

## SUMMER TRAINING

This will be a competitive season both in games and in practice. Please come prepared to compete at the highest level.

The coaching staff is planning on having a camp this summer with all high school players. If you would like more information, please contact Erika Cannon at 579-8742 or at [Erika@coldsmokesolutions.com](mailto:Erika@coldsmokesolutions.com). Website: <http://bhssoccer.coldsmokesolutions.com/>

**This season we will be using an assessment program called iSoccer. This program will emphasize technical (skill) training and it will help us test our players with a simple, uniform test. There will be a handout at the Activities Office that will explain all of the tests and will provide you with information to improve the technical side of your game. For even more information go to: [isoccer.org](http://isoccer.org). We can also email a copy of the PDF to you.**

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.

Points of Emphasis: Please take a look at this information. It provides overall guidance and positional thoughts also.

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 must get out and play during the summer.

The following suggestions will also help make your training sessions safe and effective:

- 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.**
- 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.

**Fitness Training:** Much of your fitness can be achieved by playing, but some of your fitness training must be done without the ball.

**Sprints and Speed Training (Recommended Schedule: Pick one to do on of the following to do on Tuesdays, Thursdays, Saturdays)**

**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.

**120's:** 120 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.

**220's:** 220 yard sprint or 2 lengths of the field.

- Players should try to complete 12 sets of 220's on :50 second intervals. (Varsity should work toward :45 sec intervals)
- Players get :50 second rests inbetween each 220.
- 220's should be done at about 85-95% 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!

**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 inbetween 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.

**Long Distance (Recommended Schedule: Mondays, Wednesdays, and Fridays)**

**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.

**Strength Training:** Weight room is open in the summer. Hours should be posted in the Activities office.

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

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

**Plyometrics:** jump rope and /or fast footwork.

**Push-ups:** good old fashion push-ups and military push-ups (these are hard and will work your triceps, very good for holding off defenders) will be emphasized.

**Skill Training and games:** Again please concentrate on 1 vs.1 training. If you can get more players to practice with, start with 1 vs. 1's and build up to 2 vs. 2's etc.

**Small-sided games and Full-sided games:** Playing the game is the best training!

**1 v. 1 to a cone or a bag for 3 minutes:** Try to play 5 games, with a minute rest in between.

**One v. One to goal, with a goalie:** Practice both offense and defense. For defense, set out a cone or a marker to try to clear the ball to if you win it (this way you are practicing clearances.)

**One v One on the wing:** for a cross to a marked player in front of the goal.

- Looking for accuracy of the cross either on the ground or in the air.
- Or looking to drive (dribble) to the end line and either shoot or pass.

**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.

**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**

- Long shots from outside the box.
- Finesse shots from penalty spot.
- 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 questions, please email Coach Erika Cannon at: [Erika@coldsmokesolutions.com](mailto:Erika@coldsmokesolutions.com) or Coach Jack Stoddart at [jack.stoddart@bsd7.org](mailto:jack.stoddart@bsd7.org)