

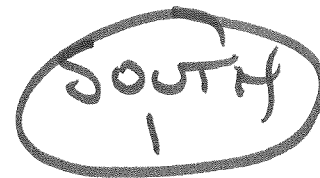
THE DUKE

SM South Boys Soccer Ultimate Conditioning Test

1. 2 mile – Sub 12:00
2. Puke – Sub 9:00
3. Super Mile – Sub 20:00
4. 1 Mile – Sub 5:30
5. Push Ups – 80 2 Minutes
6. Sit Ups – 80 2 Minutes
7. Donovan – Sub 1:00
8. Grundel – Sub 1:00
9. 6*18*Mid – Sub :32
10. Juggling – 100+

Complete all of these by the end of the season. T-shirt awarded at the banquet. Use Friday as testing days.

Shawnee Mission South Soccer
Eight Week Program (Strength/Fitness/Skills)



Weights Instructions

Weight lifting will consist of ten core exercises: bench press, bicep curl, tricep curl, lat pull downs, dumbbell flies, leg squats, leg curl quads, leg curl hamstrings, leg press, and calf raises. This list of exercises is designed to be completed in a cross-training fashion for increases in strength and endurance.

Each exercise should be performed in sets of three. Your **max or rm** represents the maximum weight you can lift only once for each exercise. Please see attached sheet for this conversion chart. Each set should be done at a fixed percentage of your max.

Set One = 8 reps at 70%
Set Two = 6 reps at 80%
Set Three = 4 reps at 90%

Ex. Bench

1 lift = 150 lbs = Max
Set One = $150 \times .7 = 105$ lbs (8 reps at 105 lbs)
Set Two = $150 \times .8 = 120$ lbs (6 reps at 120 lbs)
Set Three = $150 \times .9 = 135$ lbs (4 reps at 135 lbs)

On the second Friday of each two week interval, you need to obtain a new max for each exercise and recalculate your percentages and sets for the subsequent two week interval.

Skills Instructions

Juggling = Five sets of juggling
Pendulum = Pass ball between your feet 100 times as fast as possible
Toe Touch = Touch top of ball with bottom of feet 100 times as fast as possible
Jump Over = Jump with both feet together side-to-side over the ball 100 times as fast as possible
Cutting = Change directions as you dribble using various moves for three minutes
Cycle = Complete cycle with partner (pass, volley, thigh, chest, head) at least ten yards apart and ten reps each foot for each stage of cycle
Chipping = Play twenty-five balls from each foot to a partner at least thirty yards apart

Running Instructions

The running regiment has been designed for training either on a track or on a soccer field. Equivalent distances have been calculated for each set of exercises.

Special Notes:

- *Allow yourself equal time for sprint and for rest
Ex. If it takes 37 seconds for a full field sprint, then take 37 seconds of rest after it
- *Alternate each run up the hill forwards and backwards
Ex. For odds run forwards, and for evens run backwards
- *Stretch every day for five minutes in the morning and in the evening
- *Stay active on one weekend day and take one day for rest
Ex. Take light jog, play basketball, go biking

Shawnee Mission South Soccer
Eight Week Program (Strength/Fitness/Skills)

SOUTH
2

Weeks 1/2

Monday-Wednesday-Friday

Puke trail or 1.5 miles in 10:30

Weights (see attached sheet)

Skills (see attached sheet)

Tuesday-Thursday

12 x near 18 yd field or 20 yd track sprints

10 x midfield or 50 yd track sprints

4 x far 18 yd field or 100 yd track sprints

2 x full field or 400 yd track sprints

2 x 10 hills (alternate forwards/backwards)

20 push ups/50 sit ups after each set

Weeks 3/4

Monday-Wednesday-Friday

Puke trail or 1.5 miles in 10:00

Weights (see attached sheet)

Skills (see attached sheet)

Tuesday-Thursday

14 x near 18 yd field or 20 yd track sprints

10 x midfield or 50 yd track sprints

4 x far 18 yd field or 100 yd track sprints

3 x full field or 400 yd track sprints

3 x 10 hills (alternate forwards/backwards)

25 push ups/60 sit ups after each set

Weeks 5/6

Monday-Wednesday-Friday

Puke trail or 1.5 miles in 9:30

Weights (see attached sheet)

Skills (see attached sheet)

Tuesday-Thursday

16 x near 18 yd field or 20 yd track sprints

12 x midfield or 50 yd track sprints

6 x far 18 yd field or 100 yd track sprints

4 x full field or 400 yd track sprints

4 x 10 hills (alternate forwards/backwards)

30 push ups/70 sit ups after each set

Weeks 7/8

Monday-Wednesday-Friday

Puke trail or 1.5 miles in 9:00

Weights (see attached sheet)

Skills (see attached sheet)

Tuesday-Thursday

18 x near 18 yd field or 20 yd track sprints

12 x midfield or 50 yd track sprints

6 x far 18 yd field or 100 yd track sprints

5 x full field or 400 yd track sprints

5 x 10 hills (alternate forwards/backwards)

