

DANVILLE HIGH SCHOOL GIRLS SOCCER TRAINING PROGRAM

Dear Player and Parent,

****THE TRAINING SCHEDULE AND LOG BOOK INCLUDED IN THIS MEMO MAY BE USED YEAR ROUND****

Pre-season begins at 8:00 am at the Danville Soccer Complex on the first Monday of pre-season (usually the second week of August as determined by PIAA). Bring your track shoes to this first practice. Pre-season is designed to add additional fitness to an already high level. It is **NOT** designed to take unfit players to competition fitness in just a few weeks. This is an impossible task and attempts to do this often lead to significant injury with the subsequent result of missing games. **Fitness will play a major role for participation on both the Varsity and Junior Varsity Teams.** The summer training program should be followed as closely as possible, but make sensible allowances for camps, tournaments, or other vigorous physical activity. Five areas of training are emphasized:

1. Endurance
2. Speed
3. Strength
4. Flexibility
5. Ball Skills

Keeping a log recording progress in meeting training goals is a recommended technique to help you develop the discipline required to get full benefit of this program. A log sheet is included at the end of this memo.

FITNESS TRAINING: Fitness training is evolving. To be soccer fit a player must work on four areas:

SPEED
ENDURANCE
STRENGTH
FLEXIBILITY

Each of you is at your own level of fitness. Therefore, the examples that follow are only guidelines. You must modify them to fit your level of conditioning. If you have been training, make them harder and more intense or they will not do you any good. If you've not been training, start at a lower level of effort and work up. Use common sense; increase the intensity of your workout gradually. Remember: "One work out cannot make an Athlete, but one workout can break an Athlete."

Test yourself early. This will help you track your progress. There are three tests you can do before you start training.

- A. Cooper test – This tests endurance. Run as far as you can in 12 minutes on a measured course or track. Write down your distance in your log. For example: I ran 1.5 miles in 12 minutes.
- B. Anaerobic Test – Place markers at 10, 20, 30, 40 yds. Between the 10 and 20 place a mark/cone at the 15 that is 5 yards to one side of your marked out course. Count two, one, go – sprint to the 10 yd mark then deviate laterally 5 yds then back to the 20 yard mark and on to the 40. Jog back to the beginning and repeat 7 times. Record the time for each shuttle.
- C. Speed – Place one cone down to mark a starting point and another 33yards down field. Count two, one, go and sprint to the other cone. Record your time.

Do each on a different day so one does not influence the others. As you train, repeat the tests each month and record them. If you do them with other players in pairs or groups it will be easier and more fun.

Anaerobic conditioning (the mechanism in your body responsible for how fast you can run) is more important in soccer than aerobic conditioning (the endurance mechanism) but you need both to be successful.

IMPORTANT!!!!

Start now – If you build up your conditioning over three months you will be ready for preseason and have less risk of injury. CONDITIONING TAKES TIME. YOU CANNOT WAIT AND CATCH UP!!

TIPS TO FOLLOW:

- Train at least four days a week. Refer to the example schedule.
- A full-length game or scrimmage counts and can substitute for one training day.
- If you are in Track or another sport you will need to judge what you are getting in that sport and what you need. For example: distance runners may only need to do the speed and interval work. Be sure its ok with your other coach.
- Always warm up first. Always use a ball to warm up at 50% effort working on touches and moves. Between sets during recovery time try to use a ball as well. **MORE BALL TOUCHES DEVELOP YOUR BALL SKILLS!!**
- Start with speed work if you are doing more than one activity a day. Then do interval; then do endurance.
- Interval work to develop anaerobic fitness is the most important. **HOWEVER: DO ALL THREE TYPES OF WORK** because they are all necessary for peak performance.
- Do not skip strength and flexibility exercises. These are critical to developing power and agility necessary for peak performance.
- You should never need more than 40 to 60 minutes to do a training session. It's not how long, but it's how intense you are.
- Follow closely the times, repetitions, sets, and techniques recommended. Experts have developed these specifications.
- Vary your exercise routine by picking different exercises from the choices listed below **MAKING SURE YOU PICK THE RIGHT NUMBER FROM EACH OF THE THREE MAJOR CATEGORIES.**
- Always record your results after each exercise. This will allow you to see the real improvement that is taking place.

