



2018 Zionsville High School Girls Soccer Fitness/Conditioning and Strength Training Program

The best teams and players work during the summer to improve. This means that, in order for us to be the best, we must be working these next few months to improve our fitness. This means WE:

**Are Responsible For Our Own Fitness
Hold Ourselves Accountable To Do The Work
Push Ourselves Past Our Perceived Limits
Strive To Work Hard Every Day
Come Into Tryouts In The Best Shape**

Championships are EARNED, not given.

Success is not a quick fix. It is a LONG-TERM Investment. It is the same with your Fitness level.

One of the key requirements of a good soccer team is being in peak fitness and the key to any conditioning program is the mind of the athlete involved. No matter how good the fitness program may be, nothing is truly accomplished unless the individual athlete actually DOES the work necessary to find success.

Soccer is a game that requires you to run. A LOT. You must be able to run long distances and move in many different ways. When you train for soccer specific fitness, you should be replicating the physical demands of soccer in your training routine.

Working hard is not just a slogan but rather an attitude shared and demonstrated by everyone associated with the Zionsville High School Lady Eagles Soccer Program.

The fitness and strength program outlined below focuses on the main components in soccer specific conditioning: Endurance, Speed, Flexibility, Strength, Agility, and Explosiveness.

This packet is designed to help get you where you want to be through a summer of hard work. Work hard, push yourself, be dedicated and results will come.



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“The vision of a champion is bent over, drenched in sweat, at the point of exhaustion, when nobody else is looking.”- Mia Hamm



Fitness Guidelines:

1. Always warm up properly before any workout
2. Always keep a written record of your workouts
3. **The best way to stay on track with a workout program is to work out with a motivated partner**
4. Push Yourself – especially on the days you don't feel energetic
5. Avoid workouts of the same type or using the same muscle groups; give yourself time to recover
6. Listen to your body. Take care of any injuries
7. Fitness levels develop gradually over time, not in peaks and valley
8. Vary your workouts so your work remains fresh

Once you are ready to get started, ask yourself the following questions:

Am I ready to hold myself accountable to do the necessary fitness and strength work this summer to be a better soccer player?

How bad do I want myself and my team to be successful this upcoming high school season?

Am I ready to put in the work to fulfill my potential?

Note: The good news is that if you are attending our summer conditioning and open field sessions we will be doing these activities during that time. However, if you are not attending, then you are responsible to do this work on your own. **Note:** Players are expected to complete Tuesday and Wednesday sessions on their own as well as workouts for the entire week of July 4th.

IMPORTANT NOTE: If you are still playing club soccer during June and/or July please communicate with coach Ramon so we can discuss your specific plan of action. Also if you are participating in another high school sport this summer please communicate with coach Ramon since we don't want players to be doing double the training.

DISCLAIMER: While this program is not mandatory it is recommended for all incoming and returning players to ensure the continued success of Zionsville HSign School Girls Soccer.



2018 Summer Fitness and Conditioning Program

Be sure that a warm-up and stretch is completed before you start each session. A sufficient warm-up should last at least 10 minutes and allow you to break a sweat and it should include dynamic stretching. After completing the workout spend another 10 minutes doing static stretching to decrease muscle soreness.

Descriptions of the exercises are found at the end of this program packet. Each workout should be around 60 minutes long.

Week of June 4th- June 8th

Monday, Thursday, Friday

1 Mile Run @ 9:00/min mile pace
Monday: 120's- 4 sets. Hill Run- 4 sets
Thursday: Cones- 4 sets. Hill Run- 4 sets
Friday: 22 Minutes Hard Corps Cardio 1
4 x 25 Sit-ups

Tuesday, Wednesday (On your own)

2 Mile Run @ 9:00 min/mile pace
Tu: Sprints 8x20,6x40,4x60,2x80, 1x100
Wed: Shuttle Run-4 Sets. Body Circuit
4 x 25 Sit-ups
4 x 10 Pushups

Week of June 11th- June 15th

Monday, Thursday, Friday

1 Mile Run @ 8:45/min mile pace
Monday: 120's- 5 sets. Hill Run- 5 sets
Thursday: Cones- 5 sets. Hill Run- 5 sets
Friday: 22 Minutes Hard Corps Cardio 1
5 x 25 Sit-ups

