

Manual Girls Soccer Pre-Season Fitness Program



Endurance, Speed, Agility, and Strength

Introduction

Soccer is a game of endurance, speed, agility and strength. Manual girl's soccer is dedicated to the overall fitness and health of its players, which is demonstrated through our participation in an annual fitness challenge. This guide will give you the goal of the fitness challenge and a six week training program in order to reach those goals. This program will also get you into shape for the soccer season. We recommend starting the program at the end of May and end before camp or try-outs. Included in this program is an overview of the fitness challenge, a beginning and mid-way evaluation, a workout regime, instructions, and a weekly tracking log.

While this program is not mandatory it is **strongly** recommended for all incoming and returning players to ensure the continued success of Manual Girls Soccer. Many of these same exercises will be completed at camp and try-outs in order to help coaches evaluate player's ability and work ethic. Also, t-shirts will be awarded to those players who successfully complete the fitness challenge. Furthermore, each individual player as well as the team as a whole will need to complete the challenge. Thus, there will be individual and team accountability. To ensure that players are completing the workouts, the weekly tracking log will need to be emailed to Kalya King, a senior varsity player. Her email is: keeperq14@bellsouth.net. Remember, these exercises and the fitness challenge is just one step in the process to take state so let's devote ourselves to the program, work hard, and have fun!

Here is how to get started:

- Begin with the Beginning Evaluation. Take a few days to complete all the workouts and record your times. This is your personal starting point. Once you know where you stand, you can begin your training at your own pace.
- Complete a workout at least 4 days a week:
 - Workouts include:
 - One endurance run daily
 - Several speed and agility runs daily
 - Strength training daily
- Track your workouts each week and record your times. With each workout slowly add more distance, speed, or reps to each exercise. There will also be a place to track other physical activities as well, such as attending soccer practice.
- Three weeks into the program complete the Mid-Way Evaluation. This should let you see how far you have come and what areas need more improvement.
- Continue the program up until the fitness challenge and you will reach your goal!
- If you can already achieve any of the fitness challenge goals, use that as your starting point. Increase your endurance, speed, and strength training accordingly.

Other Things to Remember:

- Remember with any workout, ALWAYS take time to warm up and stretch before beginning any activity and to cool down and stretch again before concluding your workout.

- Drink plenty of water throughout the day and ALWAYS have water with you while exercising. Staying hydrated is crucial to fitness.
- DO NOT exercise in extreme heat. Have cool towels and ice near by and take a break when needed.
- Eat healthy. Carbohydrates are good the night before a good workout and fruits and vegetables are a must.
- Most importantly, HAVE FUN!!!!

Fitness Challenge Overview

Each player will need to complete the following activities in the allotted time in order to successfully complete the fitness challenge.

- 1) Mile and a half run in 10 minutes 30 seconds (this is a seven minute mile pace)
- 2) Sprints: complete all yardage sprints with little recovery time
 - a. 5 yard
 - b. 10 yard
 - c. 15 yard
 - d. 20 yard
 - e. 25 yard
- 3) Sprints: complete 5 sprints with little recovery time
 - a. 100 yard sprints
- 4) Soccer skill
 - a. Juggle ball 25 times consecutively
- 5) Strength Exercises: complete all exercises
 - a. 50 push ups
 - b. 200 crunches
 - c. 50 squats

Beginning Evaluation

Take a few days to complete all the workouts and record your time or reps: refer to the daily workouts and the instructions on how to complete all workouts

Endurance Training: record your time

1 ½ mile run or more:

1 ½ mile run: sprint and jog

Speed and Agility Training: record your time and reps

- 5 yards _____
- 10 yards _____
- 20 yards _____
- 30 yards _____
- 40 yards _____
- 50 yards _____
- 60 yards _____
- 70 yards _____
- 80 yards _____
- 90 yards _____
- 100 yards _____
- ¼ mile run: _____
- Agility Work: how many can you complete in 2 minutes?
 - Lateral X work: _____
 - Across work: _____
 - Side to Side: _____
 - Figure 8: _____

Strength Training: how many can you complete total?

- Push ups: _____
- Crunches: _____
- Lunges: _____
- Squats: _____

Goal Setting: Remember the fitness challenge goals. Where do you need to start based on this evaluation?

Mid-Way Evaluation

Complete this evaluation three weeks into the program. Take a few days to complete all the workouts and record your time or reps: refer to the daily workouts and the instructions on how to complete all workouts. You are half way there so keep working hard!!!!

Endurance Training: record your time

1 ½ mile run or more:

1 ½ mile run: sprint and jog

Speed and Agility Training: record your time and reps

- 5 yards _____
- 10 yards _____
- 20 yards _____
- 30 yards _____
- 40 yards _____
- 50 yards _____
- 60 yards _____
- 70 yards _____
- 80 yards _____
- 90 yards _____
- 100 yards _____
- ¼ mile run: _____
- Agility Work: how many can you do in 2 minutes?
 - Lateral X work: _____
 - Across work: _____
 - Side to Side: _____
 - Figure 8: _____

Strength Training: how many can you do total?

- Push ups: _____
- Crunches: _____
- Lunges: _____
- Squats: _____

Goal Setting: What have I improved? What still needs work?

Daily Workouts

Complete one endurance run, several speed workouts, and all strength exercises daily. Do these four times a week at a minimum. Try to vary your workout, choosing different endurance, speed, and agility training each week.

