

GARRISON FOREST



Hello Soccer!

We are excited that you will be joining us for what will be another exciting fall season! On the following pages you will find a training program that would be beneficial for you to utilize prior to preseason.

Take your training seriously this summer. We need you fit and healthy for our entire season. In order for you to maintain our high level of play you need to be prepared mentally and physically. The most important key to success is self-confidence. An important key to self-confidence is preparation. Do the hard work this summer so that you can come into preseason with confidence!

If you would like to come to GFS this summer to work out and train please bring a buddy!

Soccer

Guidelines for Summer Training:

Be sure to complete a warm-up and cool down after each workout session.

Complete two conditioning workouts per week as well as two endurance runs (about 30 mins).

Complete three days of footwork training per week.

Types of Conditioning:

150 yard shuttle: Place a cone at your starting point and then one at 5, 10, 15, 20, and 25 yards. Sprint from the starting cone to the first cone and back, second cone and back, and so on. Rest time is 1:00 minute between shuttles. Repeat as many sets as you can up to 10 shuttles.

200 yard shuttle: Place a cone at your starting point and then one at 10, 20, 30, and 40 yards. Sprint from the starting cone to the first cone and back, second cone and back, and so on. Rest time is 1:30 minute between shuttles. Repeat as many sets as you can up to 10 shuttles.

300 yard shuttle: Place two cones 25 yards apart. Sprint from one cone to the other and back six full times to equal 300 yards. Two-minute rest in between each 300 yard shuttle. Repeat as many sets as you can up to 6 shuttles.

Run 100yd sprint, 2 min rest; Run 50yd sprint, 2 min rest; 25 yd sprint, 2 min rest. Complete this cycle 2 times.

Run 1 mile as fast as possible. Rest 3 minutes. Run ½ mile as fast as possible.

Types of Footwork Training:

Inside Roll - Roll the ball across your body from outside to inside with the inside and sole of the foot and stop the ball with the inside of the other foot.

Side to Side Push-Pull - Tap ball back and forth with inside of feet, push ball forward with one foot and pull it back the sole of the opposite foot.

Pull turn – Push ball forward with one foot and pull it back with the other while turning toward ball and take the ball in the opposite direction with the inside of the first foot.

Cruyff - Push the ball forward, fake kick with inside of foot, but instead pull ball behind the standing leg and change directions.

Stepover Turn - Push ball forward, step over ball with one foot, turn toward ball and take it in the opposite direction.

Scissors -- Starting with the ball to one side, step over or in front of ball so that the ball ends up on the other side of you. Take the ball in the opposite direction with the outside of the other foot and then stop ball with the sole of the first foot.