

# ***Strongsville Summer Soccer Strength & Conditioning 2015***



**At any given moment, it's not about where we are supposed to be. It's about what work, which relationship, what decision I take. Every moment counts. Every decision counts. And if we look at our decisions in life as such, we stop battling and start winning.**

**Yehuda Berg**

# Strongsville Summer Soccer Training Schedule

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	NOTES
	<b>Week 1</b> (June 15-21)	Strength Day 1/Agility 1	Conditioning 1 /Optional Strength	Play/Regen/Recovery	Strength Day 2/Short Conditioning	Long Conditioning 4	Play/Saturday Run	Off	
	<b>Week 2</b> (June 22-28)	Strength Day 1/Agility 1	Conditioning 1 /Optional Strength	Play/Regen/Recovery	Strength Day 2/Short Conditioning	Long Conditioning 4	Play/Saturday Run	Off	
JULY	<b>Week 3</b> (June 29- July 5)	Strength Day 1/Agility 1	Conditioning1 /Optional Strength	Play/Regen Recovery	Strength Day 2/Short Conditioning	Long Conditioning 4	July 4th Holiday- Off	Off	Recovery/Unload Week
	<b>Week 4</b> (July 6-12)	Strength Day 1/Agility 1	Conditioning1 /Optional Strength	Play/Regen/Recovery	Strength Day 2/Short Conditioning	Long Conditioning 4	Play/Saturday Run	Off	
	<b>Week 5</b> (July 12-19)	Strength Day 1/Agility 1	Conditioning1 /Optional Strength	Play/Regen/Recovery	Strength Day 2/Short Conditioning	Long Conditioning 4	Play/Saturday Run	Off	
	<b>Week 6</b> (July 20-26)	Strength Day 1/Agility 1	Conditioning 1 /Optional Strength	Play/Regen/Recovery	Strength Day 2/Short Conditioning	Long Conditioning 4	Play/Saturday Run	Off	
	<b>Week 7</b> (July 27- Aug 2)	Strength Day 1/Agility 1	Conditioning 1/Optional Strength	Play/Regen/Recovery	Strength Day 2/Short Conditioning	Long Conditioning 4	Off Until Camp	Off Until Camp	Test Week/Unload Week
<b>Camp opens August</b>									

# Active Dynamic Warm-Up

<b>Foam Rolling</b>					
Calves	Hamstrings	Glutes	IT Band	Quads	Groin

<b>Active Dynamic Warm-Up</b>		
<b>Movement</b>	<b>Distance</b>	<b>Body Part Focus</b>
Forward Skips	20 yards	Legs
Backward Skips	20 yards	Legs
Side Skips	20 yards	Legs
Straight Leg March	15 yards	Hamstrings
Inverted Toe Touch	15 yards	Hamstrings
Walking Quad Stretch	15 yards	Quads
Backward Lunge Reach	15 yards	Quads/Hip Flexor
Side Lunge	15 yards	Legs
Shuffle Shuffle Sprint	20 yards	Legs
Supine leg Swings	5-10 each	Glutes/Obliques
Prone Scorpion	5-10 each	Hip flexors/Obliques
Handwalks	10 yards	Hamstrings
Leg Cradle Lunge	15 yards	Glutes/Hams
Elbow to Instep	15 yards	Groin/Hams
Build Up 50%	40 yards	Legs
Build Up 75%	40 yards	Legs

# Post Workout Cool Down

<b>Post Flexibility (Static Stretching)</b>		
<b>Stretch</b>	<b>Duration</b>	<b>Repetitions</b>
Seated IT Band Stretch	10-30seconds each	2x each
Hockey Goalie	5-10seconds f/b	8x forward/backward
Hamstring 3 Way	10-30seconds each	2x each
Standing Groin Stretch	10-30seconds each	2x each
Kneeling Quad Stretch	10-30seconds each	2x each
Kneeling Hip Flexor Stretch	10-30seconds each	2x each
Straight Knee Calf Pushdown	10-30seconds each	2x each
Bent Knee Calf Pushdown	10-30seconds each	2x each
Pretzel	10-30seconds each	1x each

