

2017

WHS GIRLS SOCCER PROGRAM SUMMER INFORMATION

I am very excited for the upcoming season. We have returning players in all grades as well as many incoming players that will compete for positions on our teams. It is your responsibility to come into tryouts best prepared for the physical and mental demands of the high school season. You will be training and playing five to six days per week plus academics and work for some. Give yourself the best opportunity to meet your goals.

FITNESS IS KEY to the success we will have as a team this year. Prove you are willing to do the work away from the team so that we can be that much better when we work together.

INCLUDED

1. **TRYOUTS & Tentative Pre Season schedule**
2. **Expectations/Team Rules**
3. **Taking Care of the Machine**
4. **Training Guidelines**
5. **Work out Packet**
6. **Sports Nutrition Handout**
7. **Typical Fitness Test: COOPER Run - Goal, 6.5 laps (around ¼ mile track) in 12 minutes (or Equivalent).**
8. **PHYSICALS, FAMILYID, AND BASE LINE CONCUSSION TEST** YOU MUST HAVE A CURRENT PHYSICAL APPROVING THE ATHLETE FOR PARTICIPATION IN SPORTS IN ORDER TO BE ALLOWED TO TRYOUT FOR A TEAM. YOU MUST COMPLETE YOUR REGISTRATION ENROLLMENT ON FAMILY ID AND BE APPROVED BY THE ATHLETIC DEPARTMENT prior to tryouts. You may utilize the schools physicals; days and times will be announced on the schools website over summer or your own physician. YOU MUST COMPLETE THE BASELINE CONCUSSION TEST WITH THE ATHLETIC DEPARTMENT IN ORDER TO BE ALLOWED TO TRYOUT, contact the athletic department for a schedule of test dates and times.
9. **Website for Program Information:**
www.westfieldathletics.weebly.com/WHS-girls-soccer
10. **PROPER ATTIRE AND EQUIPMENT, SHORTS, FULL TEE SHIRT or ATHLETIC TANK (no string tops), SOCKS, SHIN GUARDS, RUNNING SHOES AND CLEATS, WATER, AND SUN SCREEN, GK'S YOU KNOW YOUR GEAR, AND ANYTHING ELSE YOU FEEL YOU NEED.**

COME INTO THE SEASON PREPARED

TRYOUTS & Tentative Pre – Season Schedule

NOW till Tryouts – Prepare for the fall season – see below, you should start, YES, REALLY, START NOW!

Tryouts:

AUGUST 24th: Check in 8:00am – 8:45am

MORNING SESSION 9AM TO 11:30 AM: ALL PLAYERS FOR ALL TEAMS @ WHS

Girls are allowed to self-identify which team they would like to try out for

> FITNESS TEST AND PLAYER EVALUATIONS

AUGUST 24th - AFTERNOON SESSION:

> MOSTLY PLAYING AND FURTHER PLAYER EVALUATIONS @ WHS

SUBVARSITY: 4:00 PM TO 5:30 PM

VARSITY: 5:30 PM TO 7:30 PM

AUGUST 25th 9 AM TO 11 AM

MORNING SESSION: ALL PLAYERS FOR ALL TEAMS @ WHS

> PLAYER EVALUATIONS

AUGUST 25th - AFTERNOON SESSION:

> MOSTLY PLAYING AND FURTHER PLAYER EVALUATIONS @ WHS

SUBVARSITY: 4:00 PM TO 5:30 PM

VARSITY: 5:30 PM TO 7:30 PM

Saturday AUGUST 26th – Tryouts

ALL Players for all teams – 3pm – 5pm

Sunday AUGUST 27th – tentatively off – but hold afternoon and evening for a rain day or team activity

August 28th, 29th, 30th - Team trainings - Times to be announced

Thursday August 31st – Varsity Only - Wilbraham & Monson Academy Scrimmage - @ 5:00 PM at Westfield High School field. (Sub Varsity training - time TBD)

Friday September 1st– All Team trainings at WHS – time to be announced

Saturday September 2nd - Minnechaug Regional HS Jamboree at MRHS, Wilbraham, all day event. Varsity only

Sunday September 3rd – OFF or Team activity

Week of September 4th Trainings – Times to be announced

The full Tryout Schedule will be posted on the WHS Girls Soccer page of the Westfield Athletics website by August 23rd. Website is: www.westfieldathletics.weebly.com/WHS-girls-soccer

Expectations/Team Rules:

Our basic philosophy is DO NOT do anything that would be disrespectful or detrimental to YOU, the TEAM, or Westfield High School.

You are a part of the Girl's soccer program and EVERYTHING you do on and off the field, in and out of season has a connection to our program. ***We are merely asking that you respect your education, teammates, and coaches as you make decisions because your decisions will greatly impact those around you.***

Remember, you are a student-athlete. As a result, you are held to higher standards regarding your actions. Control the things you can control and make wise choices.

Specific Rules:

1. No Alcohol and No Drugs. Period. This includes prescription medication NOT prescribed directly to you.
2. Be in good academic standing. Attendance and grades are monitored by coaches and the Athletic Dept.
3. Attendance at ALL team related activities (practices, games, study hours, community service, fundraising, athletic functions, team bonding, etc.) is EXPECTED unless you have personally made arrangements with the coaching staff in advance.
4. EVERYONE helps organize, load, and unload all equipment before and after practices and games. We play as a team; we will pick up as a team.
5. In regards to any communication sent to you by the coaching staff, we expect a reply within 24 hours of first correspondence. All other time sensitive requests are expected ON TIME.
6. We will start all practices and pre-game warm-ups on time. Early is on time, on time is late.
7. We will treat ourselves, coaches, teammates, referees, opposition, teachers, and equipment with respect. We do not have to like everyone we come in contact with, but we will respect them as people and act professionally.
8. You will be required to wear proper attire. Looking like a well organized team will create a good environment for us to work in.
9. Be proud to be part of Westfield High School's Soccer Program. We will turn some heads this year!!
10. **“Excellence is not a singular act, but a habit. You are what you repeatedly do.”**

Taking Care of the Machine

Numerous studies of high level soccer players during multi-day sessions have all led to the same basic conclusion: **Proper attention to hydration and nutrition has a marked impact on performance.** Going beyond those conclusions and deciding which nutritional advice to follow can be confusing because there are so many different opinions on the subject. Much of the debate centers on which specific foods to consume at different times during a focused program of training and competition for a particular sport and, honestly, this level of detail is more appropriate for professional athletes and those competing for the highest stakes. However, there are commonalities among the various schools of thought that are useful for athletes competing at our level and we've listed several for you below.

Note: the following advice concerning food intake may not be appropriate for diabetic athletes!

- Get an extra hour or more sleep each night before and during the training period than you normally require.
- Tank up the day before the training with more water and natural fruit juice than you would normally consume in a day. This will ensure you begin the day fully hydrated.
- Begin "tapering" meals - it's better to graze than to sit down to full meals. Try to get in 4 or 5 small meals during the day each including a portion of fruit and/or veggies and carbs.
- Start the day with a small portion of carbs and fruit.
- Continue aggressive water intake up until about 2 hours before a match.
- Have a snack an hour before a match that includes carbs with a high glycemic index (GCI) like rice cakes, honey, bananas, or raisins. These are carbs that raise blood glucose (one of the major sources of fuel during exercise) levels more quickly.
- Drink half of a 16 oz. bottle of sports drink before the match (this is really optional if you've chosen carbs well before the match in which case you can substitute water).
- Drink the other half at halftime (again, optional - can be replaced with water).
- Drink water during the match.
- Have plenty of water and a snack after the match that includes a low GCI carb like apples, peaches, pears, yogurt, milk, or ice cream (yes, ice cream). This food goes to recovery and should be consumed as soon as possible after the match.
- Continue grazing and aggressive water intake until bed time.

Without question, soda, junk food, caffeine and any of the latest fad drinks like AMP or Red Bull should be avoided before, during, and after the training!

As athletes, we all have stories about playing under adverse physical conditions and "doing fine". We can stay up late, snack on Doritos, start the day with a super-sized coffee, drag our tails to the field, play on an empty stomach and still not pass out. However, your coaching staff would like to see you set your sights a little higher than that! Please give yourselves the best chance you can to play at your maximum intensity by taking care of the machine before and during the training. It will take a little work and planning but this is part of the process when you get to this level.

EAT WELL, DRINK WELL, PLAY WELL

Training Guideline

This guideline is offered as a means of communicating a quantitative training objective for players. It adds substance to the phrase “**come fit**” which is difficult for players to interpret. Player fitness is paramount to a successful program and to reducing the risk of injury - especially during the early part of the season when physical demands tend to be the highest.

Now we will discuss your fitness. Fitness will allow you the opportunity to apply your ball skills on the field.

Superior fitness is critical to success at this level.

For soccer, fitness is the combination of an aerobic base (which comes from distance running at a pace you can hold for at least 30 minutes) and anaerobic capacity (which is built through interval training or sprint work after you have built up an aerobic base).

Your training program should begin with aerobic work unless you already have a significant base from participation in a sport such as basketball, lacrosse, or track. To determine whether you have built that base, go out and run for 12 minutes on a track. If you can complete at least 6.5 laps in 12 minutes, a little weekly distance work is all you need to maintain your aerobic base. Once you have reached that level aerobically, begin interval and sprint work.

“Sprint” implies high intensity work with maximum effort for a short duration followed by recovery for a (typically) longer duration during which time the heart rate drops somewhat. We manage our training with a controlled “work/rest ratio”. “Work” in this context refers to the high intensity segment (sprinting) while “rest” refers to the low intensity segment (walking). Never crash your heart rate by sitting or lying down in between sprints or immediately after sprinting. Good athletes train their bodies to recover quickly and they can thereby sustain longer, more frequent sprints with shorter recoveries. Don’t cheat yourself during sprint workouts – it will be obvious as soon as you step on the field. As you progress through your training, push your intensity threshold up with each successive session. Also, begin sprints immediately after the warm-up. The idea is to elevate the heart rate to a moderate training level and then begin ramping it up and down. Resting after the warm-up defeats the purpose of the warm-up and puts excessive stress on your heart.

