

# Spalding Women's Soccer

## Summer Conditioning Packet



**“The vision of a champion is someone who is bent over, drenched in sweat, at the point of exhaustion when no one else is watching.” –Anson Dorrance**

### **Goals to achieve before season:**

1. Expand your knowledge of the game.
2. Further develop and tone your soccer skills.
3. Maintain a balanced and nutritious diet.
4. Build endurance and speed (specifically: 2 miles in 16 min. or faster; 1 mile in 7:15 or faster).
5. Strengthen and build muscles.

### **Ways to achieve these goals:**

- One of the best ways to expand your knowledge of soccer is to watch the game at higher levels. The FIFA Women's World Cup will be held from June 26-July 17. Watch as much of it as you can.

### **Rotate through running and lifting workouts each week as follows:**

#### **Workout #1**

- A. Warm-up.
- B. 2 mile-run. Your run goal is 16 minutes or faster

- C. Crunches: 4 sets of 25 → increase each workout
- D. Push ups: 4 sets of 25 → increase each workout
- E. Wall Ball Workout: Attached
- F. Cool down and stretch

### Workout #2

- A. Warm-Up
- B. 12-minute run done on a track. Your goal is to complete 6 laps within 12 minutes. If you complete 6 in 12-minutes, continue until the 12 minutes has elapsed (2 minutes per lap or an 8-minute mile)
- C. Crunches 4 sets of 25 → increase each workout
- D. Push Ups: 4 sets of 10 → increase each workout
- E. 150 juggles: 50 feet only, 50 thighs and 50 head only. Does not have to be done consecutively. → Increase with each workout
- F. Cool down and stretch

### Workout # 3

- A. Warm-up.
- B. 1 mile run. This run is to be timed. It is suggested that you run 4 laps at the track. (7:00 is our target)
- C. Speed Drills: All speed drills should be completed at full speed and focus on form and sharp cuts. 4 reps for each drill: Rep 1- slow perfect form, Rep 2- medium pace, perfect form, Reps 3 and 4 top speed/top form. (See below for diagrams of speed drills)
- D. Cool down and Stretch

### Workout #4

- A. Warm-Up
- B. 120's
  1. Run hard from one end of the soccer field to the other (can use length of track)
  2. Work to jog back in 45 seconds
  3. Rest for an additional 60 seconds
  4. Repeat 3 times. (Work to improve your time each workout)
- C. Speed Drills
- D. Cool down and stretch

## Workout #5

- A. Warm-up
- B. Interval running: walk 30 sec., jog 20 sec., sprint 10 sec. for 30 minutes.
- C. Crunches 4 sets of 25 → increase each workout
- D. Push Ups: 4 sets of 10 → increase each workout
- E. Cool down and stretch

### **SPEED DRILLS**

#### **Drill #1: T-Drill**

T-Drill: Set the cones up to look like a T. The athlete starts at the bottom of the T (cone #1). Sprint forward 10 yards to cone #2. At the cone side shuffle left 5 yards to cone #3. Plant at cone #3 and side shuffle 10 yards to cone #4. Plant again at cone #4 and side shuffle 5 yards back to cone #2. Cut at cone #2 and sprint back to the beginning to cone #1.

#### **Drill #2: Funnel Drill**

Funnel Drill: Need 6 cones. The first 2 cones are next to each other 2 yards apart. Place the cones 3 and 4, 3 yards away from the first 2 and separate them 4 yards apart. Cones 5 and 6 are going to be 3 yards away from cones 3 and 4, and they will be separated 6 yards apart. The cones should form a shape of a funnel.

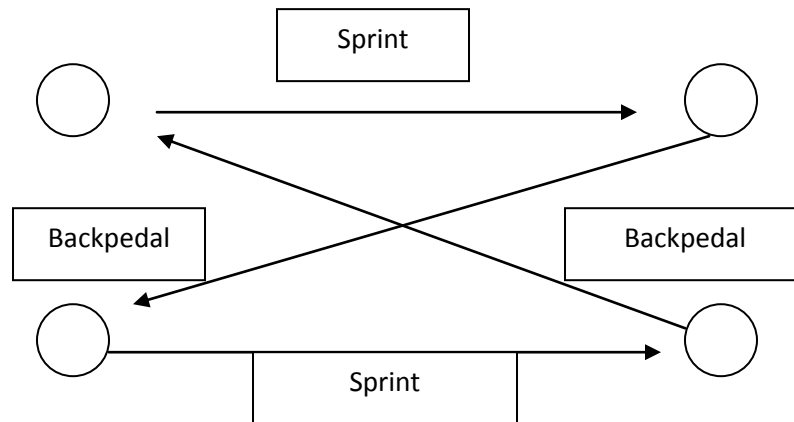
To start this drill, you should stand in an athletic position in front of cone #1. On a command of a coach or training partner, laterally shuffle to cone #2. Touch the top of cone 2 then sprint diagonally to cone #3, touch, then shuffle to cone #4. Touch cone #4 then sprint diagonally to cone #5, touch and laterally shuffle to cone #6. Touch cone #6 then sprint forward 5 yards to the finish line.

#### **Drill # 3: X-Factor**

X-Factor Drill: Set the cones up in a square pattern with each cone 10 yards apart. The athlete starts at cone #1 and sprints 10 yards to cone #2. At cone #2 the athlete plants and sprints diagonally to cone #4. Cut at cone #4 and sprint 10 yards up to cone #3. At cone #3 the athlete plants again and sprints diagonally back to cone #1.



## X-Factor



## Lifting

Legs: squats, leg press, lunges, dead lifts, leg extensions, calf raises, etc.

Upper body: pushups, bench press, overhead press, concentration curls, dips, etc.

Core: crunches, planks, medicine ball exercises, bridges, etc.

## Skills Training:

### **Dribbling – Figure 8**

Cones will be placed 6 yards apart. Players will have 1:00 with their right foot and 1:00 with their left foot to get as many figure 8's as possible. Touching the ball with the opposite foot will subtract  $\frac{1}{4}$  lap from your score. A full figure 8 counts as one.

Standard – Average of 10  $\frac{1}{4}$  for both right foot and left foot.

### **Juggling-**

100 touches per foot (does not have to be consecutively)

### **Wall Passes-**

Find a wall to pass with. Practice trapping the ball from all different speeds and angles.

