

CANTERBURY SCHOOL

GIRLS' VARSITY SOCCER

Summer Workout Packet 2026





CANTERBURY SCHOOL

Summer reveals commitment.

No teammates.

No crowds.

No one watching.

***Just a choice every day: get
better or stay the same.***

EVERYTHING FOR THE TEAM.

Ladies,

As we look ahead to the fall season, what we do this summer will have a significant impact on our success as a team. If you want to be part of this program and help us compete at a high level, now is the time to invest in your development.

Our priority this summer is simple: get stronger, fitter, and more prepared. Over the past three seasons, we have seen the benefits of arriving in preseason in good condition. Because our fitness levels were where they needed to be, we were able to spend more time improving technically and tactically rather than using valuable practice time to get into shape. Preseason should be about sharpening our game, not building a fitness base.

Our goals as a program remain the same: compete for a playoff spot and challenge for the Class C championship. Reaching those goals requires commitment long before the first day of practice. The work you put in this summer will directly influence what we can accomplish as a team this fall.

This packet contains a 10-week summer training program, including a calendar and detailed instructions outlining what should be completed each week. Please take the time to review everything before Day 1 so you understand the expectations and can plan accordingly.

If you have any questions, don't hesitate to reach out by email or text. If you experience an injury at any point during the summer, please let me know as soon as possible so we can make appropriate adjustments to your training and ensure it is managed effectively.

The work you put in this summer will determine how far we can go this fall. Make the most of it.

Good Luck!

Coach

Contact Information

Head Coach: Amy Franklin

Cell: 862-285-6934

Email: afranklin@cbury.org

Important Dates

Our team culture is critical, and we will build upon this and stay connected over the summer. Please add these dates to your calendars in advance and plan accordingly.

Team Zooms:

Sunday 12th July @ 8.30 pm

Sunday 2nd August @ 8.30 pm

Sunday 23rd August @ 8.30 pm

*****You will receive the Zoom link on the morning of the scheduled meeting.**

Clinics:

Wednesday 19th August @ 9am -11am

Thursday 20th August @ 9am - 11am

Friday 21st August @ 9am- 11am

*****More details to follow nearer the time.**

CGVS Summer Calendar

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

*Shake out run 30th August

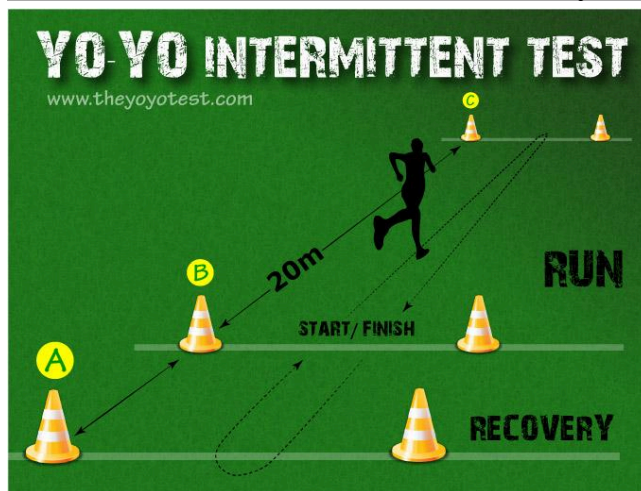
** PLAYERS REPORT FOR PRESEASON ON 31st AUGUST

CGVS Running log 2025

[illegible]

CGVS Fitness Testing 2026

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.

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*

A GOOD SCORE: Level 15+

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.

PASSING SCORE: *14 - 14.30 minutes.*

A GOOD SCORE: 14.30 -15 minutes.

Fitness Test 3: 800m

The 800m aims to assess your aerobic and anaerobic endurance, measuring your ability to sustain high-intensity efforts and recover efficiently for optimal on-field performance.

800m = 2 laps on a track.

PASSING SCORE: *Under 3.5 minutes.*

A GOOD SCORE: 3.5-4 minutes.

Reminders:

These tests should be performed to the best of your ability every time.

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

These three tests will be administered during preseason. Performance on these assessments will be a factor in determining roster spots and starting positions.

CGVS 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

Field Runs:

On a full-size field, you will run the outside perimeter to complete, following the pacing below.

Jog the width (nice and easy recovery pace)
Run the length at 80% of your max speed.
Continue the pattern to complete a full lap of the field.
Continuously run eight laps.

Rest for 2 minutes.
3 sets total.

June 25th

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

June 29th

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 14th

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

July 20th

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 22nd

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

July 28th

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

August 3rd

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

August 17th

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

CGVS 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 1:

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

CGVS Speed and Distance 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

Hills

Find a hill no less than 20 yards in length

Sprint up the hill, then immediately jog down.

This should be done at 100% intensity.

Complete 10 and then rest for 2 minutes.

3 sets total.

