



2021 SHEPHERD HILL BOYS SOCCER

STRENGTH AND FITNESS SUMMER PROGRAM

A Commitment to Top Fitness

**Go to Instagram and check out the account: *@houstonsoccergirl*
I bet you can't match this 12 yr old girl's intensity. But try.**

- We are responsible for our own fitness and our own actions.
- We find the satisfaction in working hard towards a worthwhile purpose and team-oriented goals.
- We touch the soccer ball as often as possible.
- We push ourselves to be better than we were yesterday.
- We understand that greatness is a commitment to being the best we can be in all aspects of our lives.
- The teams in our league that win are the teams that work the hardest because they refuse to be beaten.

One of the key requirements of a good team is conditioning and the key to any conditioning program is the focused mind of the athlete involved. No matter how good the program may be, nothing is truly accomplished unless the individual athlete actually DOES the work necessary to be in optimal shape.

Any soccer training program should be based on one simple observation: soccer is a game that requires you to run. A LOT. You must be able to run long distances at various speeds and move in many different ways. When you train for soccer specific fitness, you should be doing two things: playing as much soccer as possible and replicating the physical demands of soccer in your training routine.

Expectations for Fall 2021 Tryouts

Varsity candidates are expected to complete:

- 1.5 mile run- under 9:20
- 800m. run-under 2:20
- 5 sprints around the field in succession, under 50 sec. each w/ 10 sec. rest
- 75 Pushups in 3:00
- Dribble at least 7 trips around the entire field in under 12:15
- All Varsity candidates should be able to sustain a juggle indefinitely.

Shepherd Hill Soccer Fitness Guidelines

1. Always warm up properly before any workout.
 2. Drink at least 8-12 cups of water per day. Start early.
 3. Try to keep a written record of your workouts.
 4. The best way to stay on track with a workout program is to work out with a motivated partner or group.
 5. Push yourself-especially on days you don't feel energetic.
 6. Avoid back to back days of workouts of the same type or using the same muscle groups; give yourself time to recover.
 7. Listen to your body, take care of your injuries. Get enough SLEEP!
 8. Fitness levels develop gradually over time and with consistency.
 9. Playing soccer competitively is the best way to get soccer-fit.
 10. Make sure your diet supports your playing and fitness goals.
 11. Drink water.
- If you are playing less than 90 minutes of competitive soccer per week, you should complete four cardio workouts per week.
 - If you do play more than 90 minutes per week, you should complete two to three cardio workouts per week.

A sufficient warm up should last at least 5-10 minutes and allow you to break a sweat. Following the warm-up spend another 5-10 minutes stretching. After completing the workout, spend another 5-10 minutes stretching to decrease muscle soreness.

NEVER PUSH YOURSELF IN A WORKOUT WITHOUT WARMING UP AND STRETCHING.

This is YOUR responsibility and your teammates depend on it.

BODY CIRCUIT TRAINING IDEAS

- Each exercise is to be performed for 45 seconds with a 30 second rest in between exercises.
- Do 2 rotations of the assigned body circuit with a 3 minute rest in between circuits.
- Prior to starting the circuit, make sure you do the following:
 1. 5-minute warm-up - any type of cardio or running.
 2. A comprehensive full body stretch.
- Lunges – alternate legs. Slow and deliberate. In control.
- Bicycle crunches - hands behind head, legs off the ground, opposite elbow to knee.
- Push ups: try close grip, wide grip, shoulder-tap
- Broad jumps – jump as far out as you can. Yes, for 45 seconds
- Bench dips – hands on a bench or chair, feet straight out on the floor, lower yourself until upper arm is parallel with the floor.
- Burpees – jump up with arms above head, bring hands to the ground, extend your legs into a push up position, push up once, bring legs back to chest, jump up and repeat.
- Hip ups – lie on your back, legs straight up in the air, shoot your hips to the ceiling.
- Bicycle Jumps – right foot in front, left foot back, jump as high as possible and alternate feet – 20 jumps
- Mountain Climbers – get in full plank position, alternate bringing one knee up to chest
- Full Plank and half-plank.
- Side Plank – be sure to alternate sides

