

**North Haven High School
Girls' Soccer
Summer Workout Packet**



Ladies,

Here is your summer workout packet. In this packet you will find strength exercises, conditioning, and motivation to push you beyond your limits to prepare for this upcoming season. The workout packet is designed to develop your conditioning and is what you make of it, only you can choose how much work you put in, to prepare for your upcoming season. Stay balanced this summer... healthy, happy and wise.

-Coach

**WHEN YOU WANT TO
SUCCEED AS BAD
AS YOU WANT TO
BREATHE
THEN YOU WILL BE
SUCCESSFUL**

-ERIC THOMAS

Intro:

Ideally give yourself 5/6 weeks of training to prepare for an upcoming season. If you have less time, don't rush...simply use maximum potential in each workout. This is an ideal week, make it fun by doing one to two days as a team if you can!

Days of the week:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Anaerobic Training	Aerobic Training	Anaerobic Training w/agility drills	Aerobic Training w/footwork & sprint drill	Rest	Jog/Run (Longevity)	Rest

- Before diving into any intense physical activity, it is imperative to increase your core body temperature.
- ALWAYS stay hydrated during and pre/post workouts.

Monday: Anaerobic Training

Plyometrics. To perform plyometric exercises with proper form, keep your heels on the ground at the start of the jump and in line with your feet when landing. Always keep your hips back and do not land on your toes.

Sets/Reps: 4x6 with 90 seconds rest

- Squat Jumps (straight up jump, landing in squat position)
- Tuck Jumps (straight up jump, tucking your legs underneath you bringing your knees up to your chest)
- Broad Jumps (imagine there is a board in front of you that you must jump over landing in squat position)
- Single Leg Lateral Jumps (stand sideways landing on one leg, go back and forth. Imagine you are ice skating or rollerblading)

Sprint Drills

- 10-yard sprints - 5x60 seconds rest
- 20-yard sprints - 5x60 seconds rest
- 30-yard sprints - 4x60 seconds rest
- 40-yard sprints - 4x60 seconds rest

Tuesday: Aerobic Training with Interval Drills

Beep Test. The beep test is to determine your fitness level.

- Start off at a slow pace and run 25 yards before the beep sounds
- As the levels get higher, the pace gets faster
- When you are unable to finish before the beep, you're done and the level is recorded
- Run this one time

Soccer Interval Test. This test is done with and without the ball. (First try it without the ball, then gradually incorporate one)

- Start by running 10 yards down and back twice
- Run 25 yards down and back once
- You should finish in 30 seconds with a 30-second rest
- Run 25 yards down and back once
- You should finish in 29 seconds with a 30-second rest
- Each run, the time gets lower until you are unable to finish and the level is recorded

300-Yard Shuttle Run (25-yard intervals).

- This test is run six times down and back at 80% max speed. (Do not use this in groups, you don't want the run to turn into a race exceeding the 80% max speed)

Wednesday: Anaerobic Training w/agility drills

Refer back to Monday's plyometric drills in addition to:

Agility (set up three cones about 10 yards apart)

- 3 runs starting to the right
- 3 runs starting to the left
- Each with a 45-second rest

L-Drill

- 4 runs with 30-second rest

T-Drill (we have done this in practice)

- 4 runs with 30-second rest

Core exercises

- Abs- crunches, left side, right side, legs crossed in the air
- Partner up sit-ups- Pass a medicine ball/tennis ball

Thursday: Aerobic Training w/footwork & sprint drills

“Footwork makes the dream work.”

Footwork Drills (2 sets of each x 30 seconds with 30-second rest)

- Toe Taps
- Scissors
- Step Overs
- Foundation
- Inside-outside right and left foot
- Inside-outside both feet

Gassers (100-yard shuttle; run 5 times with 30-second rest)

Bomb Drill (20-yard by 20-yard box; run one time) (team has done this in practice on larger scale)

- Start by jogging three sides of the field and sprinting the last
- Jog two sides and sprint two
- Jog one side and sprint three
- Sprint all four sides
- Progress back down with jogging all four sides as last run

Friday: Rest from training & potential team scrimmage

Saturday: Jog/Run (Longevity)

- Go for a jog or run long distance. No need to time it. Just relax, be grateful you have the ability to.

Sunday: Rest

Resistance Training (weight training):

Table				
Sample resistance training program				
	Week 1	Week 2	Week 3	Week 4
Monday				
Power clean	5 × 4 at 80% 1RM	5 × 3 at 85% 1RM	5 × 3 at 90% 1RM	5 × 2 at 95% 1RM
Front lunge	3 × 10	3 × 10	3 × 8	3 × 8
Reverse hyperextensions	3 × 10	3 × 10	3 × 8	3 × 8
Incline flyes	3 × 10	3 × 10	3 × 8	3 × 8
Chin-ups	3 × maximum	3 × maximum	3 × maximum	3 × maximum
Front delt raise	3 × 10	3 × 10	3 × 8	3 × 8
Front and side planks	2 × 45 s	2 × 45 s	2 × 60 s	2 × 60 s
Wednesday				
Jump squat	4 × 5	4 × 5	4 × 5	4 × 5
Hang clean and jerk	4 × 6	4 × 6	4 × 4	4 × 4
Romanian deadlift	4 × 8	4 × 8	4 × 6	4 × 6
Dumbbell bench press	3 × 12	3 × 12	3 × 8	3 × 8
Barbell row	3 × 12	3 × 12	3 × 8	3 × 8
V-ups	2 × 15	2 × 15	2 × 20	2 × 20
Friday				
Back squat	5 × 4 at 80% 1RM	5 × 3 at 85% 1RM	5 × 3 at 90% 1RM	5 × 2 at 95% 1RM
Norwegian hamstrings	3 × 10	3 × 10	3 × 10	3 × 10
4-way hip	3 × 10	3 × 10	3 × 10	3 × 10
Incline press	3 × 12	3 × 12	3 × 8	3 × 8
Seated row	3 × 12	3 × 12	3 × 8	3 × 8
Posterior deltoid raise	3 × 10	3 × 10	3 × 8	3 × 8
Weighted sit-ups	2 × 15	2 × 15	2 × 10	2 × 10
RM = repetition maximum.				

RM= Repetition Maximum

- First number is the set, second number is the repetition of the exercise
- Your quadriceps, hamstrings, and core are the most important muscles to build up in the off season.
- Start off with a lower weight and work your way up, it will be challenging yet fun to watch your improvements. Simply do the best that you can, it is not a competition but a motivational factor for you and the rest of your teammates!