

Canterbury School



Girls' Varsity Soccer

Summer Workout Packet 2024



CANTERBURY SCHOOL

**THE WORK
STARTS NOW**

“No ceiling”

EVERYTHING FOR THE TEAM.

Ladies,

As we look to the Fall, taking advantage of the time we have this summer is essential to improve individually.

We need **EVERY PLAYER** to focus on getting **STRONGER** and **FITTER** over the summer. If we come in fit and strong, we can maximize our practice time by playing and getting better on the ball rather than on fitness. Preseason is not the time to get into shape.

As a program, we believe there is **NO CEILING** on our ability to improve. We have our eyes set on winning the Class C Division. However, to put ourselves in a position to compete for that championship, we must be willing to give our time and effort when no one is watching. We must sacrifice for the team's betterment, or the team will become the sacrifice.

YOU must choose to train hard this summer to prepare for the season ahead.

This packet will run for 11 weeks and includes several different components. It includes a calendar and instructions that outline precisely what you should do each day of the week throughout the program.

Please review the packet prior to DAY 1. If you have any questions about the packet, please do not hesitate to contact me by email or text. If you have any injuries during the summer, you need to contact me ASAP so that we can be sure they are appropriately managed.

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“A dream written down with a date becomes a GOAL.

A goal broken down into steps becomes a PLAN.

A plan backed by ACTION makes a Class C championship COME TRUE.”

Find a way to get it done this summer instead of excuses!

CGVS Summer Calendar

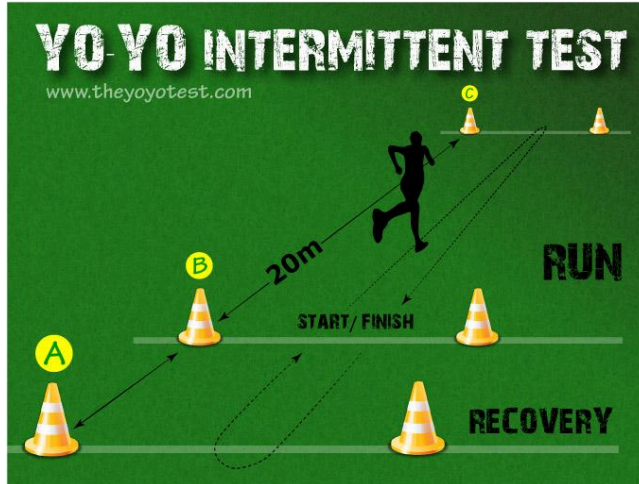
Sun	Mon	Tues	Weds	Thurs	Fri	Sat
9th JUNE 2 mile walk	10 Fitness Test 1	11 Fitness Test 2	12 Long Run	13 Strength 1 Technical 2	14 Fartlek 1	15 10 x 200s
16 OFF	17 25 min run Strength 2	18 Sprint workout 1	19 7 x 400's 200m recovery 2x 200m all out	20 S +A Strength 3	21 35 min run	22 Strength 1 12 min run
23 OFF	24 Fartlek 1	25 Sprint workout 1 Strength 2	26 Technical 1	27 Fitness Test 1	28 Fitness Test 2	29 Technical 2
30 OFF	1 JULY 3 x 800's 4 min rest	2 Technical 1 Strength 3	3 20 minute run S + A	4 OFF	5 Sprint workout 1	6 12 min run Strength 1
7 OFF	8 2x200 2x400 2x200 2x400	9 Sprint workout 2	10 Technical 2 Strength 2	11 Speed 1	12 12 x 200's	13 Strength 3
14 OFF	15 30 minute run	16 Sprint workout 2	17 Track workout	18 OFF	19 Sprint workout 3 Strength 1	20 S + A Technical 2
21 OFF	22 Sprint workout 3 Strength 2	23 6 x 600's	24 12 min run	25 Strength 3	26 Speed 1	27 25 min run
28 OFF	29 15 x 200's	30 Technical 1	31 Fitness Test 1	1 AUGUST Fitness Test 2	2 Long Run	3 Strength 1
4 OFF	5 Speed 1	6 Strength 2	7 Hills	8 S + A Technical 2	9 Sprint workout 3	10 25 min run
11 OFF	12 Track Workout	13 Speed 2 Technical 1	14 Fartlek 2	15 Track workout	16 Strength 3	17 OFF
18 OFF	19 Fitness Test 1	20 Fitness Test 2	21 Long Run	22 Hills	23 OFF	24 OFF
25 OFF	26 Workout of your choosing.	27 Workout of your choosing.	28 Workout of your choosing.	29 Workout of your choosing.	30 Workout of your choosing.	31 OFF