# Soccer Summer Conditioning Day 1

**Monday: DOMINATE TODAY!**

	Week 1	Week 2	Week 3 (recovery)	Week 4	Week 5	Week 6	Week 7 (recovery)
<b>Agility</b>	<u>20 yd Shuttle</u> x4	<u>20 yd Shuttle</u> x4	<u>20 yd Shuttle</u> x2	<u>20 yd Shuttle</u> x4	<u>20 yd Shuttle</u> x4	<u>20 yd Shuttle</u> x4	<u>20 yd Shuttle</u> x2
<b>Agility</b>	<u>T-Drill</u> x6	<u>Mirror Drill</u> x6	<u>Broken Arrow</u> x2	<u>Star</u> x6	<u>Broken Arrow</u> x6	<u>Alpine</u> x6	<u>Broken Arrow</u> x2

# Soccer Summer Short Conditioning Day 2

**Tuesday: DOMINATE TODAY!**

	Week 1	Week 2	Week 3 (recovery)	Week 4	Week 5	Week 6	Week 7 (recovery)
<b>Speed</b>	<b>10 Yard Sprints</b> x8 <b>20 yard Sprints</b> x8 Jog back for recovery	<b>10 Yard Sprints</b> x10 <b>20 yard Sprints</b> x10	<b>10 yard Sprint</b> x4 <b>20 Yard Sprints</b> x6	<b>10 Yard Sprints</b> x12 <b>20 Yard Sprints</b> x12	<b>10 Yard Sprints</b> x14 <b>20 Yard Sprints</b> x14	<b>10 Yard Sprints</b> x16 <b>20 yard Sprints</b> x16	<b>OFF</b>
<b>CONDITIONING</b>	<u>Decreasing Intervals</u> 800m x2 (3:00) 600m x2 (2:10) 400m x2 (1:18) 200m x2 (:36) Work/Rest: 1:1.75	<u>Decreasing Intervals</u> 800m x2 (3:00) 600m x2 (2:10) 400m x2 (1:18) 200m x2 (:36) Work/Rest: 1:1.5	<u><b>RECOVERY</b></u> 35 min Run @ 80%	<u>Decreasing Intervals</u> 600m x3 (2:10) 400m x3 (1:18) 200m x3 (:36) 100m x 3 (:17) Work/Rest: 1:1.25	<u>Decreasing Intervals</u> 600m x3 (2:10) 400m x3 (1:18) 200m x3 (:36) 100m x3 (:17) Work/Rest: 1:1	<u>Decreasing Intervals</u> 600m x3 (2:10) 400m x3 (1:18) 200m x3 (:36) 100m x 3 (:17) Work/Rest: 1:1	<u><b>RECOVERY</b></u> 45 min Run @75%

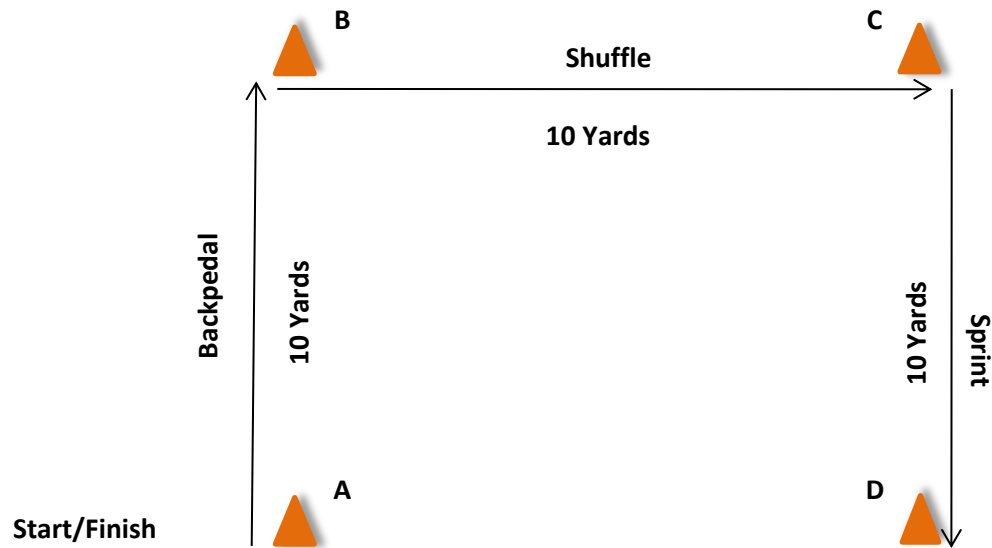
# Soccer Summer Conditioning Day 3/Day 4

