



Summer Fitness Workouts

*A Complete Guide to Fitness Testing,
Cardiovascular Training and
Strength/Agility Workouts for Grand
Oaks H.S. Girls Soccer*

Together **E**veryone **A**chieves **M**ore

"Strong Alone. Unstoppable Together"

“The only thing you ever have total control over is your fitness”

The Ultimate Challenge

Soccer is a game that contains much of the drama of real-life in many respects: frustration, joy, uncertainty, pain and feeling of intense accomplishment are all there. As you participate in competitive sports, you soon realize there is more to it than just mastering physical skills. It is the ability to utilize those skills when it counts that matters the most-when the game is on the line or when you are faced with an opportunity to directly influence the outcome. To that end, the game becomes the ultimate challenge of self-control-of mind over matter. It is that struggle to control our own performance that reveals so much about us-our doubts, our fears, our insecurities-but that also makes athletic competition so rewarding (when you do produce an outstanding performance). Mastering this struggle is a continuous process that involves courage, commitment, and discipline.

The “Self Coach”

One of the key requirements of a good soccer team is conditioning and the key to any conditioning program is the ATHLETE. No matter how good the program may be, nothing is truly accomplished unless the athlete actually DOES the workouts and develops good personal fitness habits. There is a significant difference between making a decision to get fit today and making a commitment to being a fit person over the entire off-season or even for a lifetime.

Any soccer training program should be based on one simple observation: soccer is a game that requires you to run, run a lot, and run and move in many different ways. Any time you are focusing on soccer-specific fitness, you should be doing one of two things-either 1)playing a lot or 2)replicating the physical demands of soccer in your training routine. Since you will not likely be able to play at a high level regularly in the summer, this program is your guide and resource in preparation for the pre-season, winter season and throughout the year. You are being challenged to make a personal commitment to being physically fit so you can accomplish your individual and our team goals for next season with no regrets.

Do you want to be an average team or a championship team?

The answer will largely be determined by you over the summer!

Rule #1: Don't let your teammates down

Summer workout will begin at the end of June, so enjoy the first few week of summer and REST!!! Take the time to RELAX!!! Let your muscles heal, let your body recuperate.

Week 1: June 2-8 (off)

Week 2: June 9-15 (off)

Week 3: June 16-22

Week 4: June 23-29

Week 5: June 30-July 6

Week 6: July 7-13

Week 7: July 14-20

Week 8: July 21-27

Week 9: July 28-August 3

Week 10: August 4-10

Week 11: August 11-13

Here is your summer strength and conditioning manual. I trust that you will use it to the best of your ability. It only takes a few hours out of your busy week to focus on training hard for the upcoming season. There are only 10 1/2 weeks to train this summer (2 of which you are not expected to work out). Based on the expectation set forth in this manual, it is expected that you arrive to the first day of school in shape and ready to go.

The bar is set quite high this year ladies. I hope that all of you will do your part over the summer to be ready for the fall season-for yourself as well as for the team. Just focus on what you need to do to make our goals for the upcoming year come to be.

As you do the workout, keep in mind the things that you have learned over the year about technique, control, running and lifting. If you have forgotten or have questions, please contact Coach Simpson. Remember that adequate sleep and proper nutrition are just as important as your training sessions. Continue to take care of your body in every aspect and you will do great things.

Have a fun and safe summer. I look forward to seeing you all again in the fall as finely tuned athletes. Remember, I would love to hear from you this summer to know how you are doing and what adventures you are up to. **If you have any questions or concerns, please feel free to contact Coach Simpson (713-305-0822 or asimpson@conroeisd.net)**

Pre-Session Warm Up

To ensure that you will be ready to being the pre-season in the condition I expect, you need to take the preparation seriously. Before any session, go through all of these warm-up exercises. These will keep your flexibility up and decrease the possibility of injury when season begins. This chart is for you to use and check off as you do them. Make sure that you do **all of these** prior to any workout to avoid injury and maintain your dexterity and flexibility.