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 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.

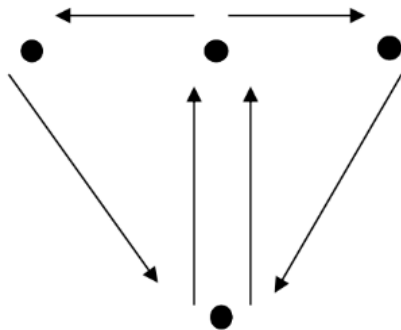
Long Run:

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.

CGVS 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.

1.T Drill

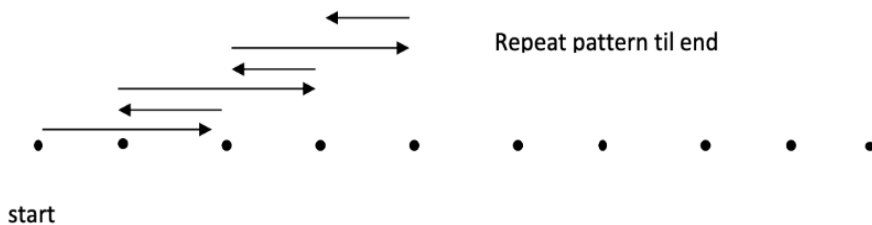


Set up cones in the letter “T” on the field, the stem of the “T” should be 25 yards and each arm should be 10 yards, making the total 20 yards across.

Start at the bottom of the “T”, sprint up the stem, shuffle out one arm, backpedal to the start, sprint up the stem, shuffle out the other arm, backpedal back to the start.

3 sets of 5 / 10 second rest between each sprint / 1 minute rest between sets.

2. 2 for 1 Drill

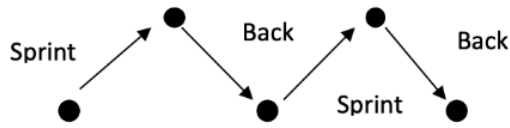


Place 8 cones 5 yards apart similar to above.

Sprint up 2 cones, backpedal 1, sprint up 2, backpedal 1, continue until sprint through last cone, jog back.

3 sets of 10 sprints / 10 second rest between each sprint / 1 minute rest between sets.

3. M-Drill



Set up 5 cones 10 yards apart in the shape of an “M”. Alternate sprinting and backpedal between each cone.

Start with a sprint forward from A to B, backpedal B to C, sprint C to D, etc. Jog back to the start. Remember to face the same direction the entire drill. You will switch directions on the second set.

3 sets of 5 sprints, / 10 second rest between each sprint / 1 minute rest between sets.

4. Four Corners

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



A



B



C



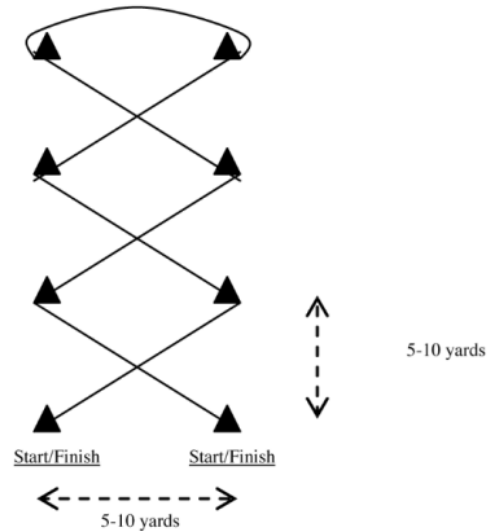
D

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)

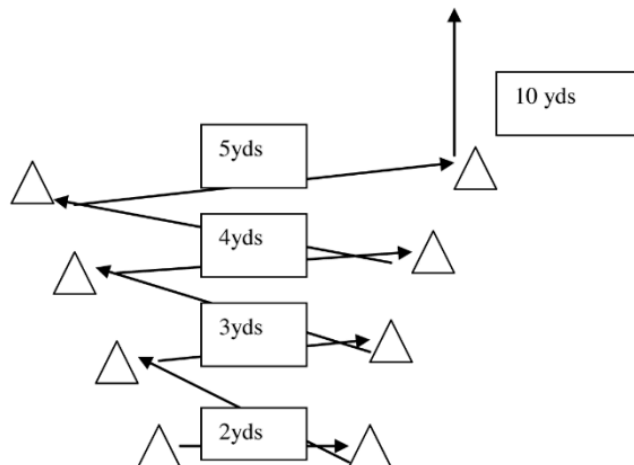
5. Super Weave

Begin on either side of the drill. Sprint through the entire course, weaving in and out of each cone while maintaining control and speed. Touch every cone as you pass it before continuing to the next. Complete the circuit as quickly as possible. **Workload: 6-8 sets with a 30 second rest between each set.**



6. Funnel Run

Move laterally through the cones in a side-shuffle position, keeping your knees bent and staying low throughout the drill. When you reach the final cone, immediately sprint forward 10 yards. Walk back to the starting point for recovery. **Workload: 6-8 sets with a 30 second rest between each set.**



CGVS Technical Workouts

Find a wall(s) outside, inside a gym, or a bench, and complete the following series.

