

2018 WHS BOYS SOCCER

Team,

Last year we failed to qualify for the post season for the first time in three years. I also felt we underachieved last year, which adds to the disappointment. Although last year's experience was a challenging one, it should only serve to motivate us for this season.

Competition for playing time is wide open this year. We have a lot to prove as a program and cannot afford to expect success if we show up on August 23rd physically and mentally unprepared. Get yourselves into the best soccer shape of your lives, eat well, and play as much as you can. If we are successful this season it will be because you all committed to getting better today, not on August 23rd.

This packet contains some important dates as well as some suggested guidelines for your offseason preparation.

See you in a couple months!

Coach Andrew Joseph

a.joseph@schoolsofwestfield.org

413-537-1886

Twitter: @bombersbsoc



High School Prospective Player Meeting Agenda 6/13/18

1. Sign-in
2. Coaching staff
3. Physicals, Family ID, \$125 Athletics Fee
 - a. **No physical, no concussion baseline test, no Family ID, no fee: no tryout, period.**
 - b. <https://www.familyid.com/organizations/westfield-public-schools>
 - c. \$125 athletics fee payable to Westfield High School Athletic Revolving Account
 - d. Check westfieldathletics.weebly.com for concussion baseline test dates and free physical dates
4. Tryout and pre-season dates, tentative 2018 schedule
5. MIAA app
6. Proper training attire and equipment: shorts, full t-shirt, soccer socks, shin guards, goalkeepers bring gloves, running shoes AND BROKEN-IN CLEATS, water, and sun screen

7. Player pool
8. Academic eligibility / Study hall
9. College recruiting: <http://www.nscaa.com/membership/recruiting-guides>
10. Time commitment
11. Bona Fide team member
12. Volunteering
13. Fundraising
14. Summer training
15. WHS weight room: check website for dates and times

First game is Tuesday 9/4 vs Chicopee Comp

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. Superior player fitness is necessary for competitiveness reasons, but is also crucial to reducing the risk of injury - especially during the early part of the season when physical demands tend to be the highest.

Before we discuss the fitness aspect of your training, you must consider your technical ability. **IMPROVING YOUR TECHNICAL ABILITY IS THE MOST IMPORTANT CONSIDERATION OF ALL.** Incorporate playing the game into your training regimen. Fitness will allow you the opportunity to maintain your technical ability on the field. There are many solid individual technical training programs on YouTube. Pick one and stick to it.

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 quarter-mile 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.

When running intervals, set a pace you can sustain and intersperse rapid bursts at the manageable intervals. For example, running 5 minute/45 second intervals during a 30 minute run means: run for 5 minutes, then significantly increase your pace for 45 seconds, then revert to your former pace for 5 minutes, then increase your pace for 45 seconds, and so on until you reach the end of the run's duration. In this way, you'll get 5 intervals into a 30 minute run. Obviously, you need a watch for this. "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 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.
- 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.
- 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 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 start. 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.

Set your priorities. Understand what is important to you, what not to do, what you should do first, second, etc. Make yourself a chart to give yourself variety and keep you on track each week of the summer. Lastly, envision you are a coach trying to get you, as a player, to be the best you can be. Enjoy the summer, get prepared, you'll give yourself a chance to enjoy the fall even more.

When do you start? Simple, now. Ten to twelve weeks is necessary to properly prepare for the fall sports season. Do something fitness wise six days a week, 1.5 hours per day, plus ball work. 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, ice, and elevate 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 mentioned above. You will need to get your aerobic base to a good level before you start working on your anaerobic base. Always incorporate strength and conditioning, and agility and speed training. Be creative. The lists on the following page will give you options in each category for variety to sustain your training regimen.

Here we go ... weeks 1, 2, and 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. If you have an organized soccer training session of 1.5 hours, this will take the place of a daily workout. Remember: eat well, drink well, play well.

How to read the summer calendar:

Throughout the calendar there are benchmarks listed in the Sunday space marked with an asterisk. The asterisk does not mean do these things on Sunday. It means at that point in time, you should be able to do those things.