Whatever your off-season and preseason regimen, please;

- Consult your physician before starting and again if your training activities cause pain or other symptoms not typically associated with strenuous exercise.
- Pay close attention to hydration and nutrition before, during and after exercise periods. Hydration is especially critical when exercising on hot days.
- Begin every training session with a proper warm-up period followed by light dynamic stretching. Your warm-up should last at least 10 minutes and build in intensity gradually from beginning to end. As you begin to warm up, pause periodically to stretch.
- Wear good running shoes for distance and sprint work. Cleats offer little support (and many blisters).
- End every session with a proper cool-down period and plenty of stretching. Spend at least 5 minutes in motion walking and another 10 minutes dynamic and static-stretching after a workout to bring your heart rate down gradually, reduce post workout fatigue/soreness and increase flexibility.
- Break in new cleats before the season!

Finally, **take personal responsibility for your training.** No amount of pushing from parents, coaches or peers can substitute for an athlete’s own motivation to succeed

SUMMER TRAINING PROGRAM

The following summer training program is provided to allow the student athlete information to help them prepare and set objectives for the fall sports season. As in any training program it may be applied in different ways and at different levels depending upon the athlete and their particular condition at the onset. Be comfortable in your amount of activity don't over do it. Before starting any training program consult with your physician and have supervision from a parent, guardian, or professional trainer.

Enjoy the summer, get prepared, you'll give yourself a chance to enjoy the fall season even more.

When do you start? Simple, Now! Ten to twelve weeks is necessary to properly prepare for the fall sports season. Take one day off where you literally do nothing. Days you feel energetic, train twice (morning and evening) but never more than 1.5 hours in a row. Don't burn out.

If injuries do occur, your best and safest bet is to apply an elastic compression wrap, and ice, and elevation applied as quickly as possible following injury for 20 – 30 minutes. Repeat this cycle as often as possible for 24 to preferably 48 hours, following injury. Stretching and range of motion exercises can then be used to regain movement. You may experience muscle soreness after a hard workout, which you can best alleviate the following day with general movement or doing a light jog and stretching, which increases circulation and removal of lactic acid, an excess of which causes the soreness. If you're not feeling better with minimal rest, it is best to consult with your physician.

Begin by understanding and building your aerobic base as listed above in the guidelines. You will need to get your aerobic base to a good level before you start working on your anaerobic base. You will always incorporate strength and conditioning and agility and speed training.

Here we go... Weeks 1, 2, 3 will be fairly easy, getting ready for the summer push, then the last week you ramp down to be at your best going into the season. Follow the guidelines above, good warm up, stretch, workout, cool down and stretch. On the days you will be playing a competitive match do a light work out or run in the morning, get your body prepared to play.

Weeks run from Monday morning until Sunday evening. I recommend that you print this book out and track your own progress/times/distances. Just make sure you are fit to play and pass fitness tests. We will build upon that once you arrive at Westfield HS. You can also do more workouts in a week, as long as you stay healthy. If you complete the workbook early, repeat it and strive to beat previous performances. You want most of these workouts to be done in grass wearing cleats (aside from distance work) to prepare your body for the demands of soccer specific fitness.

We will have a few fitness tests the first two weeks of practice that can involve any workouts within this packet. Times CAN vary from what is printed inside, but they will be reasonable for a committed high school soccer player. We WILL run a 12:00 timed run prior to our first day of training.

Workout Packet

The fitness is based on three days, Endurance, Speed Endurance, Speed & Agility. Here are the keys to each type of workout.

Endurance – These are not leisurely jogs, these are workouts. You should be tired and out of breath at the end, pushing yourself for a longer distance or faster time each run.

Speed Endurance – These judge your ability to run at faster speeds over distance as well as your ability to recover and continue this work rate over time. These will be the hardest workouts physically and mentally, but you need to be strong in both aspects so we win games in the 78th minute

Speed & Agility – Self explanatory, but we are looking for quick footwork with change of direction! Short quick steps, quick turns, explosive change of direction. You should be able to run each sprint/activity within a workout at close to the same time/speed.

Each Week

The “**Daily**” workouts at the top of each week combined with three “**Fitness**” activities per week are key to being prepared.

How this works.....

So, the expectation is to do “Daily” work, obviously every day and add one of the three “Fitness” work outs specified under each Week as Day 1,2 ,3 below, on three of the days during the week. See the end of this document for an explanation of all drills and activities and how they are set up. If you feel strong and you can do more “Fitness” then go for it.

For Example: Monday do the “Daily” work and “Day 1 Endurance”

Tuesday do the “Daily” and light run 30 minutes

Wednesday do the “Daily” and “Day 2 Speed Endurance”

Thursday do the “Daily” and light run 30 minutes

Friday do the “Daily” and “Day 3 Speed & Agility”

Saturday do a light run 30 minutes

Sunday rest

Most importantly, **PLAY**. Play as much soccer as you can! The most common pre-season issues involve hip flexor and muscle strains because players aren’t used to the repetitive movements of passing/striking balls. Work out with a ball this summer!

Please take this workbook as motivation to strive for our goals this year. The most important and hardest work is done now, away from your teammates and on your own. It will only get easier as we go, but always remember that **FITNESS is KEY TO SUCCESS!** It reduces injuries, increases training level and ability, and allows your mind to stay fresh longer. Just ask the returners.

WEEK 1

Daily:

Juggle 15 minutes

Highest Total Consecutive Juggles _____

20 Push-Ups per Day

150 crunches per day

DAY 1: Endurance

30 MINUTE RUN (go as far as you can)

TOTAL DISTANCE _____

DAY 2: Speed Endurance

3 "Sets" of BOXES each set is 10 lengths of the field with 5 minute rest between sets

Start at endline, jog to 18, sprint to other 18, jog to endline. = 1 length

Continuous, no stopping at endlines until after # 10. Jog can be any speed but sprint needs to be as fast as possible each length.

SET 1 TOTAL TIME _____

SET 2 TOTAL TIME _____

SET 3 TOTAL TIME _____

DAY 3: Speed & Agility

Figure 8's (10 yards apart) x 3 per set x 8 sets without a ball, 1 minute rest between set

Figure 8's x 3 per set x 8 sets with a ball, 1 minute rest between sets

Set 1 & 5 Left foot only

Set 2 & 6 Right foot only

Set 3 & 7 Inside of both feet

Set 4 & 8 Outside of both feet

WEEK 2

Daily:

Walking lunges length of field X 1 per day

20 Chair Dips Per Day

1:00 bridge/plank forward, and 1:00 each side plank - every day

DAY 1: Endurance

40 MINUTE RUN (as far as you can get)

TOTAL DISTANCE _____

DAY 2: Speed Endurance

Full Field Shuttle Runs x 6 with 2:00 rest after each

1 Full Field Shuttle = Start at 1 Endline, Sprint to 18 & Back, to Half Line & Back to Far 18 & Back, Full Field & Back

Time Each

1 _____

4 _____

2 _____

5 _____

3 _____

6 _____

DAY 3: Speed & Agility

Y Drill – 2 Full Rounds starting from Right then the Left, 1 minute rest after each set of 10. Focus on keeping your speed up through all 20 in the round! Short sprints should all take approximately the same time.

2 sets x 10 starting from the right of the cone

2 sets x 10 starting from the left of the cone

WEEK 3

Daily:

25 Push-Ups Per Day

Juggles – Per Day

Juggle 5 Mins Feet Only Highest Consecutive Total _____

Juggle 1 Mins Head & Feet Only Highest Consecutive Total _____

Juggle 5 Mins Total Body Highest Consecutive Total _____

DAY 1: Endurance

Timed Mile (under 8:00): _____

5 minutes rest

Timed Mile (within 1 minute of first mile time): _____

If you did not meet either of above parameters you have an additional 2 mile jog, any pace but no walking.

Record Time _____

DAY 2: Speed Endurance

300 Yard Shuttle x 6 2:30 to run 5:00 to rest

Two cones 50 yards apart. Down and back X 3 = 1 shuttle

O = Made time X = Missed

1 _____ # 4 _____

2 _____ # 5 _____

3 _____ # 6 _____

DAY 3: Speed & Agility

Hill Sprints - The hill should be at least 20 yards long, incline is your judgment. Working on knee drive and leg turn over speed to increase speed overall. Drive knees and push off from ground quickly and with power

10-20 sprints based on incline and length of hill. Use your best judgment and PUSH YOURSELF

WEEK 4

Daily

50 Body Squats, good form

50 Leg Lifts, 50 Crunches, 50 Bicycles each side

25 Chair Dips

DAY 1: Endurance

10 minute fart lek x 3 sets 5 min rest between each set running LENGTH of field. Walk for 20 seconds, jog for 30 seconds, Sprint for 15 seconds, jog for 30 seconds then REPEAT for 10 mins straight.

Sprint as fast as you can, jog fast enough to build endurance but slow enough to help you recover for full speed sprint.