Tuesday, Wednesday (On your own)

2 Mile Run @ 8:45 min/mile pace
Tu: Sprints 10x20,8x40,6x60,4x80, 2x100
Wed: 5-10-5 Ladders (5), Funnel Run (5), Body Circuit
5 x 25 Sit-ups
5 x 10 Pushups

Week of June 18th- June 22nd

Monday, Thursday, Friday

1 Mile Run @ 8:30/min mile pace
Monday: 120's- 6 sets. Hill Run- 6 sets
Thursday: Cones- 6 sets. Hill Run- 6 sets
Friday: 22 Minutes Hard Corps Cardio 2
5 x 25 Sit-ups

Tuesday, Wednesday (On your own)

2 Mile Run @ 8:30 min/mile pace
Tu: Sprints 12x20,10x40,6x60,4x80, 3x100
Wed: Two Tower Run (5), Hand Run (5), Body Circuit
5 x 25 Sit-ups
5 x 10 Pushups

Week of June 25th- June 29th

Monday, Thursday, Friday

1 Mile Run @ 8:15 min/mile pace
Monday: 120's- 7 sets. Hill Run- 7 sets
Thursday: Cones- 7 sets. Hill Run- 7 sets
Friday: 22 Minutes Hard Corps Cardio 2
6 x 25 Sit-ups

Tuesday, Wednesday (On your own)

2 Mile Run @ 8:15 min/mile pace
Tu: Sprints 14x20,10x40,8x60,6x80,4x100
Wed:300 yd. shuttle (5), Compass Run (5) Body Circuit
6 x 25 Sit-ups
6 x 10 Pushups



Week of July 2nd – July 6th (*On your own entire week*)

Monday, Thursday, Friday

1 Mile Run @ 8:00 min/mile pace
Monday: 120's-7 sets. Body Circuit
Thursday: Cones- 7 sets. Body Circuit.
Friday: OFF.
6 x 25 Sit-ups

Tuesday, Wednesday

2 Mile Run @ 8:00 min/mile pace
Tu: Sprints 16x20,10x40,8x60,6x80,4x100
Wed: Super Weave (5). Body Circuit
6 x 25 Sit-ups
7 x 10 Pushups

Week of July 9th – July 13th

Monday, Thursday, Friday

Mon/Thu: 1 Mile Run @ 7:45 min/mile pace
Mon/Thu. Hill Run- 8 sets
Monday: Sprints:16x20,10x40,8x60,6x80,4x100
Thursday: 1100-yard Shuttle Run- 3 sets
Fri: 2 Mile Run @ 7:45 min/mile pace. Body Circuit
6 x 25 Sit-ups

Tuesday, Wednesday

Tu: 120's- 8 sets
Wed: Cones- 8 sets
6 x 25 Sit-ups
8 x 10 Pushups

Week of July 16th- July 20th

Monday, Thursday, Friday

Mon/Thu: 1 Mile Run @ 7:30 min/mile pace
Mon/Thu. Hill Run- 9 sets
Monday: Sprints:18x20,10x40,8x60,6x80,4x100
Thursday: Half Laps- 5 sets
Fri: 2 Mile Run @ 7:30 min/mile pace. Body Circuit
6 x 25 Sit-ups

Tuesday, Wednesday

Tu: 120's- 9 sets
Wed: Cones- 9 sets
6 x 25 Sit-ups
9 x 10 Pushups

Week of July 23rd- July 27th

Monday, Thursday, Friday

Monday: 2 Mile Run @ 7:15 min/mile pace
Thursday: 1100-yard Shuttle Run- 4 sets
Monday/Thursday: Body Circuit
Friday: OFF.
6 x 25 Sit-ups

Tuesday, Wednesday

Tu: 120's- 10 sets
Wed: Cones- 10 sets
6 x 25 Sit-ups
10 x 10 Pushups



Description of Exercises

DYNAMIC WARM UP

(Perform before each conditioning session)

