

## Summer Strength & Conditioning Plan

### *Summer Soccer Manual*



Hello Soccer Player,

Welcome to 1<sup>st</sup> annual summer conditioning program for Ram Soccer. As you know the sport of Soccer is a very explosive and fast paced sport. Every year players are becoming stronger, and faster. With faster and stronger athletes as your competition you as an athlete must be prepared. The importance of coming into the season in the best shape possible is at the utmost priority. By coming into a season out of shape you are already behind your competition that has been training for the whole off-season. This is what separates the good players from the mediocre ones. Championship teams and players come into the season in shape and only improve from then on. Mediocre players come into the season out of shape and are always trying to catch up with the winning teams the whole season. Remember you cannot play yourself into shape. You must prepare before you win a championship not prepare as you are trying to win a championship.

The importance of employing a summer conditioning program for soccer is critical for the prevention of injuries. Scientifically based programs will get you into the best shape possible for the upcoming season. The following program will help get into shape for the season and with a little luck will keep you injury free. Remember you do not help the team if you are on the sidelines nursing an injury that could have been prevented. Enjoy the program and enjoy your upcoming Soccer season.

Good Luck and Have Fun,

Coach McCormick  
Head Strength & Conditioning Coach

## Summer Strength & Conditioning Plan

### WARM UP

The key to beginning any training program is to get the body ready for activity. This is done by doing a combination of static and dynamic movements to bring blood to the muscles that will be worked during the training period. Static Stretching is stretching, using slow, controlled stretches, held in position for a period of time. Dynamic Stretching is repeated, fluid, gentle dynamic-range movements.

#### **You should stretch at the following times:**

- Before exercise, practice, and competition
- During exercise, practice, and competition
- Following Exercise, practice, and competition

This is done to increase the following to prepare you for exercise:

- Heart Rate
- Blood Flow
- Deep Muscle Temperature
- Respiration Rate
- Viscosity of Joint Fluids
- Perspiration
- Flexibility

Additionally for those who lack sufficient flexibility, extra stretching sessions during free time may be both relaxing and beneficial. Stretching can be done at night before going to bed, sitting watching TV or after a hot shower when you feel more relaxed

**\*Consistency and time in a stretching program will show improvements in flexibility\***

Tennis requires a large amount of flexibility from the legs, core muscles, and upper body. If any one of these areas is inflexible it could hurt your game tremendously. This is why it is very important to make sure you stretch every time before and after playing, train, and when you feel tight. On the next few pages we will go through a basic stretching program that will include both static and dynamic movements to improve your flexibility while on the court.

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### Soccer workout warm-up

1. Begin a general warm-up period, which may consist of 2-5 minutes of slow jogging or riding a stationary Bike
2. At the completion of the general warm-up period, mark off approximately a 15-yard area with cones. Perform the following dynamic stretches.

#### Dynamic Stretches

*(Done in the following order) Exercises are done using 50% effort. Stay relaxed and emphasize on technique rather than speed.*

1. Skipping – Down and Back
2. Walking Lunges – Down and Back
3. Side Shuffle – Down and back facing the same direction the whole time.
4. Backwards – Down and Back
5. High Knees- Down and Back

At the completion of the dynamic movements immediately perform the following static stretches to complete the warm-up.

#### Static Stretches

(Progress from upper body stretch to lower body stretch. Stretches are to be held for approximately 30 seconds)

##### Upper Body:

1. Neck Stretch
2. Chest Stretch
3. Triceps Stretch
4. Shoulder Stretch & Upper Back Stretch

##### Lower Body:

1. Groin Stretch (Butterfly)
2. V-Sit w/ Calf Stretch
3. Knees Side to Side
4. Quad Stretch
5. Back Extensions

After performing the static stretch portion of the warm-up you will roll over onto your back and perform the following abdominal exercises.

- |             |     |
|-------------|-----|
| Crunches    | x25 |
| Toe Touches | x25 |
| V-ups       | x25 |
| Leg Raises  | x25 |
| Knee Tucks  | x25 |

## Summer Strength & Conditioning Plan



**June 2<sup>nd</sup> -30<sup>th</sup>**

The first month is meant to help get you into shape and begin developing fundamental speed and agility techniques. This is a three-day per week program, with the first day focusing on strength, the second on speed and agility, and the third on endurance.

### Day 1

- **Back Squats:** 4x12, *body weight on the bar!*
- **Step-ups:** 3x 8ea.
- **Romanian Deadlifts:** 3x12-20
- **Dumbbell Bench Press:** 3x12-20
- **Pull-Ups:** 3xMax
- **MB Standing Military Press:** 3x12

### Day 2

*10-15 minutes of speed and agility technique drills*

- **Sprint to Lateral Shuffle:** 5x30 meters (switch sides every 5 meters)
- **Sprint to Backpedal:** 5x30 meters
- **Standing Long Jump:** 3x 5 reps
- **Push-ups:** 3x 15
- **DB Curls:** 3x 10
- **Bench Dips:** 3x 10

### Day 3

*Do each exercise with a med ball. Perform each for 30 seconds and repeat the circuit 3x.*

- **Med Ball Push-ups,**
- **Med Ball Chest Pass**
- **Med Ball Overhead Throw**
- **Med Ball Russian Twist**
- **Med Ball Slams** (hold ball in front)
- **Med Ball Lateral hops** (jump over the ball side to side)
- **Med Ball Lunges** (hold ball in front)
- **Med Ball Crunches** (hold ball over chest)
- **Med Ball V-ups** (alternate legs)



**July 1<sup>st</sup> -31<sup>st</sup>**

The program during months two and three expands to five days per week. Three days are devoted to strength and metabolic conditioning, and the other two days focus on speed, agility and plyometrics.