Record Total Yards Achieved

Set 1 _____

Set 2 _____

Set 3 _____

DAY 2: Speed Endurance

100 meter runs with 5:00 rest after each (see diagrams)

Full X 1 _____ Total Time

½ X 1 _____ Total Time

½ X 1 _____ Total Time

DAY 3: Speed & Agility

Star Drill x 10. First five full star drill, second five Star Touch drill 3:00 rest after each. Time Each One

1 _____

6 _____

2 _____

7 _____

3 _____

8 _____

4 _____

9 _____

5 _____

10 _____

WEEK 5

Daily

Plyometric Workouts – Three activities each day

DAY 1: Endurance

Timed 2 Mile _____

5 Mins Rest

Timed 1 Mile _____

DAY 2: Speed Endurance

Sprint Recovery – X 8, X 6, X 4, X 2 Rest 5:00 after each set

Length of Field → Sprint Down Jog Back

Jog at your own pace, but Sprint is FULL SPEED

Set of 8 Total Time _____ Set of 4 Total Time _____

Set of 6 Total Time _____ Set of 2 Total Time _____

DAY 3: Speed & Agility

Ladders – 10 exercises and 4 rounds of each exercise with 30 yard sprint at end of ladder. Jog Back, Rest 2:00 after each full exercise

These need to be done for fast foot speed and quick acceleration out of ladder. Full recovery so everything is done with SPEED

WEEK 6

Recovery Week

FITNESS – 2 long slow jogs 30-45 minutes

Three Days of Plyometrics – Three activities each day

Cross train, bike, pool, yoga, pilates.

WEEK 7

Daily:

Plyometrics – Three activities each day

DAY 1: Endurance

3 Mile Run – 1st mile 8:30 or faster, 2nd mile 8:00 or faster, 3rd mile 8:30 or faster.

Mile 1 Time _____ Mile 2 Time _____

Mile 3 Time _____

DAY 2: Speed Endurance

Sprint Workout – sprint down, walk back, start again. Sprint through the finish line!! 3:00 rest after each distance set

20 meter sprint X 10

40 meter sprint X 8

60 meter sprint X 6

80 meter sprint X 4

100 meter sprint X 2

DAY 3: Speed & Agility

25 yard cone shuttles X 8

Cones at 5, 10, 15, 20 & 25 yards. Shuttle run to each.

:35 to run, 1:10 to rest, extra min rest after #4. X on line if you MISS the time.

#1 _____

#5 _____

#2 _____

#6 _____

#3 _____

#7 _____

#4 _____

#8 _____

WEEK 8

Daily:

Juggle 15 minutes

Highest Total Consecutive Juggles _____

20 Push-Ups Per Day

150 crunches per day

DAY 1: Endurance

30 MINUTE RUN trying to beat previous distance

TOTAL DISTANCE _____

DAY 2: Speed Endurance

Track Workout-

1 X 800 meters < 3:00 TIME: _____

3:00 rest

1 X 600 meters < 2:30 TIME: _____

3:00 rest

2 X 400 meters < 1:30 TIMES: _____

2:00 rest after each

4 X 200 meters - As Fast As Possible, then walk around to start

DAY 3: Speed & Agility

Fast Foot Work – Working over a line, each exercise for 30 seconds, rest 1:00

- 1) Sprint back and forth over line leading with right foot (right forward, left forward, right back left back = 1) TOTAL: _____
- 2) Sprint back and forth over line leading with left foot (left forward, right forward, left back right back = 1) TOTAL: _____
- 3) 2 Foot Hops (over and back = 1) TOTAL: _____
- 4) 2 Foot Hops Sideways (each hop = 1) TOTAL: _____
- 5) RT Foot Hops For/Back (Fwd/Back = 1) TOTAL: _____
- 6) LT Foot Hops For/Back (Fwd/Back = 1) TOTAL: _____
- 7) RT Foot Hops side2side (each hop = 1) TOTAL: _____
- 8) LT Foot Hops side2side (each hop = 1) TOTAL: _____
- 9) Feet together on top of line, hop to straddle line (on line, straddle line = 1) TOTAL: _____

WEEK 9

Daily:

Juggle 15 minutes

Highest Total Consecutive Juggles _____

20 Push-Ups Per Day

150 crunches per day

DAY 1: Endurance

40 MINUTE RUN trying to beat previous distance

TOTAL DISTANCE _____

DAY 2: Speed Endurance

Sprint Forward 40 yards, back pedal back to start

Set 1 X 10 Time: _____ Set 4 X 8 Time: _____

Set 2 X 6 Time: _____ Set 5 X 4 Time: _____

Set 3 X 2 Time: _____

DAY 3: Speed & Agility

Figure 8's x 3 per set x 8 sets without a ball, 0:45 rest between sets

Figure 8's x 3 per set x 8 sets with a ball, 0:45 rest between sets

Set 1 & 5 Left foot only

Set 2 & 6 Right foot only

Set 3 & 7 Inside of both feet

Set 4 & 8 Outside of both feet

WEEK 10

Daily:

Juggle 15 minutes

Highest Total Consecutive Juggles _____

20 Push-Ups Per Day

150 crunches per day

DAY 1: Endurance

Timed Mile : _____

DAY 2: Speed Endurance

100's X 10. Sprint length of field \leq 20 seconds, jog back to start \leq 40 seconds. Start each sprint on the minute.
Extra minute rest after 3, 5, and 7 X the ones you miss

#1 _____

#6 _____

#2 _____

#7 _____

#3 _____

#8 _____

#4 _____

#9 _____

#5 _____

#10 _____

DAY 3: Speed & Agility

Fast Foot Work – Working on a step, each exercise for 30 seconds, rest 1:00

- 1) Sprint back and forth on to step leading with right foot (right up, left up, right down left down = 1)
TOTAL: _____
- 2) Sprint back and forth over line leading with left foot (left up, right up, left down right down = 1)
TOTAL: _____
- 3) 2 Foot Hops (up & down = 1) TOTAL: _____
- 4) 2 Foot Hops Sideways (up & Down = 1) TOTAL: _____
- 5) RT Foot Hops For/Back (Up & Down = 1) TOTAL: _____
- 6) LT Foot Hops For/Back (Up & Down= 1) TOTAL: _____
- 7) RT Foot Hops side2side (Up & Down = 1) TOTAL: _____
- 8) LT Foot Hops side2side (Up & Down = 1) TOTAL: _____

WEEK 11

Daily:

Juggle 15 minutes

Highest Total Consecutive Juggles _____

20 Push-Ups Per Day

150 crunches per day

DAY 1: Speed Endurance

20 Yard Shuttles: 2 cones, 1 red, 1 blue, 20 yards apart. 6 Seconds per length, equal rest. EX: 1-3 = sprint red cone to blue cone under 6 seconds, rest 6 seconds (total of 12 so if you finish sprints fast, you get extra rest), sprint blue to red to blue to red under 18 and rest for 18 (total of 36 so you get extra rest if you finish under 18 seconds)

Put X next to any you did not make sprint time.

| | | | |
|-------------------|------------|-----------------|---------|
| 1-3-5-7-9-7-5-3-1 | 5 min rest | 1-3-5-7-7-5-3-1 | |
| 1 _____ | 7 _____ | 1 _____ | 7 _____ |
| 3 _____ | 5 _____ | 3 _____ | 5 _____ |
| 5 _____ | 3 _____ | 5 _____ | 3 _____ |
| 7 _____ | 1 _____ | 7 _____ | 1 _____ |
| 9 _____ | | | |

DAY 2: Speed & Agility

Ladders – 10 exercises and 4 rounds of each exercise with 30 yard sprint at end of ladder. Jog Back, Rest 1:00 after each full exercise

DAY 3: RECOVERY and Prepare for Tryouts FITNESS – 1 long slow jog, 30-45 minutes

If you are unsure of any of these activities seek guidance from a professional, parent, or coach.

Plyometrics - use proper technique- land soft on your toes-quiet like a cat-keep your core tight

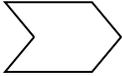
- Standing squat - feet shoulders width apart, arms extended in front, back straight up, bend at the knees, quads no lower than parallel. (min. 3 sets of 20 Reps continual work)
- Heismans – From standing position, lateral jump side ways as if to jump over a log -land on the outer foot with the inner leg tucked up toward the chest-inner arm extended forward-outer arm extended back-football pose. Repeat left and right. A right and left move counts as 1 Rep (min. 3 sets of 20 Reps continual work)
- Jump-Knee-Tuck – From standing position-jump up with both legs - bring knees to chest wrapping arms around knees in a tuck position – land and repeat. (3 sets of 15 Reps, about 1-2 seconds between jumps)
- Forward Bound-From a standing position leap as high and as far as you can – land soft on lead foot – turn and repeat – leading with other leg – left and right bound is one Rep (3 sets of 20 Reps)
- Run stance Squat switch: In a runners stance-one foot forward and one foot back as if to take off on a run. Three squats then on fourth squat-jump in one motion switch your lead foot in the air–land soft and repeat with new lead foot. Squats bending at the knees, quads no lower than parallel, chest up, arms up in runners stance. (3 sets of 8 Reps continual work, One Rep is four squats with right as lead and four squats as left as lead foot)
- Squat Jacks Start doing standard jumping jacks, bring hands behind the head and clasp together, lower your hips and continue performing jacks with legs at a squat level, keep chest up. (3 sets of 20 in the squat jack position)

Cool Down and Stretch after each work out is complete

Do as much as you can and enjoy your summer!

