

EXETER HIGH SCHOOL GIRLS' SOCCER



**SUMMER WORKOUT PROGRAM
2024**

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This program is designed to enhance not only your cardio fitness, but your overall fitness. Incorporated into the program is a mix of aerobic conditioning (distance running) and anaerobic conditioning (sprinting). In addition is a plyometric workout which will improve speed, agility and quickness.

Training over the summer and coming into pre-season already fit will allow us to perform better as a team while minimizing nagging muscle injuries often caused by being unfit and suddenly overworking your muscles.

The specific goal of this workout program is to prepare you for the physical demands of the game of soccer. This program is a guideline. Becoming fit is the goal. Do what you can and adjust where needed. All workouts must be done with intensity and concentration for maximum benefit. This workout program should last for the 8 weeks prior to tryouts, and if stuck to consistently, you will see obvious improvement and progress.

IF THIS PROGRAM IS DONE AS OUTLINED, IT WILL ALLOW YOU TO ENTER PRE-SEASON IN "GAME SHAPE" AND REDUCE YOUR RISK OF INJURY!!!

In addition to the workout program, I hope that you will also be involved in playing an 11V11 game once a week (opportunities are listed below), as well as weight training, which can be combined with any of the other workouts.

Summer Soccer Opportunities

1. *Division 1 High School Girls Summer League* (only for 10th -12th graders)
 - Tuesday nights 6/18 - 8/13 in Manchester
 - Contact Coach Young if you have not signed up and would like to.
2. *Pick-Up games at Exeter High School Stadium Turf* (all grade levels)
 - Wednesday mornings 7/10 - 8/14 from 8:30 - 10:00
 - The goal is to have a full field game
 - No need to sign up, just come if and when you can

The training program has been organized into 2 week sections. The daily workouts will change, but your overall routine should remain the same.

1. Dynamic Warm-Up - Should be done for 5-10 minutes before every workout.
2. Daily Workout - See attached sheets for specific workout. Should last 25-30min.
3. Cool Down - Should be done for 5-10 minutes after each workout

WEEKLY TRAINING ORGANIZATION

This program is designed for you to workout 6 days a week; one workout per day. It is, however, just an outline. Don't be afraid to make individual adjustments as you progress through each workout. For example, PUSH yourself to get better times, if ready, take shorter breaks in between sprints or increase your number of reps. Sprint all out on every sprint - do not pace or save yourself for final sprints. Pushing yourself NOW will be rewarded in August.

Weeks 1 and 2 (June 17th - July 1st)

- 1 day X per week **35-minute Interval Run** (refer to first page)
- 15 min. Plyometric Workout** (choose from attached sheet)
- 1 day X per week **Speed Training** (see attached sheet)
- 1 day X per week **120's** (see description on first page)
- 1 day X per week **8 X's Workout** (see description on first page)
- 1 day X per week **Brazilian Workout** (see attached sheet)
- 1 day X per week **Ladder Workout** (see description on first page)

***** Always take one full day off

Weeks 3 and 4 (July 1st - July 15th)

- 2 days X per week **Speed Training**
- 1 day X per week **120's**
- 1 day X per week **Brazilian Workout**
- 1 day X per week **Ladder Workout**
- 1 day X per week **2 Mile - Timed Run (record the time)**
- 15-minute Plyometric Workout**

***** Always take one full day off

Weeks 5 and 6 (July 15th - July 29th)

- 2 days X per week **120's**
- 1 day X per week **8 X's Workout**
- 1 day X per week **Ladder Workout**
- 1 day X per week **Speed Training**
- 1 day X per week **2 Mile - Timed Run (goal is to beat previous time)**

***** Always take one full day off

Week 7 (July 29th - August 12th)

2 days X per week **8 X's Workout**
1 day X per week **120's**
1 day X per week **Ladder Workout**
1 day X per week **Speed Training**
1 day X per week **Brazilian Workout**

******* Always take one full day off**

Week 8 (August 12th - August 18th)

2 days X per week **30 - 40 minute Steady Run**
15 min. Plyometric Workout
1 day X per week **Speed Training**
1 day X per week **35-minute Interval Run**
1 day X per week **2 Mile - Timed Run (goal is under 16:00)**
1 day X per week **120's**

******* Always take one full day off**

PLOMETRIC WORKOUT

These are power/strength workouts aimed at increasing speed, agility and quickness. Each exercise should be done at maximum effort for the duration of the workout. The rest period is determined by how long it takes you to complete the exercise. Rest should be equivalent to the duration of each exercise.

