

# HAWK SOCCER - WEEKLY CONDITIONING

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

## ACTIVITIES PER WEEK

Warm-up – Every day you train! FIFA 11+ injury prevention warm-up

Endurance 1-2 days/ week

Cross training 1 day per week

Speed Intervals 2 days/week

Strength 2-3 days/week

Plyometrics x 1 day

Stretch/Yoga/Flexibility x at least 4 days

Scrimmage/Small Sided game 2-3x/week

Rest 1 day/week

## Sample Week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Warm-up	Warm-up	Warm-up	Warm-up	Rest Day	Warm-up	Warm-up
Speed Int.	Scrimmage	Speed Int.	Scrimmage		Scrimmage	Plyometrics
Strength	Endurance	Strength	Endurance		Stretch	Stretch
Stretch		Stretch				Cross Train

MONDAY	PLANNED ACTIVITY	NOTES (TIME, REPS, ETC.)
<input type="checkbox"/> Endurance		
<input type="checkbox"/> Speed Intervals		
<input type="checkbox"/> Strength		
<input type="checkbox"/> Plyometrics		
<input type="checkbox"/> Stretch/Yoga/Flexibility		
<input type="checkbox"/> Scrimmage		

TUESDAY	PLANNED ACTIVITY	NOTES (TIME, REPS, ETC.)
<input type="checkbox"/> Endurance		
<input type="checkbox"/> Speed Intervals		
<input type="checkbox"/> Strength		
<input type="checkbox"/> Plyometrics		
<input type="checkbox"/> Stretch/Yoga/Flexibility		
<input type="checkbox"/> Scrimmage		

WEDNESDAY	PLANNED ACTIVITY	NOTES (TIME, REPS, ETC.)
<input type="checkbox"/> Endurance		
<input type="checkbox"/> Speed Intervals		
<input type="checkbox"/> Strength		
<input type="checkbox"/> Plyometrics		
<input type="checkbox"/> Stretch/Yoga/Flexibility		
<input type="checkbox"/> Scrimmage		

<b>THURSDAY</b>	<b>PLANNED ACTIVITY</b>	<b>NOTES (TIME, REPS, ETC.)</b>
<input type="checkbox"/> Endurance		
<input type="checkbox"/> Speed Intervals		
<input type="checkbox"/> Strength		
<input type="checkbox"/> Plyometrics		
<input type="checkbox"/> Stretch/Yoga/Flexibility		
<input type="checkbox"/> Scrimmage		

<b>FRIDAY</b>	<b>PLANNED ACTIVITY</b>	<b>NOTES (TIME, REPS, ETC.)</b>
<input type="checkbox"/> Endurance		
<input type="checkbox"/> Speed Intervals		
<input type="checkbox"/> Strength		
<input type="checkbox"/> Plyometrics		
<input type="checkbox"/> Stretch/Yoga/Flexibility		
<input type="checkbox"/> Scrimmage		

<b>SATURDAY</b>	<b>PLANNED ACTIVITY</b>	<b>NOTES (TIME, REPS, ETC.)</b>
<input type="checkbox"/> Endurance		
<input type="checkbox"/> Speed Intervals		
<input type="checkbox"/> Strength		
<input type="checkbox"/> Plyometrics		
<input type="checkbox"/> Stretch/Yoga/Flexibility		
<input type="checkbox"/> Scrimmage		

<b>SUNDAY</b>	<b>PLANNED ACTIVITY</b>	<b>NOTES (TIME, REPS, ETC.)</b>
<input type="checkbox"/> Endurance		
<input type="checkbox"/> Speed Intervals		
<input type="checkbox"/> Strength		
<input type="checkbox"/> Plyometrics		
<input type="checkbox"/> Stretch/Yoga/Flexibility		
<input type="checkbox"/> Scrimmage		

Your *notes* can include comments about difficulty, how many reps, weight used, how you were feeling, etc. These are for you to track your progress and help you for future workouts.

## SUMMER TRAINING PROGRAM

We are very excited about high school soccer in Bozeman and expect to have a very competitive season. This summer conditioning program will be very helpful in preparing you for tryouts and helping you be physically and mentally prepared for tryouts and the rest of the season.

### OPPORTUNITIES TO PLAY

**Compete** The coaching staff will be emphasizing competitive play, especially 1 vs. 1. If you are not very confident in 1 vs.1 situations, then you should be working on that part of your game this summer. Soccer is a team sport, but it is also composed of individual battles, and we would like to be able to win those individual battles.

