



Introduction

Welcome to Thayer Academy Girls soccer. We are excited for the challenge and to work with dedicated, committed and talented soccer players.

BEFORE YOU BEGIN, PLEASE COMPLETE [THIS GOOGLE FORM](#) SO WE CAN GET TO KNOW YOU BETTER

Meet the Coaches

Paul Turner – **Varsity Head Coach**

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Lori Keeler

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Meet the Captains

Osie Fuqua: Fuquaos@thayer.org

Tess Sullivan: Sullivante@thayer.org

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Fitness

This summer you should dedicate yourself to getting yourself as fit as possible. Non negotiables for our program is work-rate, being as fit as possible, having a great attitude and being on time. Please see the below weekly guidelines. If you attend the summer clinics then this will incorporate fitness outlined here as part of the training. If you are attending camps or other outside programs please adjust accordingly. Play soccer as much as possible but also make sure you do running and training as outlined below.

The Thayer Fitness Center will be open Tuesday, Wednesday and Thursday mornings beginning on June 9th from 7am - 9am, and again from 11am - 1pm, beginning on Monday June 29th, please see specific dates and times noted on Announcement Page for more information if you would like to work with a strength & conditioning coach at Thayer. Note the fitness center will not be open from 7am - 9am the weeks of July 5 & August 2. The fitness center hours of 11am - 1pm will not be available the weeks of July 13 and August 17.

Workout Plan

If you are not already following a workout plan or working out on your own, you can use the recommended schedule below to prepare for the upcoming season. The schedule below is for the seven weeks leading up to the week of August 12th. The schedule has you working out five days a week. You can choose which five days you workout, just make sure that the two days you take off are not back to back days (example: take Wednesday and Saturday off, not Saturday and Sunday).

Workouts can be found in the back of the packet. Most exercises are self-explanatory, but if you are unsure of what an exercise is you can look it up on Youtube for visual examples or email me and I can help.

Important Notes:

1. Each workout should include a warm up and a cool down in order to properly train your muscles. Failure to do so can result in muscle fatigue and/or injury, and you don't want to derail your progress because you didn't properly warm up and cool down.
2. The workouts provided can all be done without weights or equipment, and some require you to utilize a soccer field. If you don't have cones to use as markers, you can use water bottles, shoes, etc. (use what you have!).
3. Make sure that you've eaten prior to working out, you need energy to train your muscles. 4.

Make sure you are properly hydrated prior to working out. This is a great habit to form for the season, stay hydrated!

5. Use the workout schedule page below to keep track of your workouts by checking off the box of each item each day as you do it, make sure you are doing the items in order.
6. Make sure you are following the rest times given between reps and exercises. They may seem long at first, but they are there to make sure you have energy for the entire workout, not just for the beginning of the workout.
7. Make sure to rest for 3-5 minutes between workouts (example: Day 1 Week 1 below: rest 3-5 minutes between Strength 1 and Conditioning 4)



Thayer Academy Girls Weekly Fitness Schedule

☐ Warm Up ☐ Strength 1 ☐ Conditioning 4 ☐ Cool Down	☐ Warm Up ☐ Conditioning 2 ☐ Core 1 ☐ Cool Down	☐ Warm Up ☐ Strength 2 ☐ Core 1 ☐ Cool Down	☐ Warm Up ☐ Conditioning 3 ☐ Core 1 ☐ Cool Down	☐ Warm Up ☐ Strength 3 ☐ Core 1 ☐ Cool Down
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Week 1: Jun 24th thru June 30th (Monday thru Sunday)

☐ Warm Up ☐ Strength 3 ☐ Core 1 ☐ Cool Down	☐ Warm Up ☐ Conditioning 5 ☐ Core 1 ☐ Cool Down	☐ Warm Up ☐ Strength 2 ☐ Core 1 ☐ Cool Down	☐ Warm Up ☐ Conditioning 2 ☐ Core 1 ☐ Cool Down	☐ Warm Up ☐ Strength 1 ☐ Conditioning 3 ☐ Cool Down
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Week 2: July 1st thru July 7th

☐ Warm Up ☐ Strength 1 ☐ Conditioning 3 ☐ Cool Down	☐ Warm Up ☐ Conditioning 4 ☐ Core 1 ☐ Cool Down	☐ Warm Up ☐ Strength 2 ☐ Core 1 ☐ Cool Down	☐ Warm Up ☐ Conditioning 5 ☐ Core 1 ☐ Cool Down	☐ Warm Up ☐ Strength 3 ☐ Core 1 ☐ Cool Down
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Week 3: July 8th thru July 14th