Bench Step-Ups - 45 seconds

Simply step up on a bench or other platform that is knee height. Bring the other foot up alongside, and then step down leading with the same foot that led going up. Do the entire exercise leading with the same foot, then switch.

Sit Up Crunches- 2 minutes

Sit-ups with knees bent 90 degrees at the knee and held up over your hips in the air. Bring elbows to knees.

Straight Body Push-Ups

1 push up every 2 seconds for as long as possible.

Tuck Jumps- 20 seconds (2 times)

With feet parallel, jump from both feet as high as possible and bring knees to chest while in the air. Land immediately and jump again.

Mountain Climbers- 2 minutes

With supporting body with one leg extended behind and one leg bent with knee under chest, exchange knees as fast as possible.

High Knee Sprints- 15 second intervals (3 times)

Maximum speed possible with each knee lifting to at least waist height each time

Power Skipping- 5 minutes

Use the normal skipping motion, but explode upwards, trying to achieve maximum height on every jump. About 20-25 yds. Each time for 10 sets.

Power Jumps- 15 minutes

These jumps are designed to get more height and explosiveness as opposed to quickness. Try all 3 sets with both two-foot and one-foot technique.

- Front/Back - Jump forward and back over a ball (30 sec.)
- Side/Side- Jump side to side over a ball (30 sec.)
- Diagonals – Jump forward and to the side (30 sec.)

Lunges- 10 minutes

With or without a weight, lunge out with one leg so that your knee is bent at about 90 degrees and your thigh is parallel to the ground. Your back knee should almost scrape the ground. Alternate legs (20-25 yards, 10 sets)

Calf Raises- 5 minutes (4 sets of 50)

With or without a weight, stand with your feet together and raise your heels off the ground. Hold that position for a full second and then go back down.

Quick Feet Drills- 10 minutes

These are designed for quickness and agility. Find a line to work with and try as quickly as possible, jumping over the line. The ideal is not jump high, but to go as quick as you can. Try 3 different directions for 30 seconds at a time.

- Front/Back
- Side/Side
- Box (jump in the shape of a box – side, back, side, up)

Stretch- 10 minutes

It is important after a good plyometric workout to get a good quality stretch of your lower body muscles.

SPEED TRAINING

This is a speed development program. It is designed to improve your ability to sprint and your ability to recover from sprinting. If it is done properly and consistently, it will improve your speed throughout the summer. This is not endurance training. Remember this is only a portion of the training that you need to do.

Sprint all out on every sprint – do not pace or save yourself for final sprints.

Take the full rest period – no more / no less

Concentrate on explosive starts.

WEEK 1	WEEK 2	WEEK 3	WEEK 4
6 X 18 yds	8 X 18 yds	9 X 18 yds	10 X 18 yds
6 X 40 yds	8 X 40 yds	9 X 40 yds	10 X 40 yds
5 X 60 yds	6 X 60 yds	8 X 60 yds	9 X 60 yds
3 X 100 yds	5 X 100 yds	5 X 100 yds	8 X 100 yds
2 X 120 yds	3 X 120 yds	4 X 120 yds	5 X 120 yds
WEEK 5	WEEK 6	WEEK 7	WEEK 8
10 X 18 yds	11 X 18 yds	11 X 18 yds	12 X 18 yds
10 X 40 yds	11 X 40 yds	11 X 40 yds	12 X 40 yds
9 X 60 yds	10 X 60 yds	10 X 60 yds	9 X 60 yds
8 X 100 yds	8 X 100 yds	8 X 100 yds	8 X 100 yds
5 X 120 yds	5 X 120 yds	5 X 120 yds	5 X 120 yds

Rest Periods Weeks 1 - 4	Rest Periods Weeks 5 - 8
30 seconds for 18's	20 seconds for 18's
45 seconds for 40's	35 seconds for 40's
55 seconds for 60's	45 seconds for 60's
75 seconds for 100's	65 seconds for 100's
85 seconds for 120's	75 seconds for 120's

Brazilian Fitness Test

The Brazilian Fitness Test is designed to train soccer players for endurance and sprints that simulate the demands of a game. The rest times are built in according to game time recoveries.