35 push ups/80 sit ups after each set

**Shawnee Mission South Soccer
Eight Week Program (Strength/Fitness/Skills)**

Player Name: _____

	Bench			Bicep Curl			Tricep Curl			Lat Pull			Dumbbell Flies			Squat			Leg Curl Quad			Leg Curl Hami			Leg Press			Calf Raise		
	Rm	1	2	3	Rm	1	2	3	Rm	1	2	3	Rm	1	2	3	Rm	1	2	3	Rm	1	2	3	Rm	1	2	3		
Wk 1																														
Wk 2																														
Wk 3																														
Wk 4																														
Wk 5																														
Wk 6																														
Wk 7																														
Wk 8																														

SOUTH
3

2001 SUMMER TRAINING ORGANIZATION START NOW!

The summer pre-season is broken down into 12 weeks. This would be the ideal training rhythm during the weeks you are not tapering into meaningful games. What would also be ideal is if you could organize your time to get the six fitness requirements done in the morning and in week 7, 8 and 9 get the weight training done following your "ball workouts" or games in the evening. This is different than last summer... weeks 1, 2 and 3 are easy but it will get you ready for the summer push, we don't want anyone to get hurt. Weeks 10, 11 and 12 are also a bit of a taper into the pre-season so you can come in ready to rip heads off.

Weeks 1, 2 and 3: May 14-20, May 21-May 27, May 28-June 3:

NCSCP (ball work 2 times per week, jumps 1 time per week)
Lateral Speed and Agility - 1st Block (1 time a week)
Cones (1 time a week, 35 sec. work + 25 sec. rest x 6; 40 sec. work + 20 sec. rest x 4; 2 extra rest - 15 seconds) **OR** 40-yard shuttles **OR** 20-minute fartlek (your choice, do a different one each week)
Weight Training (2 times a week)

Weeks 4, 5, and 6: June 4-10, June 11-17, June 18-24:

NCSCP (ball work 2 times per week, jumps 1 time per week)
Speed Training (1 time a week, combine with LSA... do it on the same day)
Lateral Speed and Agility - 2nd Block (1 time a week)
Cones (1 time a week, 35 sec. work + 25 sec. rest x 8; 40 sec. work + 20 sec. rest x 2; 2 extra rest - 15 seconds) **OR** 50-yard cone drill (1 time a week) **OR** 40 yard shuttle (your choice, do a different one each week)
Weight Training (2 times a week)

Weeks 7, 8 and 9: June 25-July 1, July 2-8, July 9-15:

NCSCP (ball work 2 times per week, jumps 1 time per week)
Speed training (1 time a week)
Lateral Speed and Agility - 3rd Block (1 time a week)
120's (1 time a week, 18 sec. work + 60 sec. rest x 10 jog back to starting line in 30 seconds)
Super Set (1 time a week)
Weight Training (2 times a week)

Weeks 10, 11 and 12: July 16-22, July 23-29, July 30-August 5:

NCSCP (ball work 2 times per week, jumps 1 time per week)
Speed Training (1 time a week, combine with LSA... do it on the same day)
Lateral Speed and Agility - 4th Block (1 time a week)
120's (1 time a week, 18 sec. work + 60 sec. rest x 10; jog back to starting line in 30 seconds) **OR** Jingle Jangle (your choice, do a different one each week)
Weight Training (2 times a week)

This will give you a seven day taper into the pre-season. By this time you should know what to do to keep yourself fit and strong for the last week as you get focused and rested for pre-season.

If you are not training alone, what I have included is the original U.S. Women's National Team "Self Coach" philosophy for your personal development. Mix in the basic core from above with the things on the next page (Self Coach) to make your training more vibrant and enjoyable. Develop a "training mentality" to do something six days a week (take one full day off a week where you literally do nothing). And on days where you feel energetic, train twice (morning and evening) but never train for longer than 1 1/2 hours in a row - don't burn out!

THE SELF COACH FOR THE FIELD PLAYER

There is only a certain amount of time in each day. Organize your time to achieve peak performance. Understand what is important, what is not. What to do first, what to do last. What to do every day, what to do once a week. What things you can do in the morning and then still be able to train with intensity in the evening with something else. Envision that you are a coach trying to get you, as a player, to be the best you can be. Also understand that if you train for longer than an 1 1/2 hour you will eventually burn yourself out and if you go twice a day each session should be 1 hour 15 minutes or less. Understand that intensity in training enables you to be the margin of victory, so get after it when you train.

Priority Training - I have ranked in order of importance what will impact on your development the most to help you organize your day and week. Please understand THE BALL IS MOST IMPORTANT and even though we can't measure that development as easily, it is your skill that is going to get you on the field and be your measure as you climb in this game and make your mark.