**Bozeman High School Camp July 24-27** (not required or mandatory to play high school soccer – this is purely a way to get quality training without having to travel): If you would like more information, please check out the Website: <http://bhssoccer.coldsmokesolutions.com/> or contact Erika Cannon at 579-8742 or at [Erika@coldsmokesolutions.com](mailto:Erika@coldsmokesolutions.com).

**Optional Training Sessions** - Optional training sessions for all eligible players Fall 2023.

(shin guards mandatory for all pick-up soccer)

Schedule will be posted on website – Click on Optional Summer Training Sessions. Trainings will be in the mornings twice a week if possible on the grass soccer fields.

### Other Summer Training Opportunities

#### Gallatin Elite Soccer Camp

JUNE 26th - JUNE 30th, 2023 MON-FRI

<https://www.gallatinelite.com/elite-summer-camp>

#### MSU-Billings

Summer Dates – see website

<https://women.msubsoccer.com/summer-college-id-camp.cfm>

#### G.O. Soccer

See website for updated schedule

[www.giftedoutliers.org/gosoccer](http://www.giftedoutliers.org/gosoccer)

#### Rocky Mountain College Girls HS ID Camp

<https://rocky.edu/camps>

#### University of Montana Soccer Camps

<https://www.montanasoccercamps.com/>

### THE RIGHT AMOUNT OF TRAINING

Overtraining can cause overuse type injuries and other injury. Know your body and rest when needed. Please consult your physician if you are injured or not feeling right. This program was designed with plenty of variety.

We are highly discouraging doing multiple days in a row of 440's (variety and cross training are a key component for your summer training). We are hoping that we will all be starting the progression of 440's during our season together and that we will all have a great base fitness level when we begin that progression.

When you are participating in week long soccer camps you can skip the week of fitness conditioning or you can supplement with some of the activities. You do **NOT** need to do the entire conditioning program during camp weeks.

## **SUMMER CONDITIONING PROGRAM**

Fitness is also a crucial part of soccer. Each player will be able to perform better, if they are in shape at the beginning of the season. It will also decrease injuries and muscle soreness if you are in shape. Please come to tryouts in top physical condition. This means soccer condition. You should be concentrating on one of two things this summer to prepare: 1) Playing soccer 2) Soccer specific conditioning

### **WARM-UP: Search for FIFA 11+ and watch videos on how to do all of the exercises.**

Prepare yourself for a successful training session by beginning with a proper warm-up and stretching routine (approx. 10-15 minutes). Stretching should only be done once you are warmed-up! Dynamic Stretching is preferred over static stretching. FIFA 11+ - Links to this program and videos are available and should be utilized whenever possible.

### **Endurance: Pick one of these activities on Endurance Days**

**440's:** 440 yard sprint or 4 lengths of the field.

- Players should try to complete 6 sets of 440's on 1:45 intervals. (Varsity should work toward 1:30 intervals)
- Players get 1:45 rest in between each 440.
- 440's should be done at about 75% of full speed.
- IMPORTANT: This is designed to be a progressive training that will support your improvement. Even if you can't make the interval, keep going and work to improve!

**Coast to Coasts:** midfield and back, full field and back is one repetition.

- Players should complete 10 repetitions.
- Players are given 80 seconds to rest.
- Raise the time of rest after the 4th and 7th runs to around 90 seconds.

**Cooper test:** run for 12 minutes around the track or the soccer field.

- Should try to make around 6  $\frac{3}{4}$  - 7  $\frac{3}{4}$  laps.
- However many laps you make, try to improve each time.

**Run 2-5 miles:** The shorter the run, the faster the pace. Going between jogging, sprinting and walking can also be a great way to improve your soccer fitness.

### **Speed Intervals - Pick One of these Activities on Speed Interval Days**

**Cones: 5 - 10 - 15 - 20 - 25**

- Players have to run out to the first cone and back, out to the second cone and back, out to the third cone and back and so on.
- Players have 35 to 40 seconds to complete the run.
- Players will want to build up to 35 seconds rest between runs.
- Players will do 10 repetitions. Start with less rest and add rest (if needed), after the 4th and 7th runs.
- Concentrate on quickness in and out of the turns.

**110's:** 110 yard sprint or length of the field.

- Players get anywhere from 17 to 20 seconds per run to finish.
- Players get 60 seconds to jog back to the starting line before the next sprint begins.
- 10 sprints are run with an extra 15 seconds of rest after the 4th and 7th sprints.

**Sprint and Release:** - Sprint from the goal line to the 6yd box, jog to the 18, sprint to midfield, stride to the opposite 18, sprint to the 6, and jog to the goal line. Approximately 30-40 seconds rest in between 10 reps. Start with more rest between and work up to less rest.

**Follow the Leader – 8 rounds of play for 25 seconds– rest for 30 seconds while switching roles**

Mark out a large area – 20 yards by 20 yards for example.

