



# Cibola Cougars Soccer

Summer Workouts 2022

## Cibola Soccer

For 2022, the Cibola Cougars will strive to be in the best shape they have been in years. We will train to be fit both aerobically (endurance and distance in the game) and anaerobically (speed and quickness) during our summer workout program. Our players will work on running (both sprints and long distance), lifting weights (strength building), and performing plyometric exercises for speed building. Our base requirement will be that players run 5 days a week minimum, lift 2-3 times per week and perform plyometric exercise 2-3 days per week. This program will serve as a minimal guideline for the players to get prepared for the season.

1. Weight Lifting
2. Plyometrics
3. Running
4. Scrimmages and Training

### Weight Lifting

The summer weight lifting program will consist of lifting weights at the Cibola High School weight room. For June we will lift two times per week (most likely Tuesday and Thursday) and in July and August we may go three times per week until the start of the school. Weight training will consist of 4 primary big lifts and several smaller lifts.

### Plyometric Training

Plyometric exercises are to be performed on non-lifting days.

### Running Program

In order for our program to be a success, every player must be fit to play a full match regardless of their position. Players will be held accountable to run on their own without direct coach supervision. Every player should be running at a minimum of 5 days per week with goals and milestones being met every week as their physical condition improves. The coaching staff from time to time will do timed events at the Cibola high school track in order to gauge the overall condition of the team. A run test will set for August at the coach's discretion.

#### Distance and Endurance

Distance and endurance days will be Monday, Wednesdays and Fridays. The interim distance is starting in June will be 1 mile. We will improve on that distance every week by  $\frac{1}{2}$  mile. This will be ran at a controlled pace to increase your base fitness. You should also time and keep track of you run times so that you can monitor your performance. By the beginning of

August each player should be able to easily run 4 miles. The mile should be ran in less than 6 minutes and 2 miles in less than 14 minutes and 3.5 miles in less than 25 minutes.

### Sprints

Sprint days will be on Tuesday and Thursday.

#### Examples of Expectations

|               | Distance  | Sprints                                     |
|---------------|-----------|---|
| Week 1        | 1 mile    | 2 of each (10yd,20yd,40yd,50yds,100yd)      |
| Weeks 2 and 3 | 1.5 miles | 2 of each (10yd,20yd,40yd,50yds,100yd)      |
| Weeks 4 and 5 | 2.0 miles | 3 of each (10yd, 20yd, 40yd, 50yds, 100yds) |
| Weeks 6 and 7 | 2.5 miles | 3 of each (10yd, 20yd, 40yd, 50yds, 100yds) |
| Weeks 8 and 9 | 3.0 miles | 2 of each (10yd, 20yd, 40yd, 50yds, 100yds) |
| Week 10       | 3.5 miles | 2 of each (10yd, 20yd, 40yd, 50yds, 100yds) |

### Weekends

Our goal is not work out on weekends. This time is for you to rest if needed and work out on your own.

### Technical Training

Technical work will occur 2-3 times per week.

### Tactical Training

Tactical training will occur 2-3 times per week and will cover topics as simple as defending corner kicks to third man attacking runs.

### Additional Training and Activities.

In order to have variety, we will play futsal, 3v3 or street soccer, soccer tennis and for fun kickball if everyone is keeping up with their fitness.

### Intersquad Scrimmages

Intersquad scrimmages will vary depending on tactical needs and fitness progress. Most likely we will scrimmage on Wednesdays and Fridays.

## Adrian Velazquez Summer Scrimmages 2022

### A-Bracket:

1. Cleveland
2. Rio Rancho High
3. Alb. Academy
4. Sandia Prep
5. Clovis
6. La Cueva

### B-Bracket:

1. Volcano
2. Eldorado
3. Santa Fe High
4. Atrisco Heritage
5. Cibola
6. Sandia

### C-Bracket

1. Moriarty
2. Valencia
3. Del Norte
4. Los Lunas
5. East Mountain
6. TBD

### Monday, July 25

#### Stadium Field (Bracket A)

- 7:30 RRHS vs Sandia Prep  
9:00 Alb Acad. vs Clovis  
10:30 Cleveland vs. La Cueva

#### Grass Field#1(Bracket B)

- 7:30 Cibola vs Sandia  
9:00 Volcano vs Eldorado  
10:30 Santa Fe High vs Atrisco

#### Grass Field #2 (Bracket C)

- 7:30 Del Norte vs Los Lunas  
9:00 East Mt vs TBD  
10:30 Moriarty vs Valencia

### Tuesday, July 26

#### Stadium Field (Bracket A)

- 7:30 RRHS vs Alb Acad.  
9:00 Moriarty vs Los Lunas  
10:30 Sandia Prep vs La Cueva

#### Grass Field#1(Bracket B)

- 7:30 Eldorado vs Cibola  
9:00 Atrisco vs Sandia  
10:30 Volcano vs Santa Fe High

