

**MISSOURI VALLEY
COLLEGE
Women's Soccer**



**SUMMER 2009
STRENGTH AND
CONDITIONING MANUAL**

Welcome to MVC Soccer

I hope all is well for everyone. Summer is a great time to relax from the long school year and catch up with the family and friends. The summer is also the best time to push yourself to become a better player physically and mentally. In order for us to be successful and be one of the top six teams in conference next year everyone will need to be doing their part in the summer to improve. To the girls that are returners remember how far we have come in just one year, imagine what we can do with more girls and more experience. To the new freshman or transfers the ball is in your court. The harder you work this summer the better chance you have to be on the field. Remember we are a young team so girls that were recruited were recruited for a reason. To everyone, remember nothing is set in stone; everyone is on a level playing field. This is why it is important you train hard to improve yourself and earn your time on the field.

Before training: Drink 16 oz of cold water prior to training in the heat.

During training: Drink 6-8oz of water every 15 min during your training.

After training: Drink 16 oz of water for every pound of weight you lost.

Remember on the first day of camp we will do the cooper test. You will need to get 7-8 laps in 12 minutes. Our fitness level will determine what our preseason schedule will be like. Word of advice, BE IN SHAPE! We will have 2 preseason games, one against NCAA Div 2 power Central Missouri.

If you do not come into camp in shape, you will not only be hurting your chances of making the traveling team but hurting our team's ability to be the best it can be.

Before starting your summer training program, read each section of this manual. If you have any questions, please contact me to get clarification.

Good luck and have a great summer!

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Missouri Valley College

Summer Conditioning Program

Flexibility (Warm Up & Cool Down)

Often the most overlooked portion of training is flexibility.

Flexibility is defined as “the ability of a muscle to move through a desired range of motion while being exercised.” When all muscles acting on a joint are flexible, the joint can move easily and efficiently through its complete natural range of motion. As muscles acting on a joint become tight, that joint can no longer function to its optimal capacity and the risk of injury to that joint significantly increases. When performed after a proper warm-up, flexibility training leads to increased blood flow to the muscle, thereby enhancing the essential nutrients available to the muscle fibers. It also assists in the removal of waste products that accumulate in the muscles during exercise. Flexibility training after activity also assists in the recovery process of the muscular system.

Stretching a muscle, or group of muscles, must be done gradually when there is limited range of motion at the joint. Do not force any flexibility exercise by bouncing or rocking as this may lead to an injury to the muscle or the joint. Slowly move the body through its range of motion while approaching the threshold of pain. When you reach that threshold hold for 15 seconds, release, and repeat. Each time you repeat a stretch try to advance slightly further through the range of motion.

Warm-Up

A proper warm-up will elevate the muscle temperature prior to stretching. Low impact activities such as a slow jog or riding a stationary bike for 5-10 minutes are ideal. You will know that you are ready to begin stretching when you have broken a sweat.

Stretching

During the stretching phase, slowly lengthen the muscle(s) while tension develops. If too much tension is developed at a rapid rate, the body will use a defense mechanism (e.g. pain, twitching, or contraction of antagonistic muscles) and the benefits of the exercise will be lost. If this happens, slowly relax, and then proceed to add tension again.

Cool Down – repeat stretching performed before workout.

Any time you can get to a pool and swim is a positive! Counts as a workout for the day

WORKOUT DESCRIPTIONS

(Reminder: make sure you warm up/stretch before working out)

FARTLEK TRAINING:

Use a 400m track.

Start with a mile warm up jog and 10 min stretch.

Then begin your cycle.

1 cycle = walk 50m, jog 150m, sprint 200m

You will do 8 cycles.

“20-40’s”:

Use the length of a soccer field (120 yds)

Start with a sprint to the other end of the field, your goal is to make it in under 20 seconds. Jog back to the starting point, your goal is to get back to the starting point in 40 seconds.

Rest for 15 seconds after your jog and repeat.

After 6 runs, add an extra 1:00 rest, then continue on with the remainder of the runs.

Make sure you use the number of reps listed on your workout schedule.

One rep = 20 sec sprint, 40 sec jog, 15 sec rest.