- High knee walk – stepping forward, grabbing the shin of the opposite leg and pulling the knee towards the chest. Extend the stepping leg and get up on the toes.
- High knee walk with external rotation – grasp the shin with a double overhand grip and pull the shin to waist height. Extend the hip of the supporting leg while raising up on the toes.
- A-skip – gentle skipping designed to warm up the hips. No emphasis on height or speed only rhythmic action.
- Heel ups – touch heels with both hands, actively warms up the hamstrings as well as move the quads through full range of motion.
- High knee run – similar to running in place but with forward movement. Emphasis is on maintaining an upright posture and getting a large number of foot contacts. The key to this exercise is to maintain perfect posture.
- Straight leg skip – increases the dynamic stretch of the hamstring while activating the hip flexor. Hands are held at shoulder height and right foot goes up to the opposite left hand and left foot goes up to the opposite right hand.
- Walking lunges w/ side lunge – lunge walk forward then lateral lunge to the same side. (i.e. lunge forward with the right, then lunge lateral with the right).
- Giant carioca – facing laterally, lead with the trail leg. The trail leg crosses over the lead leg above knee height. When the trail leg becomes the lead leg make sure the toes are facing up field.
- Backward run – emphasis is on actively pushing with the front leg while reaching out aggressively with the back leg.
- Forward sprint – Forward sprint-turn to backward run.



BODY CIRCUIT TRAINING

Each exercise is to be performed for 45 seconds with a 30 second rest in between exercises. Do 2 rotations of the assigned body circuit with a 3-minute rest in between circuits. Prior to starting the circuit, make sure you do the following: 5-minute warm-up any type of cardio or running. A comprehensive full body stretch.

1. Squat Jumps
2. Forward and backward jumps- one leg. 20 total (10 each leg)
3. Side to side jumps. 20 total (10 each side)
4. Lunges – alternate legs.
5. Broad jumps – jump as far out in front as you can. Yes, for 45 seconds
6. Burpees – jump, hands on ground, extend your legs into a push up position, legs back to chest, jump. Yes, for 45 seconds.
7. Bench dips – hands on a bench or chair, feet straight out on the floor, lower yourself until upper arm is parallel with the floor.
8. Hip ups – lie on your back, legs straight up in the air, shoot your hips to the ceiling.
9. Mountain Climbers – keep knee over your ankle
10. Bicycle crunches - hands behind head, legs off the ground, opposite elbow to knee.
11. Front Plank
12. Side Plank – Alternate sides



Speed and Agility Drills

120's: this drill focuses on aerobic fitness, although there is a small anaerobic component (sprint). Each player will be required to run 120 yard sprints in less than 20 seconds. They must jog back and return to starting line in 40 seconds. The total time of the run should not exceed 60 seconds. Once they finish the run, players will get 15 seconds rest on the line and start again. Extra rest will be given every three sets (15 seconds extra rest) after runs 3, 6, 9. *Goal = all sets completed in under one minute.*

Cones: this drill serves to measure the anaerobic fitness and agility base of a player. Each run will have 5 cones set at five yard intervals, the players have to run out to first cone and back, out to second and back, out to third and back and so on. Run time should be 35 seconds. Rest will be 35 seconds. Extra rest will be given every three sets (15 seconds extra) after runs 3, 6 and 9. *Goal = all sets completed in under 35 seconds.*

Sprints: set cones apart based on established distances. Run full out when doing the sprint, do not pace yourself. You should feel exhausted while performing this activity. Complete all yardage sprints with little recovery time.

22 Minute Hard Corps – Cardio 1 Moves

1. **T Jacks** – Simple jumping jacks. You alternate arms forward and arms to the side on each jack. Hands only go up to shoulder level. Round 1: 50. Round 2: 40. Round 3: 30.
2. **Bear Crawl** – Keep your bottom down. Right leg and right arm go up simultaneously, then left arm and left leg go up simultaneously as you “crawl” forward and backward for a 5 count rep. Round 1: 20. Round 2: 25. Round 3: 30
3. **Side Lateral Shuffle** – Two shuffles to each side and the opposite hand comes down. Round 1: 30. Round 2: 25. Round 3: 20
4. **Forward Lunge Twist** – Clasp your hands in front of you. As you lunge forward with your left leg, twist to the left and come back up. Then lunge with your right leg and twist to the right. Round 1: 10. Round 2: 16. Round 3: 20
5. **Basic Burpee** – A burpee but with NO jumping at the top. It's set to the cadence so it's down, back, forward, stand up. Round 1: 15. Round 2: 12. Round 3: 10