MAXIMUM IDEAL REPETITION
PER WEEK

1. Competitive 11 v 11 match	2
2. Organized training session (1 1/2 hours)	5 or 6
3. Competitive pick-up game (4 v 4 is ideal, with goalkeepers and regulation goals is even better) where score is kept and you play with lines (30 minutes to 1 hour)	6
4. 1 v 1: Keep score, play everyday (3 minutes to 20 minutes)	6
5. North Carolina Summer Conditioning Program (NCSCP) (1 hour and at least twice per week)	2
6. Skill section of the NCSCP (30 minutes)	4
7a. Coerver workout (15 minutes) this is a critical agility component, don't underestimate its value	6
b. User friendly flughed balls with back spin (in pairs like we did in the spring) (10 minutes)	6
c. Racquetball court or wall "shooting workout" (20 minutes)	2
d. Heading (10 minutes)	2
8 a. Speed training 20's, 40's, 60's, 80's, 100's (30 minutes to 1 hour 15 minutes)	2
b. Lateral Speed and Agility	2
c. 40 yard shuttles (45 seconds work, 45 seconds rest)	2
d. 50 yard cone drills (1 minute work, 1 minute rest)	1
e. Super Set (120's/40 yard shuttle... 18 second work, 30 second jog back, 45 second work, 1:15 rest)	1
f. Jingle Jangle (50-55 second work, 1 minute rest)	1
g. Cone's (five cones five yards apart... shuttle runs, 40 seconds work, 20 seconds rest or 35 seconds work, 25 seconds rest. Total # of shuttles? 10)	1
h. 120's (120 yd. sprint in 18 seconds, 30 seconds jog back to starting line - 30 seconds rest, repeat 10 times)	1
i. 20-30 minute run (push yourself) and make it fartlek... sprint parts of it... vary speeds... then it becomes more soccer like.	when you can't do anything else
9. Weight training (30 minutes to 1 hour)	2

Obviously in an organized training session, #3, 4, 5, 6, 7a & b, 8b or 8c might all be involved so don't be confused by the "Maximum Ideal Repetitions Per Week". Don't do more than the maximum #'s in any area in any given week - you can do less if you select to bounce around in the 15 areas listed. For the 120's, cones and speed training (Michelle Akers) you should try to give yourself two days between with other kinds of workouts to recover because if you go after it in those areas, it should take some time to regenerate.

We all look forward to the fall. Please call if you need help setting up your ideal environment, we would love to help you.

**University of North Carolina Women's Soccer
Summer Skill/Conditioning Program**

Ball Control and Agility

- 1 minute - Jog while dribbling ball with quick touches, changing direction and speed. Do this in a confined space where many changes and touches are necessary.
- 1 minute - Head juggling
- 1 minute - Throw ball up, jump and while you are in the air trap the ball with your head, settle the ball to your feet, and move off quickly - repeat.
- 1 minute - Thigh juggling
- 1 minute - Throw ball up, jump, and while you are in the air trap the ball with your chest, settle the ball to your feet, and move off quickly - repeat.
- 1 minute - Foot juggling with no spin on the ball.
- 2 minutes - Starting in a sitting position, throw ball up, get up and stop the ball before it hits the ground, settle it to your feet, and move off quickly - repeat using head, chest, each thigh, each foot in that order to trap the ball.

Technical Speed, Pure Speed and Endurance

1. Dribble in a figure "8", use just the inside of your feet for 6 figure "8's", then use the outside of both feet for 6 more. The markers you dribble around should be 15 yards apart. As you dribble around one marker, accelerate to the other as if you were beating an opponent. As you round the marker, use quick touches to improve technical speed.
2. Rest by walking for 30 seconds.
3. Set a marker out about 25 yards from a starting point:
 - a. Sprint dribble to marker
 - b. Sprint backwards to starting point
 - c. Sprint to ball
 - d. Collect ball and sprint dribble back to starting point
4. Rest by walking for 30 seconds.
5. Set ball on the ground to your left and set a marker out to your right about 10 yards. Move 10 times from side to side, using the slide method of moving, without crossing legs. Move as quickly as you can.
6. Rest by walking for 30 seconds.
7. To ten yard marker and back: two leg explosive jumps. To marker and back: single leg explosive hopping. Left foot first, then right, out and back.



8. Rest by walking for 30 seconds.
9. Karioka (lateral running criss-crossing legs) to ten yard marker and back. Move 10 times from side to side as quickly as possible.
10. Rest by walking for 30 seconds.
11. From the starting point:
 - a. Pass the ball to the 25 yard marker
 - b. Sprint to the ball
 - c. Collect ball and accelerate to starting line
 - d. Make 3 passes

Strength and Flexibility

- 60 jumps - Two foot jumping forward and backward over the ball.
- 15 figure "8's" - Standing position with legs spread and knees straight, roll the ball with your hands in a figure "8" pattern around your legs.
- 60 jumps - Two foot jumping side to side over the ball.
- 15 roll arounds - Sitting position with legs extended, roll the ball with your hands around the soles of your feet and then back around your back.
- 60 jumps - Throw the ball up in the air, jump, and catch the ball, and throw it back up before you hit the ground. Remember to "hang" in the air.
- 30 sit-ups - Touch the ball on the ground over your head and back up and touch your toes.
- 60 touch and jumps - Start in a standing position with the ball in your hands, touch ball on the ground by bending at the knees so thighs are parallel to the ground and then vigorously extend jumping high with ball over your head. Don't just bend over and touch the ground, get your rear end as low as possible.

