

## 2009 UHS Boys Soccer Summer Training

Gentlemen:

Every year, we hear our players say their goals are to win the league, get into district play, win, and go to states. Goals are great, but without direction, desire and motivation, they are worthless. If you are serious about taking your game and our team to the next level, start now! We have put together a summer training schedule. It won't take long to see how serious we are about winning.

You cannot "play" your way into shape as many of our players try to do each year. Games do not increase your power or speed. You don't experience enough reps of anything in a game to increase your ball skills. Physical training and skill acquisition requires repetition and specific training for each skill. An Australian study examined the reps needed to become an expert (pro caliber) at various skills and the required time commitment:

1. Football pass – 1.4 million reps  
= 15 yrs. x 200 days/yr. x 4 hrs./day x 2 passes/minute
2. Netball shots (maybe this is true to soccer) – 598,000 shots  
= 200 shots/day x 5 days/week x 46 weeks/year x 13 years

We are not asking for expertise. We are asking for commitment. If we are to take Unionville soccer to the next level, it will require a high personal commitment from each player. For the 2009 season, the coaching staff is implementing an off-season training program focusing on the following areas:

1. Base cardio fitness – we need players in shape day 1.
2. Agility/Speed – soccer is a game of quick sprints, change of direction, start and stops.
3. Core/power training – power and speed movement goes through the core. A week core inhibits your speed and power, two essential elements of the game.
4. Ball work – Look again at the work needed to be an expert. You won't be a goal scorer if you take 2 shots a game. Fifty a day - you might. You won't win head balls by not practicing heading, etc.
5. Flexibility – If you are tight, you are slow. Work hard at your flexibility.

Obviously, the time you put in this summer will be obvious in August. We are looking for a group of guys who want to work, compete and win. Don't allow another player to take your spot because he worked harder. Don't ever let another team beat you because they trained harder. Work alone, or get a buddy to hold you accountable (plus it's more fun).

The following program is a synthesis of various training programs. It is designed to take about 1 hr. per day, 5 days a week. Your workout should intensify throughout the summer and then taper before camp in August. Follow these guidelines:

1. Do some pre-tests with a buddy (ex: 2 mi. timed run, vertical jump, 40 yd. sprint, etc.). If you see improvement, your motivation will increase.
2. Always take 1 – 2 days off per week, especially following high intensity days. You can stretch on these days.
3. Keep track of your resting Heart Rate. As your fitness increases, resting HR should decrease. If you see a consistent spike at some point, you may be over-training. Take a break.
4. Coach Sell will plan a few high-intensity training sessions during the summer – take advantage. (by the way, if you don't make your times during camp, you will have extra training sessions with Coach Sell).
5. When you work a hard power/core/speed day, go easy on your road work – use as a warm down.
6. Explanation for drills follows the workout schedule.

This program is broken into 5 – 2 week sessions, building in intensity and time and then tapering before camp.

Session #1 June 7 – June 20

Week 1:

**Cardio (2 days)**

1&2. low intensity, 2-4 miles per day @ 8-9 minute pace  
(we are building your body's ability to sustain continual motion – base cardio)

**Agility / Speed (2 days)**

1. Cone drills (3x each, rest between reps)
  - a. funnel drill – cuts
  - b. bow tie
2. Fly 30s (6x, walk to start)

**Core / Power (2 days)**

1. Core (3 sets each, 15 reps)
  - a. Cobra (hold 2 sec.)
  - b. V-Ups
  - c. Side L-raise
  - d. pushups
2. Power
  - a. Broad jump for distance
  - b. Single leg stabilization
  - c. Burpees(3 sets each, 15 reps)

Week 2:

**Cardio (2 days)**

1 & 2. Same protocol as week 1. Increase your time or distance.

**Agility / Speed (2 days)**

1. Cone drills (3x each, rest between reps)
  - a. T-drill
  - b. Transition drill
2. Sprints
  - a. 5x20, 4x40, 3x60, 2x80, 1x100(allow recovery between distances)

**Core / Power (2 days)**

1. Core (3 sets each, 15 reps)
  - a. super-man
  - b. crunches
  - c. military push-ups
2. Power (3 sets – reps given)
  - a. triple jump from stand (5)
  - b. rocket jumps (15)
  - c. ball jumps (15)

Session #2 June 21 – July 4

Week 1:

**Cardio (2 days)**

1 & 2. 2-4 miles, increase your pace by 30 sec. to 1 min. per mile

**Agility/Speed (2 days)**

- |                              |                                  |
|------------------------------|----------------------------------|
| 1. Cone drills (3 reps)      | 2a. Accelerations (6 x 30 yds)   |
| a. funnel (forward/backward) | 2b. skip for height (6 x 20 yds) |
| b. 5-10-5                    |                                  |

**Core/Power (2 days)**

- |                          |                                |
|--------------------------|--------------------------------|
| 1. Core (3 sets, 15/set) | 2. Power (3 sets – reps given) |
| a. Cobra (15)            | a. Ball gymnastics             |
| b. reverse crunches (15) | - forward/backward (15 pairs)  |
| c. offset pushups (15)   | - side to side (15 pairs)      |
|                          | - toe taps (15 pairs)          |

Week 2:

**Cardio (2 days)**

1. 2-4 miles, same pace as week 1
2. Tempo run (on football field): Run 100 yd @ 70%, walk endline, repeat 10x for 1,000 yd.

**Agility/Speed (2 days)**

- |                          |                               |
|--------------------------|-------------------------------|
| 1. Cone drills (3 reps)  | 2. Speed @ 80%                |
| a. Illinois agility test | 5x20; 4x40; 3x60; 2x80; 1x100 |
| b. Clock drill           |                               |

**Core/Power (2 days)**

- |                                 |                              |
|---------------------------------|------------------------------|
| 1. Core (3 sets, 15 reps)       | 2. Power (1 set, reps given) |
| a. Cobra (15)                   | a. strength circuit          |
| b. Russian twist (15 each side) | (see explanation page)       |
| c. Bicycle (15 pairs)           |                              |

\*\* As you do your workouts, if you find exercises or drills you feel are more helpful or work you out harder than others, you may substitute.

Session #3 July 5 – July 18

Week 1:

**Cardio (3 days)**

1. Long-Slow Distance (LSD) 3-5 miles - this is NOT for time. Slow is the key.
2. Tempo run (add 200 yds – total 1200) go at 80%
3. Timed 2 mile run (compare to your pre-test – are you gaining?)

**Agility/Speed (2 days)**

1. Cone drills (3 sets each)
  - a. speed ladder
  - b. double T-drill (1 facing forward (cuts), 1 using shuffles, 1 your choice)
  - c. funnel (cuts)
2. Fly 35s (6x – walk to start)

**Core/Power (3 Days)**

1. Core (3 sets, 15 reps)
  - a. V-ups
  - b. side L-raises
  - c. military pushups
2. Power (3/15)
  - a. Squat jumps
  - b. burpees with pushup
  - c. broad jumps
3. Core (3/15)
  - a. rev. crunch
  - b. superman
  - c. bicycle

Week 2:

**Cardio (2 days)**

1. LSD 3-5 miles
2. Tempo run (same as week 1)

**Agility/Speed (3 days)**

1. Cone drills (3 sets)
  - a. X-factor
  - b. transition drill
2. Speed
  - a. 6x30
  - b. 6x10 for./backward
3. Cones (3 sets)
  - a. Bow tie
  - b. T-drill

**Core/Power (3 days)**

1. Core (3 sets, 15 reps)
  - a. Cobras
  - b. crunches
  - c. pushups
2. Power (2/15)
  - a. Prisoner squats
  - b. rocket jumps
  - c. skip for height
3. Power (2/15)

- a. squat jumps
- b. walking lunge

Session #4 July 19 – August 1

Week 1:

**Cardio (3 days)**

- 1 & 2. LSD 2-4 miles
- 2. Timed 2-mile run

**Agility/Speed (3days)**

- 1. Cones (3 sets)
  - a. funnel (cuts)
  - b. funnel (shuffle)
- 2. Acceleration
  - a. 4x25 b. 4x35
  - start from sit, back, etc
  - walk slowly back to start
- 3. Cones (3 sets)
  - a. transition drill
  - b. X-factor

**Core/Power (2 days)**

- 1. Core (3/15)
  - a. Bicycle
  - b. superman
  - c. staggered push-ups
- 2. Power (3/15)
  - a. double leg stabilization
  - b. ball gymnastics – each direction

Week 2:

**Cardio (2 days)**

- 1 & 2. tempo run @ 85%, 1200 yds (12x100 – walk 60 yds between sprints)

**Agility/Speed (2 days)**

- 1. Cones (3 reps)
  - a. clock drill
  - b. transition drill
- 2. Sprint drills
  - a. 5x30 yd sprints
  - b. backpedal 5, sprint 10 X5
  - c. 5-10-5 drill x 5