Endurance Training:

- 1 ½ mile run or more:
 - Use your personal beginning evaluation to decide where to start, i.e. you could run ½ mile or 2 miles based on your ability. Remember to gradually increase your distance and speed. If you can run several miles, work on increasing your speed and further your distance. This is help with your overall endurance.
 - Your ultimate goal should be a 7 minute mile or less. If you can achieve this time then increase your distance with the same speed.
- 1 ½ mile run: sprint and jog
 - Run a long distance, jogging for most of the run, but doing 4 to 5 100 yard sprints throughout the run. This will help with your recovery time.
 - Ultimate goal should be 10-12 minutes for this run

Speed and Agility Training:

- 5, 10, 15, 20, 25, 30, 40, 50, 60, 70, 80, 90, 100 yard sprints
 - Choose 5 or more of these and sprint as fast as you can.
 - Work on your first step and form in order to increase you speed
 - Goals should be able to do several sprints with little recovery time and as fast as possible. I.E. complete 10, 20, 30, 40 yard sprints within 2 minutes.
- ¼ mile run:
 - Run this as fast as you can and gradually increase from ¼ mile to ½ mile.
 - This will help you increase your mile time
 - Goal should be 1 ½-2 minutes
- Agility Work: Create a 4 square, numbering the squares 1-4
 - Lateral X work: 1, 2, 3, 4 (50 reps)
 - Across work: 1 to 4 jumps or 2 to 3 jumps (100 reps)
 - Side to Side: 1 to 2 or 3 to 4 (100 reps)
 - Figure 8: 1 to 4, then 2 to 3 (50 reps)
 - Goal should be able to do these as fast as possible to increase agility speed
- Juggle soccer ball
 - Ultimate goal is 25 consecutive juggles

Strength Training:

- Push ups: 50
 - These can be “girl” push ups
- Crunches: 200
- Lunges: 20
- Squats: 50

Instructions

Follow all instructions for each workout in order to safely and effectively complete the workouts. Remember to use your personal evaluation to design your workout. Start slow and increase your reps, speed, or distance with each workout. If you can already reach some of the tasks, continue to increase your reps, speed, and distance.

Endurance Training: Warm up and stretch before each run. Drink water during breaks. Cool down (very slow jog) and stretch before concluding workout.

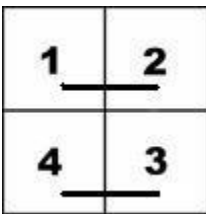
Speed Training: Warm up and stretch before each run. Drink water during breaks. Cool down (very slow jog) and stretch before concluding workout.

- Get set placing one foot in front of the other standing upright
- Push off on your foot to increase your start time
- Pump your arms to increase velocity and improve speed

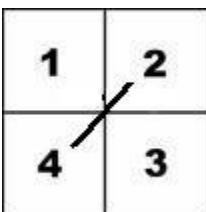


Agility Training: Warm up and cool down. Create a four square on the floor and number 1-4. Follow pictures and instructions below

Lateral X Work: Stand behind square. Laterally move from square 1, then to 2, next to 3, and finally to 4. I.E. Left foot to 1, right foot to 2, left foot to 4, right foot to 3. Start slow and then build up speed to laterally move through the squares.



Across Work: Stand in Square 4 at an angle. Jump to square 2 diagonally. Or Stand in squares 1 and 3. Keep your feet together and go only a few inches off the ground. Do as fast as possible and keep head up.



Side Work: Stand in square 4 and jump sideways to square 3. Or use squares 1 and 2. Keep feet together and only go a few inches off the ground. Go as fast as possible and keep head up.

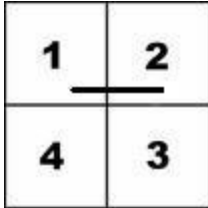
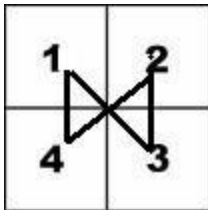


Figure 8: Start in square. Jump back to square 3, then up to square two, diagonal to square 4 and up to square 1. Keep feet together and only go a few inches off the ground. Go as fast as possible and keep head up.



Strength Training: Warm up and cool down. Complete exercises on carpet or soft surface such as grass. Do 4-5 sets. Each set includes 10-15 push-ups, 50+ crunches, 5-10 lunges, and 10-15 squats. Follow pictures and instructions below.

Push Ups: start with you news bent and arms fully extended. Go down to the ground, hold for one second, and then return to starting position.



Crunches: start with feet and back on the floor and hands behind head support head and neck. Come up part way and then release back to starting position.



Lunges: start with legs shoulder length apart. Step forward with right foot. Keep knee at 90 degree angle. Back leg should stay as straight as possible. Bring back leg forward to return to starting position. Repeat with left leg moving forward first.



Squats: start standing straight up with legs shoulder length apart. Squat down bringing legs to 90 degree angle. Release back up to starting position.



Weekly Tracking Log

Record what days you complete the workout, what workout you complete, the times/reps, and any other physical activity completed. Remember 4 days a week or more! Once complete email to Kayla King at keeperq14@bellsouth.net.

1. Day: _____
Endurance: _____
Speed/Agility: _____

Strength: _____

Other: _____

2. Day: _____
Endurance: _____
Speed/Agility: _____

Strength: _____

Other: _____

3. Day: _____
Endurance: _____
Speed/Agility: _____

Strength: _____

Other: _____

4. Day: _____
Endurance: _____
Speed/Agility: _____

Strength: _____

Other: _____

5. Day: _____
Endurance: _____
Speed/Agility: _____

Strength: _____

Other: _____