30 push-ups

Shooting and Heading

For this section of the exercise, a soccer kick wall, the side of a gymnasium, a tennis wall, racquetball court, etc., will be necessary

1. Technique work: Get 5 to 7 yards from the wall and shoot the ball first time at the wall making sure the foot is pointed, knee is over the ball, center of your foot is striking the center of the ball, and that all the power is derived from a quick snapping motion of the lower leg. (2 minutes)
2. First time shooting with power: Back off 20 yards and shoot the ball first time at the wall. Strike the ball as hard as you can regardless of the bounce, height, speed, etc., that the ball comes to you. Pick a spot on the wall to shoot at each time and keep the ball low. (6 minutes)
3. Trapping and shooting: again at 20 yards, strike the ball with power, and as it comes off the wall, trap in cleanly and quickly fire another shot at the wall. the point of the drill is to develop a sound clean trap and quick, hard shot. (6 minutes)
4. From one to two yards away, first time head juggling against the ball. (1 minute)
5. Back off between 5 and 7 yards, throw the ball up against the wall and as it comes off head with power getting your entire body into the heading motion. (2 minutes)
6. Get within 5 yards of the wall -- toss the ball against the wall to force you to jump to head the ball back at the wall. Catch the ball after you have headed it each time. Make sure your toss forces you to the peak of your jump. Remember your technique and head with power. (3 minutes)

This entire fitness program should take 45 minutes to an hour. It is important that you go through the entire program without pause other than at planned rest intervals.

Ideally, a short 4 a side game would be a fine way to finish your training. If you are alone, this will be impossible, and I would suggest working on a weak aspect of your game. Also never underestimate playing 1v1 there is nothing better and even a short series of 1v1 contests against anyone you are with will be very helpful. Three 4 minute 1v1 games with rest in between would be excellent. If your opponent is superior (an excellent male soccer player) make your goal small (a cone) and his large (a regulation goal). If you are superior, do the same in reverse or play 1v2. Playing males is why most women on the U.S. Olympic team are as good as they are 1v1. Playing 1v2 is why George Best, in his day, was the best male dribbler in the world, he claimed 1v1 was to easy for him.

GOOD LUCK, YOU HARD WORKING TAR HEELS!

The University of North Carolina Summer Speed Program

This is for our anaerobic fitness base and also for our speed development (to be able to sprint for 90 minutes and still have your legs for a game the next day). This does not help your wind (aerobic base) but it is just as critical for the way we play our game (at a sprint). If done properly and consistently (explosively and as fast as you can go) this will also improve your speed through the summer. Remember this is just part of what you have to do. You must continue training with the ball and playing short-sided games - this speed training does not help change of direction (strength in cutting, etc.), in fact without anything else your speed training will hurt your agility.

SPRINT ALL OUT ON EVERY SPRINT! - do not pace yourself

TAKE FULL REST PERIOD! (not less)

CONCENTRATE ON EXPLOSIVE STARTS! (driving knees, leaning forward, pumping arms) keep stride smooth and powerful throughout sprint.

WEEK 4

May 15-May 28
8 X 20 yds
6 X 40 yds
4 X 60 yds
2 X 80 yds
1 X 100 yds
1 time per week

WEEK 5

May 29-June 4
10 X 20 yds
8 X 40 yds
6 X 60 yds
4 X 80 yds
2 X 100 yds
1 time per week

WEEK 6

June 6-June 11
12 X 20 yds
10 X 40 yds
6 X 60 yds
4 X 80 yds
3 X 100 yds
1 time per week

WEEK 7

June 12-June 25
14 X 20 yds
10 X 40 yds
8 X 60 yds
6 X 80 yds
4 X 100 yds
1 time per week

WEEK 8 & 12

July 2-July 9
16 X 20 yds
10 X 40 yds
8 X 60 yds
6 X 80 yds
4 X 100 yds
1 time per week

WEEK 9 & 11

July 10-July 23
18 X 20 yds
10 X 40 yds
8 X 60 yds
6 X 80 yds
4 X 100 yds
1 time per week

WEEK 10

July 24-August 6
20 X 20 yds
10 X 40 yds
8 X 60 yds
6 X 80 yds
4 X 100 yds
1 time per week

Rest Period Weeks 4 - 7

30 seconds for 20's
45 seconds for 40's
60 seconds for 60's
75 seconds for 80's
90 seconds for 100's

Rest Period Weeks 8 - 12

20 seconds for 20's
30 seconds for 40's
45 seconds for 60's
60 seconds for 80's
75 seconds for 100's

**UNC Women's Soccer
(LSA) Lateral Speed and Agility Development
Summer Program**

General Information:

1. This should be a major portion of your program for the summer as the game is played in multi-directions. Your ability to decelerate, stop momentarily, and re-accelerate will be critical to your success on the field.
2. At each block interval you need to be a self-evaluator of your progress by timing yourself on the drills. Adjust your training if necessary.
3. There shouldn't be more than a 10% drop in your performance from your last test evaluation (Agility cone test).
4. Perform the warm-up prescribed before each LSA session (this includes the functional stretches listed).