Symbols For Agility Drills

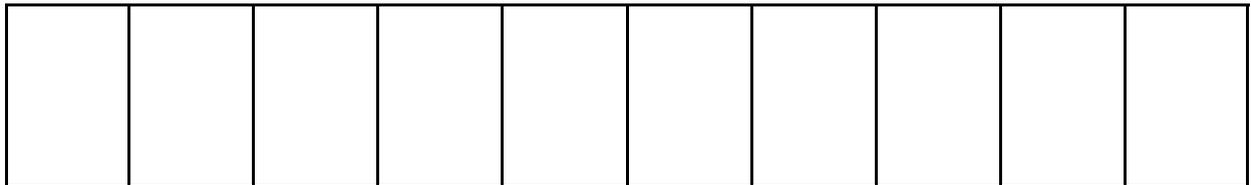
 — CONE

 — Player (arrow points in starting direction)

 — Sprint Path/Direction

 — Jog Path/Direction

 — Distance between cones



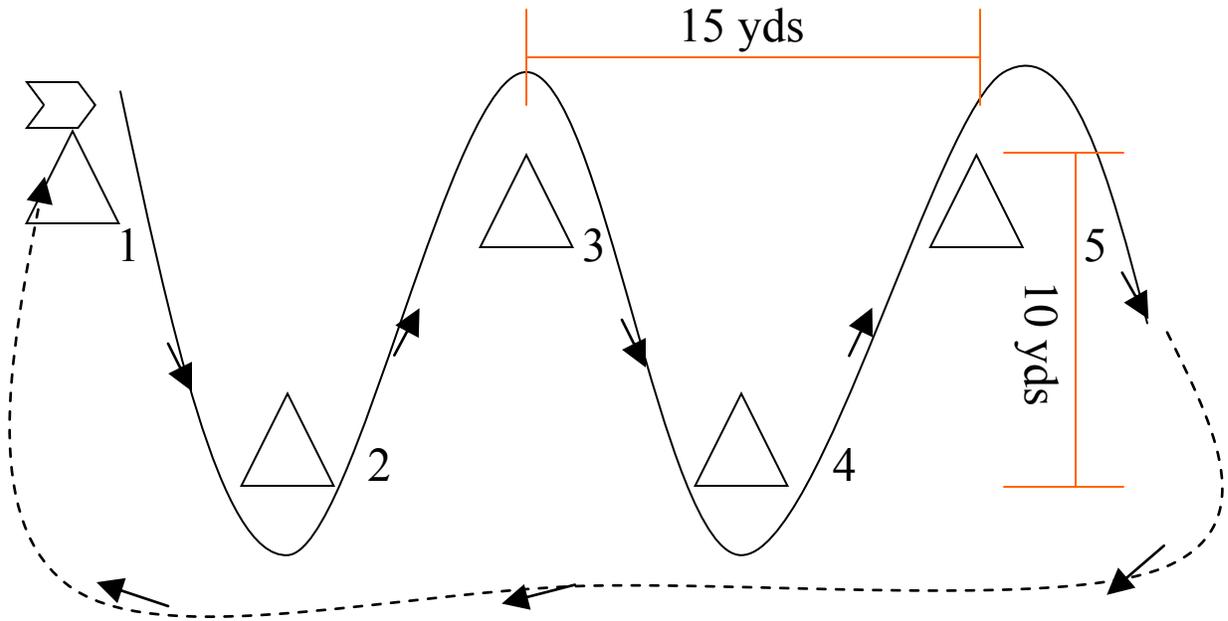
—LADDER —can be made with cones, chalk on cement, rope, anything. Each square should be about 12” x 12” with at least 15 squares in the ladder.

 —Left Foot
points in the direction you are facing

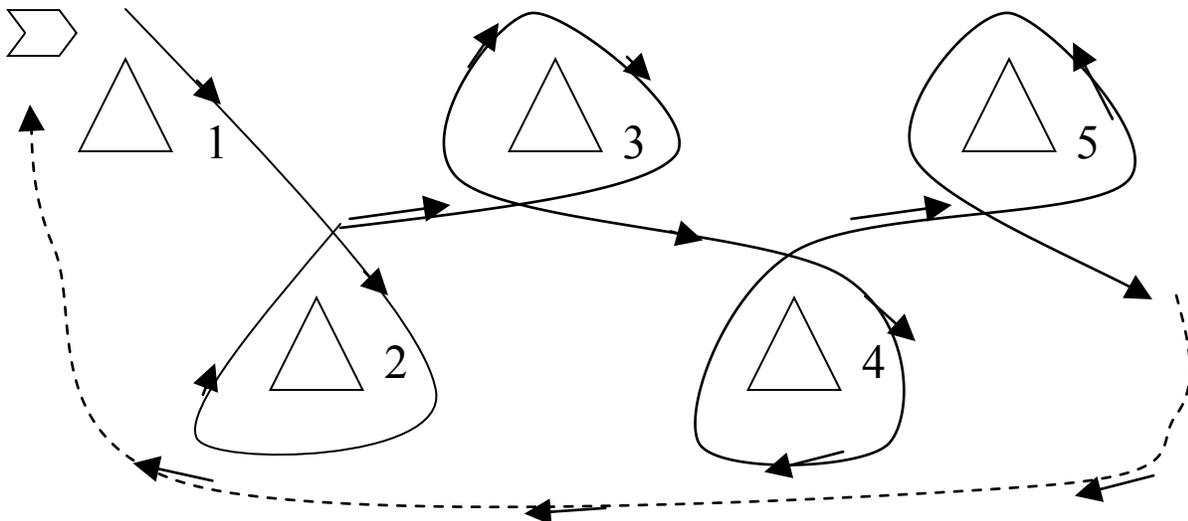
 —Right Foot
points in the direction you are facing

Numbers show order in which steps are performed

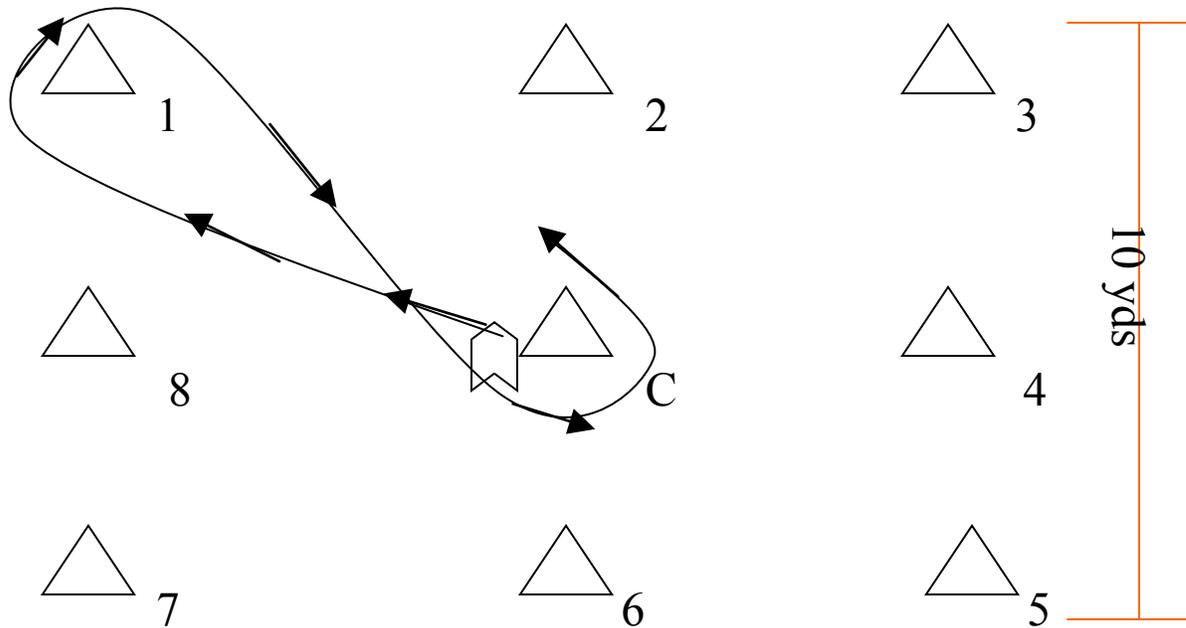
1) **“W DRILL”** — Sprint around cones in numerical order. Accelerate between cones, short quick steps around cones. When you get around last cone, jog back. The “jog” phase is your “recovery” time.



2) **“W Drill w/ Rotation”** — Sprint around cones in numerical order but approach the cones on the inside, run around cone with small fast steps, accelerate to next cone. Same dimensions as above.



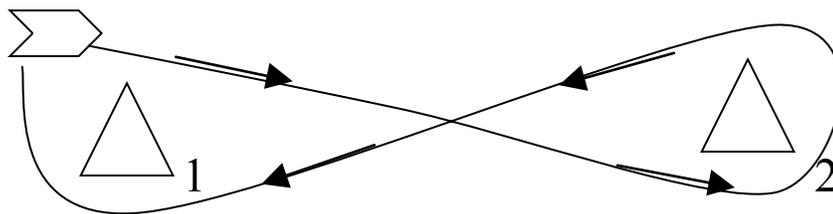
3) Star Drill w/ Figure 8's— Make a 10yd x 10 yd box with cones at each corner, half way on each side, and one in the exact center (C). Start at center cone, and run figure 8's around each of the outer cones in numerical order. Clock-wise means to the left of the outer cone, to the right of the inner cone. Counter clock-wise is the opposite.



4a) Star Drill Touch— Sprint from center cone to outside cone, touch cone, then sprint back to middle cone, touch and return to next outside cone. Clock-wise — touch all outside cones with left hand, inside cone with right hand to keep from spinning in circles.

4b) Star Drill, corners only — Same set up and running as star drill, but remove cones 2, 4, 6, & 8. Only do figure 8's around corner cones. Accelerate between cones and use short quick steps around cones.

5) Figure 8's — Everything is a full sprint. Accelerate full speed between cones, short quick steps around the cones.