Week 4: July 15th thru July 21st

☐ Warm Up ☐ Strength 4 ☐ Conditioning 6 ☐ Core 2 ☐ Cool Down	☐ Warm Up ☐ Conditioning 3 ☐ Core 2 ☐ Cool Down	☐ Warm Up ☐ Strength 5 ☐ Core 2 ☐ Cool Down	☐ Warm Up ☐ Conditioning 1 ☐ Core 2 ☐ Cool Down	☐ Warm Up ☐ Strength 6 ☐ Core 2 ☐ Cool Down
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Week 5: July 22nd thru July 28th

☐ Warm Up ☐ Strength 6 ☐ Core 2 ☐ Cool Down	☐ Warm Up ☐ Conditioning 1 ☐ Core 2 ☐ Cool Down	☐ Warm Up ☐ Strength 5 ☐ Core 2 ☐ Cool Down	☐ Warm Up ☐ Conditioning 1 ☐ Core 2 ☐ Cool Down	☐ Warm Up ☐ Strength 4 ☐ Conditioning 5 ☐ Core 2 ☐ Cool Down
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Week 6: July 29th thru August 4th

☐ Warm Up ☐ Strength 7 ☐ Conditioning 7 ☐ Core 3 ☐ Cool Down	☐ Warm Up ☐ Conditioning 1 ☐ Core 3 ☐ Cool Down	☐ Warm Up ☐ Strength 8 ☐ Core 3 ☐ Cool Down	☐ Warm Up ☐ Conditioning 2 ☐ Core 3 ☐ Cool Down	☐ Warm Up ☐ Strength 9 ☐ Core 3 ☐ Cool Down
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Week 7: August 5th thru Aug 11th

☐ Warm Up ☐ Strength 9 ☐ Core 3 ☐ Cool Down	☐ Warm Up ☐ Conditioning 8 ☐ Core 3 ☐ Cool Down	☐ Warm Up ☐ Strength 8 ☐ Core 3 ☐ Cool Down	☐ Warm Up ☐ Conditioning 6 ☐ Core 3 ☐ Cool Down	☐ Warm Up ☐ Strength 7 ☐ Conditioning 7 ☐ Core 3 ☐ Cool Down
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Thayer Academy Girls Soccer Exercises

Warm Up

Set up markers 18 yards (~54 feet) apart. Prior to each exercise, start at the first marker, jog out 18 yards to the second marker, and do the exercise on the way back to the starting marker.

1. **Knee Hugs** - pull knee up in front of body, hold each rep for 3-5 seconds, alternate legs
2. **Quad Stretch** - pull foot back behind body, hold each rep for 3-5 seconds, alternate legs
3. **Open the Gate** - drive knee up in front of body and rotate out, alternate legs
4. **Close the Gate** - drive knee up outside of body and rotate in, alternate legs
5. **Side Lunge** - moving laterally towards the marker, stretch side to side, then alternate direction you are facing
6. **Skips** - skip normally toward marker, making sure to engage arms and that your body is in sync
7. **Quick Skips** - skip quickly, making solid contact with the ground, engage arms
8. **Skips for Height** - skip up for height by driving lead leg up, maintain body control and repeat
9. **Carioca** - moving laterally towards the marker, cross your trailing leg in front and then behind as you continue to move towards the cone, return to the first marker facing the same direction
10. **Jog** - jog back and forth between the cones twice

Cool Down

Make sure you do some sort of cool down, it helps protect muscles from injury. Do not rush through exercises, take your time! You can either do a cool down of your own, or use the example below.

1. Jog slowly for two minutes.
2. **Open the Gate** - drive knee up in front of body and rotate out, alternate legs
3. **Close the Gate** - drive knee up outside of body and rotate in, alternate legs
4. **Side Lunge** - moving laterally towards the marker, stretch side to side, then alternate direction you are facing
5. **Stationary Knee Hugs** - pull knee up in front of body, hold each leg for 30 seconds
6. **Stationary Quad Stretch** - pull foot back behind body, hold each leg for 30 seconds
7. **Butterfly Stretch** - sit on ground, put soles of feet together, lean forward gradually until you feel slight resistance, then hold for 30 seconds
8. Either sit or lay flat on your back and focus on breathing in through your nose and out through your mouth for five minutes.