#### Grass Field #2 (Bracket C)

- 7:30 Cleveland vs Clovis  
9:00 Valencia vs TBD  
10:30 Del Norte vs East Mt

### Wednesday, July 27

#### Stadium Field (Bracket A)

- 7:30 RRHS vs Clovis  
9:00 Cleveland vs Sandia Prep  
10:30 Alb Acad. vs La Cueva

#### Grass Field#1(Bracket B)

- 7:30 Volcano vs Atrisco  
9:00 Eldorado vs Sandia  
10:30 Santa Fe High vs Cibola

#### Grass Field #2 (Bracket C)

- 7:30 Moriarty vs Del Norte  
9:00 Los Lunas vs TBD  
10:30 Valencia vs East Mt

### Thursday, July 28

#### Stadium Field (Bracket A)

- 7:30 Alb Acad. vs Sandia Prep  
9:00 Cleveland (Fr) vs RRHS (Fr)  
10:30 La Cueva vs. Clovis

#### Grass Field#1(Bracket B)

- 7:30 Eldorado vs Atrisco  
9:00 Volcano vs Cibola  
10:30 Santa Fe High vs Sandia

#### Grass Field #2 (Bracket C)

- 7:30 Del Norte vs TBD  
9:00 Moriarty vs East Mt  
10:30 Valencia vs Los Lunas

Friday, July 29

**Stadium Field (Bracket A)**

7:30 Sandia Prep vs Clovis  
9:00 Cleveland vs Alb Acad.  
10:30 RRHS vs La Cueva

**Grass Field#1(Bracket B)**

7:30 Volcano vs Sandia  
9:00 Atrisco vs Cibola  
10:30 Eldorado vs **Las Cruces**

**Grass Field #2 (Bracket C)**

7:30 Valencia vs Del Norte  
9:00 Moriarty vs TBA  
10:30 Los Lunas vs East Mt

## Summer Schedule Breakdown

### Week 1 June 6<sup>th</sup> – June 12<sup>th</sup>

- Senior Meeting , Monday June 6<sup>th</sup>, 6pm
- June 7<sup>th</sup>-June 12<sup>th</sup>, Running on your own
- This time is to get your physicals

### Week 2 June 13<sup>th</sup>-June 19<sup>th</sup>

June 13<sup>th</sup>- Turn in Physicals to the Head Trainer, [yvette.pomponi@aps.edu](mailto:yvette.pomponi@aps.edu)

- Tuesday, June 14<sup>th</sup> and Thursday June 15<sup>th</sup> Team Training, 6:30 AM – 8AM
- Wednesday and Friday, Weight Training, 830 to 10 AM.
- All Players

### Week 3 June 20<sup>th</sup>-June 26<sup>th</sup>

- Tuesday, June 21<sup>th</sup> and Thursday June 23<sup>th</sup> Team Training, 6:30 AM – 8AM
- Monday, Wednesday and Friday, Weight Training, 830 to 10 AM.
- Friday June 24<sup>th</sup> Scrimmage 6:30 AM
- All Players

### Week 4 June 27<sup>th</sup> –July 3<sup>rd</sup>

- Tuesday, June 28<sup>th</sup> and Thursday June 30<sup>th</sup> Team Training, 6:30 AM – 8AM
- Monday, Wednesday and Friday, Weight Training, 830 to 10 AM.
- All Players

### Week 5 July 4<sup>th</sup>-July 10<sup>th</sup>

- Wednesday July 6 Team Training 6:30 AM, Scrimmage
- Thursday July 7<sup>th</sup> Team Training, 6:30 AM – 8AM
- Wednesday and Friday, Weight Training, 830 to 10 AM.
- All Players

### Week 6 July 11<sup>th</sup>-July 17

- Tuesday, July 12<sup>th</sup> and Thursday July 14<sup>th</sup> Team Training, 6:30 AM – 8AM
- Monday, Wednesday and Friday, Weight Training, 830 to 10 AM.
- All Players

#### **Week 7 July 18<sup>th</sup>-July 24<sup>th</sup>**

- Tuesday, July 19<sup>th</sup>, Team Training, 6:30 AM
- Monday, Wednesday and Friday, Weight Training, 830 to 10 AM.
- Wednesday July 20<sup>th</sup> Team Training 6:30 AM, Scrimmage
- Thursday, July 21<sup>st</sup>, Team Training, 630 AM

#### **Week 8 July 25<sup>th</sup>-July 31<sup>st</sup>**

- Cleveland High Scrimmages
  - Monday, 730 AM Cibola vs Sandia
  - Tuesday, 730 AM Eldorado vs Cibola
  - Wednesday, 1030 AM , Santa Fe vs Cibola
  - Thursday, 9:00 Volcano vs Cibola
  - Friday, 9:00 Atrisco vs Cibola

#### **Week 9 August 1<sup>st</sup>-August 7<sup>th</sup>**

- Monday August 1<sup>st</sup>, Team Training 630 AM-800AM
- Tuesday August 2<sup>nd</sup>, Team Training 630 AM-8AM
- Thursday August 3<sup>rd</sup>, Team Training 230PM-4PM
- Weights Monday, Wednesday and Friday 830-10AM