60 yd Shuttle:

Set up markers at start, 5 yds, 10 yds, and 15 yds.

Sprint 5 yds, sprint back to start, sprint 10 yds, sprint back to start, sprint 15 yds, sprint back to start.

This must be done at full effort and with you touching your hand down at each marker. This will enable you to get low and explode at each turn.

Goal time is: 15-20 sec

Rest time in between sets is: 30-35 sec

WORKOUT DESCRIPTIONS(cont'd)

(Reminder: make sure you warm up/stretch before working out)

300 yd Shuttle:

Use the length of the soccer field.

Sprint to midfield line (60 yd), then sprint back to start, sprint again to the midfield line and back to start, and finish by sprinting back to midfield.

(1 set = 2 ½ trips to midfield)

Rest time: 2 min between sets

½ Gassers:

Use the width of the soccer field.

Sprint across the width of the soccer field and back to the start.

Goal: 30 sec

Rest: 1 minute

Body Weight Workout: (superset each exercise – 3 sets total)

Circuit 1: Perform each exercise in set once. Rest 5 minutes and repeat.

Squat Jump (Explosion) – x 20

Push ups – x 20

Single leg squat – x 15 (left and right leg)

Push ups – x 20

Squat Jump (Explosion) – x 20

Lunges – x 25 (left and right leg)

Push ups – x 20

Abs – 100 reps (your choice)

Core Workout: (3 sets)

50 crunches – legs in air, knees bent 90 degree angle.

1:15 sec plank – rest on elbows and toes, holding abs tight, hold body straight for 30seconds on both elbows, then 15 on left side, 15 on right.

15 Straight leg sit ups- lie on your back and keep your legs straight and on the ground

25 hand raises – lay on back, Bend you legs so that your feet almost touch your hamstring/ butt on the ground. Then place your hands on your quads and move your core and hands up to touch your knees.

Bleacher Workout:

Bleacher should be at least 50 steps.

2 sets of (15) bleacher sprints, recovery time is your walk back down
recovery time between sets is 90 seconds

BALL WORK

Juggling Progression: (the juggles do not have to be in a row)

1. 100 juggles with right foot
2. 100 juggles with left foot
3. 250 juggles with both feet
4. 100 juggles with thighs
5. 100 juggles with any part of the body.

Passing Progression:

(Individual against wall or with partner)

1. 5 yds – 1 touch
2. 10 yds – 1 touch
3. 10 yds – 2 touch (receive with different surfaces)
4. 15 yds – 2 touch (coming to ball and receiving)
5. 30 yds – 2 touch driven balls (w/partner)
6. 30-40 yds – 2 touch lofted balls (w/partner)

Dribbling Progression:

(Individual work – 5 min at each phase)

1. Inside/Outside of foot, tight touches, across width of field, at a speed that allows you to touch the ball every step.
2. Cut the ball – use inside and outside of foot to change directions.
3. Volley ball 20 ft in the air, settle into space, and sprint w/ball for 10 yds.
4. Running w/ball at speed across width of field. Use laces to push the ball forward. (this mimics your natural sprinting/running motion)
Repeat 5 times.

BALL WORK (cont'd)

Wall Series

(use any surface that will send the ball back at a good pace)

- I. Distance from the wall 3-4 feet
 1. Inside of foot – 1 touch x 100 (both right and left)
 2. Inside of foot – 1 touch x 100 (both right and left)
 3. Instep – 1 touch x 100 (alternating feet)
 4. Inside of foot – 2 touch – receive w/ right, play with left x 50
 5. Inside of foot – 2 touch – receive w/left, play with right x 50
 6. Inside of foot – 2 touch – receive w/right, play with right x 50
 7. Inside of foot – 2 touch – receive with left, play with left x 50
 8. Instep – 2 touch – receive with right, play with right x 50
 9. Instep – 2 touch – receive with left, play with left x 50
 10. 1 bounce off wall inside of foot x 50 (try to establish a rhythm)
 11. 1 bounce off wall instep x 50
 12. 1 bounce off wall alternate feet x 50