Pair up with a team mate and have them run randomly within the area.

Variation: Have the leader dribble a ball.

Try to maintain 2 yards distance from them at all times. Your team mate should be changing direction and pace constantly.

### **Cross Training**

- Bike Ride 4-10 miles
- Hike the M or Drinking Horse Trails– go up the steep part and down the normal way
- Play basketball, lacrosse, swimming and paddle boarding
- Other hikes that have some hills – you could also challenge yourself to jog on small sections or sprint up steep sections

### **Strength Training:**

Weight room at the high school is open in the summer to all incoming Bozeman high school and current high school students. Located below North Gym down the ramp. Hours are Monday through Friday – 6:30-8:00 AM Monday through Friday all summer. Soccer specific workouts will be available. Go with a friend and ask if you have questions.

### **At home strength workouts without gym access:**

Each exercise below do - 3 sets of 8 – 12 repetitions, 90 seconds rest between sets (*if 15 times is too easy increase weight and decrease reps.*) *If you are unsure how to do any exercise, most have videos online if you search for them. If you can't find it, or it doesn't seem right, please contact coaches.*

- Single Leg Squats
- Hamstring curl with gliders or on a slippery surface with towels or socks
- Planks – forward and side planks – see F11+ warm up for more info
- Side leg raise (glute exercises)
- Single leg Romanian Dead Lift
- Push-ups: good old fashion push-ups and military push-ups (narrow pushups are hard and will work your triceps, very good for holding off defenders)

### **Plyometrics: 1 x per week (work on landing soft with knees aligned over ankles):**

- Squat jumps – 20 repetitions
- Scissor jumps – 20 reps (These are lunge jumps switching in front leg in the air)
- Ice skaters – 20 reps – bound sideways back and forth
- Single Leg Hops – 10 repetitions each side

### **STRETCH/YOGA/FLEXIBILITY:**

There are many videos and stretching techniques. You need to learn what works best for your body. HERE IS A VIDEO THAT HAS A SHORT STRETCHING ROUTINE FOR SOCCER PLAYERS: **4 BEST ACTIVE STRETCHES FOR SOCCER PLAYERS | YFUTBOL** - [HTTPS://WWW.YOUTUBE.COM/WATCH?V=V9FXAJWE1ZU](https://www.youtube.com/watch?v=V9FXAJWE1ZU)

- Finish your training session with a cool down jog and stretching routine to reduce chances of fatigue related injuries
- If you become injured during a training session determine how severe it is and seek the proper medical attention if needed.
- Be sure your distances are correct for the specific training exercises.
- The following exercises are examples of things that we will do on a regular basis at practice.

## ADDITIONAL SKILLS AND CORE WORK

**Pilates:** A great way to strengthen your core and help prevent injury.

**Abdominal work:** Crunches, bicycle crunches, rowers, planks etc.

### Heading

- Practicing judging balls coming to you out of the air is very important for heading. Even if you are just receiving or volleying.
- With a partner work on first throwing the ball in the air and heading them back to their feet, slowly work up to kicking long balls to your partner (try to head the ball at the highest point that you can), then work up to punted balls. The more balls played in the air, the better. Force yourself to learn how to judge where the ball will land, etc.
- The most challenging practice is winning balls out of the air in traffic. Start with just one player challenging you and work up to corner kick like situations.

### Other technical skill training:

**Passing tests:** approx. 10 yards apart with a partner, passing back and forth. Emphasis is on quick receiving and passing with both feet. The harder you can pass it to your partner under control, the more passes you will be able to complete.

- How many one touch passes you can get in 2 minutes?
- How many 2 touch passes you can get in 2 minutes?
- Try backing it up to 20 yards.

### Shooting (Finishing)

- Long shots from outside the box.
- Finesse shots from penalty spot.
- Turn and shoot with both feet. Always pick a spot in the goal and try to achieve accuracy over power.
- Headers from inside the six-yard box.
- Concentrate on accuracy and proper technique.

**Long balls for accuracy:** With 2 players practice getting the ball in the air with accuracy to your partner.

- Try to receive the ball quickly and kick the ball back quickly with either foot.
- With more players: try short-short-long with a player in the middle, supporting each of the side players.
- Try to achieve one touch, or two touch at the most.
- Try to receive by heading the long ball down to the player in the middle's feet.

**If you have any questions, please email Coach Erika Cannon at: [Erika@coldsmokesolutions.com](mailto:Erika@coldsmokesolutions.com) or Assistant Coach Jack Stoddart at [jack.stoddart@bsd7.org](mailto:jack.stoddart@bsd7.org)**