LSA—Dynamic Warm-Up

(20-30 yard Distance on field/track)

(5-10 minutes) Functional stretches (see attached)

(10 minutes) Active Warm-up:

- a. "S" run (forward/backward) *work arms in overhead, cross body, or alternation swinging fashion as you move.
- b. Carioca
- c. Skip (forward/backward)
- d. Alternation Step & Touch (forward lunge and touch foot with opposite hand each step).
- e. Diagonal plant and cut
- f. 360 run (turn while you run)
- g. Sprint to Backpedal
- h. Backpedal to Sprint
- i. Lateral shuffle (10 yards) to sprint
- j. Carioca (10 yards) to sprint

(5 minutes) Footwork Drills

(Speed ladder/line on the ground)

Do single/double foot movements

4-5 drills repeat each twice

LSA 1st Block

Active Warm-up: (20 yards)

1. Jog and Twist (forward/backward)
2. Skip (forward/backward)
3. Backward run
4. Carioca
5. Power skip (for height)

Starts: (10 yard Distance working fast hands and feet)

Repeat each start twice

1. Soccer start (athletic position)
2. Staggered stance
3. Balanced start (off one leg)
4. Lateral start (lead foot stepping first)
5. Crossover start (back foot crossing over front foot)
6. Back step (drop right/left foot back, turn and accelerate)

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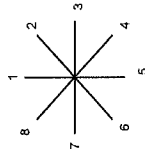
(LSA) 2nd Block

Functional stretch and Warm-up

Drills

Wheel Drill:

1. Start in the middle of the wheel with an athletic stance.
2. Work around the wheel in a clockwise fashion for the right foot (counterclockwise for the left).
3. Begin drill by stepping with right leg at spoke #1. Take a one step and hold for 3 seconds.
4. Check for good posture and balance during stepping motion.
5. Return to center after each step.
6. Repeat using left leg at spokes 1, 8, 7, 6 and 5.
7. At spokes 3 & 7 use both lateral open step and crossover step.
8. As you increase control of your movement, use 3 steps at each spoke, then 5 steps. Increase the speed of your movements as you improve.



Repeat each drill twice on each leg.

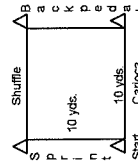
Plant & Cut:

6 cones set at various distances apart

1. Run at each cone (plant) and hold for 3 seconds x 4
2. Run and cut at cones with no stopping x 4 (control base of support at each cut)
3. Change cone distances x 3



4-Cone Drill:
(Sprint-shuffle, backpedal-carioca) x 4
change starting point



Test and evaluate each drill weekly by timing the drills.

(LSA) 3rd Block

Drill:

5-10-15 drill

Variations:

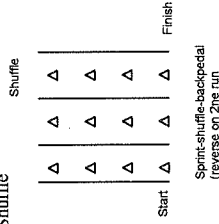
1. Sprint-turn - sprint back
2. Sprint out - backpedal back
3. Backpedal out - sprint back
4. Shuffle out - carioca back

* Each run is performed in a shuttle fashion (down & back)
* Time each run weekly for an evaluation of progress

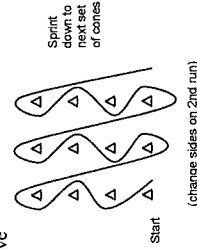
12 Cone Shuffle/Weave/Slalom Drill

Do each drill x 2

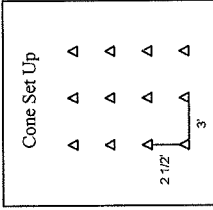
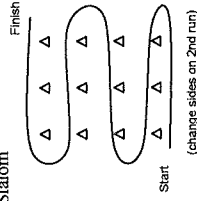
1 Shuffle



2 Weave



3 Slalom



(L&A) 4th Block

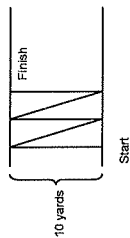
Drill:

Mirror Drill (with partner)

1. Move same direction as partner 3 x 15 seconds.
2. Move opposite direction of partner 3 x 15 seconds.
3. Incorporate the ball while moving 3 x 15 seconds.
 - Keepers involve reacting off a shot on goal at this point.

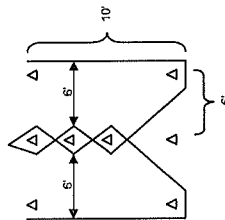
50-yard "Ajax" shuttle

Perform (5) repeats (shuttle fashion) for time.
Do this drill twice per session.