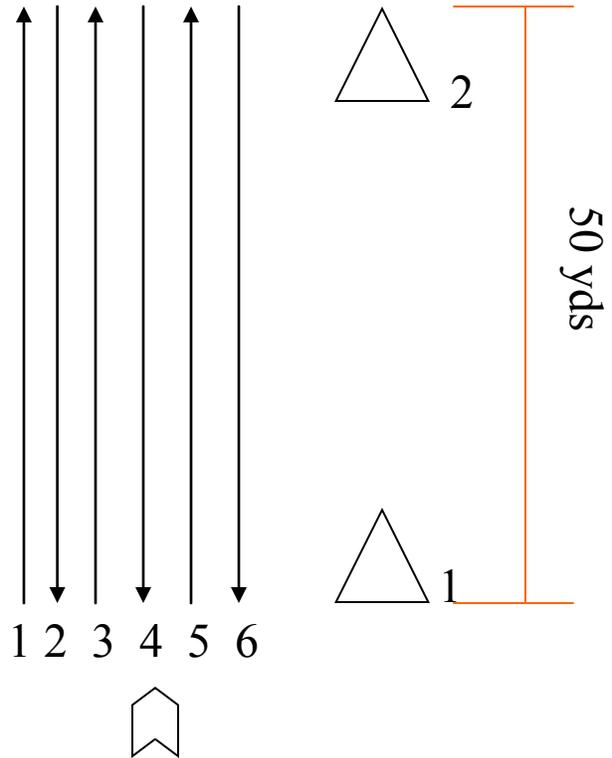
6) 300 meter shuttles —

Sprint

cone 1 to cone 2, cone 2 to cone 1
cone 1 to cone 2, cone 2 to cone 1
cone 1 to cone 2, cone 2 to cone 1



Focus on long strides between cones, short quick steps as you approach an end, plant and turn as fast as possible to save time.



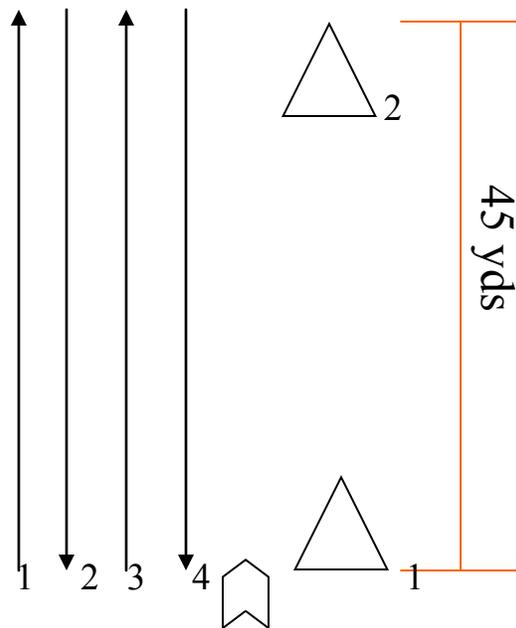
7) 180 meter shuttles —

Sprint

Cone 1 to cone 2, cone 2 to cone 1
Cone 1 to cone 2, cone 2 to cone 1



Focus on long strides between cones, short quick steps as you approach an end, plant and turn as fast as possible to save time.



8) 100 meter runs —
all cones are 10 yards apart
over a 100 yard total span

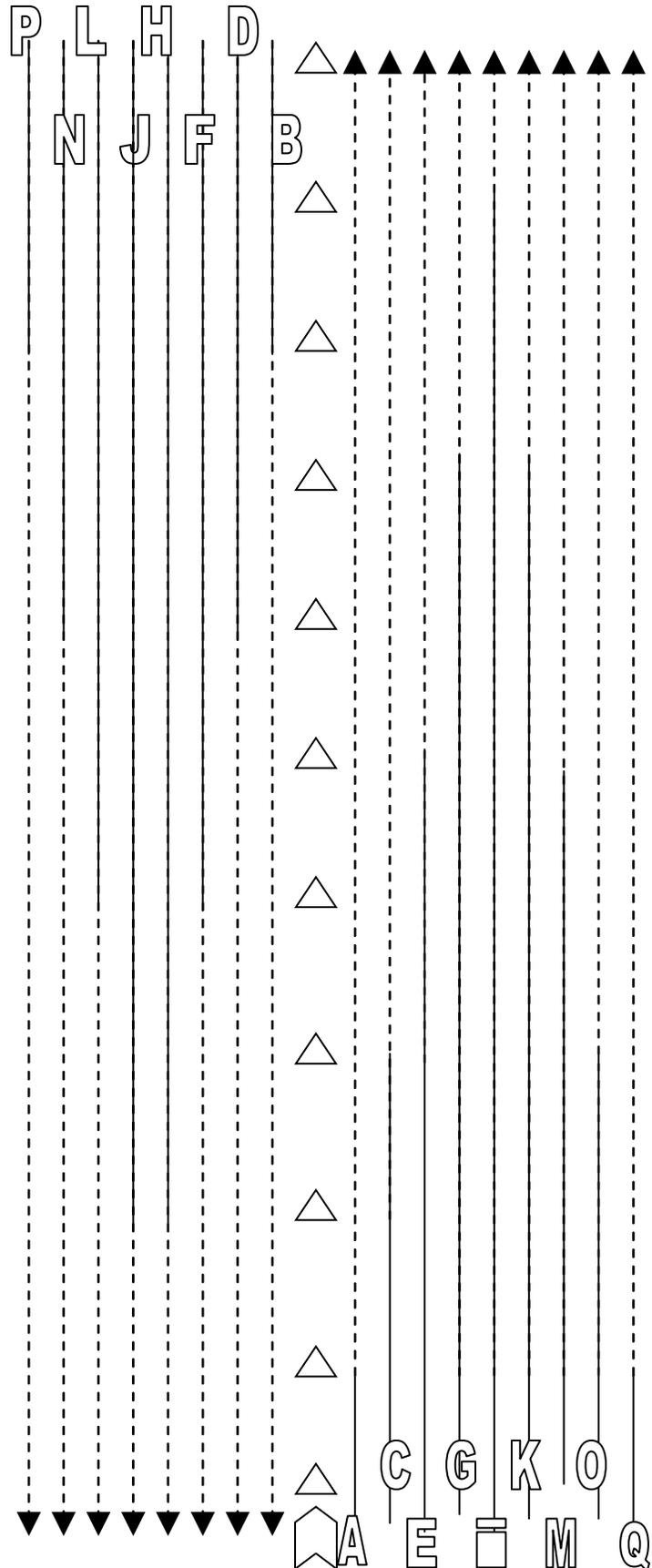
1/2 Run =

- A) Sprint 10 yds, jog 90 yds
- B) Sprint 20 yds, jog 80 yds
- C) Sprint 30 yds, jog 70 yds
- D) Sprint 40 yds, jog 60 yds
- E) Sprint 50 yds, jog 50 yds
- F) Sprint 60 yds, jog 40 yds
- G) Sprint 70 yds, jog 30 yds
- H) Sprint 80 yds, jog 20 yds
- I) Sprint 90 yds, jog 10 yds

100 meter runs —

1 Full Run =

- A) Sprint 10 yds, jog 90 yds
- B) Sprint 20 yds, jog 80 yds
- C) Sprint 30 yds, jog 70 yds
- D) Sprint 40 yds, jog 60 yds
- E) Sprint 50 yds, jog 50 yds
- F) Sprint 60 yds, jog 40 yds
- G) Sprint 70 yds, jog 30 yds
- H) Sprint 80 yds, jog 20 yds
- I) Sprint 90 yds, jog 10 yds
- J) Sprint 80 yds, jog 20 yds
- K) Sprint 70 yds, jog 30 yds
- L) Sprint 60 yds, jog 40 yds
- M) Sprint 50 yds, jog 50 yds
- N) Sprint 40 yds, jog 60 yds
- O) Sprint 30 yds, jog 70 yds
- P) Sprint 20 yds, jog 80 yds



9) 20 Yard Sprints — 1 length = cone 1 to cone 2. The numbers shown are the number of lengths you must run each time.

You have 5 seconds per length, and equal work time as run time

EX: 1 3 5 7 9 9 7 5 3 1 means

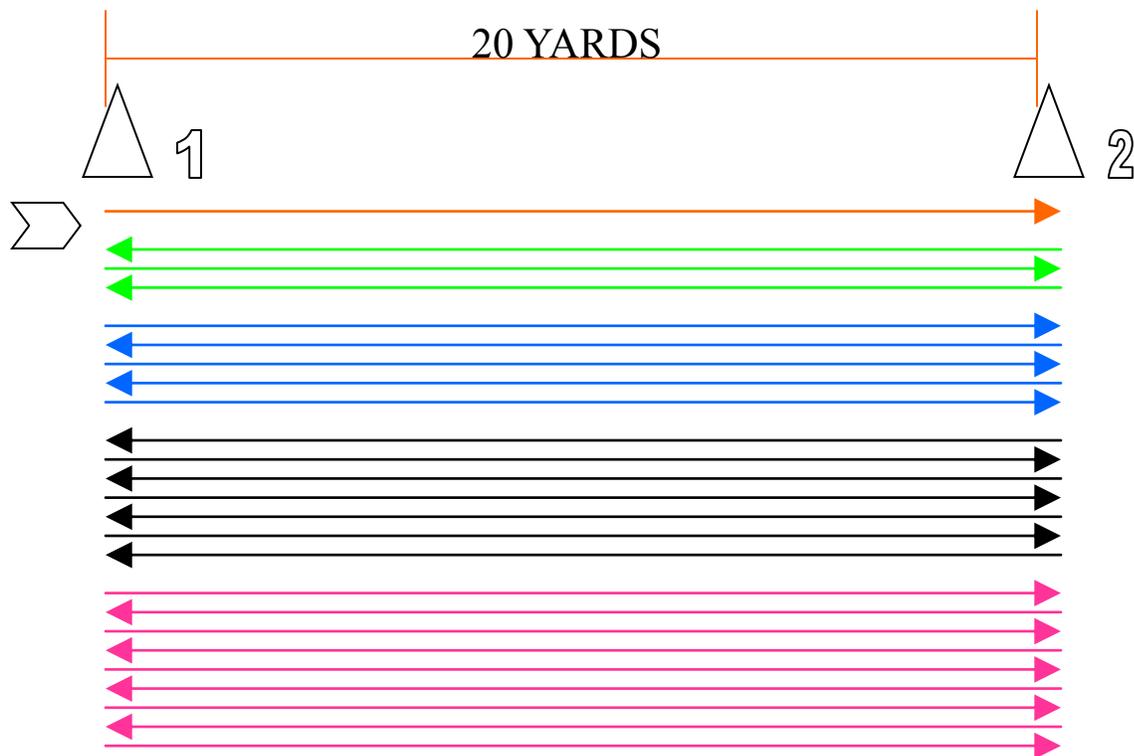
Sprint Cone 1 to cone 2 within 5 seconds, rest 5 seconds