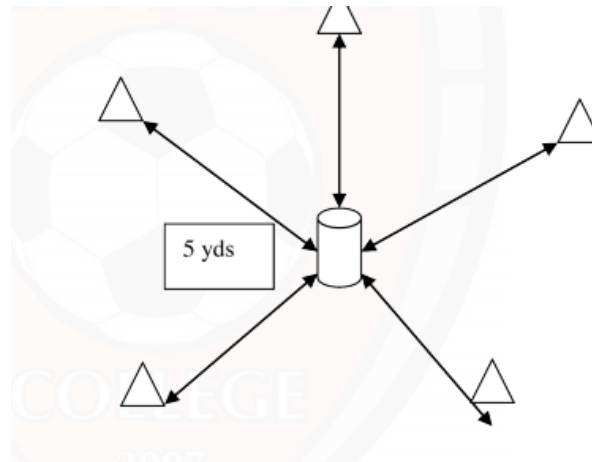
Speed and Agility Drills and Ideas, Explained

300 Yard Shuttle: The 300-yard shuttle is a very tough agility movement. The athlete will be going a twenty-five yard distance. The objective is to move between the lines as quickly as possible until 12 complete trips are completed, which equals 300 yards. The goal is to complete the drill in less than 65 seconds and to continue improving the time. Try to do three or four at a time.

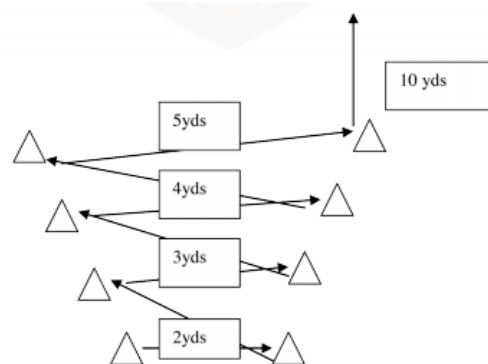
120's: 120's are a test designed to measure a player's ability to run longer distances. The player starts at one end of the soccer field and must sprint to the other end. At the end the player has the remainder of the minute to rest. The rest involves a jog back to the starting point. For example, if a player runs the 120 in 20 seconds, they will have 40 seconds to run back to the start line. There is extra rest time after runs #5, 10, and 15.

Goal = 10 consecutive sets all completed in under one minute.

Compass Run: Place 5 cones 5 yards away from the middle marker as shown below. Start in the middle and sprint to a cone and back to the middle, continue to run to each cone (5 runs). Repeat 5 times with a 30 second break between each set.



Funnel Run: Sprint laterally; keep the knees bent and shuttle side to side, when you reach the last cone sprint forward 10 yards, and walk back to the start. Repeat 8-10 times

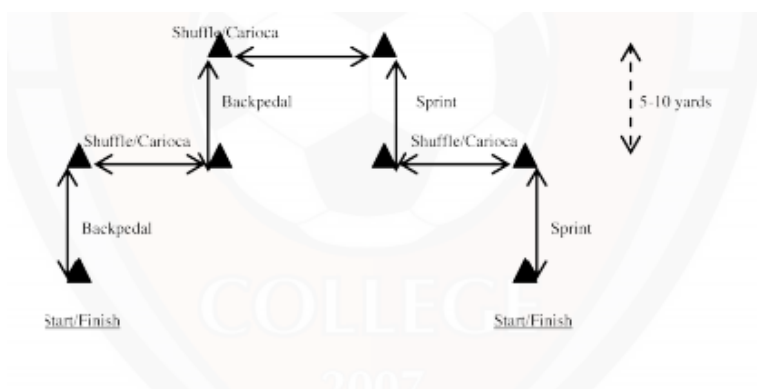


5-10-5 Short Ladders: Start in a sport specific position and sprint 5 yards out. Touch the line and sprint to the starting line. Next sprint 10 yards, touch the line, and sprint back. Continue with the last 5 yards out and back. Change sprints into shuffle, carioca, and backpedal. Also change the direction the athlete turns after

touching the line.
Repeat 8-10 times.