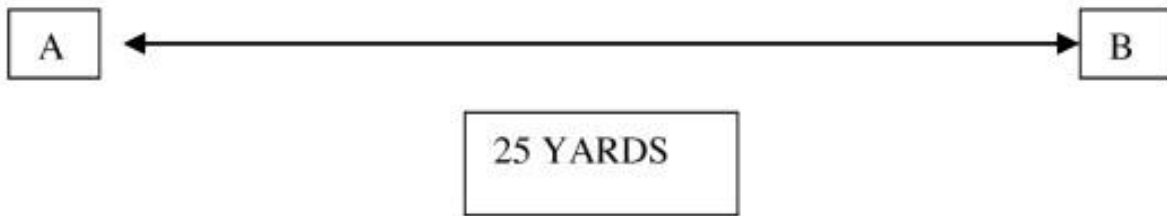
6. **A Skips** – Running in place but your leg that is down slides backward. The left leg and right arm are up, then opposite right leg and left arm. Round 1: 30. Round 2: 40. Round 3: 50
7. **Run Lunge Squat** – Low impact move where you squat, the reverse lunge right, squat, reverse lunge left, squat, repeat. Round 1: 30. Round 2: 40. Round 3: 50.
8. **BONUS ROUND** – After you do all seven moves three times; bonus round which is 22 Bear Crawls and 22 Basic Burpees.

22 Minute Hard Corps – Cardio 2 Moves

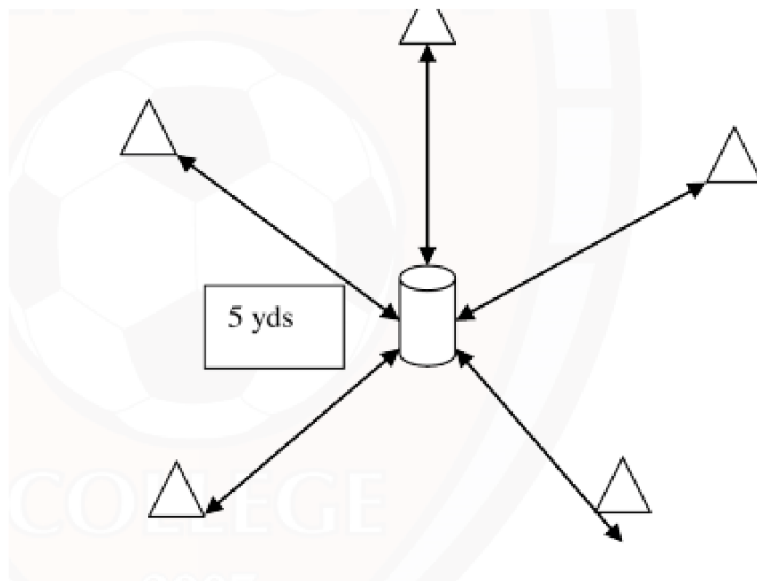
1. **Sprint in Place** – Like it sounds, high knees in-place sprinting. While you spring, move your arms also. Round 1: 60. Round 2: 50. Round 3: 40.
2. **Mountain Climbers** – Plank position, and move your knees in and back. 2 moves count as 1 rep. Round 1: 30. Round 2: 40. Round 3: 50.
3. **Straight Leg Sprint** – It's basically kicking with a straight leg. Round 1: 50. Round 2: 40. Round 3: 30.
4. **Gorilla Crawl** – This one is HARD, you are in a super low squat the ENTIRE time. Basically you start off in a squat, place your hands to the side and then jump laterally while keeping your hands on the ground. You do this twice in each direction before going back. Round 1: 10. Round 2: 12. Round 3: 14.
5. **Jimmy Jumps** – This is a simple jump but each on you alternate which hand goes in the air (like you are shooting a basket). Round 1: 50. Round 2: 40. Round 3: 30.
6. **Water Bug** – This is like a lateral Plyo push up, but without the actual push up part. You basically jump side to side in the plank position. Round 1: 10. Round 2: 12. Round 3: 14.
7. **Frog Burpee** – These are similar to Gorilla Crawls. Wide feet / wide legs, you hop back into a plank, back up to a squat and then you look up, but keep down in the knees, no standing up like a regular burpee. So all reps are done low in your legs. Round 1: 15. Round 2: 12. Round 3: 10.