It is expected that every athlete will be able to complete all 7 stages of this test

Stage One: 800 meter run (2 ½ laps of the soccer field)

Time: 3 minutes and 30 seconds

Recovery: 2 minutes

Stage Two: 400 meter run (1 ¼ laps of the soccer field)

Time: 1 minute and 45 seconds

Recovery: 2 minutes

Stage Three: Line Sprints (6 yard box/penalty box/ halfway line/ 6 yard box)

Time: 35 seconds

Recovery: 90 seconds

Stage Four: Line Sprints (6 yard box/penalty box/ halfway line/ 6 yard box)

Time: 33 seconds

Recovery: 90 seconds

Stage Five: 400 meter run (1 ¼ laps of the soccer field)

Time: 1 minute and 35 seconds

Recovery: 2 minutes

Stage Six: Line Sprints (6 yard box/penalty box/ halfway line/ 6 yard box)

Time: 33 seconds

Recovery: 90 seconds

Stage Seven: 800 meter run (2 ½ laps of the soccer field)

Time: 3 minutes and 30 seconds

Recovery: 24 hours

SPEED AND AGILITY DRILLS

*** These are extra workouts that can be substituted at any time throughout the program in order to provide variety in your daily routine. Use if or when necessary.*

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 sprint between the cones 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.

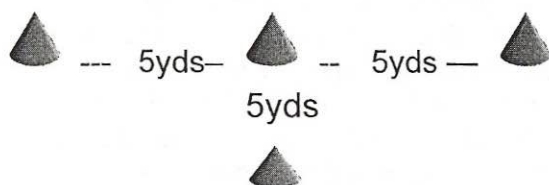
Rest 60 sec. between each set. Complete at least 6 sets.

******There are 12 direction changes in this drill.



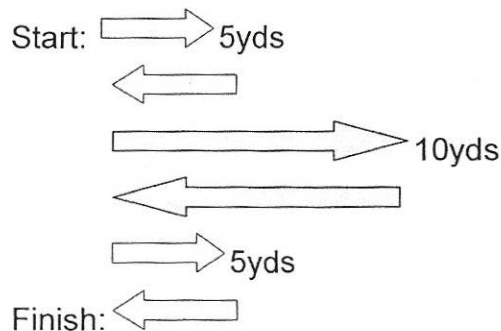
50 Yarders - Start on the endline. Place a cone at the 10, 20, 30, 40 and 50 yd lines. Sprint out and back to each marker in 75 seconds. Rest 60 seconds. Complete at least 6 sets.

T-Drill - Place cones down, forming the letter "T". Distance between the cones should be 5yds. Complete 6 repetitions from each side (starting on left; starting on right)



- Start at the cone on the left
- Sprint forward to the middle cone then lateral shuffle to outside cone
- Lateral shuffle back to the middle cone
- Backpedal to the bottom cone
- Sprint to the top cone; shuffle back to the start.

5-10-5 Ladders: Start on the endline, sprint 5 yards out. Touch the line and sprint back to the starting line. Next sprint 10 yards, touch the line, and sprint back. Continue with the last 5 yards out and back.