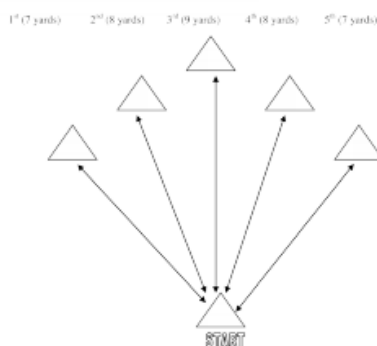


Two Tower Drill: Begin drill by backpedaling ten yards and then either shuffle/carioca ten yards to cone. Again backpedal another ten yards and shuffle/carioca ten yards through cone. Next sprint ten yards to cone and shuffle/carioca ten yards and finish with a ten-yard sprint to the last cone. Repeat 6-8 times



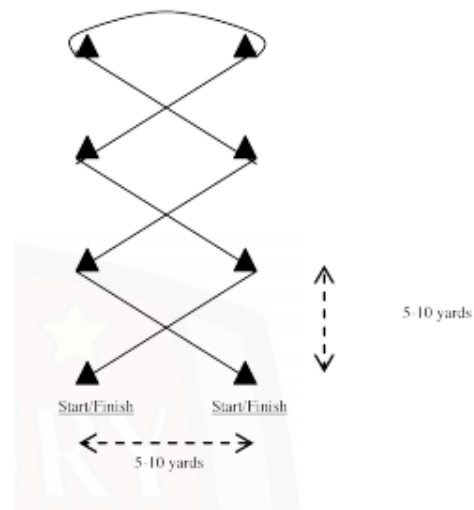
Hand Run: Begin at the START cone and sprint forwards to the 1st cone and then sprint backwards to the start cone, then sprint forwards to the 2nd cone and backwards to the start cone, continue to do the same for the 3rd, 4th & 5th cone... this equals one set.

Workload: 6-8 sets with a 30 second rest between each set.



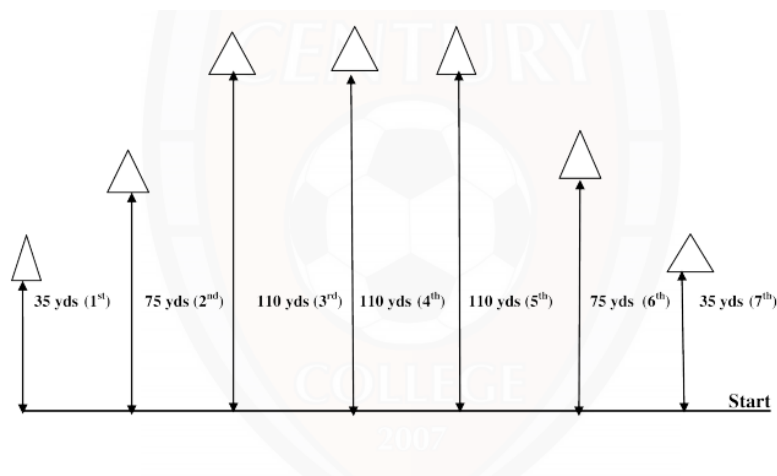
Super Weave: Start on either side of the drill and sprint through the entire drill while weaving in and out of each cone, touch each cone

before continuing. Workload: 6-8 sets with a 30 second rest between each set



Half Laps: Using a standard soccer field, start where the centerline & touchline meet. Sprint around the perimeter of the field (behind the goal) and finish at the opposite side of the field (where the other touchline & centerline meet). You will be running 2 half field lengths and one field width. When you complete the half lap immediately jog at a resting pace across the centerline. When you reach the original starting point, repeat your 3 length sprint & jog again across the center. You have 30 seconds to complete each half lap and 30 seconds for the recovery jog across the centerline. Repetition: 6 half laps

1100 yard Shuttle Run: Put a cone down (on a level surface) as a starter marker and then place seven cones the exact distance from the starter marker as drawn above. Run from the starter marker to the 1st cone and back, and then to the 2nd cone and back, 3rd cone and back, 4th cone and back, 5th cone and back, 6th and back, 7th and back.



Ballwork/Foot skills/Fitness

A lot of the time, it's difficult to get together with a team to train and work on your soccer skills. This ball control workout contains some great individual soccer drills that really help with your ball control and fitness.