300 Yard Shuttle: The 300-yard shuttle is a very tough agility movement. The athlete will be going a twenty-five-yard distance. The objective is to move between the lines as quickly as possible until 12 complete trips are completed, which equals 300 yards. The goal is to complete the drill in less than 65 seconds and to continue improving the time. **There are 12 direction changes in this drill.

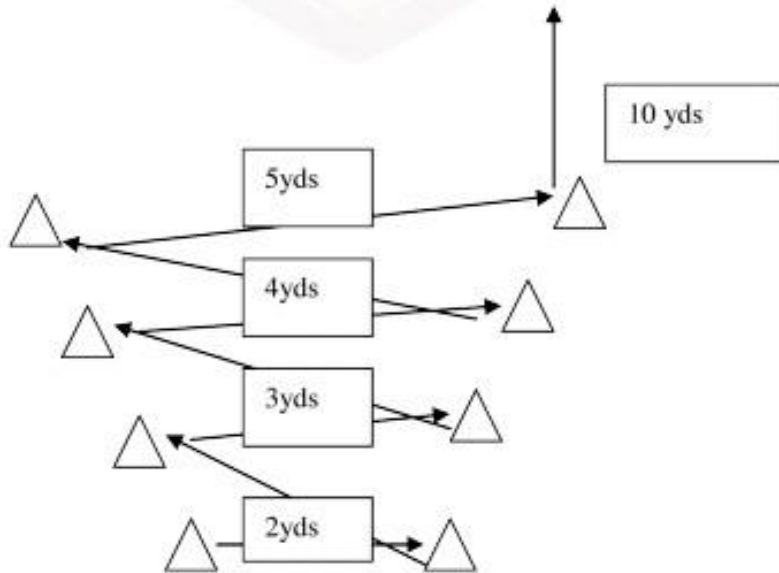


Compass Run: Place 5 cones 5 yards away from the middle marker as shown above. Start in the middle and sprint to a cone and back to the middle, continue to run to each cone (5 runs). Repeat with a 30 second break between each set.

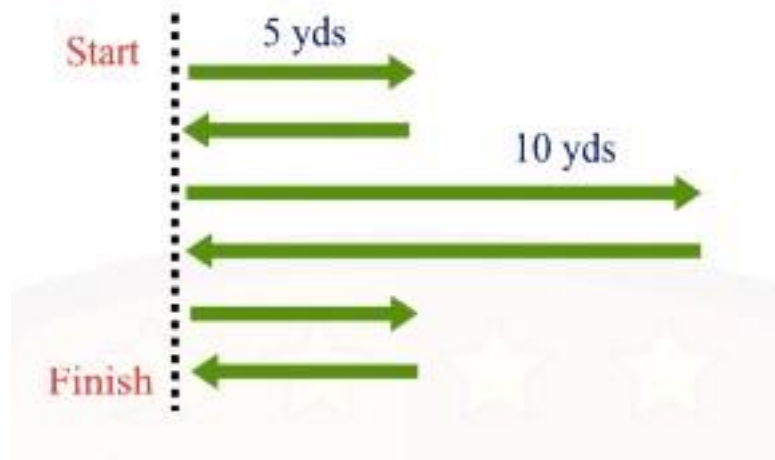




Funnel Run: Sprint laterally; keep the knees bent and shuttle side to side, when you reach the last cone sprint forward 10 yards, and walk back to the start.