TYPICAL WEEK

<u>Sun</u>	<u>Mon</u>	<u>Tues</u>	<u>Wed</u>	<u>Thurs</u>	<u>Fri</u>	<u>Sat</u>
Warm up	Warm up	Warm up	Warm up	Warm up	Rest	Warm up
Speed		Speed		Speed		Speed
Interval		Interval		Interval		Interval
	Endurance		Endurance			
Strength		Strength		Strength		Strength
Flexibility		Flexibility		Flexibility		Flexibility

As you improve, gradually increase the number of minutes in speed and interval activity until you can do 20 –30 minutes of each easily. Remember a game is 90 minutes long and the last 10 minutes is where we need to be strong.

EXERCISES TO PICK FROM

SPEED

- 5 –10 –5's
- Running the square
- Situationals
- Mirror
- Stepping/striding
- Standing starts
- Running starts
- Hill sprints

Interval

- Hollow Sprint – Sprint 30 yards, jog 30 yards, then repeat both, then jog with a ball for 2 minutes recovery. 6-8 repetitions.
- Cruise and Sprint – Start at the goal line, gradually accelerate to top speed at midfield, sprint to the 18, gradually slow to the goal line. Turn and repeat. 6-8 reps.
- Sprint and Release – Sprint from the goal line to the 6yd box, jog to the 18, sprint to midfield, stride to the opposite 18, sprint to the 6, and jog to the goal line. 3-5 reps, 2 sets.
- Fast Penalty Sprint – Sprint for 60 secs. And jog for 60 secs. 3-5 reps, 2-3 sets.
- North Carolinas – 110 yards (full field) down and back in 45 seconds or less, then down and back at a jog with the ball as a recovery. 10 –12 reps.
- Circle 20 – 20 – 20's – walk 20 yards, jog 20 yards and sprint 20 yards in a circle. Repeat over and over until you have done it for at least 14 minutes. Work up to 25 minutes.

ENDURANCE

- Run 1.5 to 2 miles twice a week. Goal – 8 minute per mile pace.

STRENGTH

- As all players know, we are emphasizing development of both upper and lower body strength. This will improve your playing ability and decrease your risk of injury. Sit-ups and pushups can be done anywhere. **Weight-strengthening can be done with an individual trainer (the Rec Center offers training assistance for members) or at the High School Weight Room if a schedule is offered. Check with other team members to find out what they are doing to meet this segment of training.**
- Much of your soccer power and speed comes from strength. If you can't arrange for the weight training, coaches can suggest optional exercises to accomplish the same results. The exercises work, they do not require weights; they can be done as part of your workout. Technique is important. Weight training or other strength training must be done in exactly the correct way.

FLEXIBILITY

Flexibility is critical to improve performance and decrease injury. Follow these guidelines:

- Warm up with some calisthenics or jogging for 5 minutes before stretching. Work ball touches into this if possible.
- Warm up well before sprint work. Pay special attention to your hamstrings.
- Stretch at least 5 - 10 minutes before and after athletic activity. Especially after!
- Stretch a muscle to the point of slight discomfort, hold for 30 seconds, then rest a few seconds and repeat.
DO NOT BOUNCE THE MUSCLE.
- Concentrate on muscle groups that give you the most trouble
- Stretch when you have extra time (e.g. Watching TV)

FITNESS TRAINING SUMMARY

Details on the exercises are attached. Sit down and build your own work out schedule. For week 1 pick one speed exercise and one interval exercise. Do the reps and sets in the times listed. Record what you did. Gradually build up the number of exercises and/or the time over the 12 weeks leading up to preseason. Vary what you do to keep it interesting. By August you should be able to easily do 6 speed and 6 interval activities in one session. If you can, you will be in GREAT shape! If every team member does this we will have a big advantage over other teams. If you need help call any of the coaches any time.