STRENGTH WORKOUTS:

Strength 1:

Total sets: 2

Rest: 3 minutes between sets, 30 seconds

1. Push-ups (normal) x15
2. Push-ups (right hand forward) x15
3. Push-ups (left hand forward) x15
4. Push-ups (wide) x5
5. Push-ups (narrow) x5
6. Triceps Dips x5

Strength 2:

Total sets: 2

Rest: 3 minutes between sets, 30 seconds

1. Stationary Lunges x15
2. Bodyweight Squats x15
3. Broad Jumps x5
4. Squat Jumps x5

Strength 3:

Total sets: 2

Rest: 3 minutes between sets, 30 seconds

1. Push-ups (normal) x15
2. Stationary Lunges x15 each leg
3. Burpees x15
4. Bodyweight Squats x15
5. Triceps Dips x5

Strength 4:

Total sets: 3

Rest: 3 minutes between sets, 30 seconds

1. Push-ups (normal) x8
2. Push-ups (right hand forward) x8
3. Push-ups (left hand forward) x8
4. Push-ups (wide) x5
5. Push-ups (narrow) x5
6. Triceps Dips x5

Strength 5:

Total sets: 3

Rest: 3 minutes between sets, 30 seconds

1. Walking Lunges x8
2. Bodyweight Squats x8
3. Broad Jumps x8
4. Squat Jumps x8

Strength 6:

Total sets: 3

Rest: 3 minutes between sets, 30 seconds between exercises

1. Push-ups (normal) x8
2. Walking Lunges
3. Burpees x8
4. Bodyweight Squats x8
5. Triceps Dips x8

Strength 7:

Total sets: 4

Rest: 3 minutes between sets, 30 seconds between exercises

1. Push-ups (normal) x6

2. Push-ups (right hand forward) x6
3. Push-ups (left hand forward) x6
4. Push-ups (wide) x6
5. Push-ups (narrow) x6
6. Triceps Dips x6

Strength 8:

Total sets: 4

Rest: 3 minutes between sets, 30 seconds between exercises

1. Walking Lunges x6 each leg
2. Bodyweight Squats x6
3. Broad Jumps x6
4. Squat Jumps x6

Strength 9:

Total sets: 4

Rest: 3 minutes between sets, 30 seconds between exercises

1. Push-ups (normal) x6
2. Walking Lunges
3. Burpees x6
4. Bodyweight Squats x6

Core Workouts

Core 1:

Total Sets: 2

Rest: 3 minutes between sets, 30 seconds between exercises

1. Plank (front) x 30 sec
2. Plank (right side) x 30 sec
3. Plank (left side) x 30 sec
4. Mountain Climbers x30 knee drives each leg
5. Russian Seated Twists x 30 touches
6. Plank (front) x 30 sec

Core 2:

Total Sets: 1

Rest: 30 seconds between exercises

1. Russian Seated Twists x 10 touches each side
2. Plank (front) x 30 secs

3. Russian Seated Twists x 20 touches each side
4. Plank (right side) x 30 secs
5. Russian Seated Twists x 30 touches each side
6. Plank (left side) x 30 secs
7. Russian Seated Twists x 20 touches each side
8. Plank (front) x 20 secs
9. Russian Seated Twists x 10 touches each side

Core 3:

Total sets: 1

Rest: 30 seconds between exercises

1. Plank (front) x 30 secs
2. Mountain Climbers x 30 knee drives each leg
3. Russian Seated Twists x 30 touches each side
4. Plank (right side) x 30 secs
5. Mountain Climbers x 20 knee drives each leg
6. Russian Seated Twists x 20 touches each side
7. Plank (left side) x 30 secs
8. Mountain Climbers x 10 knee drives each leg
9. Russian Seated Twists x 10 touches each side
10. Plank (front) x 30

Conditioning Workouts

Conditioning 1: Staggered Lap Running

- Use the outside of a soccer field, each number below is assigned to the four corners of the field.
- All running will be completed on the outside of the perimeter of the field.
- This drill is to be run continuously, run as fast as you can during the "run" portion, jog slowly for recovery during the "jog" portion, try not to walk!

Four Corner Numbers:

3 2

4 1

1. Lap 1: Run from 1 to 2, jog the remainder of the lap until you return to 1
2. Lap 2: Run from 1 to 3, jog the remainder of the lap until you return to 1
3. Lap 3: Run from 1 to 4, jog the remainder of the lap until you return to 1
4. Lap 4: Run entire lap
5. Rest for 2 minutes
6. Fifth lap: Jog entire lap slowly to cool down

Conditioning 2: Full Field Lines (complete as many times as can)

- Use a lined soccer field, start on one end of the field.
- This drill is to be run continuously and completed as fast as you can.