**Core/Power (2 days)**

- 1. Core (3/15)
  - a. v-ups
  - b. cobras
  - c. hip circles
- 2. Power (3/15)
  - a. burpees
  - b. rocket jumps
  - c. broad jumps

Session #5 August 2 – August 15

Week 1:

**Cardio (3 days)**

1. Timed 2 mile
2. 1200 tempo run at 85%
3. LSD 3-4 miles

**Agility/Speed (2 Days)**

1. Cones
  - a. T-drill
  - b. clock drill
2. Speed – Fly 35s  
8 reps

**Core/Power (2 days)**

1. Core (3/15)
  - a. crunches
  - b. side L-raises
  - c. military pushups
2. Power (3/15)
  - a. skip for height
  - b. single leg stabilization
  - c. ball gymnastics

Week 2:

**Cardio (2 days)**

- 1&2. LSD 2-4 miles

**Agility/Speed**

**Core/power**

Anything you do in these areas is on you. Keep it easy. Low # of sets and reps. We want the body to get plenty of rest this week in preparation for camp.

**Agility** – Work some agility each day, particularly the hamstrings, calf muscles and groin. Flexibility contributes to speed.

### **Ball Work:**

You should do ball work each day.

1. Technique work: Get 5 to 7 yard from a wall and shoot the ball first time at the wall making sure the foot is pointed, knee over the ball, center of your foot is striking the center of the ball, and that all the power is derived from a quick snapping motion of the lower leg.
2. First time shooting with power: back off 20 yards and shoot the ball first time at the wall. Strike the ball as hard as you can regardless of the bounce, height, speed, etc. that the ball comes to you. Pick a spot on the wall to shoot at each time and keep the ball low.
3. Trapping and shooting: again at 20 yards, strike the ball with power, and as it comes off the wall, trap it cleanly and quickly fire another shot at the wall. The point of the drill is to develop a sound clean trap and quick, hard shot.
4. Head juggle off the wall.
5. Back off between 5 and 7 yards, throw the ball against the wall and as it comes off head with power getting your entire body into the heading motion. Continue by serving the ball high so that you have to jump.
6. Play 1 v 1 or 2 v 2 games for passing and dribbling skills.
7. Practice placing corner kicks, directs, etc. Remember the number of reps needed for expertise? Get in a lot of reps on your skills over the summer. Build your skill, your consistency and your expertise.

### **Speed Drills:**

1. Fly 30's (for 35's, back the second cone up 5 yards)

Place cones at 15, 45 and 65 yards. Accelerate hard to the first cone, maintain the speed you have generated while relaxed to 2<sup>nd</sup> cone (30 yds), decelerate to final cone, coming to a complete stop at that cone.

2. Accelerations

Accelerate for distance given. Start from different positions (seated, lying, push-up, etc.)

### 3. Skip for height

Skip for the distance given. Concentrate on the push-off and try to get as high as possible each time. The key is height – not distance.

### **Core / Power**

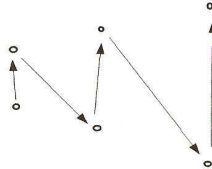
1. Cobra – On your stomach, hands behind your head. Raise your upper body (cobra style and hold 2 seconds)
2. V-Ups – Laying on your back, bring legs and upper body up simultaneously to a V, touch feet with hands. Go back down under control. Legs do not touch floor.
3. Side L-raise – Laying on your back, hand out in a cross shape, legs are off floor at 90 degree angle to body. Lower legs slowly to left, back up and lower to right, back up for 1 rep.
4. Super-man – Same as cobra, but arms are in front of you. Raise legs and upper body simultaneously in a bow shape. Hold 2 seconds.
5. Military push-ups – pushups with a handclap in between.
6. Reverse crunches – Back is on the ground. Legs are 6 inches off ground. Bring legs up to 90 degrees. Thrust legs into the air bringing lower back off ground. (Here is the hard part). Don't let lower back drop – control it back to the ground. Lower legs and repeat.
7. Off-set pushups – One hand is forward, one hand is around the waist. Switch hands each set.
8. Russian twist – In a V position, legs bent, twist upper body side to side, touching the floor on your sides with both hands. Control the movement and balance.
9. Bicycle – On your back, hand behind your head. Bicycle your legs, while meeting opposing knee with opposing elbow.
10. Hip Circles – On your back with legs up at a 45 degree angle (hands at side to support lower back). Circle your legs (medium circles). One complete rotation = 1 rep. Change direction each set.
11. Broad Jump for Distance – Two footed take off and landing (stick the landing).
12. Single leg stabilization – Use a weight bench or similar height obstacle. Stand with right side to bench (standing on left leg). Drive off left leg, jumping over bench, land on your right leg sticking the landing. When stabilized, repeat to left. Do not jump if not stable.
13. Burpee – from a standing position, go to a crouch (hands on ground), kick out to pushup position, back to crouch, leap into the air. Repeat.
14. Triple jump from stand – from a stand, push off with one leg – land on and immediately take off with the other leg, land finally on both legs. Repeat