- II. Distance from the wall 10-15 yds
 1. 2 touch: instep strike w/ right, receive with inside of left foot x 50
 2. 2 touch: instep strike w/ left, receive with inside of right foot x 50
 3. 1 touch: instep drive x 50 (continuous)
 4. Instep drive, follow quickly, receive and turn, dribble back to start
20 reps. (use both feet, vary serves on ground and in air)

- III. Distance from the wall 20+ yds
 1. Chipped or lofted ball x 25 right foot
 2. Chipped or lofted ball x 25 left foot
 3. Serve a low driven ball, charge hard, receive and dribble to wall.
Jog back to start x 10 right foot
 4. Serve a low driven ball, charge hard, receive and dribble to wall.
Jog back to start x 10 left foot
 5. Serve a high ball, charge hard, receive with body and control it.
Jog back to start x 10 alternate feet
 6. Serve a high ball, receive and turn, dribble quickly back to start.
10x alternating feet.

WORKOUT SCHEDULE

(Reminder: include warm up & cool down to each working out)

Remember don't force yourself to finish the workout if it is not physically possible for you. Just do what you can these are suggested guidelines to follow. Example if you can only do 3 gassers instead of 6.

Week 1 (May 26-May 31)

Tuesday:

1. Cooper test (2 mile run as fast as you can; to check your fitness level to see how much you need to improve) Make sure you time it.

Wednesday

2. Core workout.
1. Juggle workout

Thursday:

1. 1 Mile Run (low intensity)
2. Body weight workout.

Friday:

1. Hour of ball work. (or play soccer game)

Saturday:

1. 6 ½ Gassers
2. Core workout

Sunday

1. Day off

Week 2 (June 1-June 7)

Monday:

1. Core workout
2. 8 x ½ gassers

Tuesday:

1. Hour of ball work. (or play soccer game)

Wednesday:

1. Body weight workout
2. Core workout

WORKOUT SCHEDULE

(Reminder: include warm up & cool down to each working out)

Thursday:

1. Hour of ball work (or play soccer game)

Friday:

1. 2 mile run and 2 x 300 yd shuttle.

Saturday:

1. Juggling (or play soccer game)

Sunday:

1. Day off

Week 3 (June 8– June 14)

Monday:

1. Cooper Test
2. Core Workout
3. 3 x “20-40’s”

Tuesday:

1. Hour of ball work (or play soccer game)

Wednesday:

1. 3 mile low intensity
2. Core workout

Thursday:

1. Hour of ball work (or play soccer game)

Friday:

1. 1 x bleacher workout or 6 Fartlek run
2. Core workout

Saturday:

1. 3 mile road run low intensity

Sunday:

1. Day off

Week 4 (June 15-June 21)

Monday:

1. 8 “20 x 40’s”
2. Core Workout

Tuesday:

1. Hour of ball work. (or play soccer game).

WORKOUT SCHEDULE

(Reminder: include warm up & cool down to each working out)

Week 4 (June 15-June 21) cont'd

Wednesday:

1. Body Workout
2. Core Workout

Thursday:

1. 1 x Bleacher workout or 8 Fartlek Runs.
3. 1 mile run (low intensity)

Friday:

1. Hour of ball work (or play soccer game)

Saturday:

1. 2 mile high intensity
2. Core Workout

Sunday:

1. Day off

Week 5 (June 22-June 28)

Monday:

1. 6 x "20-40's"
2. Core workout

Tuesday:

1. Hour of ball work. (or play soccer game)

Wednesday:

1. 8 x ½ gassers
2. Core workout

Thursday:

1. Hour of ball work (or play soccer game)

Friday:

1. 1 mile high intensity
2. Juggling
3. Body Workout

Saturday:

1. Day off

Sunday: 1. Day off

WORKOUT SCHEDULE

(Reminder: include warm up & cool down to each working out)

Week 6 (June 29-July 5)

Monday:

1. Cooper test Push yourself.
2. Body weight workout

Tuesday:

1. 30 min run (low intensity)
2. Core workout

Wednesday:

1. Ball work / game / juggling

Thursday:

1. 6 “20 x 40’s”
2. 5 Gassers
3. Core workout

Friday:

1. Day off

Saturday:

1. Day off Happy 4th.

Sunday:

1. Day off

Week 7 (July 6-July 12)

Monday:

1. 8 Fartleks
2. Core workout

Tuesday:

1. Hour of ball work (or play soccer game)

Wednesday:

1. 4 mile low intensity
2. Core workout

Thursday:

1. 10 x “20-40’s”
2. Body weight workout

WORKOUT SCHEDULE

(Reminder: include warm up & cool down to each working out)

Week 7 (July 6-July 12) cont'd

Friday:

1. Juggling/ game/ ball work

Saturday:

1. 6 x 60 yd shuttle
2. Core workout

Sunday:

1. Day off

Week 8 – (July 13-July 19)

Monday:

1. Cooper test
2. Body Weight workout

Tuesday:

1. Hour of ball work (or play soccer game)

Wednesday:

1. Day off

Thursday:

1. 3 x Bleacher workout or 8 Fartlek
2. Core workout

Friday:

1. Hour of ball work (or play soccer game)

Saturday:

1. Body weight workout

Sunday:

1. Day off

WORKOUT SCHEDULE

(Reminder: include warm up & cool down to each working out)

Week 9 (July 20-July26)

Monday:

1. 5 Fartlek training
2. ½ hr of ball work

Tuesday:

1. Hour of ball work (or play soccer game)

Wednesday:

1. 2 mile high intensity
2. Core workout

Thursday:

1. 12 x “20-40’s”
2. Body weight workout

Friday:

1. 30 min run (low intensity)
2. ½ hr ball work
2. Core workout

Saturday:

1. 6 x 60 yd shuttle
2. Body weight workout

Sunday:

1. Day off

Week 10 (July 27-Aug 2)

Monday:

1. 30 Mins Moderate pace
2. Core Workout

Tuesday:

1. Hour of ball work (or play soccer game)

Wednesday:

1. Body workout
2. Core workout

Thursday:

1. 2 mile high intensity
2. 6 60yard shuttle

WORKOUT SCHEDULE

(Reminder: include warm up & cool down to each working out)

Week 10 (July 27-Aug 2) cont'd

Friday:

1. 30 min run (low intensity)
2. Core Workout

Saturday:

1. 3 x Bleacher workout or 10 Fartleks

Sunday:

1. Day off

Week 11 (Aug 3-Aug 9)

Monday:

1. 20 min run (moderate intensity)
2. ½ hr ball work

Tuesday:

1. Hour of ball work (no games)
2. Core workout

Wednesday:

1. 10 gassers
2. 3 60 yard shuttle

Thursday:

1. 30 min jog (low intensity)
2. Core workout

Friday:

1. ½ hour ball work (no games)

Saturday:

1. 12 "20 x 40's"
2. Core Workout
3. 15 min jog

Last Week August 10th – 14th. Take it easy enjoy your last week of summer!
Be ready to come in and work with a positive attitude. If you want the last week you can jog 3 times at 25 mins with low pace.

Benefits of Training

Trust me I know that this is a physically demanding summer workout program. If you follow this to a T you will be in the best shape of your life. I know that there are going to be times when you can't follow or you are on vacation, etc. Just try and follow to the best of your capabilities. If everyone followed this plan we would be well on our way to a successful season.

Returners, Remember how far we have come in just a short year. No one expected us to play the way we did. With the hard work you put in this year and the work you put in this summer the sky is the limit. Also just because you started last year does not give you the god given right to start again. You have to earn. So Start!

Freshmen/Transfers, your contributions this fall will be very important to our success this season. I recruited you for a purpose. My plan is to have every one of you competing for a starting spot come this August. So now its your turn to earn it.

Please remember to push yourself but don't overdue it. The workout schedule is set for you to follow, however if you are not able to physically do every set of a run or a workout, then don't do it. We want healthy players not injured. Also, try to play as much soccer as possible. Soccer is the best way to be ready for the season. BE SAFE WHEN PLAYING, REMEMBER IT IS TO HELP YOU GET READY ITS NOT THE WORLD CUP!