stretch

Day 5 Warm up 15 min./ stretch
Distance Run
25 yd Sprints (two sets)
Max Sprints (three reps)
Warm down/ stretch

Day 6 Warm up 15 min./ stretch
Crunches
Push-Ups
Ball Work (60 min.)
Plyometrics
Warm down/ stretch

Day 7 OFF/Sunday Soccer League

Week 5&6 Same as Week 1 and 2

Ball Skills should be done every day. You cannot have enough ball skill.

*****A new training routine will be posted on the website for summer*****