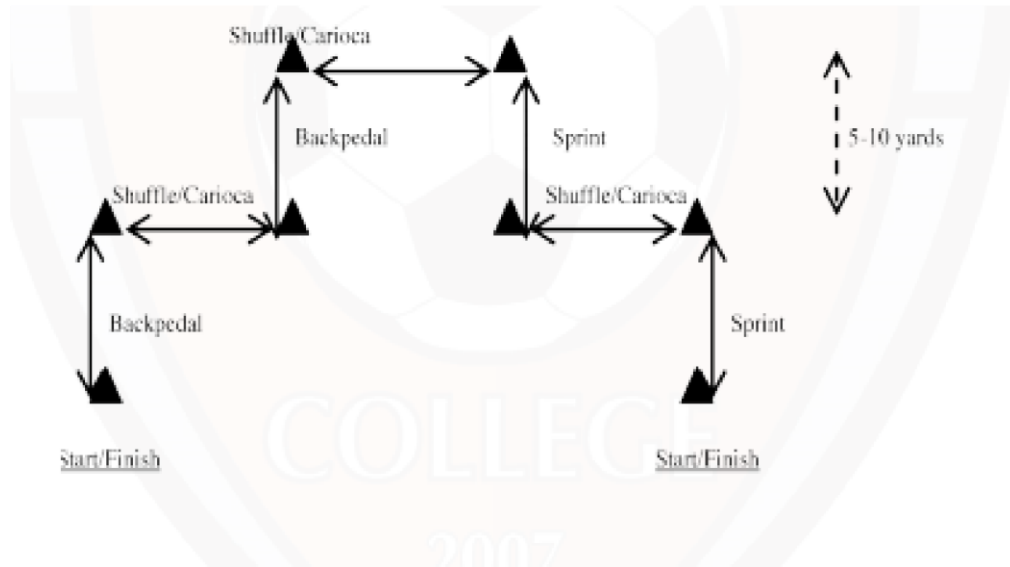


5-10-5 Ladders: Start in a sport specific position and sprint 5 yards out. Touch the line and sprint to the starting line. Next sprint 10 yards, touch the line, and sprint back. Continue with the last 5 yards out and back. Also change the direction the athlete turns after touching the line.

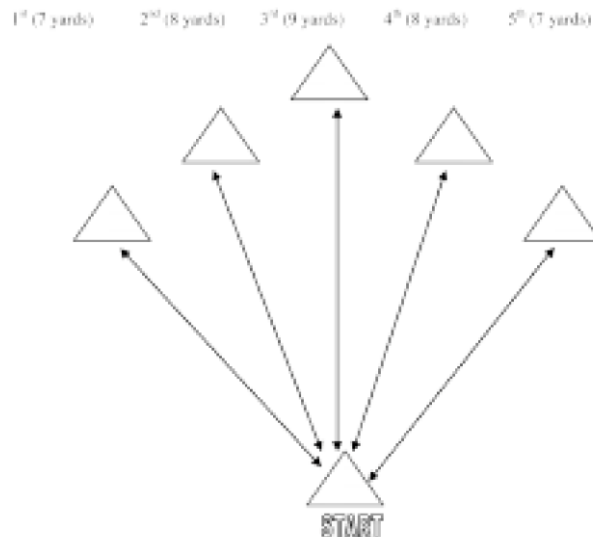




Two Tower Drill: Begin drill by backpedaling ten yards and then either shuffle/carioca ten yards to cone. Again backpedal another ten yards and shuffle/carioca ten yards through cone. Next sprint ten yards to cone and shuffle/carioca ten yards and finish with a ten-yard sprint to the last cone.

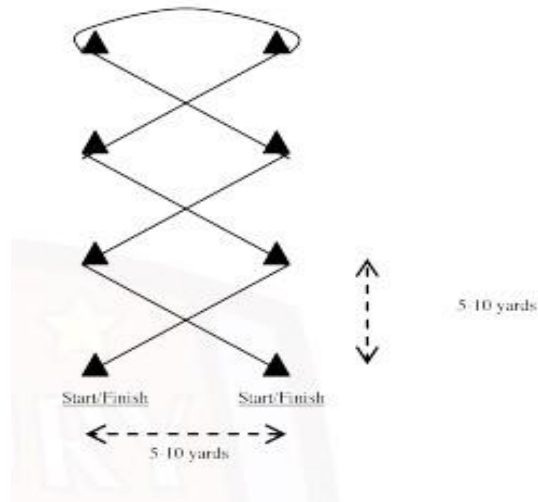


Hand Run: Begin at the START cone and sprint forwards to the 1st cone and then sprint backwards to the start cone, then sprint forwards to the 2nd cone and backwards to the start cone, continue to do the same for the 3rd, 4th & 5th cone this equals one set with a 30 second rest between each set.