1. Run from the end line to the 6 yard line and back.
2. Run from the end line to the 18 yard line and back.
3. Run from the end line to the half line and back.
4. Run from the end line to the opposite 18 yard line and back.
5. Run from the end line to the opposite 6 yard line and back.
6. Run from the end line to the opposite end line and back.

Conditioning 3: 300-Yard Shuttles (complete as many times as can)

- Place two markers 25 yards apart, run back and forth between the markers. - 300-yard shuttle is 6 times down and back between markers.

1. 300-yard shuttle: complete in 65 seconds (rest for 5 minutes)
2. 300-yard shuttle: complete in 65 seconds (rest for 5 minutes)
3. 300-yard shuttle: complete in 65 seconds

Conditioning 4: 450-Yard Pyramid Shuttle (1) (complete as many times as can) - Place two markers 25 yards apart, run back and forth between - 50-yard shuttle is 1 time down and back, 100-yard shuttle is 2 times down and back

1. 50-yard shuttle: complete in 10 seconds (rest for 30 seconds)
2. 100-yard shuttle: complete in 20 seconds (rest for 60 seconds)
3. 150-yard shuttle: complete in 45 seconds (rest for 90 seconds)
4. 100-yard shuttle: complete in 30 seconds (rest for 60 seconds)
5. 50-yard shuttle: complete in 15 seconds

Conditioning 5: 800-Yard Pyramid Shuttle (1) (complete as many times as can) - Place two markers 25 yards apart, run back and forth between - 50-yard shuttle is 1 time down and back, 100-yard shuttle is 2 times down and back

1. 50-yard shuttle: complete in 10 seconds (rest for 30 seconds)
2. 100-yard shuttle: complete in 20 seconds (rest for 60 seconds)
3. 150-yard shuttle: complete in 45 seconds (rest for 90 seconds)
4. 200-yard shuttle: complete in 75 seconds (rest for 120 seconds)
5. 150-yard shuttle: complete in 60 seconds (rest for 90 seconds)

6. 100-yard shuttle: complete in 30 seconds (rest for 45 seconds)
7. 50-yard shuttle: complete in 15 seconds

Conditioning 6: 450-Yard Pyramid Shuttle (2) (complete as many times as can) - Place two markers 25 yards apart, run back and forth between - 50-yard shuttle is 1 time down and back, 100-yard shuttle is 2 times down and back

1. 50-yard shuttle: complete in 10 seconds (rest for 20 seconds)
2. 100-yard shuttle: complete in 20 seconds (rest for 45 seconds)
3. 150-yard shuttle: complete in 45 seconds (rest for 90 seconds)
4. 100-yard shuttle: complete in 20 seconds (rest for 45 seconds)
5. 50-yard shuttle: complete in 15 seconds

Conditioning 7: 800-Yard Pyramid Shuttle (2) (complete as many times as can) - Place two markers 25 yards apart, run back and forth between - 50-yard shuttle is 1 time down and back, 100-yard shuttle is 2 times down and back

1. 50-yard shuttle: complete in 10 seconds (rest for 20 seconds)
2. 100-yard shuttle: complete in 20 seconds (rest for 45 seconds)
3. 150-yard shuttle: complete in 45 seconds (rest for 70 seconds)
4. 200-yard shuttle: complete in 75 seconds (rest for 90 seconds)
5. 150-yard shuttle: complete in 45 seconds (rest for 70 seconds)
6. 100-yard shuttle: complete in 30 seconds (rest for 45 seconds)
7. 50-yard shuttle: complete in 15 seconds

8. Conditioning 8: 1,800-Yard Pyramid (complete as many times as can) - Place two markers 25 yards apart, run back and forth between the markers. - 50-yard shuttle is 1 time down and back, 100-yard shuttle is 2 times down and back, etc.

1. 50-yard shuttle: complete in 10 seconds (rest for 30 seconds)
2. 100-yard shuttle: complete in 20 seconds (rest for 45 seconds)
3. 150-yard shuttle: complete in 45 seconds (rest for 90 seconds)
4. 200-yard shuttle: complete in 75 seconds (rest for 120 seconds) 5.
- 250-yard shuttle: complete in 120 seconds (rest for 150 seconds) 6.
- 300-yard shuttle: complete in 150 seconds (rest for 180 seconds) 7.
- 250-yard shuttle: complete in 120 seconds (rest for 150 seconds) 8.
- 200-yard shuttle: complete in 90 seconds (rest for 120 seconds) 9.
- 150-yard shuttle: complete in 60 seconds (rest for 90 seconds)
10. 100-yard shuttle: complete in 30 seconds (rest for 45 seconds)
11. 50-yard shuttle: complete in 15 seconds