Week 3-5

Exercise	Repetitions	Wk 3	Wk 3	Wk 4	Wk 4	Wk 5	Wk 5
Skip	2x20 yards						
High Knees	2x20 yards						
Butt Kickers	2x20 yards						
Back Pedal	20 yards						
Karaoke	2x20 yards						
High Step	20 yards						
Power Skips	2x20 yards						
Lunges	2x20 yards						
High Knee Out	2x20 yards						
High Knee In	2x20 yards						
Toe-touch walk	2x20 yards						
Quad and reach	2x20 yards						
Airplanes	2x20 yards						
Inch Worm	2x20 yards						
World's Greatest	2x20 yards						

Week 6-8

Exercise	Repetitions	Wk 6	Wk 6	Wk 7	Wk 7	Wk 8	Wk 8
Skip	2x20 yards						
High Knees	2x20 yards						
Butt Kickers	2x20 yards						
Back Pedal	20 yards						
Karaoke	2x20 yards						
High Step	20 yards						
Power Skips	2x20 yards						
Lunges	2x20 yards						
High Knee Out	2x20 yards						
High Knee In	2x20 yards						
Toe-touch walk	2x20 yards						
Quad and reach	2x20 yards						
Airplanes	2x20 yards						
Inch Worm	2x20 yards						
World's Greatest	2x20 yards						

Week 9-11

Exercise	Repetitions	Wk 9	Wk 9	Wk 10	Wk 10	Wk 11	Wk 11
Skip	2x20 yards						
High Knees	2x20 yards						
Butt Kickers	2x20 yards						
Back Pedal	20 yards						
Karaoke	2x20 yards						
High Step	20 yards						
Power Skips	2x20 yards						
Lunges	2x20 yards						
High Knee Out	2x20 yards						
High Knee In	2x20 yards						
Toe-touch walk	2x20 yards						
Quad and reach	2x20 yards						
Airplanes	2x20 yards						
Inch Worm	2x20 yards						
World's Greatest	2x20 yards						

Abdominal Workouts

It doesn't matter which of these selections you do below, but choose 2-4 each time and do repetitions of 40-50. It is expected that you get about 500 abs a week (250 per session) These sessions should only take about 10 minutes of your day and can be done during commercial breaks during your shows. There is no excuse these not get done for your own benefit and for what is expected when school begins.

Please check or write in the number of each that do you. **Please mix it up.** Each of these exercises works a different region of your abdominal muscles.

Week 3-5

Exercise	Wk 3	Wk 3	Wk 4	Wk 4	Wk 5	Wk 5
Crunches						
Crunches with legs straight						
Crunch, v-up						
Alternating crunches (rt. Elbow, to lt. knee)						
Full sit ups						
Seated twist						
Obliques (lie on your side & crunch up)						
Boxer's (sit up and twist to both knees)						
Plankes (front elbow and side elbow)						
Bicycles						
Throw-downs (need a partner)						
Scissor kicks (side to side, up and down)						
Jackknifes						
TOTAL FOR THE WEEK						

Week 6-8

Exercise	Wk 6	Wk 6	Wk 7	Wk 7	Wk 8	Wk 8
Crunches						
Crunches with legs straight						
Crunch, v-up						
Alternating crunches (rt. Elbow, to lt. knee)						
Full sit ups						
Seated twist						
Obliques (lie on your side & crunch up)						
Boxer's (sit up and twist to both knees)						
Plankes (front elbow and side elbow)						
Bicycles						
Throw-downs (need a partner)						
Scissor kicks (side to side, up and down)						
Jackknifes						
TOTAL FOR THE WEEK						

Week 9-11

Exercise	Wk 9	Wk 9	Wk 10	Wk 10	Wk 11	Wk 11
Crunches						
Crunches with legs straight						
Crunch, v-up						
Alternating crunches (rt. Elbow, to lt. knee)						
Full sit ups						
Seated twist						
Obliques (lie on your side & crunch up)						
Boxer's (sit up and twist to both knees)						
Plankes (front elbow and side elbow)						
Bicycles						
Throw-downs (need a partner)						
Scissor kicks (side to side, up and down)						
Jackknifes						
TOTAL FOR THE WEEK						