#### **Week 10 August 8<sup>th</sup>-August 14**

- Monday, 300PM-430PM
- Tuesday, 300PM-430PM
- Wednesday, No Training
- Thursday 300PM-430PM
- Friday 300PM-400PM

#### **Week 11 August 15<sup>th</sup>-August 21<sup>st</sup> TRY OUT WEEK**

- Monday, 300PM-430PM
- Tuesday, 300PM-430PM
- Wednesday, 300PM-430PM
- Thursday 300PM-430PM
- Friday 300PM-430PM
  - Teams Announced
  - Parent Meeting 530 PM-600PM

# June 2022

| Sun | Mon                                    | Tue                           | Wed                                    | Thu                           | Fri                                      | Sat |
|-----|--|-------------------------------|--|-------------------------------|--|-----|
|     |  |                               | 1                                      | 2                             | 3  | 4   |
| 5   | 6<br>Senior Meeting<br>6PM<br>Dion's   | 7<br>Run on your own          | 8<br>Run on your own                   | 9<br>Run on your own          | 10<br>Run on your own                    | 11  |
| 12  | 13<br>Physicals Due<br>Weights 830AM   | 14<br>Team Training<br>630 AM | 15<br>Run on your own<br>Weights 830AM | 16<br>Team Training<br>630 AM | 17<br>Run on your own<br>Weights 830AM   | 18  |
| 19  | 20<br>Run on your own<br>Weights 830AM | 21<br>Team Training<br>630 AM | 22<br>Run on your own<br>Weights 830AM | 23<br>Team Training<br>630 AM | 24<br>Scrimmage<br>630 AM<br>Weights 830 | 24  |
| 26  | 27<br>Run on your own<br>Weights 830   | 28<br>Team Training<br>630 AM | 29<br>Run on your own<br>Weights 830AM | 30<br>Team Training<br>630 AM |  |     |
|     |  |                               |  |                               |  |     |

# July 2022

| Sun | Mon   | Tue                                  | Wed  | Thu                                    | Fri   | Sat |
|-----|---|--------------------------------------|--|--|---|-----|
|     |   |                                      |  |  | 1<br>Run on<br>your<br>own<br>Weights<br>830AM  | 2   |
| 3   | 4<br>OFF  | 5<br>Run on<br>your<br>own           | 6<br>Scrimmage<br>630AM<br>Weights<br>830AM  | 7<br>Team<br>Training<br>630 AM        | 8<br>Run on<br>your<br>own<br>Weights<br>830AM  | 9   |
| 10  | 11<br>Run on<br>your<br>own<br>Weights<br>830AM | 12<br>Team<br>Training<br>630 AM     | 13<br>Run on<br>your own<br>Weights<br>830AM | 14<br>Team<br>Training<br>630 AM       | 15<br>Run on<br>your<br>own<br>Weights<br>830AM | 16  |
| 17  | 18<br>Run on<br>your<br>own<br>Weights<br>830AM | 19<br>Team<br>Training<br>630 AM     | 20<br>Scrimmage<br>630AM<br>Weights<br>830AM | 21<br>Team<br>Training<br>630 AM       | 22<br>Run on<br>your<br>own<br>Weights<br>830AM | 23  |
| 24  | 25<br>Cibola<br>vs<br>Sandia<br>730AM           | 26<br>Eldorado<br>vs Cibola<br>730AM | 27<br>Santa Fe<br>vs Cibola<br>1030AM        | 28<br>Volcano<br>vs<br>Cibola<br>900AM | 29<br>Atrisco<br>vs<br>Cibola<br>900AM          | 30  |
| 31  |   |                                      |  |  |   |     |



# August 2022

| Sun | Mon  | Tue                          | Wed                                      | Thu                             | Fri   | Sat |
|-----|--|------------------------------|--|---------------------------------|---|-----|
|     | 1<br>Team Training<br>630 AM<br>Weights<br>830AM | 2<br>Team Training<br>630 AM | 3<br>Run on your own<br>Weights<br>830AM | 4<br>Team Training<br>300-430PM | 5<br>Run on your own<br>Weights<br>830AM                | 6   |
| 7   | 8<br>Team Training<br>300 PM                     | 9<br>Team Training<br>300 PM | 10<br>Run on your own                    | 11<br>Team Training<br>300 PM   | 12<br>Team Training<br>300 PM                           | 13  |
| 14  | 15<br>Tryouts<br>300-430 PM                      | 16<br>Tryouts<br>300-430 PM  | 17<br>Tryouts<br>330-430PM               | 18<br>Tryouts<br>300-430 PM     | 19<br>Tryouts<br>300-430 PM<br>Parent Meeting<br>530 PM | 20  |
| 21  | 22<br>Metro                                      | 23<br>Metro                  | 24<br>Metro                              | 25<br>Metro                     | 26<br>Metro   | 27  |
| 28  | 29<br>Metro                                      | 30<br>Metro                  | 31<br>Metro                              |                                 |   |     |
|     |  |                              |  |                                 |   |     |