Sprint cone 2 to cone 1 to cone 2 to cone 1 within 15 seconds, rest for 15 seconds

Sprint cone 1 to cone 2 to cone 1 to cone 2 to cone 1 to cone 2 within 25 seconds, rest 25 seconds

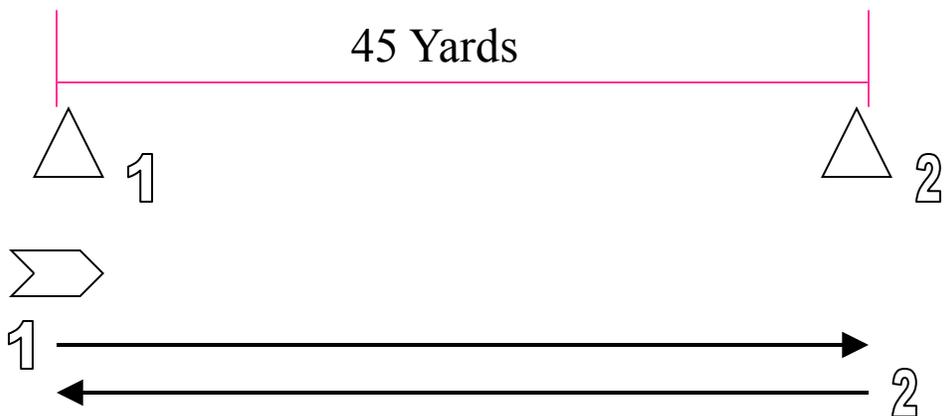
Sprint cone 2 to cone 1 to cone 2 to cone 1 to cone 2 to cone 1 to cone 2 to cone 1 within 35 seconds, rest 35 seconds....

ETC until you run entire number sequence. Rest time does not start until all of the work time ends so if you finish before given work time ends, you get extra rest.

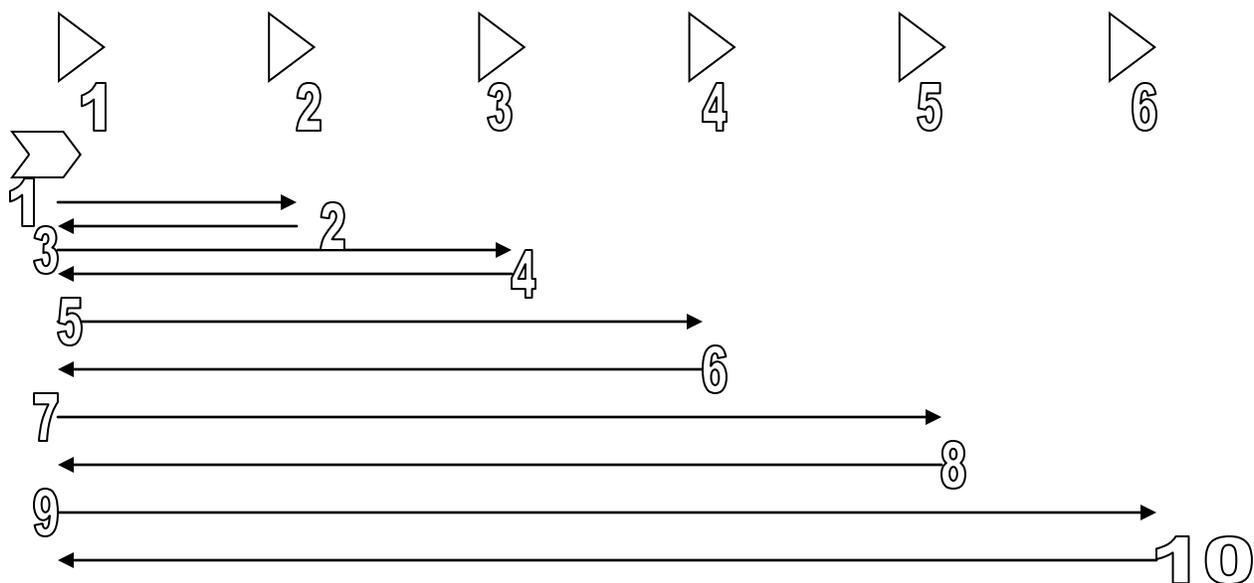


- 1 = red lines**
- 3 = green lines**
- 5 = blue lines**
- 7 = black lines**
- 9 = pink lines**

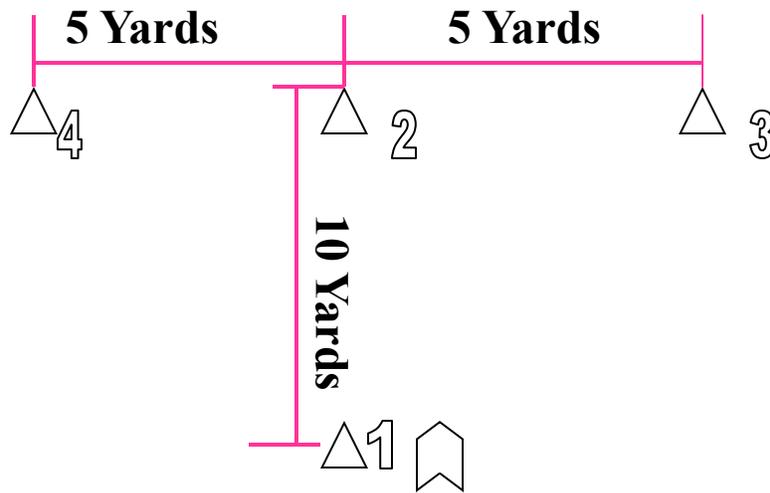
10) 90 Yard Shuttles— Sprint from cone 1 to cone 2 to cone 1
 Focus on accelerating between cones, shorten and quicken your steps as you approach a cone, plant and turn as fast as possible.



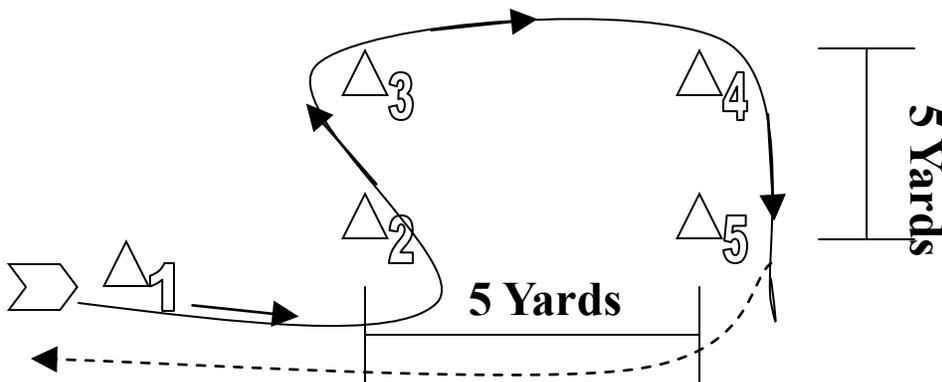
11) 25 Yard Cone Shuttles — All cones are 5 yards apart
 Sprint cone 1 to cone 2 to cone 1 to cone 3 to cone 1 to cone 4 to cone 5
 to cone 1 to cone 6 to cone 1



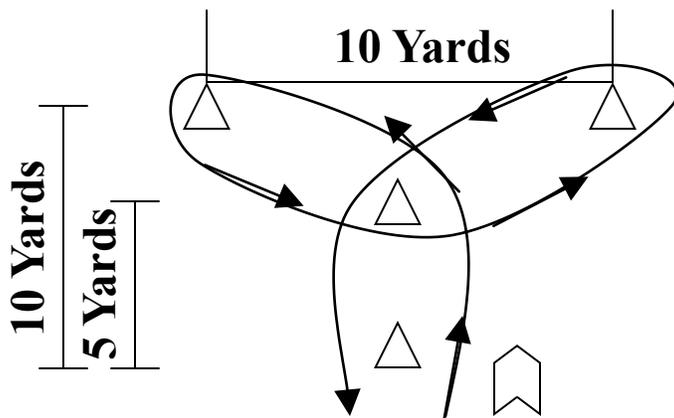
12) **25 Yard T-Shuttle Run** — Sprint from cone 1 to cone 2 to cone 3 to cone 4 to cone 2 to cone 1.