Remember, it's helpful to start off with some great music. Music amps you up and gets you excited to get to work. It doesn't really matter what the music is as long as it gets you excited.

Any time you work out, you should start off by warming up. Here are some exercises to warm up. All of these exercises are done from the end-line to half field and back.

WARM-UP WITHOUT A BALL

Jog

Side Shuffle – Switch directions at half field

Backpedal halfway to half field, then turn and sprint the rest of the way. Repeat on the way back

Grapevines/Karaoke – Like a side shuffle, but I cross my feet over each other, alternating which foot is in front

High Knees down to half field, buttkickers on the way back

After you finish the warmups above, **do a little warm up with a ball** just to get your feet moving and get your feet used to touching the ball. Again, these drills are done from the end line to the half field line and back.

DRIBBLING WARM UP

2 touch alternating dribble – Touch the ball twice with your right foot then twice with your left foot. This helps you work on dribbling the ball with both feet. Go slow – this is a warm up – there's no rush

Sole rolls forward, backward, inside and outside, to half field and back

Sole rolls – Inside to outside with a Tap – To half field and back.

After these warm ups, try to juggle for a while. Juggling is one of the best possible soccer drills for ball control development.

JUGGLING DRILLS

Free juggle – juggle the ball however you'd like – with your feet, your knees, your head, anything. You can do this either for time (i.e. "Free Juggle for 2 minutes") or for number of touches (i.e "Free juggle for 200 touches")

Right foot only juggle – Using only your right foot, juggle the ball for a certain

number of touches.

Left foot only juggle – Using only your left foot, juggle the ball for a certain number of touches. Don't worry if you drop the ball, just pick it right back up and keep going

Ladder juggling – Juggle the ball once with your right foot, once with your left foot, then twice with your right foot, twice with your left foot. Continue up to a certain number of touches, say 5. This is a fairly difficult soccer juggling drill, but even if you start off not doing very well, keep at it and you'll get better. If you drop the ball, pick it up and keep going. Don't give up!

Receiving the ball with juggling– Throw the ball high in the air or softly punt the ball above you and control the ball out of the air with juggling touches with the foot. Skilled jugglers can sustain their juggle while knocking the ball higher, controlling the ball out of the air, and then resuming their juggle.

After your juggling workouts, get in the habit of doing some ball control drills. A lot of these drills are very effective soccer drills for developing your ball control skills.

SOCCKER BALL CONTROL DRILLS

Toe Taps – 100 touches, incorporate slight movements in all directions

Inside to outside sole rolls – 50 with each foot – Note: One inside to outside sole roll is actually two touches – one when you pull the ball across your body with your sole and one when you push it back to the outside of your body with the outside of the foot. Work to get quick with this one.

Inside Outside Inside rolls – 50 with each foot – Note: One inside outside inside sole roll is actually four touches, one touch when you roll the ball inside across your body with your sole, one touch when you roll the ball back out to the outside, and then another touch when you roll the ball back across your body. Your fourth touch should be forward with either the right outside or left inside.

Free Dribble: When free dribbling, move in all directions at varying game speeds, focus on keeping your head up, and change direction frequently. Practice a variety of turns and changes of pace. Wrap up by doing some 1 v 1 moves at high speed while moving with the ball.

Dietary Tips for Athletes in Training

1. Drink a lot of water every day. At the very least, 8-10 cups of water. You will be better mentally and physically.
2. Don't forget breakfast. Your breakfast is the fuel your body needs to get the day going. Try to incorporate a balance of protein, carbohydrates, and fruits/veggies at all meals.
3. Avoid heavily processed foods, fried foods, and unneeded sugars such as sodas, sports drinks, and candy.
4. Snack smart. Junk food is a detriment, as are sugary foods. Whole, natural, minimally processed foods are the best things for your body.

The days when the body aches, the desire is low, and you feel weak and tired... Those are the days that CHAMPIONS train.

The Shepherd Hill Soccer program doesn't ask you to do anything you aren't able to do; neither does life.

What you do with your time, the sacrifices you make, the passion you show, all reveal who you are.

YOU set the EXPECTATIONS FOR YOUR OWN SUCCESS.
YOU and your willingness to DO THE WORK
have the power to make this program GREAT.