Ball Workouts

This summer, one primary objective needs to be the use of the “weak”, or less dominant foot. Successful and threatening soccer players are capable of making plays with either foot, It is important that in your ball work, you incorporate your less dominant foot as much (if not more) than your dominant foot. We need you as a player to push outside your comfort zone and challenge yourself to new levels. Do not be content in your current talent- elevate your expectations of yourself and that of your teammates.. These should take no longer than 15-20 minutes...this is designed for you to get “100 Touches A Workout”

Week 3-5

Exercise	Wk 3	Wk 3	Wk 4	Wk 4	Wk 5	Wk5
Inside roll						
Outside roll						
Side to side push pulls						
Pull-push						
Pull a V						
Pull a V (opposite foot)						
Zig Zags						
Juggling (15 minutes) no less than 20						
Placement shots/serves (both feet)						
Inside of foot chop						
Outside of foot chop						
Pull it						
Stop Turn						
Cruyff						
Stepover Turn						

Week 6-8

Exercise	Wk 6	Wk 6	Wk 7	Wk 7	Wk 8	Wk 8
Inside roll						
Outside roll						
Side to side push pulls						
Pull-push						
Pull a V						
Pull a V (opposite foot)						
Zig Zags						
Juggling (15 minutes) no less than 20						
Placement shots/serves (both feet)						
Inside of foot chop						
Outside of foot chop						
Pull it						
Stop Turn						
Cruyff						
Stepover Turn						

Week 9-11

Exercise	Wk 9	Wk 9	Wk 10	Wk 10	Wk 11	Wk 11
Inside roll						
Outside roll						
Side to side push pulls						
Pull-push						
Pull a V						
Pull a V (opposite foot)						
Zig Zags						
Juggling (15 minutes) no less than 20						
Placement shots/serves (both feet)						
Inside of foot chop						
Outside of foot chop						
Pull it						
Stop Turn						
Cruyff						
Stepover Turn						

I. Ball Control

1. *Inside Roll*: Roll the ball across your body from outside one foot with the sole of that foot and stop the ball with the inside of the other foot. (think “roll and stop”)
2. *Outside Roll*: Roll the ball across your body by reaching across your body with the outside and sole of one foot and stop the ball with the inside of the same foot. (think “reach and stop”)
3. *Side to Side Push-Pulls*: Tap the ball back and forth with inside of feet. Push ball forward with one foot and pull it back with the sole of the opposite foot. (Alternate dragging the ball straight back with one foot then across your body with the other foot)
4. *Pull Push*: Pull the ball back with the sole, then tap ball forward with the instep or top of the same foot. You can turn a slow circle and alternate feet and direction
5. *Pull a V*: Pull the ball back with the sole of the foot while turning, then take the ball away with the inside of the same foot
6. *Pull a V*: (opposite foot): Pull the ball back with the sole of one foot, then push the ball diagonally forward with the other foot
7. *Zig-Zags*: Chop or cut the ball back and forth with your front foot as you jog forward using the inside then outside of the front foot. (Think: “inside/outside” or “big toe/little toe”)

II. Turns:

After you walk through each turn at the start, try to get the ball moving across 5-10 yard space as you start the turn so you can explode out of the turn toward a line or marker (think: “slow-in, fast-out” of each turn)

1. *Inside of Foot Chop*: Chop down on the ball with the inside of the foot (big toe) taking the ball away in the opposite direction (Use 2 chops with the same foot or push the ball away with the outside of your other foot)
2. *Outside of the foot chop (or cup)*: Same as above but chop the ball with the outside of the foot (little toe)
3. *Pull It*: Pull the ball back with one foot while turning toward new space at an angle pushing the ball with the same foot.
4. *Stop Turn*: Stop the moving ball with the sole of your foot, run over the ball, then play it back in the opposite direction
5. *Cruyff*: Fake kick with your instep, reach forward and chop the front side of the ball behind the standing leg.
6. *Stepover Turn*: Step over ball with one foot faking an inside foot pass, take the ball away with the outside of the same foot or spin and use the other foot.