- **Plyometrics** - use proper technique - land soft on your toes, quiet like a cat, keep your core tight. Perform 3 sets of 3 activities.
 - **Standing squat** - feet shoulder's width apart, arms extended in front, back straight up, bend at the knees, quads no lower than parallel. (minimum 3 sets of 20 reps continual work)
 - **Airborn 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, Heisman pose. Repeat left and right. A right and left move counts as 1 rep (minimum 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)
 - **Leapfrog Squat** - With legs wide, drop into a low squat. Keeping head and shoulder calm, jump/leap forward 2 times, then back 2 times.
 - **Run stance squat switch** - In a runner's 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 runner's 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)

- **Speed and Agility**
 - **Agility Ladder**
 - Ladder 1: With quickness, start on the left side of the ladder, step in right foot first, step in left foot second, step right foot out (clear the left foot out of the ladder, *does not have to hit the ground*). Repeat to the left.
 - Ladder 2 With Power: Start on the left side of the ladder, step in with your right foot, step in with your left foot, explode out to the right side (land on right foot). Repeat.
 - **Agility Poles**
 - **Agility Hurdles**
 - Facing forward hop over hurdles
 - Facing sideways hop over hurdles (face both directions)
 - **Box Jumps**
 - Leap up to each level repeatedly for a pre-determined time ex. 1 min.
 - **Square Jumps**

- Jump in facing forward, jump out the right side (facing the square), jump in (facing the direction you started), Jump out backwards (facing the square), jump over the whole square. Repeat in different height squares for a pre-determined time ex. 1 min.
 - **Square run**
 - Set up a square approximately 10 yards between cones. Sprint, slide, back peddle, slide. Repeat for a pre-determined time.
- **Interval Running:**
 - Jog/Sprint/Jog ... repeat
 - Example 1: 1 mile road run with telephone poles
 - Jog two telephone poles / sprint to the next / jog two telephone poles / sprint to the next / jog one telephone pole / sprint to the next ... repeat
 - Example 2: Distance 4 laps around track = 1 mile
 - Jog $\frac{1}{2}$ track / sprint $\frac{1}{4}$ track / jog $\frac{1}{2}$ track / sprint $\frac{1}{4}$ track / jog $\frac{1}{4}$ track / sprint $\frac{1}{4}$ track ... Repeat.
 - Or by time as seen above.
- **Strength & Conditioning Training:** Upper body, lower body, and core
 - **Upper Body:**
 - Standard Push Up - Push up position, straight back, and core tight throughout exercise, toes on ground and hands slightly wider than shoulders under body. Down and up is one rep (3 sets of 20 reps)
 - Wide Fly Push Up - Push up position, straight back, and core tight throughout exercise, toes on ground and arms out from shoulders with hands below elbows. Down and up is one rep. (3 sets of 20 reps)
 - Diamond Push Up - Push up position, straight back, and core tight throughout exercise, toes on ground but wider than shoulder width for better balance. Hands below upper body, even with shoulders, bring your thumbs and fore fingers together to form a diamond shape. Down and up is one rep. Go as low as you can (3 sets of 15 reps)
 - Pull Ups or Chin Up - You may need help from a parent to provide a good pull up bar, be safe. Hands are shoulder's width apart, fingers wrapped over the bar toward your face. Pull up your body weight (3 sets of 10 reps)
 - Arm circles - Standing position arms straight out from your side, fingers pointing up with palms away. Make small circles with your hands clockwise for thirty seconds then reverse direction for thirty seconds. That's one rep. 15 second rest with hands at your side, then repeat. You can vary with bigger and smaller circles
 - **Lower Body:**

- Squats - See plyometrics
- Wall Sits - Keep legs bent at 90 degrees, back up against the wall and hands above your head. Pre-determined time ex. 1 min
- Leg extensions - Weight room
- Leg Curls - Weight room
- **Core:**
 - Crunches - Be creative and do a variety of crunches.
 - Plank - Similar to a push-up position. Arms below the elbow rest on the ground making a V and toes on the ground keep yourself STRAIGHT and STIFF as a board for a pre-determined time ex. 1 min.
 - Leg raises - Lay on your back and with your hands by your sides raise your legs (keeping them as straight as you can) about six inches off the ground for a pre-determined amount of time ex. 1 min.