*Shake out run 1st September

** PLAYERS REPORT FOR PRESEASON 2ND SEPTEMBER

Canterbury Girls' Varsity Soccer
Fitness Tests 2024

Fitness Test 1: YoYo Intermittent Recovery Test Level 1



It involves running between two markers 20m apart, following audio cues that dictate the required running speed. After each 40m run, participants have an active break of 10 seconds before running 40m again. At regular intervals, the speed of running needed increases. The test continues until participants are no longer able to keep up with the required pace. It is very similar to the Beep Test, which just has an active recovery phase. You are only allowed to MISS ONE cue during the test.

This test should be performed to the best of your ability every time.

It will feel uncomfortable in the moment, but push yourself; you shouldn't stop and feel like you could've done more.

PASSING SCORE: Level 16

Fitness Test 2: 2 Mile Run

The aim of this test is to complete the 2-mile course in the shortest possible time.

2 miles = 8 laps on a track.

This test should be performed to the best of your ability every time.

PASSING SCORE: 14 - 14.30 minutes.

Reminders:

Remember to record your scores in the log and text me your scores every test day.

We will complete these two tests during pre-season, and starting spots/ roster places are subject to passing/times of these tests.

Canterbury Girls' Varsity Soccer

Track Workouts and Fartleks

These workouts are not just any workouts. They are specifically designed for varsity/collegiate soccer players like you. Every aspect of our summer training program is intentional and geared toward helping us compete at our best. It's not going to be easy. It's going to challenge you mentally and physically, just like our Fall season will. But we're putting in the hard work now so that when the Fall season arrives, we are READY.

Ensure you get a good warm-up/ dynamic stretch in before all workouts, and finish with a cool-down jog and stretch/roll out. Do not skip either of these steps.

Fartlek Run 1

4 min warm up jog
5 x 1 min up tempo run followed by 2 min jog
2 min jog
3 x 30 second sprint followed by 2 min 30 sec jog
1 x 1 min 30 sec hard all out sprint

Fartlek Run 2

4 min warm up jog
3 x 2 min up tempo run followed by 2 min jog
2 x 30 sec sprint followed by 2 min 30 sec jog
2 x 2 min up tempo followed by 2 min jog
1 x 1 min 30 sec hard all out sprint

June 15th

800m warm up jog and stretch
7 x 400's - 45 second recovery between each
Walk 200m recovery
2 x 200m hard all out

July 1st

800m warm up jog and stretch
3 x 800m - 45 second recovery between each
4 min walk recovery

July 8th

800 m warm up jog and stretch
2 x 200m - 1 min 15 sec recovery after both
2 x 400m - 2 min recovery after both
2x 200m - 1 min 15 sec recovery after both
2 x 400m - 2 min recovery after both

July 12th

800m warm up jog and stretch
12 x 200m all out - 30 sec recovery between each
1 minute 30 sec active recovery jog

July 17th

800m warm up jog and stretch
1 x 200m - 1 min recovery
1x 400m - 2 min recovery
1x 600m - 3 min recovery
1 x 800m - 4 min recovery
1x 600m - 2 min recovery
1 x 200m hard all out

July 23rd

800m warm up jog and stretch
6 x 600m - 1 min recovery between each
1 minute 30 sec active recovery jog

July 29th

800m warm up jog and stretch
15 x 200m - 30 sec recovery between each
1 minute 30 sec active recovery jog

August 15th

800m warm up jog and stretch
1 x 200m -1 min active recovery jog
1x 400m - 1 min 30 second active recovery jog
1x 800m - 2 min 30 second active recovery jog
2 x 200m hard all out

Canterbury Girls' Varsity Soccer
Sprint Workouts

Reminders: Each sprint is performed with maximum effort
Rest is a walk back to the start line and immediately going again
Stop right on the "finish line" to help with decelerating appropriately
Take note of the extra recovery after each set.