**Thursday/Friday: DOMINATE TODAY!**

	Week 1	Week 2	Week 3 (recovery)	Week 4	Week 5	Week 6	Week 7 (recovery)
<b>Long Sprints (Thursday)</b>	<b>100 Yard Sprints</b> x5 Work: :22 Rest: :58	<b>100 Yard Sprints</b> x7 Work: :21 Rest: :56	<b>50 yard Sprints</b> x5 Work: :11 Rest: :33	<b>100 Yard Sprints</b> x12 Work: :18 Rest: :52	<b>100 Yard Sprints</b> x14 Work: :18 Rest: :52	<b>100 Yard Sprints</b> x16 Work: :18 Rest: :52	<b>OFF</b>
	Jog back for recovery						
<b>CONDITIONING (50 yd Shuttles) FRIDAY</b>	<b>300m x 2</b> Elite: :54 Base: :58 Work/Rest: 1:1.75	<b>300m x 2</b> Elite: :54 Base: :58 Work/Rest: 1:1.5	15 min jog @ 75%	<b>300m x 3</b> Elite: :53 Base: 57 Work/Rest: 1:1.5	<b>300m x 3</b> Elite: :53 Base: 57 Work/Rest: 1:1.25	<b>300m x 2</b> Elite: :53 Base: 57 Work/Rest: 1:1	20 min jog at 80%
<b>CONDITIONING (FRIDAY)</b>	<b>Soccer Run (5yds each)</b> Jog,Sprint,Backpedal, Shuffle, Backwards Shuffle, x 10 min	<b>Soccer Run (5yds each)</b> Jog,Sprint,Backpedal, Shuffle, Backwards Shuffle, x 10 min		<b>Soccer Run (5yds each)</b> Jog,Sprint,Backpedal, Shuffle, Backwards Shuffle, x 15 min	<b>Soccer Run (5yds each)</b> Jog,Sprint,Backpedal, Shuffle, Backwards Shuffle, x 15 min	<b>Soccer Run (5yds each)</b> Jog,Sprint,Backpedal, Shuffle, Backwards Shuffle, x 15 min	

<b>Saturday Play/Run</b>		
<b>Week</b>	<b>Distance</b>	<b>Pace</b>
<b>1</b>	2 miles	15:00
<b>2</b>	2.5 miles	19:00
<b>3</b>	3 miles	22:00
<b>4</b>	<b>Recovery Week</b>	
<b>5</b>	3 miles	23:00
<b>6</b>	3.5 miles	26:00
<b>7</b>	4 miles	28:30
<b>8</b>	<b>Recovery Week</b>	

# Box Drill

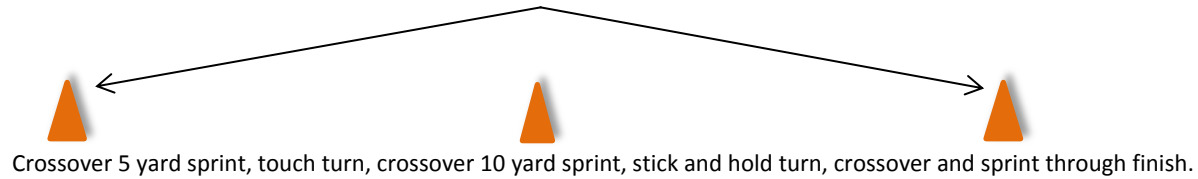


1. Face away from drill
2. Four marker cones are placed 10 yards apart in a square configuration (see diagram).
2. The player starts at cone A.
3. Backpedal to cone B.
4. At cone B they shuffle sideways to cone C.
5. At cone C they Sprint through cone D.