### Day 1

- Back Squats: 3x12
- Romanian Deadlifts: 3x12
- Dumbbell Bench Press: 3x12/super set with push-ups 3x12
- Pull-Ups: 3xMax
- Standing Military Press: 3x12-20
- Sprints: 10x30 with 20 seconds walking recovery between sprints

### Day 2

*10-15 minutes of speed and agility technique drills*

- Sprint to Lateral Shuffle: 3x30 meters (switch sides every 5 meters)
- Sprint to Backpedal: 3x30 meters
- MB Standing Long Jump: 3x3
- Lunge Matrix fwd, side, back: 3x5 (stick landing)

### Day 3

*Do each exercise with a med ball. Perform each for 30 seconds and repeat the circuit three times.*

- Clean and Press
- Chest Pass

## Summer Strength & Conditioning Plan

- Overhead Throw
- Twist and Throw
- Med Ball Squat (hold ball in front)
- Med Ball Romanian Deadlift (hold ball in front)
- Med Ball Lunges (hold ball in front)
- Med Ball Crunches (hold ball over chest)
- Med Ball Leg Raises (hold ball between feet)
- Half-field sprints Game speed: 15x

### Day 4

*10-15 minutes of speed and agility technique drills*

- Sprint to Lateral Shuffle: 4x30 meters (switch sides every 5 meters)
- Sprint to Backpedal: 4x30 meters
- Standing Long Jump: 1x5, Jump Rope 50x, Standing Long Jump 1x5, 100 Jump Rope
- 180 Box Jumps: 3x5 (stick landing)

### Day 5

*Do each exercise with your body weight. Perform each for 30 seconds and sprint for 30 seconds between exercises. Repeat the circuit three times.*

- Squats
- Front Lunges
- Reverse Lunges
- Side Lunges
- Inchworms
- Walk on Toes
- Walk on Heels
- Wheelbarrows
- Bear Crawl
- Push-Ups
- Pull-Ups
- Dips



## August 1<sup>st</sup> -31<sup>st</sup>

This phase also is also based on a five-day plan. However, the exercises are more complex and the workouts are more difficult to accomplish to promote increased fitness levels.

### Day 1

- DB Curl & Press: 3x6 @ 30% (of body weight)
- Front Squats: 3x8-12 @ 70% of body weight
- Strength Ball Hypers: 3x15
- Incline Dumbbell Press: 3x12
- Single-Arm Dumbbell Rows: 3x 10 each arm
- Seated Military Press: 3x8-12
- Sprints: 2x10x20 meters with 20 seconds walking recovery between sprints and 5 minutes recovery between sets

### Day 2

*10-15 minutes of speed and agility technique drills*

- Sprint to Lateral Shuffle: 5x30 meters (switch sides every 5 meters)
- Sprint to Backpedal: 5x30 meters
- Standing Lateral hurdle Jump: 3x 5
- Burpee + Jump: 3x 10 (speed)

### Day 3

- Dumbbell Bench Press: 3x12-15
- Dips: 3xMax
- Pull-Ups: 3xMax
- 3-in-1 Shoulders: 3x10, side raises, front raises, shoulder press
- Sprints:

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- 1x20 meters, 10 seconds recovery
- 1x40 meters, 20 seconds recovery
- 1x60 meters, 40 seconds recovery
- 1x80 meters, 60 seconds recovery
- 2x100 meters, 60 seconds recovery
- 1x80 meters, 60 seconds recovery
- 1x60 meters, 40 seconds recovery
- 1x40 meters, 20 seconds recovery
- 1x20 meters

### Day 4

*10-15 minutes of speed and agility technique drills*

- Sprint to Lateral Shuffle: 3x30 meters (switch sides every 5 meters)
- Sprint to Backpedal: 3x30 meters
- Standing Long Jump: 3x 5
- Burpees: 3x 12 (speed)

### Day 5

- Back Squats: 3x-15 @ 60% of max
- Lunges: 3x12-15
- Good Mornings:3x-15
- Back Raises: 3x-15
- Calf Raises: 3x-15
- Half-field sprints: x30 game speed, 25 sec. recovery between each.

**Huston-Tillotson University  
Strength and Conditioning  
Nutrition Guidelines**

- 1). Always eat breakfast
- 2). Eat 4 – 7 meals per day, counting snacks
- 3). Protein should be included in each meal, this should come from low fat sources such as chicken, fish, turkey, eggs, low-fat or fat free dairy, and lean beef
- 4). A fruit and/or vegetable should be eaten each meal
- 5). Eat every 2-3 hours
- 6). Avoid high sugar products food or drink. This includes drinks such as Sunny-D or Kool-Aid and soda/pop. As well as foods like cookies, candy and ice cream.
- 7). Water should be your main drink of choice
- 8). Try to stay away from pre-prepared food whenever possible (fast food, pizza, frozen dinners)
- 9). Prepare food ahead of time is possible, this will help with last minute choices and settling for whatever is available. Understand that you are an athlete and not the average person
- 10). Get color onto your plate – in the form of vegetables and fruits.
- 11). Bookend your workouts – pre and post! Your workout is not complete until you eat!