

Summer Training ~ Girls' Soccer

The Warm-Up and **The Cool-down*** (*see video for guidance* - note that the video will not follow the assigned rep schemes)

- 1) Hip Crossovers - begin with your knees together, five times to each side. Then progress to straight-leg allowing your hips to cross over more to give the hips and back more activation, five times to each side.
- 2) Rollbacks with forward reach - complete this 10 times - 5 with feet together at the reach and 5 with feet apart at the reach. Do 5 and 5 or alternate until you reach 10.
- 3) Chin tucks - the video will provide a better explanation - just be sure to stretch through the hips, inner thighs, and your spine. Slow this one down to increase the effectiveness. 10 reps.
- 4) Pigeon Stretch with Push-ups - complete 5 reps on each leg.
- 5) Lunge with Sit-back stretch - complete 5 reps on each leg.
- 6) Squat with foot-holds - figure out which squat stance works best for you AND allows you to keep your heels on the ground.
- 7) Side Lunge to Curtsy Lunge - Complete 5 reps of each lunge on both legs.
- 8) Cat-Camel Stretch - complete 10 reps

Glute-activation Lightning Round!!!!

Clamshells (Left leg) x 10 → Glute Bridges x 10 → Clamshells (Right leg) x 10 → Plank (20 second count) → REPEAT 2 more rounds for a total of 3

I encourage you to complete this entire warm-up daily - even if you do not have time to conduct a subsequent workout.

***The Cool-down: please go through each step of the warm-up again, but hold each movement as a stretch rather than in repetition form.**

Proceed to your Workout of the Day...

Strength and Conditioning - here are four options to choose from on your designated S&C days, be sure to mix it up throughout the week:

Velocity Burns -

Version One: Complete Four to Six Rounds - rest 90 seconds between each round

- A) Air Squats x 10
- B) One-Legged Deadlifts x 10 each leg
- C) Leg Lifts x 10
- D) Reverse Lunges (Stationary) x 10 each leg
- E) Push Ups x 10
- F) Speed Skaters x 10 each side
- G) Dead Bugs x 10 each side (stay nice and tight with these - don't flop around all loopy-goopy)

Version Two: Four to Six Rounds - rest 90 seconds between each round

- A) Air Squats - Medium - Wide - Narrow x 5 each stance
- B) Mountain Climbers x 10 each Leg
- C) Wide-legged Sit-Ups x 10 - keep your feet on the ground
- D) Reverse Lunges with Overhead Reach x 10
- E) Jumping Jacks x 10
- F) Push Ups x 10
- G) Speed Skaters x 10 each side

(by the end of the summer you should have no problem completing 6 rounds)

30-20-10'S - perform each movement for 30 seconds each, rest for 30, then go through it again for 20 seconds each, rest for 20, then finish it with 10 seconds each. Take a 2-3 minute break and conduct this series once again - 30-20-10.

Complete 3 rounds

1. Air Squats
2. Push Ups
3. Jumping Jacks
4. Crunches
5. Jumpies
6. Plank
7. Speed Skaters

Isometrics - hold for 30 seconds each - complete 3 rounds

1. Wall sit
2. Plank
3. Glute Bridge
4. Side Plank (left)
5. Eat the Floor
6. Side Plank (right)

Speed and Endurance: here are four options to choose from on your designated S&E days, be sure to mix it up throughout the week:

Option #1: One-mile run: “to each their own” when it comes to speed and terrain. Ideally, try to vary your inclines (whether on the road/trail or on a treadmill) and work to increase your speed throughout the run. My first 400 meters tend to be slower than my last 400m. Running a 7-10 minute mile by summer’s end is the target.

Option #2: Hill Sprints: find a hill with a decent incline and distance, and tackle that beast 10 times. Rest between 1 and 3 minutes between each sprint

Option #3: Walk - Jog - Sprint: either choose a distance (200 meters ideally) or a time frame (30 seconds) and complete this triple set for 4 to 6 rounds (rest for 1-3 minutes between each round)

Notes and Program Recommendations

- 1) Complete the warm up daily - 10-15 minutes is all it takes.
- 2) Walk as much as possible - at least once a day.
- 3) Complete at least 2 S&C sessions per week and at least 2 S&E sessions per week. I don’t expect you to workout everyday - 4 to 6 workouts per week will prepare you for the season.
- 4) If you can - swim, hike, bike, play an active game or sport, practice yoga...anything that will enhance your happiness, physical activity, and general well-being.
- 5) General Program Guideline:
 - a) Day One: Warm-Up plus S&C
 - b) Day Two: Warm Up plus S&E
 - c) Day Three: OFF (fill in with other recommendations listed above)
 - d) Day Four: Warm-Up plus S&C
 - e) Day Five: Warm-Up plus S&E
 - f) Day Six: Day of Choice (S&E or S&C)
 - g) Day Seven: OFF (fill in with other recommendations listed above)

Skills and Drills - if you have space and a soccer ball...

Dribbling:

- a) **Left Foot and Right Foot**
 - i) **Inside of foot**
 - ii) **Outside of foot (Lateral or forward)**
 - iii) **Toes down (forward or a pop)**
- b) **Weaving in and around cones (or any substitute): cones are in lines or in various patterns**
- c) **Weaving in and around other players if you have willing companions**
- d) **Breakaway Dribbling - CONTROL the ball**

Receiving/Trapping with Passing (you can do this alone or with willing companions)

- a) **Ground Balls**
 - i) **Inside of the foot (to move forward or cross the ball)**
 - ii) **Outside of the foot (to move laterally)**
 - iii) **Toe/Instep/Top of the foot (to move forward or control the situation)**
- b) **Air Balls: trap with your chest, thighs, and feet**

Game Skills that you can work on alone or with companions:

- 1) **Throw-ins (both arms fully over head and one foot must drag - behind the line)**
- 2) **Penalty Kicks**
- 3) **Corner Kicks**

If you have space, companions, and the desire to scrimmage...have at it!