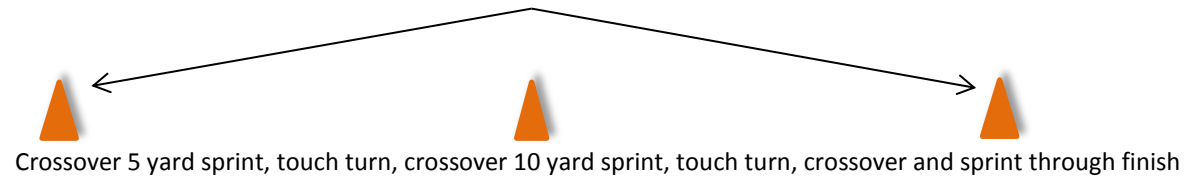


## 20 Yard Shuttle (Agility Test)

**Weeks 1-4**



**Weeks 4-8**



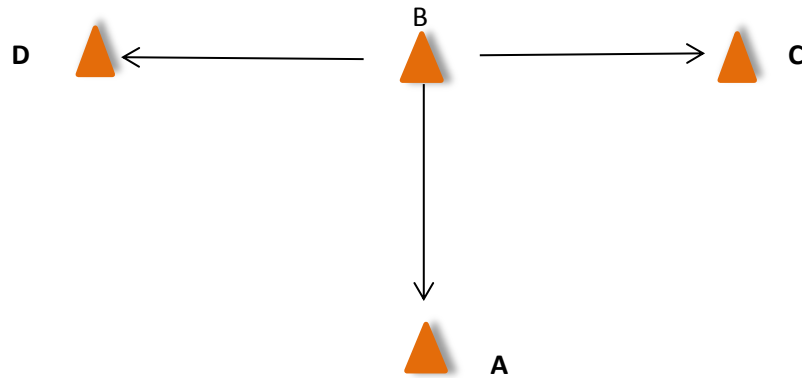
### Start Position

1. Very light weight on hand.
2. Knees almost straight
3. Push hips back and up.
4. Running to the right first always.
5. Two point stance, split the line (middle cone).
6. Keep back arm locked at 90 degrees

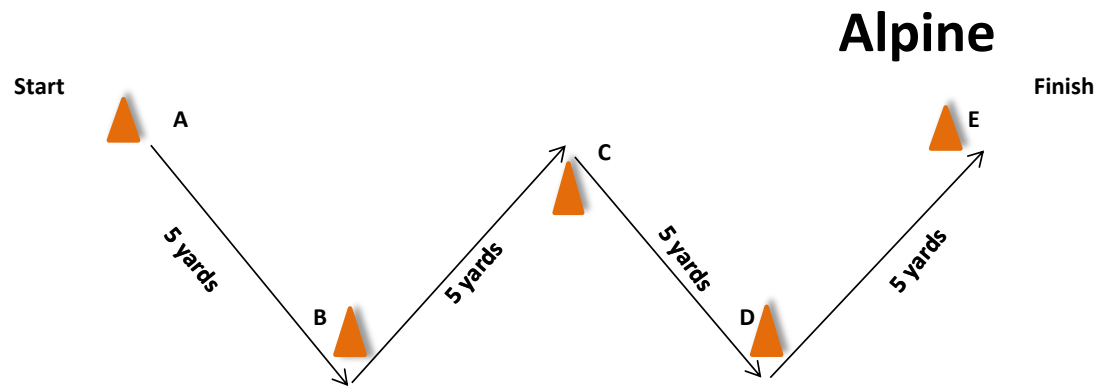
### Coaching Tips

1. Stay low
2. Stay low on turns, don't pop up.
3. Stay balanced and under control.
4. During turn, keep weight on inside leg.

## T-Drill



1. Start on the right of cone A in a 2 pt sprinter stance
2. Sprint forward to cone B.
3. Shuffle to cone C, touch (hand), Shuffle across to cone D in low shuffle position, touch (hand).
4. Shuffle right to cone B, touch (hand), flip hips, turn and sprint through starting cone A.