Tryout structure

- Day 1 session 1
 - 40 yard dash, Illinois agility test, speed dribble, throw-in
 - Beep Test
 - Small-sided games
- Day 1 session 2
 - Small-sided games
 - Large-sided games
- Day 2 session 1
 - Cooper Test
 - Small-sided/large-sided games
- Day 2 session 2
 - Small-sided/large-sided games
 - Shuttles



BEEP TEST						
MALES	poor	fair	average	good	very good	excellent
12 - 13 yrs	3/4	5/2	6/5	7/6	8/9	10/9
14 - 15 yrs	4/7	6/2	7/5	8/10	9/9	12/2
16 - 17 yrs	5/1	6/9	8/3	9/10	11/4	13/7
18 - 25 yrs	5/2	7/2	8/6	10/2	11/6	13/10
26 - 35 yrs	5/2	6/6	7/10	8/10	10/7	12/9
36 - 45 yrs	3/8	5/4	6/5	7/8	8/10	11/3
46 - 55 yrs	3/6	4/7	5/6	6/7	7/8	9/5
56 - 65 yrs	2/7	3/7	4/9	5/7	6/9	8/4
> 65 yrs	2/2	2/6	3/8	4/9	6/2	7/2

BEEP TEST						
FEMALES	poor	fair	average	good	very good	excellent
12 - 13 yrs	2/6	3/6	5/2	6/2	7/5	9/3
14 - 15 yrs	3/4	5/3	6/5	7/6	8/8	10/7
16 - 17 yrs	4/2	5/7	7/2	8/5	9/8	11/11
18 - 25 yrs	4/5	5/8	7/3	8/7	10/2	12/7
26 - 35 yrs	3/8	5/3	6/6	7/8	9/5	11/5
36 - 45 yrs	2/7-	3/8-	5/4	6/3	7/5	9/5
46 - 55 yrs	2/5	3/6	4/5	5/4	6/3	8/1
56 - 65 yrs	2/2	2/7	3/6	4/5	5/7	7/2
> 65 yrs	1/5	2/2	2/7	3/5	4/4	5/7





June

Sun

Mon

Tue

Wed

Thu

Fri

Sat

13

8th Grade Meeting

14

HS Meeting

15

16

17

Can you...

*Run 2 Miles

*Do 15 push-ups

* Do 20 sit-ups

18

-Plyometrics
(See packet)
-Skill/Ball Work

19

-Light Cardio
(1.5-2 mile jog)
-Skill/Ball Work

20

-Speed
Conditioning
(Interval Running
1-2 miles)
-Skill/Ball Work

21

-Speed /Agility
/Plyometrics
(See Packet)
-Skill/Ball Work

22

-Light Cardio
(1.5-2 mile jog)
-Strength & Cond.
-Skill/Ball work

23

Cardio Day
(2-3 Miles)

24

Rest

25

-Plyometrics
-Strength & Cond.
-Skills/Ball Work

26

-Light Cardio
(1.5-2 mile jog)
-Skill/Ball Work

27

-Speed
/Conditioning
(Interval
Running1-2 miles)
-Strength & Cond.
- Skill/ Ball Work

28

-Speed / Agility /
Plyometrics
-Skill / Ball Work

29

-Light Cardio
(1.5-2 mile jog)
-Skill/Ball work

30

Cardio Day
(3-4 Miles)