Technical 1:

Left to Right/Right to Left- Working with any wall, pass from 10-12 yards away, receiving with your right foot and playing it with your left or receiving it with your left foot and playing with your right. Remember, when receiving, you want the ball to be played across at a 45-degree angle. *f*

Right to Right/Left to Left - Working with any wall, pass from 10-12 yards away, receive the ball with your right foot and pass with your right, or receive left and pass left. Really concentrate on touch-pass. *f*

Right Inside to Right Outside/Left Inside to Left Outside - Working with any wall, pass from 10-12 yards away, receiving the ball with the inside of your right foot, touching it across your body, and playing the ball with the outside of your right. Repeat the same pattern with your left foot. Touching the ball quickly across your body is key to making this series work. *f*

Right Sole Roll to Left/Left Sole Roll to Right- Working with any wall, pass from 10-12 yards away, receiving the ball with the sole of your right foot and rolling it to your left foot or receiving the ball with the sole of your left foot and rolling it to your right foot. *f*

Right Outside to Right Inside/Left Outside to Left Inside - Working with any wall, pass from 10-12 yards away, receiving the ball with the outside of your foot and playing it with the inside of your same foot. Concentrate on receiving this side and pretending there is pressure on your back.

****20 minutes**

Technical 2:

One-Touch Passing (5 yards) - Find a wall and stand approximately 5 yards away. Pass the ball against the wall using one touch only, alternating feet each time. Focus on quick reactions, clean technique, and playing the ball with pace. Challenge yourself to keep the rhythm consistent and sharp.

Ground Passing Progression (Short–Medium–Long) - Using a wall or open space, complete a progression of firm, grounded passes. Start at a short distance (about 10 yards), then increase to a medium distance (about 20 yards), and finally a longer distance (about 30 yards). All passes must stay on the ground and be played with control and purpose. Alternate feet throughout the entire sequence.

Driven Laces Passing (Power Passing) - From a moderate distance (about 25–30 yards) from a wall, strike the ball using your laces with firm, driven pace. Focus on clean contact and a straight, driven flight. If possible, pick a target on the wall (such as a mark or spot) and aim to consistently hit it. Alternate feet whenever possible.

Technical 3 - Figure 8's:

- **Inside the foot-** Dribbling around two cones in a figure 8 direction, use only the inside of your left and right foot, exploding out of each turn.
- **Outside the foot-** Dribbling around two cones in a figure 8 direction, use only the outside of your left and right foot, exploding out of each turn.
- **360 turn-** Using any part of your foot, dribble in a figure 8 direction, but this time at each cone, dribble 360 around the cone and then explode to the next cone.
- **Sole of the foot-** Dribbling around two cones in a figure 8 direction, use only the sole of your left and right foot, exploding out of each turn.
- **Sole Roll Inside-** Dribbling around two cones in a figure 8 direction, dribble with any part of your foot and when coming out of the turn, sole roll with the bottom of your foot across your body and speed dribble with the inside of the opposite foot.
- **Sole Roll Outside-** Dribbling around two cones in a figure 8 direction, dribble any part of your foot and when coming out of the turn, sole roll with the bottom of your foot across your body and speed dribble with the outside of the opposite foot.

Technical 4 (no wall needed):

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
- Juggle (record score and try to improve each time)

CGVS Strength Workouts

Complete 3 strength sessions per week (non-consecutive days recommended)

Use controlled form on all strength lifts

Increase weight when you can exceed 12 reps with good technique

Rest 60–90 seconds between strength sets

Rest 30–60 seconds between accessory/core work

Power movements must be performed at maximum effort with full recovery

Strength 1

LOWER BODY STRENGTH & ACCELERATION

Focus: Strength, power, and single-leg stability

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Notes</u>	<u>Weight Used</u>
<u>Banded monster walks</u>	3	10–15 steps each direction	Glute activation	
<u>Barbell back squat</u>	3-4	6–8	Controlled depth, strong posture	
<u>DB Bulgarian Split Squat</u>	3	8-10 each leg	Unilateral strength	
<u>DB Step-Ups</u>	3	10 each leg	Drive through heel	
<u>Kettlebell Swings</u>	3	10-12	Explosive hip drive	
<u>Med Ball Slams</u>	3	8-10	Max effort each rep	
<u>DB Calf Raises</u>	3	12-15	Full range of motion	
<u>Core #3</u>	3			

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Strength 2

UPPER BODY STRENGTH & STABILITY (BALANCED PUSH / PULL)