III. Other Ball Drills/Skills

Soccer Tennis: Either 1v1 or 2v2, play games of soccer tennis. Soccer tennis is a game used to practice ball control and ball placement. Standing behind the service line, drop the ball and serve it across the net. The ball is allowed to bounce **once** before it must be touched by the opposing player. Depending on the number of touches allowed, that player must control the ball and either send it back across the net or pass to their teammate (when playing with a partner). The ball should not touch the ground after the initial bounce. Control of the ball in the air is just as important as the ball on the ground. Begin with the entire court as playable area. Progress from unlimited touches to two-touch to a game of one-touch. Also, replace dropping the ball by chipping it as service. If playing 1v1 and to work quick one-touches, restrict play to inside of the services boxes.

Wall Trapping: This drill can be done alone or with a partner. Wall drills are meant to focus on trapping. Standing 10 yards away from a wall of any kind (in a racquet ball court is a great place, the green walls at tennis courts, etc.) pass the ball at a good pace and as it returns to you, trap it. Vary this drill by sending lofted balls, spinning balls, driven balls, etc. The trapping can be varied as well. Don't just get the ball to stop at your feet, but turn with the ball (trap in the direction you want to be heading-left, right, behind, forward). The possibilities are endless. This can also be done with a partner.

Long Balls (partner): Having the ability to serve a ball across the field is essential. With a partner, start 20 yards apart and send slightly lofted balls back and forth using **both feet**. Do 10-15 at that distance before moving back. Continually work on your distance back until you are nearly the width of the field apart. This drill should NOT be done stationary. Make it apply to the game (especially outside midfielders and defenders)-that ball and the target you are sending it to needs to be moving. Avoid practicing things that are not game-like. For each drill, think about its application in the game and find ways to make it more applicable.

Placement Shots: Just as the name implies, this drill is for the shooters. Grab your soccer ball (more is better) and set up at different places around the mouth of the goal (inside and outside of the 18). Practice set shots as well as moving shots. Work on simple moves that would free up and get the shot off. Think about speeding up your shooting routine. A quick shot is harder to defend than one with a huge wind up. Focus on your spot and practicing finding it regardless of where you are on the field.

Others: List any other drills that you did over the summer that you believe to be effective in making you a better player. Please explain as best as possible.

- 1. _____

- 2. _____

- 3. _____

- 4. _____

Running Workout

*You should be running 2-3 days a week

Weeks 1& 2: Just stay active and do things you enjoy for exercise. Go play racquetball, basketball or just jog. Just do some activity for at least 20-30 minutes

UNC Sprint Drills: This is for your **anaerobic** fitness base and also for your **speed development** (to be able to sprint for 80 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 to train with the ball and play 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 3-4

8x20 yds
6x40 yds
4 x 60 y ds
2x80 yds
1x100 yds
1 time per week

Week 5

10x20 yds
8x40 yds
6 x 60 y ds
4x80 yds
2x100 yds
1 time per week

Week 6

12x20 yds
10x40 yds
6 x 60 y ds
4x80 yds
3x100 yds
1 time per week

Week 7

14x20 yds
10x40 yds
8x 60 y ds
6x80 yds
4x100 yds
1 time per week

Week 8

16x20 yds
10x40 yds
8 x 60 y ds
6x80 yds
4x100 yds
1 time per week

Week 9 & 11

18x20 yds
10x40 yds
8 x 60 y ds
6x80 yds
4x100 yds
1 time per week

Week 10

20x20 yds
10x40 yds
8x 60 y ds
6x80 yds
4x100 yds
1 time per week

Rest Periods for weeks 3-7

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 Periods for weeks 8-11

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

“SAQ” Workout:

See the included Speed, Agility, Quickness workout page. We do elements of this throughout the year.