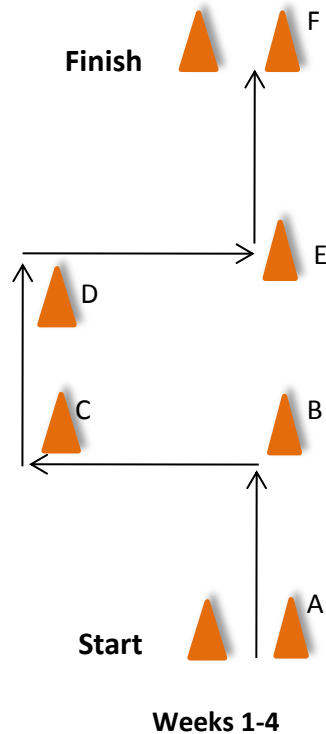


1. Evenly space cones five yards apart.
2. Start in 2 point stance.
3. Shuffle from cone A to cone B.
4. Sprint from cone B to cone C.
5. Shuffle from cone C to cone D.
6. Sprint through finish.

1. Evenly space cones five yards apart.
2. Start in 2 point stance.
3. Backpedal from cone A to cone B.
4. Sprint from cone B to cone C.
5. Backpedal from cone C to cone D.
6. Sprint through finish.

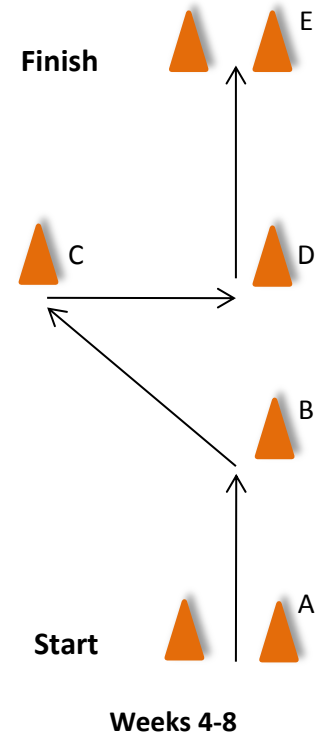
1. Evenly space cones five yards apart.
2. Start in 2 point stance.
3. Sprint from cone A to cone B.
4. Sprint from cone B to cone C.
5. Sprint from cone C to cone D.
6. Sprint through finish.

# Broken Arrow Progression



Weeks 1-4 (Done to both sides)

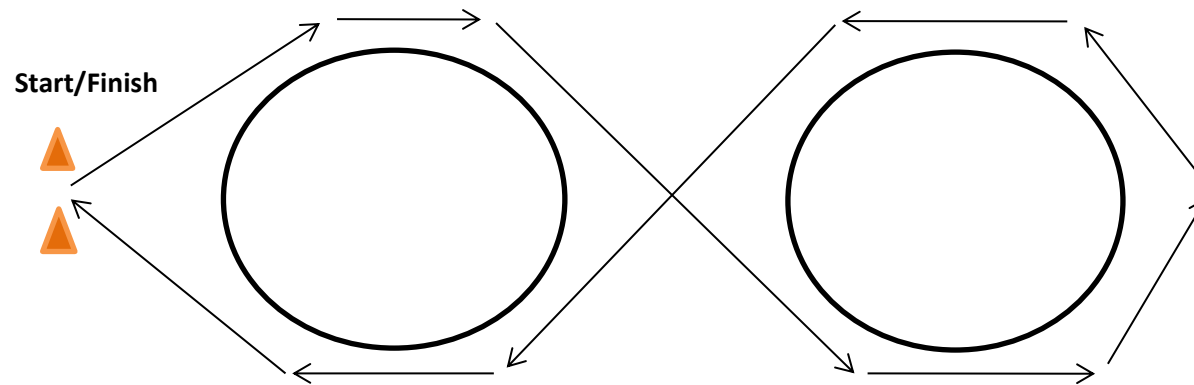
1. Start in 2 point stance.
2. Sprint from cone A to cone B.
3. Shuffle from cone B to cone C.
4. Sprint from cone C to cone D.
5. Shuffle from cone D to cone E.
6. Sprint through the finish line.