Illinois Agility test

Start lying face down on ground.
Repeat drill twice (change to opposite side on 2nd run)



The University of North Carolina
Summer Anaerobic/Aerobic Fitness Shuttles

40-Yard Shuttles

- two markers 40 yards apart
- up and back three times (total of 240 yards)
- work interval 45 seconds
- rest interval 45 seconds
- start at 6 sets work up to 10
- extra rest every three (15 seconds extra rest) so after 3, 6 and 9

50-Yard Cone Drill

- six markers at ten yard intervals
- 10 and back, 20 and back, 30 and back, 40 and back, 50 and back (total of 300 yards)
- work interval - 1 minute
- rest interval - 1 minute
- start at 6 sets work up to 8
- extra rest every three (15 seconds extra rest) so after 3 and 6

Super Set

- 120 yards sprint in 18 seconds
- 120 yards back in 30 seconds
- rest interval on the line 25 seconds
- 40 yard shuttle (45 seconds to 47 seconds work)
- rest interval 1:15
- five complete sets

Jingle Jangle

- two markers 10 yards apart
- up and back 10 times (200 yards)
- work interval 50-55 seconds
- rest interval - 1 minute
- start at 8 sets work up to 10
- extra rest every three (15 seconds extra rest) so after 3, 6 and 9

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UNC WOMEN'S SOCCER SUMMER STRENGTH PROGRAM

The road to victory begins today!

Training Tips:

1. Follow training protocol listed:
2. Train with high intensity! You're a champion, train like one!
3. Increase the load as the weight becomes easier to move (set to set if possible)
4. Your peak strength and power should be during the last block of training.
5. Be aware of your technique. Don't sacrifice it for heavier weight!

Contact me with any questions regarding the Strength Program or the Lateral Speed and Agility Development Program.

Greg Gatz, c.s.c.s

Director of Strength and Conditioning for Olympic Sports
919-962-1402

Weeks 1, 2, 3 and 4

PURPOSE: General Conditioning and Build Work Capacity

Core training/circuit training:

Day 1

Wtd. Twists (standing) 2 x 30
Reverse Hypers 2 x 15
Push-ups 2 x 15-20

Quick foot drills x 6 drills
(12 seconds each)

Leg Circuit:

A

Bodyweight Squat x 20
Alt. Lunge x 20
Alt. Step-up x 20
Straight leg jumps x 10

B

Wide stance side squat x 20
Alt. Side lunge x 20
Alt. Side box hops x 20
Ice skaters x 20

C

Turn 180 and squat (rt/ft) x 20
Turn 180 and lunge (rt/ft) x 20
Alt. 45 box hops x 20
Alt. 270 jumps x 10

Week 1 = A-B-C 3 x 30 seconds rest between

Week 2 = A-B-C 4 x 15 seconds rest between

Week 3 = A-B-C 5 x 15 seconds rest between

Week 4 = A-B-C 5 x with no rest

Day 2

Back extension 2 x 15-20
Walking med ball lunge with twist 2 x 8 each leg

Speed ladder x 6 drills 2 reps each (1 foot,
2 feet, lateral 2 foot, 1 foot in 1 foot out
forward, carioca, in, in, out, out forward)

Total Body Circuit:

1. Med ball squat + overhead press
2. Push-ups
3. Bodyweight Squat (wide stance)
4. DB bent over row
5. Ice skaters
6. DB curl and press
7. Squat thrust and jump
8. Alt. Power step-up
9. Pull-ups
10. DB front lunge w/reach, curl and press

*30 seconds work/15 seconds rest, repeat
2-3 times (work down the list 1-10 = 1 time

UNC

Weeks 5, 6, 7 and 8

PURPOSE: Hypertrophy/Increase Strength

Day 1

Warm-up:
 Combo Lift
 DB power pull
 DB hang clean
 DB squat and press
 3 x 6-6-6 (40% of bodyweight)
 Do all 3 exercises for 1 set

Strength Bench press
 DB lunge and overhead press

Power DB Snatch

Aux Push-ups x 20 reps.
 Wtd. Crunches x 50 reps

Strength = 3 x 6
 Power = 3 x 4
 Aux = as listed

Weeks 9, 10, 11 and 12

PURPOSE: Convert strength to explosive power

Day 1

Warm-up: Quick ft. drills x 6 (10 sec)

Bench press and power push-up
 BD pullover and medicine ball soccer throw
 BB Frt. Lunge/alt. Split jumps
 Medicine ball twists (standing)/180 jumps

Combine each lift with an explosive movement.
 Each exercise should be done with quick tempo.
 Reps/sets = 3 sets 5 reps wts./10 jumps or throws

Day 2

Warm-up:
 Combo Lift
 DB upright row
 DB side lunge and press
 DB push press
 3 x 6-6-6 (40% of bodyweight)
 *increase weight 5% every other week

Strength Squat (DB or BB)
 Incline Press
 Pull-up (Incline)

Power DB Push Jerk

Aux Incline push-ups x 30 reps.
 Back extension x 30 reps.

Strength = 3 x 6
 Power = 3 x 4
 Aux = as listed

Day 2

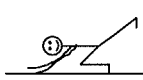
Warm-up: same as Day 1

DB squat/squat jump (bodyweight)
 DB side lunge/ice skater
 DB incline/medicine ball chest pass
 DB snatch/squat thrust and jump

Functional Stretches

A. Calve Group (gastroc/soleus)

1. Stand in front of a wall or area where you can use the hands to balance.
2. Extend arms overhead against wall while the legs are in a traditional calve stretch position.
3. Back heel should be against the ground.
4. Opposite knee held high.
5. Move raise leg in a side-to-side swinging motion, while stretching back calve/ankle.
6. Do one set with heel flat and one with heel raised.