July 1

Rest

2

-Plyometrics
-Strength & Cond.
-Skills/Ball Work

2018

July

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		3 -Light Cardio (1.5-2 mile jog) -Skill/Ball work Enjoy the fireworks: Make good choices	4 -Speed /Conditioning (Interval Running 1.5-2 miles) -Strength & Cond. -Skill/Ball Work	5 -Speed /Agility /Plyometrics -Skill/Ball Work	6 -Light Cardio (1.5-2 mile jog) -Strength & Cond. -Skill/Ball work	7 Cardio Day (3-4 Miles)
8 Rest *Run 3 Miles * Do 20 push-ups * Do 40 Sit-ups	9 -Plyometrics -Strength & Cond. -Skills/Ball Work	10 -Light Cardio (2-2.5 mile jog) -Skill/Ball work	11 -Speed /Conditioning (Interval Running 2 miles) -Strength & Cond. -Skill/Ball Work	12 -Speed /Agility /Plyometrics -Skill/Ball Work	13 -Light Cardio (2-2.5 mile jog) -Strength & Cond. -Skill/Ball work	14 Cardio Day (4-5 Miles)
15 Rest	16 -Plyometrics -Strength & Cond. -Skills/Ball Work	17 -Light Cardio (2-2.5 mile jog) -Skill/Ball work	18 -Speed /Conditioning (Interval Running 2 miles) -Strength & Cond. -Skill/Ball Work	19 -Speed /Agility /Plyometrics -Skill/Ball Work	20 -Light Cardio (2-2.5 mile jog) -Strength & Cond. -Skill/Ball work	21 Cardio Day (4-5 Miles)
22 Rest	23 -Plyometrics -Strength & Cond. -Skills/Ball Work	24 -Light Cardio (2.5-3 mile jog) -Skill/Ball work	25 -Speed /Conditioning (Interval Running 2 miles) Strength & Cond. -Skill/Ball Work	26 -Speed /Agility /Plyometrics -Skill/Ball Work	27 -Light Cardio (2.5-3 mile jog) -Strength & Cond. -Skill/Ball work	28 Cardio Day (4-6 Miles)
29 Rest *Run 5 Miles *Do 40 Push-ups *Do 50 Sit-ups	30 -Plyometrics (on your own or with teammates) -Strength & Cond -Skills/ Ball Work	31 -Light Cardio (2.5-3 mile jog) -Skill/Ball work	Aug 1 -Speed /Conditioning (Interval Running 2 miles) -Strength & Cond.	2 -Speed /Agility /Plyometrics -Skill/Ball Work		

August

Sun

Mon

Tue

Wed

Thu

Fri

Sat

3

4

-Light Cardio
(2.5-3 mile jog)
-Strength & Cond.
-Skill/Ball work

Cardio Day
(4-6 Miles)

5

6

7

8

9

10

11

Rest

-Plyometrics
-Strength & Cond
-Skills/ Ball Work

-Light Cardio
(2.5-3 mile jog)
-Skill/Ball work

-Speed
/Conditioning
(Interval Running 2
miles)
-Strength & Cond.
-Skill/Ball Work

-Speed /Agility
/Plyometrics
(on your own or
with teammates)
-Skill/Ball Work

-Light Cardio
(2.5-3 mile jog)
-Strength & Cond.
-Skill/Ball work

Cardio Day
(4-6 Miles)

12

13

14

15

16

17

18

Rest

-Plyometrics
(on your own or
with teammates)
-Strength & Cond
-Skills/ Ball Work

-Light Cardio
(2.5-3 mile jog)
-Skill/Ball work

-Speed
/Conditioning
(Interval Running 2
miles)
-Strength & Cond.
-Skill/Ball Work

-Speed /Agility
/Plyometrics
(on your own or
with teammates)
-Skill/Ball Work

-Light Cardio
(2.5-3 mile jog)
-Strength & Cond.
-Skill/Ball work

Cardio Day
(4-6 Miles)

19

20

21

22

23

24

25

EAT, HYDRATE,
REST. **Can you be
as good as you
WANT to be at
tryouts?**

-Speed
/Conditioning
(Interval Running 2
miles)
-Strength & Cond.
-Skill/Ball Work