Weeks 5-8 (done to both sides)

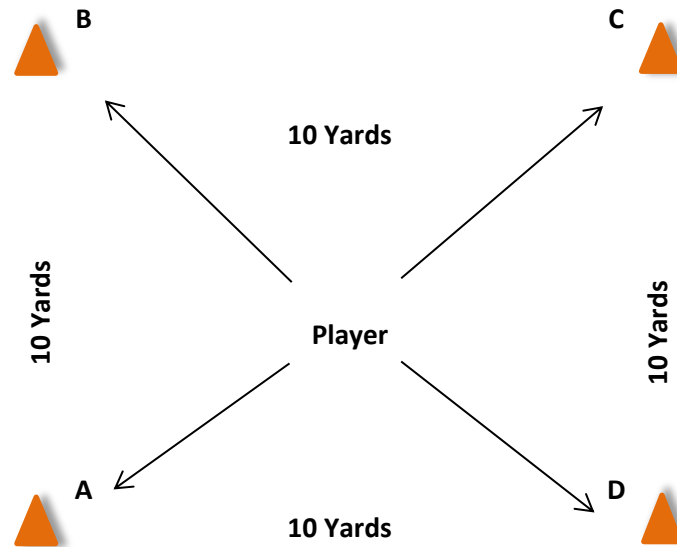
1. Start in 2 point stance
2. Sprint from cone A to cone B.
3. Make hard right foot cut.
4. Sprint from cone b to cone C.
5. Shuffle from cone C to cone D.
6. Sprint through the finish line.

## Figure 8 Drill



1. Construct two large hoop with cones or hoops
2. Hoops are each 5 yards in diameter
3. 5 yards of space in between hoops
4. Start from two point stance
5. Alternate direction of your arc on the first hoop
6. 2 reps in each direction.

# Angle Change of Direction Drill



1. Start in the middle of the box in a good athletic position
2. Sprint at 45 Degrees to either cone A, B, C or D.
3. Return to middle, ready to sprint to a different cone.
4. Make sure to sprint to all 4 different cones at least once.

# Soccer Regen/Recovery Circuit

## STATION 1: ROLLER

roller 10 reps each 1) Calf 2) Hamstring 3) Glute 4) Low Back 5) Groin 6) Hip Flexor 7) Quad 8) IT Band

## STATION 2: STICK MYOFACIAL RELEASE

stick 10 reps each 1) Calf 2) Hamstring 3) Glute 4) Low Back 5) Groin 6) Hip Flexor 7) Quad 8) IT Band

## STATION 3: ROPE STRETCH

rope flex 30sec hold each 1)Buck Hold 2)Hamstring 3)Groin 4)Figure four 5)Hip crossover 6)Quad 7)Hip Flexor

## STATION 4: RAIL STRETCH

rail flex 1 min hold 1) Hamstring 2) Groin 3) Figure 4 4) Pretzel 5) Quad 6) Hip Flexor 7) Calf

## STATION 5: HURDLE MOBILITY

6 hurdles each side 1) Straight leg over 2) Lat under 3) Lat high knee over 4) 45 degree under 5) Groin Up n Over

## STATION 6: CONTRAST Shower

\*Alternate going into cold tub and hot tub always ending with the cold tub\* 8 minutes each for 3 rounds.

\* Can be done in a shower with 2min warm water, :30sec cold for 3 rounds ending in cold for 4th time.

## KEEP PREPPING:

DRINK HIGH CARB GATORADES

CONTINUE TO HYDRATE AND EAT SALTED FOODS

CONTINUE TO STRETCH ON YOUR OWN

TAKE CARE OF ALL BUMPS AND BRUISES AS NEEDED

GET MENTALLY PREPARED FOR A BIG WIN

**\*BE AT YOUR BEST ON GAMEDAY: PHYSICALLY AND MENTALLY\***