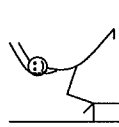
B. IT Band

1. Bend stretching leg knee 15-20.
2. Evert (push outward) the heel of the front foot.
3. Step back with opposite leg a short step.
4. Lead slightly forward and across to the stretching leg with opposite arm.



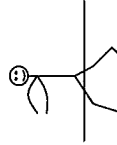
C. Ilioposas

1. Stand with one leg on chair or bench as shown.
2. Bring arms overhead and behind.



D. Adductors

1. Stride with stretching leg forward and foot turned in.
2. Swing arms side-to-side.



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Explanation of Summer Workout

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WORK OUT
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ALL grid work should be done on a pitch and should include a warm-up and cool-down with stretching.

Running amounts are listed as follows: 10 X 220 – ten 220's

220's. SPRINT from midfield strip; sideline, endline, sideline (back to midfield). Jog width at MF to recover = one.

150's. SPRINT one full length and back to MF strip, jog back to endline to recover = one.

Sections. Perimeter of field is divided into six sections: 1) endline to midfield 2) midfield to endline 3) endline 4) endline to midfield 5) midfield to endline 6) endline. SPRINT one, jog one...up to six sections (one full perimeter length). A complete cycle is up to six and back down to one.

H,H,F (Half, Half, Full). UP the field in halves, down the field in full. Begin with a SPRINT, jog the next half, sprint the full, jog the half, sprint the half, jog the full, etc. Each time you sprint a full you have complete one H,H, F.

Diagonals. SPRINT corner flag to corner flag, jog endline to complete one diagonal.

Box2Box. SPRINT from top of one box to top of the other box, jog to endline and back to top of 18 for one.

Suicides. From endline, SPRINT 6yd and back, 18 yd and back, MF and back, top of other 18yd and back for one. Should be completed in less than 70 seconds.

Unlucky 13. Jog 15 seconds, SPRINT 15 seconds, jog 30 seconds, SPRINT 30 seconds, up to 90 seconds and back down to 15 seconds for one.

35's. SPRINT from endline to other endline and back, less than 35 seconds.

22's. SPRINT from center of field to touchline, across to other touchline and back to center for one. Less than 22 seconds.

6yd x10. SPRINT to 6yd and back 5 times for 10. Less than 20 seconds.

18yd x 8. Same as above but in 30 seconds.

Cross-training. Bike, swim, stairs, run or lift. This will give you some variety in your training. Enjoy a workout that is fun and different.

Cooper Test. Two miles in 12 minutes. Try to do this on a track. Generally four laps equals one mile. This is the best fitness testing battery we have. You will be required to successfully complete the Cooper Test prior to camp.

*Obviously we want you to combine this workout with what you do on the ball. Do as much on the ball as possible, ie...fast footwork, Coerver, or any other activity on the ball. You could even do a lot of this work with the ball at your feet.

*Our facilities will be available for your convenience. I encourage you to get together with those in the vicinity for summer knockabouts.

Off-Season Weight Training

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- I. Monday
- 1) Leg Curl
 - 2) Calf Press
 - 3) Bench Press
 - 4) Leg Extension
 - 5) Tricep Push-down
 - 6) Squat
 - 7) Abs: 200 crunches, 200 knees to chest, 100 rowers
 - 8) Low Back (3 x 15)
- II. Wednesday
- 1) Incline Press
 - 2) Leg Press
 - 3) Overhead Press/Military Press
 - 4) Pull-ups (1-3 x 25)
 - 5) Curls
 - 6) Seated Rows
 - 7) Abs: Same as Mon
 - 8) Dips (3 x 10)
- III. Friday
- 1) Bench Press
 - 2) Lat Pull-downs
 - 3) Leg Extension
 - 4) Leg Curl
 - 5) Calf Press
 - 6) Upright Row
 - 7) Low Back (3 x 15)
 - 8) Abs: Same as Mon
- IV. Reps
- | | | |
|---|------------|--------|
| * | Week 1-3 | 3 x 10 |
| * | Week 4-6 | 3 x 8 |
| * | Week 7-9 | 3 x 6 |
| * | Week 10-12 | 3 x 4 |