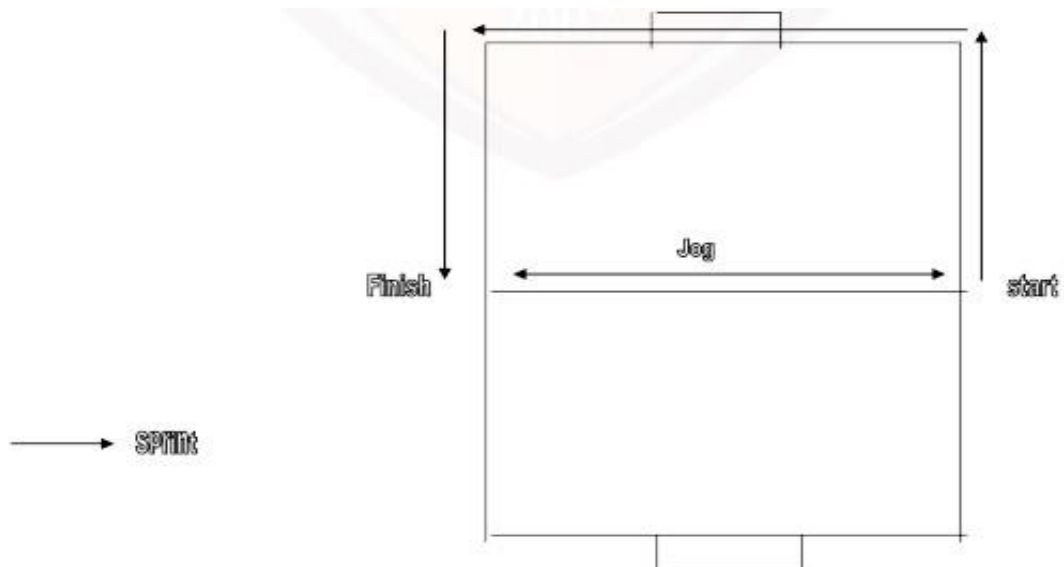




Super Weave: Start on either side of the drill and sprint through the entire drill while weaving in and out of each cone, touch each cone before continuing.