- 1-Ladder (or line of 10 cones) -maximum speed through the course while maintaining good form.
16 Total Repetitions (different running patterns)
- 2-Hurdles (or 4 tall cones/boxes/hangers)-maximum height over hurdles with explosive acceleration/change of direction
12 Total Repetitions (facing, side-on, and one footed)
3. Strength-Standing plyometrics for leg strength and core body exercises should always be included

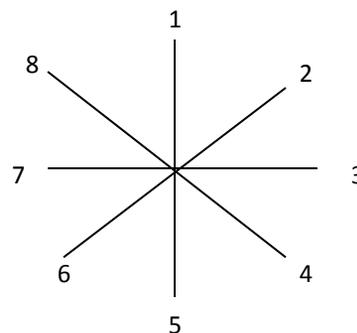
40-Minute Pulse Run

This is a long run with “pulses” or short sprints to get your heart rate up

- Always start with a 3-5 minute dynamic stretching routine
- Push yourself and do pulses (every 2-3 minutes sprint or run hard for 20-30 seconds)
- End slow-your last 3-5 minutes should be nice and slow with a big stretch afterwards

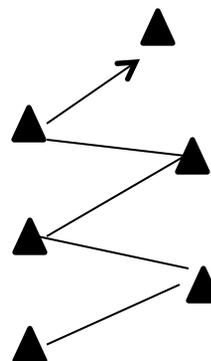
Wheel Drill

1. Start in the middle of the wheel with an athletic stance
 2. Work around the wheel clockwise fashion for the right foot (counter clockwise for the left)
 3. Begin the drill by stepping with right leg at spoke #1. Take 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 pen 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 your improve
- Repeat each drill twice on each leg.



Plant & Cut

- 6 cones set a 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-karaoke x 4)
Changing starting point



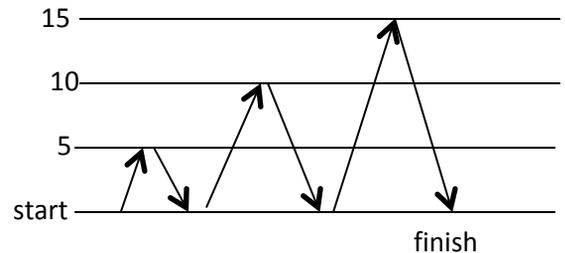
5-10-15 drill

Variations

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

-each run is performed in a shuttle fashion
(down and back)

-Time each run weekly for an evaluation of progress



Anaerobic/Aerobic Fitness Shuttles

40-Yard Shuttles

- two markers 40 yards apart
- up and back three times (total of 240 yards)
- work interval 60 seconds
- rest interval 60 seconds
- start with 6 sets, work up to 10
- extra rest every 3 (15 seconds extra rest) after 3, 6, and 9

50-Yard Cone Drill

- six markers at 10-yard intervals
- 10 and back, 20 and back, 30 and back, 40 and back, 50 and back (total 300 yards)
- work interval is 90 seconds
- rest interval is 90 seconds
- start at 6 sets, work up to 8
- extra rest ever 3 (15 seconds extra rest), so after 3 and 6

Super Set

- 120 yards sprint in 30 seconds
- 120 yards back in 45 seconds
- rest interval on the line is 45 seconds
- 40 yard shuttle (60-70 seconds work)
- rest interval 2 minutes
- five complete sets

Jingle Jangle

- two markers 10 yards apart
- up and back 10 times (200 yards)
- work interval 60-70 seconds
- rest interval -90 seconds
- start at 8 sets, work up to 10
- extra rest every 3 (15 extra seconds rest) , so after 3, 6, and 9

“SAQ”-Speed, Agility and Quickness Program

I. Agility and Quickness:

(10 cones one step apart or the ladder-maximum speed through the course while maintaining good form)

16 Total Repetitions

4-2 leg facing forward

4-2 leg lateral-side one

4-single leg

4-with rotation

II. Plyometric/Power Running:

(4/5 cones or hurdles-maximum height over hurdles with explosive change of direction or pace after the hops: sprint aways (explosive take off on last landing)-come backs (sprint forward/backwards back to start), lateral zig-zags with target cones)

12 Total Repetitions

4 Facing up-Single/Both Feet

4 Lateral hops

4 Single-Leg

III. Lower Body Strength

20-30 repetitions each (pause at the bottom of each rep and use good form –knee over foot)

Standing Parallel Squat

Single –leg lunges

Lateral lunges

Scissor lunges

High knee hops

Kneeling Hamstring Falls (someone has to stand on your feet)

Weight Training

The road to victory begins today!!! Do not let your teammates down!