Sprint Workout:

6 x 5 yards - 30 second recovery after last one
4x 15 yards - 30 second recovery after last one
2x 25 yards - 30 second recovery after last one
2x 30 yards - 30 second recovery after last one
6x 5 yards - 30 second recovery after last one
4x 15 yards - 2 minute recovery after last one
2x 25 yards - 30 second recovery after the last one
2x 30 yards - 2 minute recovery after the last one
6 x 5 yards - 90 second recovery after the last one
2 x 25 yards - 90 second recovery after the last one
2 x 30 yards

Sprint Workout 2:

7 x 5 yards - 30 second recovery after last one
5 x 15 yards - 30 second recovery after last one
2 x 25 yards - 30 second recovery after last one
2 x 30 yards - 30 second recovery after last one
7 x 5 yards - 30 second recovery after last one
6 x 15 yards - 2 minute recovery after last one
3 x 25 yards - 30 second recovery after last one
3 x 30 yards - 2 minute recovery after last one
7 x 5 yards - 90 second recovery after the last one
3 x 25 yards - 90 second recovery after the last one
2 x 30 yards

Sprint Workout 3:

7 x 5 yards - 30 second recovery after last one
6 x 15 yards - 30 second recovery after last one
3 x 25 yards - 30 second recovery after last one
3x 30 yards - 30 second recovery after last one
8 x 5 yards - 30 second recovery after last one
7 x 15 yards - 2 minute recovery after last one
3 x 25 yards - 30 second recovery after last one
4 x 30 yards - 2 minute recovery after last one
8 x 5 yards - 90 second recovery after the last one
4 x 25 yards - 90 second recovery after the last one
3 x 50 yards

Canterbury Girls' Varsity Soccer

Speed and Run Workouts

Reminders: Focus on explosive starts - how fast can you get in your first 3 steps
Drive knees, elbows and lean forward
Each sprint is performed with maximum effort
Recovery is a slow walk back to the start line.

Speed 1:

One mile run warm up
4 x 20 yards
4 x 40 yards
4 x 60 yards
4 x 80 yards
7 x 100 yards

Speed 2:

One mile run warm up
3 x 20 yards
6 x 40 yards
3 x 60 yards
4x 80 yards
8 x 100 yards

12 Minute Run:

This workout can be done on a track, street, field or treadmill. Make sure you complete this run on the same surface each time you complete it. Run as hard as you can for 12 minutes and record how far you go. The idea is that the distance should increase every time.

25- 35 Minute Runs:

This workout can be done on a track, street, field or treadmill. Make sure you complete this run on the same surface each time you complete it. Set yourself a good tempo and run without stopping for the length of time allocated. Record distance.

Long Run:

Long runs help develop essential endurance and musculoskeletal strength. I want you to challenge yourself and see how long you can run without stopping. Set yourself a steady pace, slightly slower than normal, and see what you can do. Record time and distance.

Canterbury Girls' Varsity Soccer
Speed and Agility Workouts

Reminders: Each round should be performed at your maximum
Focus on precise, clean, quick movements
Do not round the cone but instead cut hard and accelerate
Plant and open your hips for diagonal movements
Do not cross over your feet or click heels together when side shuffling.

Set up a 10 yard box with cones in each corner.
Complete warm up before starting.



A



B



C



D

Perform each round 3 times.

1. A > B > D > C > A (Sprint - side shuffle - backpedal - side shuffle)
2. A > B > D > C > A (Sprint - backpedal - sprint - backpedal)
3. A > B > C > D (Sprint forward creating the N. Starting again at the D) (x4)
4. A > C > D (Side shuffle - sprint forward) (x4 - 2 on each side)
5. A > D > C > B (Sprint - backpedal - Sprint) (x4)

Canterbury Girls' Varsity Soccer
On the Ball Technical Workouts

Technical 1:

Turning: 2 sets of 10 each foot - after your turn you can dribble a few steps

- Half turn (side ways on checking your shoulder every time)
- Dutch turn (using outside or inside of your foot)
- 3 touch turn (taking the ball across your body and cruyffing)

Dribbling: Set up cones 10 yards apart.