INTERVAL TRAINING EXERCISES

Instructions

50-yards

- Sprint from Cone 1 to 2
- Jog from 2 to 3
- Sprint from 3 to 4
- Jog from 4 to 5
- Sprint from 5 to 6
- Jog from 6 to 1
- Rest two minutes; progress to 100-yards

100-yard

- Sprint from Cone 1 to 3
- Jog from 3 to 4
- Sprint from 4 to 6
- Jog from 6 to 1
- Rest two minutes; progress to 150-yards

150-yards

- Sprint through cones from 1 to 4
- Jog from 4 to 6
- Walk from 6 to 1
- Rest two minutes; progress to 200-yards

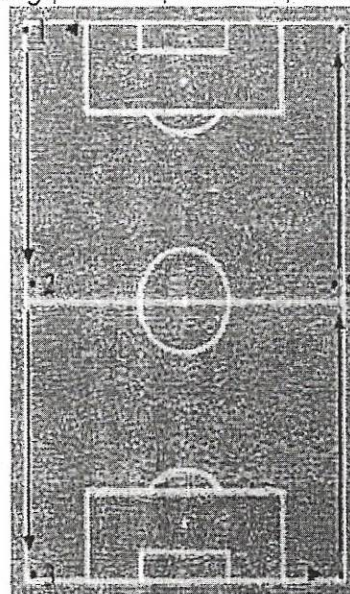
200-yards

- Sprint through cones from 1 to 5.
- Jog from 5 to 6
- Walk from 6 to 1
- Rest two minutes; progress to 250-yards

250-yards

- Sprint through cones from 1 to 6
- Walk from 6 to 1
- Rest

Other Comments: Perform the drill on a grass field (e.g., football, lacrosse, soccer, etc.)



The following progressions to the left are meant for you to choose a distance and progression that meets your current fitness level. For instance, you could choose to run the *50-yards* and *100-yards* distances for a select number of repetitions (e.g., 6 and 4 respectively) and you will still be provided with a solid speed endurance training stimulus. As you start to get in better shape, you can choose the right progressions and distances that provide a worthwhile physical and mental challenge, so that you arrive for your fall season fit and prepared!

GASSERS - Using a regular sized soccer field, sprint from one sideline to the other. Do this 2 times. The goal is to complete the sprint in under 40 seconds. Rest for 40 seconds. Repeat 3-5 times

1/2 GASSER - Using a regular sized soccer field, sprint from one sideline to the other. The goal is to complete the sprint in 18 sec. or less. Repeat 6-9 times.

HALF LAPS: Using a standard soccer field, start where the centerline & touchline meet. Sprint down the sideline and around the perimeter of the field (behind the goal) and finish at the opposite side of the field (where the other touchline & centerline meet). 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. Continue for 25-30 minutes.

*****These are additional options for you to work on interval training. Feel free to substitute into your program in order to provide variety for your workouts.

DYNAMIC WARM UP (Should be done before every workout)

- Choose from any of the following and continue for at least 10 minutes.

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.

Walk on toes – shifts emphasis from the hip flexors to the hamstrings. Actively warms up the hamstrings as well as moves the quads through full range of motion.

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).

Daily Workout

1. **Speed Training** (see attached)
2. **Brazilian Fitness Test** (see attached)
3. **120's** - Sprint the entire length of the field in 18 sec. – Jog back to start in 30 sec. – Rest for 15 sec. – Repeat 14 times.
4. **Interval Run** – 3 min. warm-up pace. Then start intervals: 30 sec. sprint – 1 min. jog – repeat 10 times. 5-minute cool down. (Substitute any of the other interval workouts that are attached, if variety is needed.)
5. **Ladder Workout** - 50, 100, 150, 200, 150, 100, 50 yds. (Repeat 4 times)
Use a 2:1 ratio....if it takes 30 sec. to run 150 yds....rest for 1:00 (rest period = double of what it took to run.)
6. **8 X's Workout** -
 - A. 8 X 20 yds. (25 sec. rest between reps)
 - B. 8 X 50 yds. (35 sec. rest between reps)
 - C. 8 X 100 yds. (45 sec. rest between reps)
7. **2 Mile – Timed Run** - 8 Laps around a track. The goal is under 16 minutes
Record your time and work to beat it each week.

Cool-Down **(MAKE SURE YOU COOL DOWN AFTER EVERY WORKOUT)**

- Light jogging or any of the above warm-up activities
- Static Stretching - **BE SURE TO DO THIS AFTER EVERY WORKOUT!!**

GOOD LUCK!!!

"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."

"Working hard is not just a slogan - it is an attitude."