Training Tips:

1. Train with high intensity! You are a champion—train like one!
2. Increase the load as the weight becomes easier to move (set to set if possible)
3. Your peak strength and power should be during the last block of training
4. Be aware of your technique. Don't sacrifice it for heavier weight!
5. If you do not have access to a weight room, do the outside workouts using your own body weight as resistance

Outside Workouts	Weight Room Workouts
Weeks 3, 7 & 11	Week 3, 7, & 11
20 min. AMRAP (as many rounds as possible)	5 Rounds
400 m run (1 lap)	5 push press (45-65 lbs) this should be heavy
50 double unders w/ jump rope or 100 single jumps	10 kettle ball swings (15lbs or heavier)
20 push ups	200 M run
15 burpees	Rest 2 minutes after each round
10 sit ups	
	Week 4 & 8
Weeks 4 & 8	5 rounds for time
20 min. AMRAP (as many rounds as possible)	5 ground to over head (5 lbs heavier than push press the week before)
10 squat jumps	5 back squats with the same weight
10 push ups	15 Burpees
10 sit ups	
10 mountain climbers	Week 5 & 9
10 burpees	Dead lift, lunge, burpee ladder (suggested weight is 125 lbs for DL)
	1-2-3-4-5-6-7-8-9-10
Weeks 5 & 9	you will start with 1 deadlift, 1 lunge, 1 burpee, then move to 2 of each, then move to 3, then 4, etc.
20 min. AMRAP (as many rounds as possible)	
200 m run	Week 6 & 10
10 pull ups	15 minute AMRAP (as many rounds as possible)
10 lunges	7 Front squats
10 push ups	7 Thrusters
10 squat jumps	400 m run
	Suggested weight 55 lbs
Weeks 6 & 10	
"1/2 Murph"	*when calculating your weight for a workout
800 m run (2 laps)	when using the bar you include the weight of the bar
50 pull ups (assisted or unassisted)	
100 push ups	
150 Squats	
800 m run (2 laps)	
*if pull ups aren't available substitute dips	

Suggested Weekly Calendar

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

WEEK 3

“SAQ”
workout
& Ball
drills

Weights &
Abs

UNC
SPRINT
DRILLS &
Ball Drills

Weights &
Abs

WEEK 4

“SAQ”
workout
& Ball
drills

Weights &
Abs

UNC
SPRINT
DRILLS &
Ball Drills

Weights &
Abs

WEEK 5

“SAQ”
workout
& Ball
drills

Weights &
Abs

UNC
SPRINT
DRILLS &
Ball Drills

Weights &
Abs

WEEK 6

“SAQ”
workout
& Ball
drills

Weights &
Abs

UNC
SPRINT
DRILLS &
Ball Drills

Weights &
Abs

WEEK 7

“SAQ”
workout
& Ball
drills

Weights &
Abs

UNC
SPRINT
DRILLS &
Ball Drills

Weights &
Abs

WEEK 8

“SAQ”
workout
& Ball
drills

Weights &
Abs

UNC
SPRINT
DRILLS &
Ball Drills

Weights &
Abs

WEEK 9

“SAQ”
workout
& Ball
drills

Weights &
Abs

UNC
SPRINT
DRILLS &
Ball Drills

Weights &
Abs

WEEK 10

“SAQ”
workout
& Ball
drills

Weights &
Abs

UNC
SPRINT
DRILLS &
Ball Drills

Weights &
Abs

WEEK 11

“SAQ”
workout
& Ball
drills

Weights &
Abs

UNC
SPRINT
DRILLS &
Ball Drills

Weights &
Abs