-Light Cardio
(2.5-3 mile jog)
-Skill/Ball work

Rest
**Light: Skill/ Ball
Work**

**Tryouts at
Woronoco Field**

**8am-11am
5:30pm-7:30pm**

**Tryouts at
Woronoco Field**

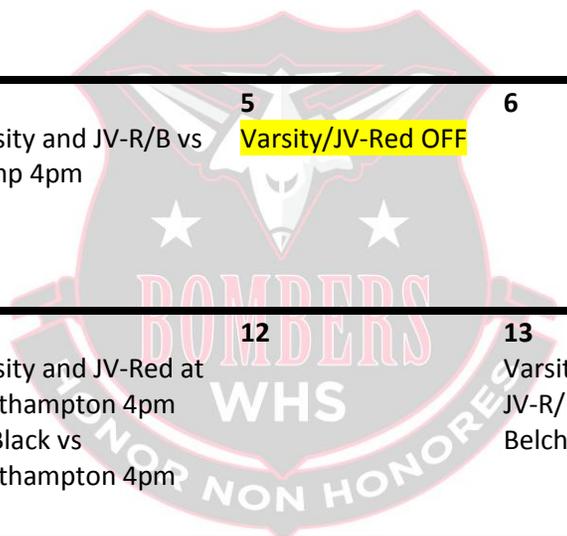
**9am-11am
5:30pm-7:30pm**

**Scrimmage vs
Southwick at
Westfield High**

**8:30am-12:30pm
*Varsity
candidates only***

Tentative 2018 Game and Training Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aug 26 ALL LEVELS OFF	27 Final sub-varsity tryout 3:00pm-5:00pm Player placement 5:00pm-5:30pm	28 Varsity scrimmage at Gateway Regional at 4pm	29	30	31 Varsity and JV-Red scrimmage vs. Hampshire Regional at 4pm at WHS	Sept 1 Varsity/JV-Red OFF
2 Varsity/JV-Red training 7:45am- 9:15am	3 Labor Day Varsity training 8am-10:00am	4 Varsity and JV-R/B vs Comp 4pm	5 Varsity/JV-Red OFF	6	7	8 Varsity and JV- R/B at Pittsfield at 4pm
9 Varsity/JV-Red training 7:45am- 9:15am	10	11 Varsity and JV-Red at Northampton 4pm JV-Black vs Northampton 4pm	12	13 Varsity 7pm and JV-R/B 5:15pm vs Belchertown	14 Varsity/JV-Red OFF	15 Varsity training 8am-10:00am
16 Varsity/JV-Red training 7:45am- 9:15am	17 Varsity and JV-A vs. Agawam at 4pm JV-B at Agawam at 4pm	18	19 JV-Red/Black vs. Holyoke at 4:30pm	20 Varsity 7pm JV- Red 5pm at East Longmeadow	21 JV-Black vs. East Longmeadow at 4p	22 Varsity vs Holyoke at 8pm at Westfield State



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23 Varsity/JV-Red training 3pm-4:30pm	24 Varsity 7pm and JV-Red 5pm at West Springfield JV-Black vs. West Springfield 4pm	25	26 Varsity 6pm and JV- Red 4:30pm at Central JV-Black vs. Central	27 Varsity/JV-Red OFF	28	29 Varsity and JV- Red vs Amherst at 11am JV-Black vs Amherst at 4pm
30 Varsity/JV-Red OFF	Oct 1	2 Varsity and JV-A at Longmeadow at 4pm JV-B vs Longmeadow at 4pm	3	4	5 Varsity vs. Ludlow at 6pm JV-Red at Ludlow at 4:00pm JV-Black at Ludlow at 4pm	6 Varsity/JV-Red OFF
7 Varsity/JV-Red training 7:45am- 9:15am	8 Columbus Day Varsity and JV-Red vs. Palmer at 11am	9	10 Varsity and JV-Red at Minnechaug at 4pm JV-Black vs. Minnechaug at 4pm	11 Recovery	12 Varsity/JV-Red OFF	13 Varsity/JV-Red OFF
14 Varsity/JV-Red training 7:45am- 9:15am	15	16 Varsity and JV-Red vs Northampton at 4pm JV-Black at Northampton at 4pm	17	18	19 Varsity 7pm and JV-R/B 5:15pm at Belchertown	20 Varsity/JV-Red OFF
21 Varsity/JV-Red training 7:45am- 9:15am	22	23 Varsity and JV-Red 4pm at Agawam JV-Black vs. Agawam at 4pm	24	25	26 Varsity 7pm and JV-Red 5:15pm vs East Longmeadow JV-Black vs East Longmeadow at 4pm	27
28	29					