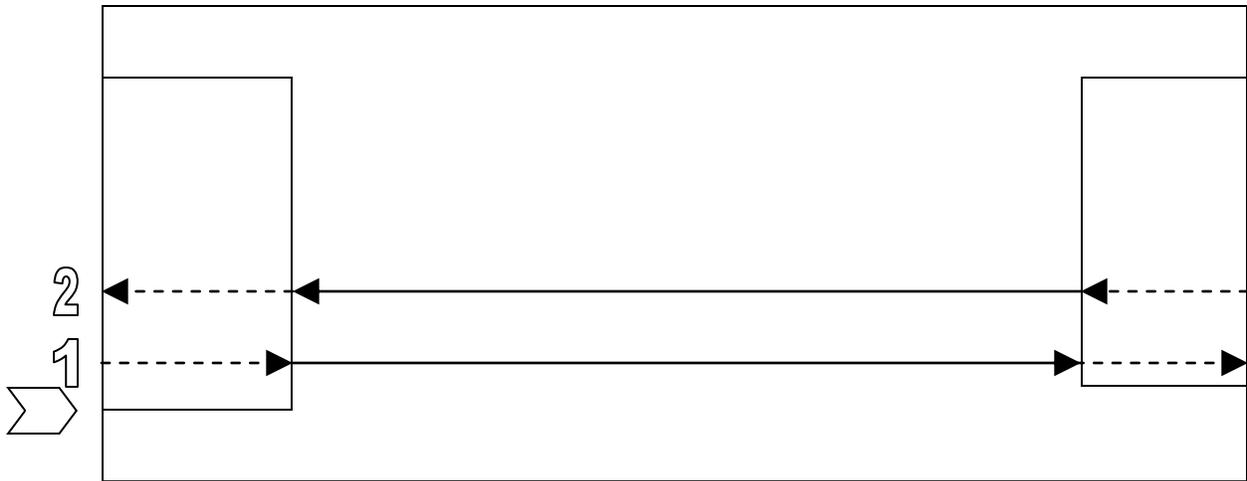
13) **“Z” Drill** — Start at cone 1, sprint around cones in order, recovery jog to the start.



14) **“Y” Drill** — Start at cone 1, sprint around cones in order, recovery jog to the start.



15) Boxes — From the endline, jog to the edge of the 18 yard box, sprint to the top of the opposite 18 yard box, jog to the end line. When you reach the far end line, that is one repetition. Turn and repeat going the other way. No rest.

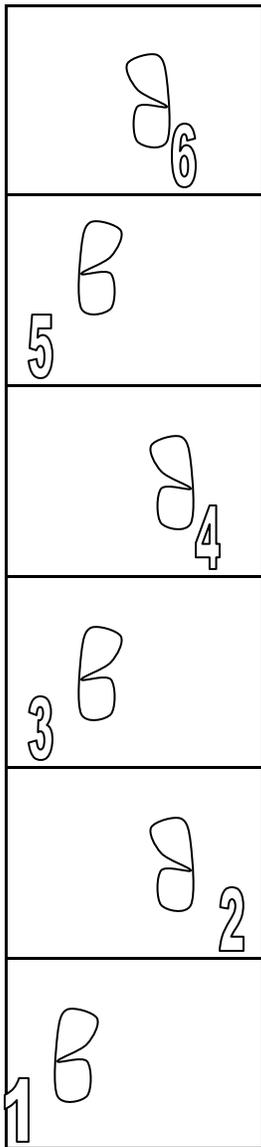


LADDER EXERCISES

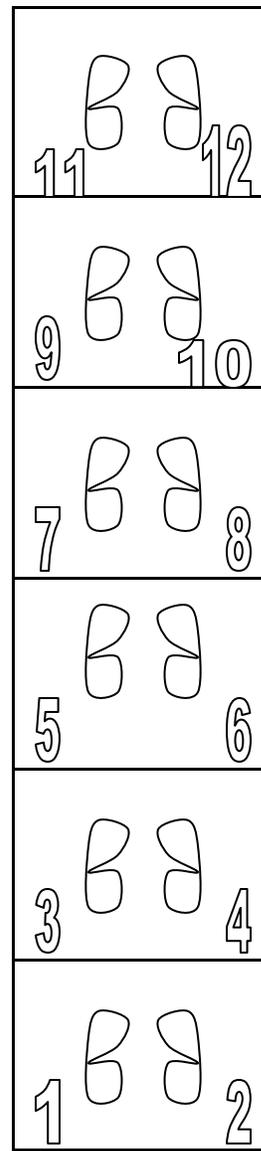
For all ladder exercises, follow feet in numerical order. You face the same way the “feet” face.

Focus on keeping your weight/body over the balls of your feet, quick foot work, good balance

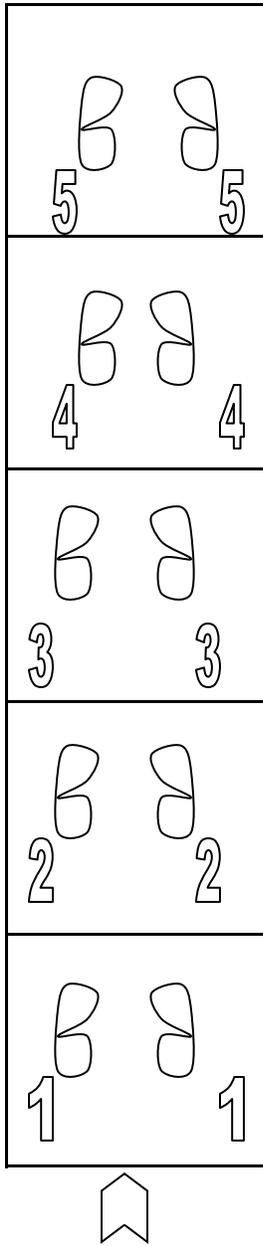
**A) 1 foot in each square
(lead with either foot)**



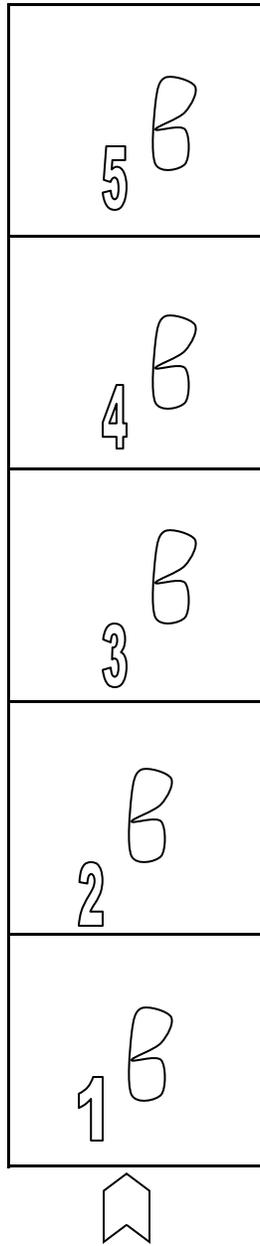
**B) 2 feet in each square
(Alternate lead foot) This shows
left foot leading**