BALL SKILLS

Tips to remember

- Buy your shoes early in the summer so they are broken in.
- The off season is the best time to improve your ball skills!
- Practice with a ball at least 30 minutes 4 times a week.
- Ask a friend, parent, brother, or sister to work with you.
- Work on BOTH feet
- Find a WALL and use it. It's a great way to improve your touch and your shot.
- Become really good (this means you are confident enough to use the move in a game) at 2-3 dribbling moves. Training videos are available from the team library for you to borrow. Check the list on our web site (www.soccertownusa.org).
- Everybody should work on juggling, first touch, trapping, and passing accuracy. **Possession of the ball** is absolutely necessary for success in a soccer match. Expert juggling, first touch and passing control are extremely important!
- Work on what you will need. FULLBACKS – long clears; STRIKERS – hard low shots and a few expert moves, MIDFIELDERS – long shots and accurate passes with just the right pace on through-balls.
- THERE WILL BE VOLUNTARY SKILLS/GAMES SESSIONS THROUGHOUT THE SPRING AND SUMMER. WATCH FOR TIMES AND PLACES.

SOCCER KNOWLEDGE

To be a complete player you need to develop your ability to READ THE GAME. What does this mean? It means understand soccer well enough to look at the situation on the field and guess correctly what will happen next or where the next opportunity will be. This allows you to make quick decisions that beat your opponents. Watching soccer videos or games on

TV is a good way to enhance your ability beyond what you learn playing. Note how easy it is (when you're watching a game) to see what players on the field could have done better. Other athletes, such as football players, use this technique successfully. It can be easily applied to soccer. Please borrow and use the videos available. There are also a lot of good soccer web-sites. Take advantage of every opportunity to learn more about the game of soccer. You can learn something every day that will help you to help your Lady Ironmen Team be more successful.

WHAT HAVE YOU ADDED TO YOUR SOCCER KNOWLEDGE TODAY?

NUTRITION

Eat healthy:

- Drink water and juices.
- Eat fruits, vegetables, salads, pasta, cereal and bread.
- Eat chicken, turkey, and fish.
- Eat healthy snacks (fruit, granola bars, pretzels, crackers, graham crackers, pudding, bagels with peanut butter, animal crackers not candy)
- Eat regularly. Eat at least 3 meals daily and snacks as needed between meals. Skipping meals should be avoided. ALWAYS EAT BREAKFAST.
- Eat balanced meals. (Include one food from at least 3 different food groups at each meal).
- IDEAL WEIGHT: Achieving and maintaining an ideal weight is very important for all athletes. It also sets healthy eating patterns for the rest of your lives. Athletic activity consumes many calories, so if you are underweight you need to increase your calorie intake. Eating regular meals and adding frequent between meal snacks are good ways to gain weight. If you feel you are overweight you may want to gradually lose weight by decreasing your intake of some snack foods like candy, potato chips, and soda. Consider a multi-vitamin with iron supplement **every day**. Calcium is very important and skim milk is a good source for it. If you want more advice regarding your nutritional status, please talk to your family doctor well before the start of the season. Also Coach Davis is most happy to discuss this confidentially with any player and even arrange a meeting with a nutritionist if desired. Don't wait till August to address this.

PRE-SEASON PREVIEW

Practice during the 3 WEEK PIAA REQUIRED PRE-SEASON TRAINING PERIOD usually runs from 8:00am - 10am and from 5:30pm - 7:30pm each weekday and some Saturday mornings (unless there is a scrimmage) from 10:00am to noon, until school starts. Beginning with the first day of school and thereafter, practice will be from 3:45 pm - 5:45 pm at the Soccer Complex. Practice times will vary when SCHOOL and LEAGUE PLAY begin. **CHECK THE WEB BASED TEAM CALENDAR AND YOUR EMAILS DAILY FOR CHANGES.** During the pre-season training period each player will undergo a multi-stage fitness and skills evaluation. You will be expected to match or improve on the latest set of scores you've recorded in your log. This will be easy if you stick to the program during the summer. **Bring your track shoes and cleats to every practice!**

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