Dribble up and back, rest and repeat x2 for each

Perform a cut of your choice to turn around

- Inside - outside right foot
- Inside - outside left foot
- Inside - outside both feet together
- Speed dribble with laces

Ball striking:

- Power shot: Use the big bone part of your foot hitting the ball slightly to the side not straight on. Keep toes down the whole time and ankle locked. Follow through by landing on the shooting foot.
 1. Hit a still ball - 15 reps dominant foot / 15 reps non dominant
 2. Hit a moving ball while dribbling forward towards the goal - 15 reps dominant foot / 15 reps non dominant
- Bending the ball up the side lines - 15 reps dominant foot

Long balls:

Work on receiving long balls and trapping the ball keeping it close to you.

Technical 2:

50 reps of each alternating feet as fast as you can

- Toe touches on top of stationary ball
- Boxes: using the inside of your feet, knees bent touching the ball one foot to another
- Push and pulls
- Triangles

Cuts: Set up 2 cones 5 yards apart. 2 x 8 reps of each at maximum speed

- Outside foot cut
- Inside foot cut
- Cruyff
- Step over

Creating space: 2 x 10 reps each foot

- L's
- V's

Volleys: 3 x 10 reps each foot

- Inside foot
- Laces

Canterbury Girls' Varsity Soccer
Strength Workouts

Sets should be 3-4

Reps should be between 6-12

Start with body weight or low weight and work your way up

If you can do more than 12 reps you need to heavier weight

Exercises with the same number should be performed together

Strength 1

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Weight</u>	<u>Band color</u>	<u>Box height</u>	<u>Other</u>
1 Walking lunges						
1 Hip bridges						
2 Curtsey lunge						
2 RDL's						
3 Goblet squats						
3 Clam shells						
4 Box Jumps						3 sets of 12
4 Dead bugs						3 sets of 15 each leg
4 Ball plank						3 sets Elbows on ball shifting around for 45 seconds

Canterbury Girls' Varsity Soccer
Strength Workouts

Sets should be 3-4

Reps should be between 6-12

Start with body weight or low weight and work your way up

If you can do more than 12 reps you need to heavier weight

Exercises with the same number should be performed together

Core workouts explained on separate page

Strength 2

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Weight</u>	<u>Band color</u>	<u>Box height</u>	<u>Other</u>
1 Banded leg extension						Band around back of knee
1 Exercise ball hamstring curls						
2 DB Shoulder press						
2 DB Chest Press						
3 DB Bicep curls						
3 DB Tricep extension						
4 Box step ups						
4 YTI's						
Core #1						

Canterbury Girls' Varsity Soccer
Strength Workouts

Sets should be 3-4

Reps should be between 6-12

Start with body weight or low weight and work your way up

If you can do more than 12 reps you need to heavier weight

Exercises with the same number should be performed together

Core workouts explained on separate page

Strength 3

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Weight</u>	<u>Band color</u>	<u>Box height</u>	<u>Other</u>
1 Kettlebell swings						
1 DB calf raises						Find elevated step if possible
2 DB sumo squat						
2 Banded side steps						Band above knees
3 DB single arm standing row						
3 Banded lat pulldown						
4 Fire hydrants						Increase difficulty with band around knees
4 Med ball slams						
Core #2						

Canterbury Girls' Varsity Soccer
Core Workouts

Core 1

- Heel touches: x 40 total - 20 each side
- 90 degree crunches: x 15
- Straight leg raises: x 15

Laying on your back, legs out straight 6 inches above the ground. Swing your legs straight up and back down to 6 inches repeatedly.

- Scissors: x 30
- Bicycles: x 30 total - 15 each side
- Seated knee tucks: x 15

Sit with legs out straight and off the ground. Bring knees to chest. Back at a slight angle.

- Toe touches: x 20

Repeat X 2

Core 2

- Russian twists: x 30 - 15 each side
- Plank: 1 minute
- Side plank: 1 minute each side
- Mountain climbers: 1 minute 30 seconds
- Wall sit: 1 minute
- Inch worms: x 15

Start standing up, put your hands on the ground near your feet, and slowly walk your hands out to a plank position. Once in a plank position, walk your hands back slowly to your feet and stand up.

- Sit ups: x 30

Repeat X 2