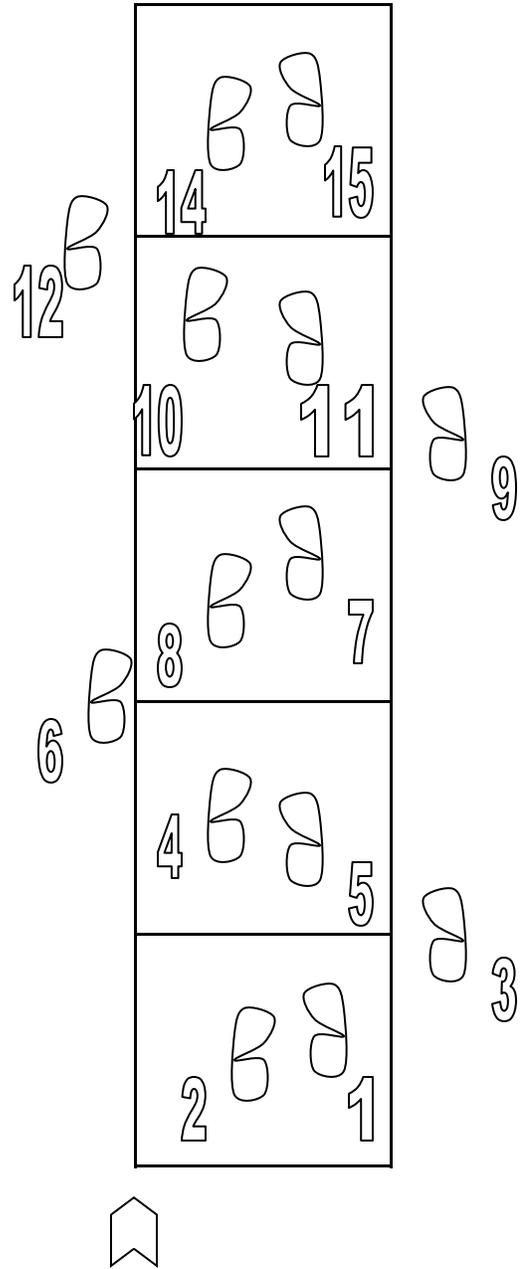
**C) 2 Foot Hop
feet land @ same**



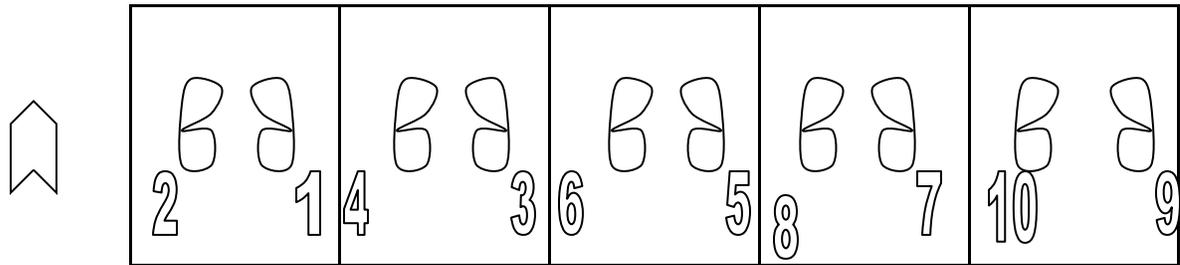
D) 1 Foot Hop



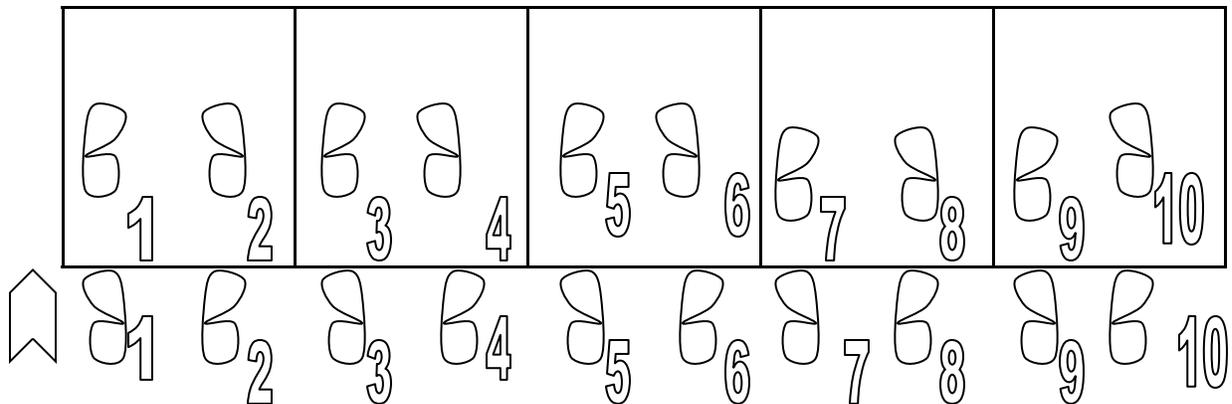
**E) Ichy Shuffle-shuffle
through, step out**



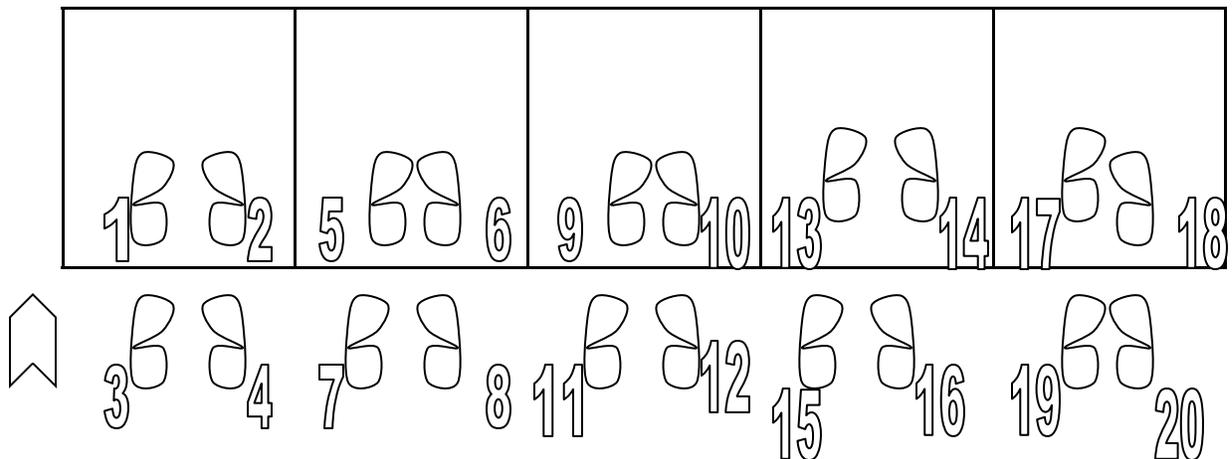
F) Side Shuffle — starting to the right. Alternate directions



G) Lateral Split Shuffle—Both feet land at the same time, one in the box, one out. Switch feet in and out of box then cross over to land in new box. Both feet must land inside and outside of each box before you move on to a new box



H) Lateral Run-fast foot work— When going to the right, lead with your left foot so you are crossing over into a new box.





Pre, During, Post Exercise Nutrition for Optimal Athletic Performance

Finding the Right Balance

Carbohydrates

Primary fuel for our bodies during physical activity. Provide energy, spare protein, maintain blood glucose (fruits, vegetables, whole grains, dairy, beans)

Protein

Recommendations for endurance athletes range from **1.2 to 2.0 grams per kilogram per day**. Essential to maintain muscle mass, for tissue repair, and immune system (fish, meat, eggs, beans, soy, dairy, nuts)

Fat

Used at **lower intensities**. Used for protection, insulation, cell function, hormones (oil, butter, fish, avocados, nuts, dairy)

Vitamins & Minerals

Calcium: provides structure to bone and teeth. Important for nerve transmission, muscle contractions, blood pressure regulation, and release of hormones. Sources: dairy, tofu, leafy greens, fish canned with bones.

Vitamin D: important for bone health and immune health. Sources: liver, fatty fish, egg yolks.

Iron: delivery of oxygen to working muscles. Sources: red meat, fish, beans, beets, leafy greens, nuts.



The Human Machine

Over the Course of 24 hours:

Heart beats 103,689 times
Breathe 23,040 times
Exercise 7,000,000 brain cells
Speak 48,000 words
Nails grow 0.0046"
Perspire 1.43 pints of moisture.



Blood travels 168,000 miles
Inhale 438 cubic feet of air
Turn in your sleep 2530 times
Move 750 major muscles
Hair grows 0.1717"

Pre - Exercise

- Digestion Time:
 - Large meal: 3-4 hours; 500-800 calories
 - Small meal: 2-3 hours; 300-400 calories
 - Small snack: <1 hour; 150-200 calories
- Stick to familiar foods
- **Carbohydrate** rich sources low in fiber and fat to reduce GI problems.
 - Oatmeal with milk and berries, sweet potatoes, brown rice, multigrain cereal with milk, whole wheat bread with PB, banana & PB, pasta with sauce, yogurt & granola
- **Hydrate:** 2-3 hours; 17-20oz. of fluid. 15-20min; 7-10oz.

During Exercise

- **>90 minutes**, consume 100-250 calories per hour from **carbohydrates**
 - bananas, oranges, sports drinks, gels, applesauce.
- **Hydrate:** 5-10oz. of fluids every 15-20minutes for exercise **>60 minutes**
- **Electrolytes** –Na, K, Cl
- **Experiment** fueling and hydration during training

Post Exercise

- **Similar to pre-workout snack** should be consumed within **30 minutes** after exercise.
- Carbohydrates and protein with a little fat.
 - fruit smoothie with yogurt or milk, bagel with PB, cereal with milk, spaghetti with meat sauce, turkey and ham sandwich, trail mix, energy bar.
- **Hydrate:** weigh before and after exercise, for **every pound loss drink 16-24 oz of extra fluid** within 2 hours.



Homemade Sports Drink

- 1/4 cup sugar
- 1/4 tsp. salt
- 1/4 cup hot water
- 1/4 cup orange juice
- 2 tbs. lemon juice
- 3 1/2 cups cold water

In the bottom of pitcher, dissolve sugar and salt in hot water. Add juice and remaining cold water; chill.

Nut Butter Energy Bars

- 3 cups oats
- 1 cup nut butter (peanut, almond, sunflower seed)
- 1/2 cup liquid sweetener (honey, maple syrup, agave)
- Optional: dried fruit, nuts, seeds, coconut

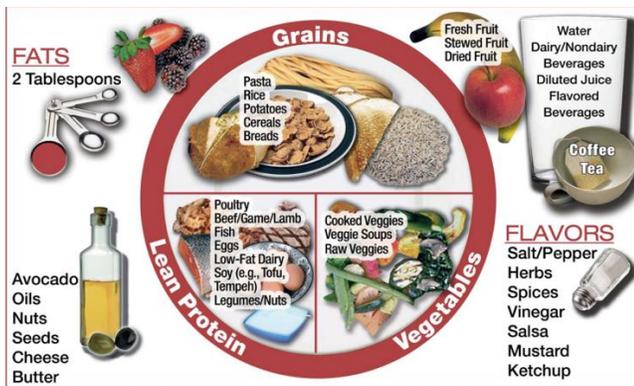
In microwave safe bowl, combine nut butter and honey. Microwave on high for 2 minutes. Pour nut butter mixture over oatmeal and stir until coated. Add optional ingredients if desired. Spoon mixture in 9x9 inch pan coated with cooking spray, press down firmly. Let stand for about an hour.



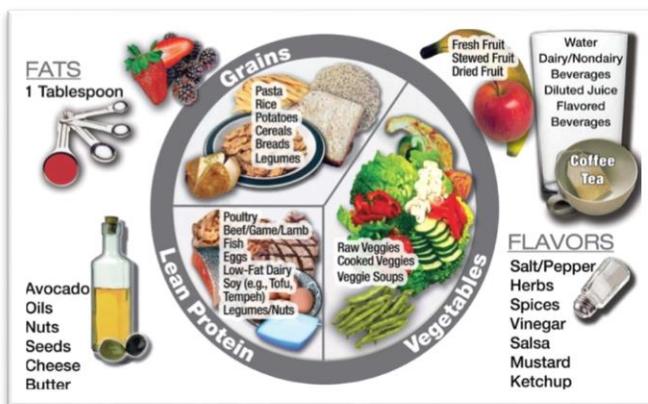
How Much Food is Enough?

Find a Sports Dietitian in your area to help make an individualized program at eatright.org/find-an-expert.

Hard Day/Competition Day



Moderate Day (1 Workout)



(United States Olympic Committee Sport Dietitians)

How Much Fluid is Enough?

- Women = ~12 cups
- Men = ~ 16 cups
- Urinate every **2-4 hours**, pale yellow urine.

Recommended Reading: *Nancy Clark's Sports Nutrition Guidebook*

For more information and contact information:

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