

KHS GIRL'S SOCCER SUMMER CONDITIONING

I encourage you to play on a team throughout the summer. Playing is the best training! Juggle, juggle and then do some more juggling!!!!!!
2-3 times/week in the weight room. If you need help designing a weight room workout let me or Rod know and we would be happy to help you. Please keep a log of your workout and bring them to me or another coach each Monday at practice during the summer.

Before each workout go through the following warm-up drills:

Warm-up

½ mile jog (2 laps)

Full body stretch (head to toe)

High Knees (3 x 30 yards)

Heel Butt (3 x 30 yards)

Carriocca (3 x 30 yards)

½ speed Striders (3 x 30 yards) (jogging with elongated strides)

Week 1: Monday and Friday (sprint speed)

- 3 x 30 yards (45 second rest between each of the 3 thirty yard sprints)
- 3 x 60 yards (45 second rest between each of the 3 sixty yard sprints)
- 3 x 90 yards (45 second rest between each of the 3 ninety yard sprints)
- Warm down and stretch

Week 1: Wednesday (speed endurance)

Use a 3:1 rest ratio (i.e. if it takes 30 seconds to run 150 yards then rest for 1:30 seconds before the next sprint)

- **50 yards- 100 yards- 150 yards- 200 yards- 150 yards- 100 yards- 50 yards**
- Then repeat the pyramid one more time
- Warm Down and Stretch

Week 2: Monday and Friday (sprint speed)

- **5 x 30 yards (45 second rest between each of the 5 thirty yard sprints)**
- **5 x 60 yards (45 second rest between each of the 5 sixty yard sprints)**
- **5 x 90 yards (45 second rest between each of the 5 ninety yard sprints)**
- Warm Down and Stretch

Week 2: Wednesday (speed endurance)

Use a 2:1 rest ratio (i.e. if it takes 30 seconds to run 150 yards then rest for 1:00 minute before the next sprint)

- **50 yards- 100 yards- 150 yards- 200 yards- 150 yards- 100 yards- 50 yards**
- Then repeat the pyramid two more times (rest for 2 minutes after finishing one whole pyramid cycle)
- Warm Down and Stretch

Week 3: Monday and Friday (sprint speed)

- 6 x 30 yards (30 second rest between each of the 6 thirty yard sprints)
- 6 x 60 yards (30 second rest between each of the 6 sixty yard sprints)
- 6 x 90 yards (30 second rest between each of the 6 ninety yard sprints)
- Warm Down and Stretch

Week 3: Wednesday (speed endurance)

- Use a 2:1 rest ratio (i.e. if it takes 30 seconds to run 150 yards then rest for 1:00 minute before the next sprint)
- 50 yards- 100 yards- 150 yards- 200 yards- 150 yards- 100 yards- 50 yards
- Then repeat the pyramid two more times (rest for 2 minutes after finishing one whole pyramid cycle)
- Warm Down and Stretch

Going on long runs is a good way to build overall endurance, however it is not the best way to get into soccer shape. In soccer you are continuously stopping and starting, changing speed and changing direction. The workout listed below is the best way to get into 'soccer shape'.

At the point that you have finished your week three workout you should continue to do the week three regiment each week after.

Weight Lifting and Jumping Rope: designed to work on your core strength, balance, coordination, and quickness. It is EXTREMELY IMPORTANT that proper form is used, when lifting weights. Work with one of us, Rod or a professional at a gym to learn the proper technique.

LEGS

- Leg Press – 3 sets of 15 reps. Or Squats if available.
- Leg Extensions – 3 sets of 15 reps.
- Leg Curls – 3 sets of 15 reps. (Weight performed must be at a minimum of 70% of the weight performed on the Leg Extensions)
- Calve Raises – 3 sets of 15 reps.
- Aductor Exercise – 3 sets of 15 reps. (Nautilus machine) WARM UP BEFORE.
- Wall sits starting at 1 minute and working up

UPPER BODY

- Bicep Curls – 3 sets of 12
- Pushups – 3 sets of TBD and build up from there
- Pullups – 3 sets of 2 and build up from there
- Lateral Raises – 3 sets of 12
- Dumb Bell press – 3 sets of 12
- Lateral Chest Flys or the Bench press – 3 sets of 12
- Abdominal Crunches – 3 sets of 25 and build up from there (Can be done every day)

JUMPING ROPE

- Standard Jump (feet together) – 2 to 3 sets of 50 to 100
- Side to Side Jump (feet together) – 2 to 3 sets of 50 to 100
- Front to Back Jump (feet together) – 2 to 3 sets of 50 to 100
- One Legged Jump – 2 to 3 sets of 50 to 100
- The Two Step (2 jumps on one foot the 2 jumps on the other foot in a continuous cycle) – 2 to 3 sets of 50 to 100
- The One by Two – (1 jump feet together, next jump on right foot, next jump feet together, next jump on left foot and repeat in a continuous cycle) – 2 to 3 sets of 50 to 100
- The 4 Square – Make a square with 4 equal boxes and Jump feet together jumping once in each square going clockwise and reversing to go counter clockwise – 2 to 3 sets of 50 to 100