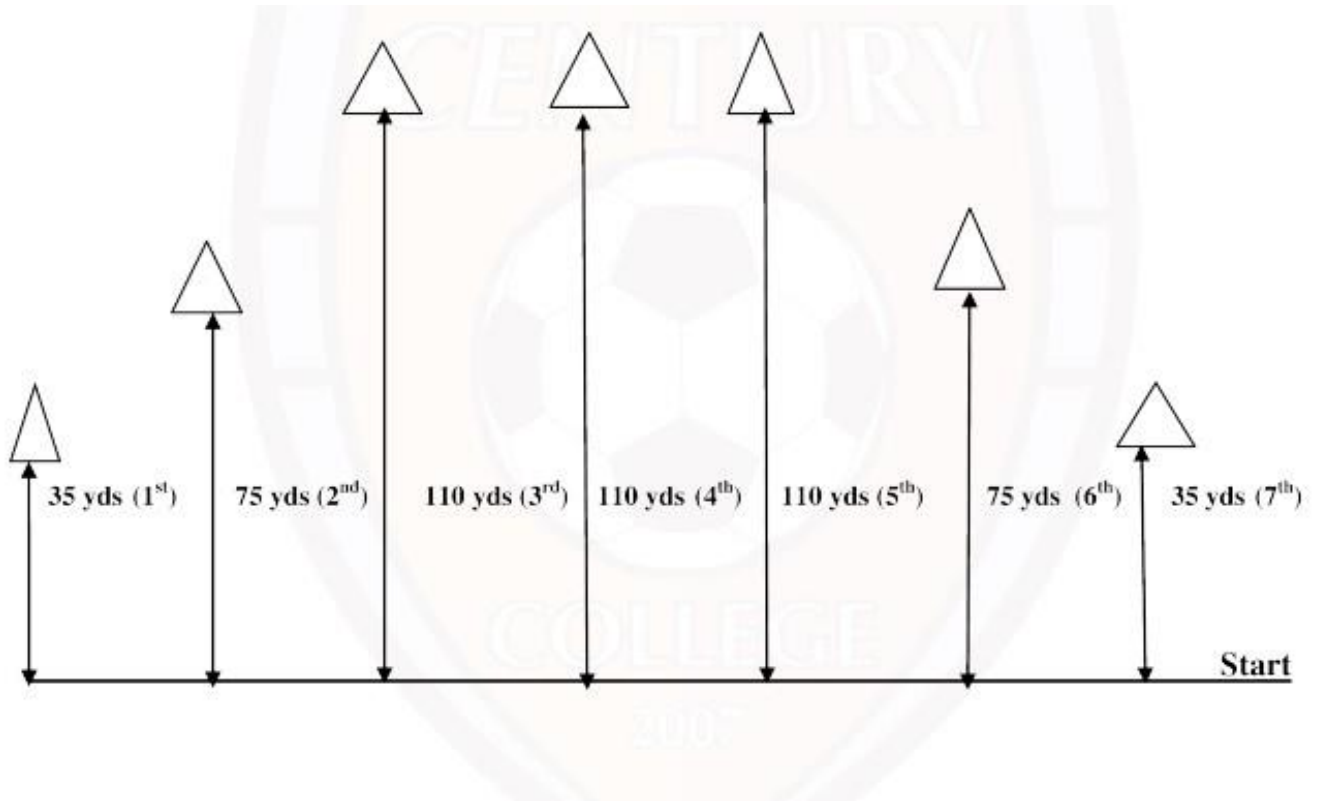


Half Laps: Using a standard soccer field start where the centerline & touchline meet. Sprint around the perimeter of the field (behind the goal) and finish at the opposite side of the field (where the other touchline & centerline meet). You will be running 2 half fields and one width. When you complete the half lap immediately jog across the centerline. When you reach the original starting point, repeat sprint & jog. You have 30 seconds to complete the half lap and 30 seconds for the recovery jog across the centerline.





1100-yard Shuttle Run: Put a cone down (on a level surface) as a starter marker and then place seven cones the exact distance from the starter marker as drawn above. Run from the starter marker to the 1st cone and back, and then to the 2nd cone and back, 3rd cone and back, 4th cone and back, 5th cone and back, 6th and back, 7th and back.





Strength Training

Generally speaking, the goal is to perform strength training 2-3 times per week. For the summer our weightlifting days will be Monday and Thursday mornings, these sessions will be held at the ZHS gym and led by Coach David Williams. If you are attending these sessions all of these exercises will be performed there. If you are not attending, we suggest going to your local gym and doing these exercises there.

IMPORTANT NOTE: If you are new to weight lifting and you are unfamiliar with these exercises please contact a member of the ZHS Girls Soccer coaching staff so they can be explained to you. Do not attempt to work out on your own if you don't know what to do. We don't want you to get hurt.

To keep agility and explosive power, we will perform low weight with high reps. Each exercise is 10-12 repetitions x 3 times.

WORKOUT

1. Bench Press: 12 reps x 3 sets
2. Walking Lunges: 12 reps each leg x 3 sets
3. Dumbbell Shoulder Press: 12 reps x 3 sets
4. Dumbbell Rows: 12 reps x 3 sets
5. Step-ups, Knee to Chest: 12 reps each leg x 3 sets
6. Dumbbell Curl: 12 reps x 3 sets
7. Box Jumps- 10 reps x 3 sets
8. Calf Raises- 12 reps x 3 sets

Remember: YOU set the EXPECTATIONS FOR SUCCESS. YOU and your willingness to do the WORK. YOU have the power to make this program GREAT.



Player Name: _____

Grade: _____

<u>Date</u>	<u>Workout</u>	<u>Player Signature</u>	<u>Parent Signature</u>	<u>Completed (Y/N)</u>
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