Focus: Upper body strength, posture, and injury prevention

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Notes</u>	<u>Weight Used</u>
<u>Band Pull-Aparts + Mobility</u>	2-3	10–15	Warm-up activation	
<u>DB Bench Press</u>	3-4	6–10	Controlled tempo	
<u>Assisted Pull-Ups</u>	3-4	6-10	Full range of motion	
<u>1-Arm DB Row / Cable Row</u>	3-4	8-12	Squeeze shoulder blade	
<u>DB Shoulder Press</u>	3	8-10	Core engaged	
<u>Face Pulls / Y-T-I Raises</u>	3	10-12	For shoulder health	
<u>DB Tricep Extension / Dips</u>	3	8-12	Controlled movement	
<u>DB Bicep Curls</u>	3	10-12	Slow eccentric	
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Strength 3

FULL BODY POWER & INJURY PREVENTION

Focus: Athletic power, durability, and injury resistance

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Notes</u>	<u>Weight Used</u>
<u>Walking Lunges</u>	2-3	10 each leg	Dynamic warm up	
<u>RDL (Romanian Deadlift)</u>	3-4	6-10	Hamstring focus	
<u>Goblet Squat / Split Squat</u>	3	8-12	Controlled movement	
<u>Curtsey Lunge</u>	3	8-10 each leg	Glute stability	
<u>Box Jumps</u>	3	3-5	Explosive quality reps	
<u>Hip Bridges (Weighted)</u>	3	10-12	Glute activation	
<u>Clam Shells / Band Walks</u>	3	12-15 each	Hip stability	
<u>Core #1</u>	3			

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Focus: Strength, power, and single-leg stability

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Notes</u>	<u>Weight Used</u>
<u>Banded monster walks</u>	3	10–15 steps each direction	Glute activation	
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Focus: Athletic power, durability, and injury resistance

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Rest 60–90 seconds between strength sets

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UPPER BODY STRENGTH & STABILITY (BALANCED PUSH / PULL)

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<u>DB Bench Press</u>	3-4	6–10	Controlled tempo	
<u>Assisted Pull-Ups</u>	3-4	6-10	Full range of motion	
<u>1-Arm DB Row / Cable Row</u>	3-4	8-12	Squeeze shoulder blade	
<u>DB Shoulder Press</u>	3	8-10	Core engaged	
<u>Face Pulls / Y-T-I Raises</u>	3	10-12	For shoulder health	
<u>DB Tricep Extension / Dips</u>	3	8-12	Controlled movement	
<u>DB Bicep Curls</u>	3	10-12	Slow eccentric	
<u>Core #2</u>	3			

CGVS Strength Workouts

Use controlled form on all strength lifts

Increase weight when you can exceed 12 reps with good technique

Rest 60–90 seconds between strength sets

Rest 30–60 seconds between accessory/core work

Power movements must be performed at maximum effort with full recovery

Strength 3

FULL BODY POWER & INJURY PREVENTION

Focus: Athletic power, durability, and injury resistance

<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>	<u>Notes</u>	<u>Weight Used</u>
<u>Walking Lunges</u>	2-3	10 each leg	Dynamic warm up	
<u>RDL (Romanian Deadlift)</u>	3-4	6-10	Hamstring focus	
<u>Goblet Squat / Split Squat</u>	3	8-12	Controlled movement	
<u>Curtsey Lunge</u>	3	8-10 each leg	Glute stability	
<u>Box Jumps</u>	3	3-5	Explosive quality reps	
<u>Hip Bridges (Weighted)</u>	3	10-12	Glute activation	
<u>Clam Shells / Band Walks</u>	3	12-15 each	Hip stability	
<u>Core #1</u>	3			

CGVS Core Workouts

Core 1

- Bicycles x20
- Leg Hugs x15
- Russian Twists x20
- Alt. Heel Taps x20
- Leg Raise x15
- Mountain Climbers : 30 seconds
- Russian Twists x20
- Leg Hugs x15
- Weighted Sit-up x10
- Hanging Knee Raises x15
- Bicycles x20
- Russian twists x20
- Alt. Heel taps x20
- Weighted Sit-up x10

Repeat x2

Core 2

- Russian Twists: x30
- Plank: 1 minute
- Side Plank: 1 minute each side
- Mountain Climbers: 1 minute 30 seconds
- Wall sit: 1 minute
- Inch Worms: x15 - 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: x30
- Hanging knee raises x15

Repeat x2

Core 3

- Dead bugs x 30
- Hip-ups x 30
- R Elbow To L Knee x20
- L Elbow To R Knee x20
- Flutter Kicks: 30 seconds
- Dead bugs x 30
- Side plank: 1 minute each side
- Plank: 1 minute
- Scissor Kicks: 30 seconds
- Supermans: hold for 3 seconds x 10

Repeat x2