Month 1

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 RUNNING 10x220 @ 75% Sit-ups 4 x 50 Push-ups 4 x 25	2 RUNNING 30 Minute @ 7-8 min/mi. Sit-ups 4 x 50 Push-ups 4 x 25	3 RUNNING 10 x 220 @ 75% Sit-ups 4 x 50 Push-ups 4 x 25	4 RUNNING 30 Minute @ 7-8 min/mi. Sit-ups 4x50 Push-ups 4x25	5 RUNNING 10 x 220 @ 75% Sit-ups 4 x 50 Push-ups 4 x 25	6 RUNNING 30 Minute @ 7-8 min/mi. Sit-ups 4 x 50 Push-ups 4 x 25
7 OFF	8 RUNNING 6 X 220/ 4 X 150 Sit-ups 4x50 Push-ups 4x25	9 RUNNING 30 Minute @ 7-8 min/mi. Sit-ups 4 x 50 Push-ups 4 x 25	10 RUNNING 6 X 220/ 4 X 150 Sit-ups 4x50 Push-ups 4x25	11 RUNNING 30 Minute @ 7-8 min/mi. Sit-ups 4 x 50 Push-ups 4 x 25	12 RUNNING 6 Sections Sit-ups 4 x 50 Push-ups 4 x 25	13 RUNNING 40 Minute @ 7-8 min/mi. Sit-ups 5 x 50 Push-ups 5 x 25
14 OFF	15 RUNNING 6 X H, H, F Sit-ups 5x50 Push-ups 5x25	16 RUNNING 40 Minute @ 7-8 min/mi. Sit-ups 5 x 50 Push-ups 5 x 25	17 RUNNING 10 X diagonals Sit-ups 5x50 Push-ups 5x25	18 RUNNING 40 Minute @ 7-8 min/mi. Sit-ups 5 x 50 Push-ups 5 x 25	19 RUNNING 6 Sections Sit-ups 5 x 50 Push-ups 5 x 25	20 RUNNING 40 Minute @ 7-8 min/mi. Sit-ups 5 x 50 Push-ups 5 x 25
21 OFF	22 RUNNING 5 X Suicides Sit-ups 5x50 Push-ups 5x25	23 RUNNING 40 Minute @ 7-8 min/mi. Sit-ups 5 x 50 Push-ups 5 x 25	24 RUNNING Unlucky 13's Sit-ups 5x50 Push-ups 5x25	25 RUNNING 40 Minute @ 7-8 min/mi. Sit-ups 5 x 50 Push-ups 5 x 25	26 RUNNING 10x220 Sit-ups 5x50 Push-ups 5x25	27 RUNNING 45 Minute @ 7-8 min/mi. Sit-ups 5 x 50 Push-ups 5 x 25
28 OFF	29 RUNNING 8 X H, H, F Sit-ups 6x50 Push-ups 6x25	30 RUNNING 45 Minute @ 7-8 min/mi. Sit-ups 6 x 50 Push-ups 6 x 25				

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Month 2

WOLFE 2						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 RUNNING 6 Sections Sit-ups 5 x 50 Push-ups 5 x 25	2 RUNNING 4 x 35's Sit-ups 6 x 50 Push-ups 6 x 25	3 OFF	4 OFF
5 OFF	6 RUNNING 45 Minute @ 7min/mi. Sit-ups 6 x 50 Push-ups 6 x 25	7 RUNNING 6 X Box 2 Box Sit-ups 6 x 50 Push-ups 6 x 25	8 RUNNING 45 Minute @ 7min/mi. Sit-ups 6 x 50 Push-ups 6 x 25	9 RUNNING 8 X 220/ 4 X 150 Sit-ups 6 x 50 Push-ups 6 x 25	10 RUNNING 45 Minute @ 7min/mi. Sit-ups 6 x 50 Push-ups 6 x 25	11 RUNNING 5 X Suicides Sit-ups 6x50 Push-ups 6x25
12 OFF	13 RUNNING 50 Minute @ 7min/mi Sit-ups 7x50 Push-ups 7x25	14 RUNNING 4 x 35's Sit-ups 7 x 50 Push-ups 7 x 25	15 RUNNING 50 Minute @ 7min/mi Sit-ups 7x50 Push-ups 7x25	16 RUNNING 8 X Box 2 Box Sit-ups 7 x 50 Push-ups 7 x 25	17 RUNNING 50 Minute @ 7min/mi Sit-ups 7x50 Push-ups 7x25	18 RUNNING 5 x 35's Sit-ups 7 x 50 Push-ups 7 x 25
19 OFF	20 RUNNING 50 Minute @ 7min/mi Sit-ups 7x50 Push-ups 7x25	21 RUNNING 6 x 22's Sit-ups 7 x 50 Push-ups 7 x 25	22 RUNNING 5 x 22's; 3 x 35 Sit-ups 7 x 50 Push-ups 7 x 25	23 RUNNING 5 x 35's Sit-ups 7 x 50 Push-ups 7 x 25	24 RUNNING 8 X H, H, F Sit-ups 7 x 50 Push-ups 7 x 25	25 OFF
26 OFF	27 RUNNING 60 Minute @ 7min/mi Sit-ups 8x50 Push-ups 8x25	28 RUNNING OFF Sit-ups 8 x 50 Push-ups 8 x 25	29 RUNNING Cross-train Sit-ups 8 x 50 Push-ups 8 x 25	30 RUNNING Cooper Test 2 mi/12 min Sit-ups 8 x 50 Push-ups 8 x 25	31 RUNNING Light Jog – 3 mi	BAKER ✓

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