15. Rocket jumps – Jump as high as possible with both hands in the air. Land and immediately take off again.
16. Ball jumps – Toss a ball in the air, leap into the air – catch and retoss ball before landing. Continue, trying to get as high into the air as possible each time.
17. Ball gymnastics – jumping over a soccer ball
18. Power circuit
  - Burpees x12, lunges x15, squat jumps x 15, staggered pushups x15, mountain climbers x15.Rest 4 minutes, repeat.
19. Squat jumps – Squat (rear level with knees) then jump, back to squat, repeat.
20. Prisoner squat – Deep squat, balance with hands forward. Push hard off heels to a stand, repeat.
21. Double leg stabilization – Same as single leg but double leg jumps and landings.

# Cone Drills

## Cone Drills

1.

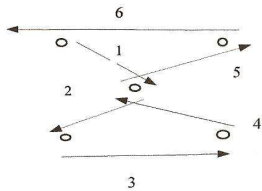


Funnel:

Basic funnel shape: first 2 cones are 2 yards apart. Cones 3 and 4 are 3 yards from cones 1 and 2 and 4 yards apart. Cones 5 and 6 are 3 yards away from cones 3 and 4 and 6 yards apart.

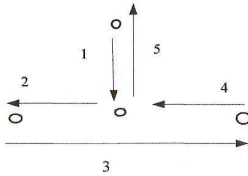
Change direction on each new rep.  
Focus on quick change of direction.

2. Bow tie



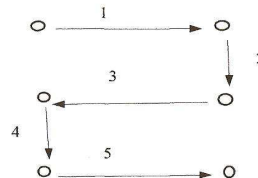
Grid is 8 x 8 or 10 x 10. Follow numbers through grid. Concentrate on quick cuts.

3. T-Drill



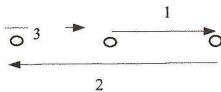
All cones are 5 yards apart. Always face the same direction. Backpedal (1) sidestep left 5 yards, sidestep right 10 yards, sidestep left 5 yards, sprint out.

4. Transition drill



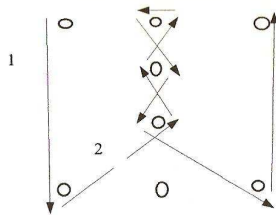
Long arrow cones are 8 yards apart, short arrows are 4 yards apart. Always face the same direction. 1,3&5 are sidesteps, 2,4 are sprints. Quick transitions.

5. 5 - 10 - 5



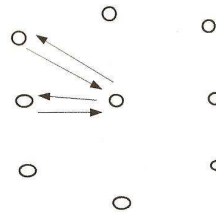
Cones are 5 yards apart. Start at center cone. Sprint to outer cone, sprint end to end, back to center. Key: quick cuts.

6. Illinois agility test



Follow the arrows. Start laying down. Face the same direction. use drop steps through inner cones. Length of grid is 10 yds. Width is 12

7. Clock drill



Good partner drill (mirror). Cones are 4-5 yds apart. Start at center cone. Always face forward and go to each cone in turn. Focus on quick cuts and transitions as well as balance.

8. Speed Ladder

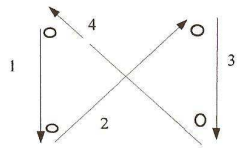


Each cone is 5 yards from the last. This is a simple suicide. Go 5 yds then back, 10 yds back, etc. Quick cuts and acceleration

9. Double T-drill

2 t-drills set up on top of each other. Do T-drill and instead of sprinting out of grid (number 5 - see T-diag.) immediately back pedal into second T. Continue as in first T then sprint out of both.

10. X-factor



Cones are 8 - 10 yards apart. Focus on hard cuts, acceleration, balance.