



**2024 Off Season Work Out Packet**

**Sweat.**

**Sacrifice.**

**Succeed.**

## Spring-Ford High School Boys Soccer

Summer 2024

JUNE, JULY, AUGUST

Starting the week of June 17<sup>th</sup>

Voluntary weight room sessions- Mondays 11 am, Wednesday 9am

Voluntary on field sessions- Wednesdays 7 am to 8:30 am

Prospective players meeting (all players trying out for 2024)- June 26<sup>th</sup> after weight room session.

Parents meeting (for all prospective players) 6/26, 5:30 pm [tentative]

*Week of July 1<sup>st</sup> to July 7<sup>th</sup>- no training sessions*

*Week of August 5<sup>th</sup> – August 11<sup>th</sup>- no scheduled activities*

Week of August 12<sup>th</sup>- tryout week, times TBD

Summer West-Mont High School League-

Contact Coach Stan- [sstralkowski@hotmail.com](mailto:sstralkowski@hotmail.com)

To be added to TeamSnap-

Contact Coach Jeremy- [iesha@spring-ford.net](mailto:iesha@spring-ford.net) and Coach Stan (contact information above), with prospective player name, 2024 year (fr, soph, jr, sr), player email address and at least one parent/ legal guardian email address.



Spring-Ford Soccer Student-Athletes and Families,

What an exciting and rewarding first season for Coach Aiden, Coach Stan, and I. This program is full of intelligent, hard-working, talented soccer players and a school athletics department that provides us with the opportunity to learn, grow, and succeed.

Moving toward the 2024 season, we are going to be met with a lot of opportunities to show the PAC, our District, and the PIAA that Spring-Ford is a top program and will be a force for many years into the future. Our PAC schedule will, once again, have us playing rivals Perk Valley, OJ Roberts, Boyertown, etc. Our non-PAC schedule will have us taking on top teams such as Conestoga, Downingtown West, and Cumberland Valley.

We hung our last PAC Championship banner in 2013. In 2024, we have the opportunity to hang another PAC Boys Soccer Championship banner. We, the coaching staff, know that this program has the skill, talent, work ethic, and character to achieve this goal.

Enclosed is an off-season work out program.

We hope that each of you will take advantage of the packet to get ready for the 2024 season.

I look forward to our 2024 season and working with every one of you.

- Coach Jeremy

A few notes from the Coaching staff to clarify this packet. This is not an assignment. It is a guide to keep and improve fitness for this coming season.

A few points of clarity on this packet:

'Ball touches' refers to stationary ball touches, also referred to as toe touches (right foot, left foot, right foot, left foot, etc.)

Any activity with a time next to it, for instance 'sit ups (5 minutes)' is continuous for that time, without rest, if possible. If you aren't there right away, build up to it.

Activities with an amount and a time, for instance, 'one legged squats (3x each leg for one minute each, means that in one minutes time, you do as many one legged squats as can be done in one minutes time, and then move on to the other leg. Do each leg 3 times, one minute each.

This is a six week program. The date when school ends for the year and the first day of try-outs more than 6 weeks. We suggest doing light activity the week before tryouts just to acclimate to the heat, but not to burn out your muscles.

With vacations, summer leagues/ teams, jobs, other sports, and activities, this is a very challenging off-season packet. Give it your very best, but don't burn yourself out.

Last, listen to your body. Although part of fitness packets like this is to try to improve your fitness and push beyond your limitation, be very careful to listen to your body when it tells you it is exhausted or injured.

Contact the Coaching staff if you have any questions about the packet.

Stay hydrated and have fun!

## OFF-SEASON CONDITIONING PROGRAM

*Helpful hints to stay in shape during your time off.*

- Give up soft drinks
- EAT HEALTHY – Avoid fast food restaurants!
- Drink lots of water
- Stay active
- Stretch
- Have fun

The following is a six-week program to help you stay fit during your soccer break and to assist in your preparation for the next season.

### ***Week 1:***

- *Day 1:* 2 mile run – Stretch
- *Day 2:* Off – Stretch
- *Day 3:* 10x 200 yards, ball touches (5 minutes, 30 seconds, 10 second rest), Lunges (6x 25 yards) – Stretch
- *Day 4:* 4 mile run, sit ups (5 minutes), jump rope (2.5 minutes) – Stretch
- *Day 5:* Off – Stretch
- *Day 6:* 1.5 length of field (start at touch line – run length of the field, turn and go to the center, take 20 second break, go to touch line, turn and go length of the field, repeat 10x), sit ups (5 minutes) – Stretch
- *Day 7:* 1 mile run, recovery- 50% of mile time, Push up Starts (lay with chest on ground) 10 yards X3, Build ups- jog 10yds/ sprint 10yds X3, ½ mile run – Stretch

### ***Week 2:***

- *Day 8:* Off – Stretch
- *Day 9:* One legged squats (3x each leg for 1 minute each), 3 mile run (25 minutes or less), sit ups (6 minutes) – Stretch
- *Day 10:* Explosive intervals (sprint 30 seconds, jog 1 minute; 20x), ball touches (2 minutes straight) – Stretch
- *Day 11:* Off – Stretch
- *Day 12:* 6x 400 yard sprint, wall sits (2 minutes), lunges (6x 25 yards) – Stretch
- *Day 13:* Jump rope (5 minutes), wind sprints (length of field 10x, start at 0, 60 seconds start next, etc) – Stretch
- *Day 14:* Off – Stretch

**Week 3:**

- *Day 15:* 2 mile run (under 12 minutes), wall sits (2 minutes) – Stretch
- *Day 16:* sprint 100 yards, jog 100 yards, sprint 200 yards, jog 200 yards, sprint 400 yards, jog 400 yards, back down 400, 200, 100 sprints/jogs) – Stretch
- *Day 17:* Off – Stretch
- *Day 18:* Standing Squats (no weight 3x for three minutes), 4x 800 yards sprint (3:1) – Stretch
- *Day 19:* 20x 100 yard sprints (3:1), sit ups (8 minutes), lunges (6x 50 yards) – Stretch
- *Day 20:* Off – Stretch
- *Day 21:* 4 mile run (under 36 minutes) – Stretch

**Week 4:**

- *Day 22:* 1 mile, recovery- 50% of mile time, Push up Starts (lay with chest on ground) 10 yards X3, Build ups- jog 10yrds/ sprint 10yrds X3, ½ mile run – Stretch – Stretch
- *Day 23:* Off – Stretch
- *Day 24:* Sit ups (8 minutes), jump rope (7.5 minutes), Sprint width of the field (jog backwards the width, 5x), Stadiums/steps (45 seconds up, 60 seconds down, 10x) - Stretch
- *Day 25:* Lunges (8x 50 yards), 5 mile run (under 40 minutes) – Stretch
- *Day 26:* Off – Stretch
- *Day 27:* Sit ups (10 minutes), ball touches (3x 1 minute), 2 mile run (under 12 minutes) – Stretch
- *Day 28:* 1 legged squats (4x each leg for 1 minute), Ladders – Stretch

**Week 5:**

- *Day 29:* Off – Stretch
- *Day 30:* Sit ups (8 minutes), suicides (5 cones – width of the field, 10x), 1 mile sprint – Stretch
- *Day 31:* 6 mile jog (60 minutes at the most) – Stretch
- *Day 32:* Off – Stretch
- *Day 33:* 2 mile run (within 12 minutes), jump rope (10 minutes) – Stretch
- *Day 34:* Lunges (25 yards, 5x), intervals (sprint 30 seconds, jog 15 seconds, 15x) – Stretch
- *Day 35:* Off – Stretch

**Week 6:**

- *Day 36:* Standing squat (no weight; for 3 minutes, 3x), sit ups (10 minutes), long, slow run (at least 5 miles or 45 minutes) – Stretch
- *Day 37:* Stadiums/steps (45 seconds up, 60 seconds down, 15x) – Stretch
- *Day 38:* Off – Stretch
- *Day 39:* 4 mile run (should not take longer than 35 minutes; 8:40 minute mile) – Stretch
- *Day 40:* 10x 100 yard sprints, ball touches (5 minutes, 30 sec: 10 sec☺, sit ups (5 minutes) – Stretch □ *Day 41:* Off – Stretch
- *Day 42:* Long, slow jog (to loosen up muscles) – Stretch

**Week 7:**

- *Day 43:* Begin back at the week one program if your break is longer than six weeks.

**NEXT SEASON BEGINS!**

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**Sacrifice.**

**Succeed.**

**TOGETHER.**