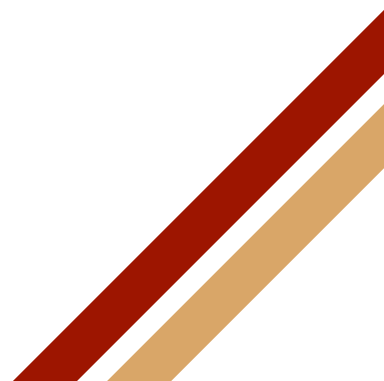




Otterbein University Women's Soccer
Summer Workout - 2019



This booklet contains the description of a Summer Workout option. Online you'll find examples from previous seasons. You can choose any workout we've created or none at all. If you have something that works for you, feel free to use that program.

All the workouts we promote are optional. The only thing you need to do between now and Pre-Season Soccer Camp is get into the best shape of your life.

Be safe. Be smart.

If you have pain that is worsening as you progress through any program, stop and consult your Doctor or Athletic Trainer. It will do you no good to be in shape if you have an injury that prevents you from playing.

Otterbein University Women's Soccer

World Cup / Gold Cup Viewing



As the 2019 World Cup advances toward the Final, you should be watching each game. In particular, you need to watch the Halftime and/or Post Game Analysis. Watching *World Cup Live* and *World Cup Today* will help you keep up with the current trends of the game.

Is defending a World Cup Championship impacting the play of the USWNT?

Choose one team to follow (in each game).

What formation are they playing?

Does the formation change in possession and out of possession?

How does the team progress from the back to the Attacking 3rd?

What are the strengths / weaknesses?

Does the team do anything special on Set Pieces?

What psychological aspects unfolded during the game?

Beyond tactics, what led to the success of the team?

Were there any outside influences that impacted the team?

Did refereeing impact the result?

Gyasi Zardes and Crew Teammates Zack Steffen and Will Trapp, are playing for the Men's National Team in the Gold Cup at the same time. Does the USMNT have a different kind of pressure trying to improve after recent shortcomings?

Otterbein University Women's Soccer

Session #1



Session #1

- 600 Meter Run (1.5 Laps)
- 15 Kettle Bell Swings
- 30 Air Squats
- 60 Abdominal Exercises (be sure to incorporate back strengthening exercises)

Repeat 4x

* Record times and weight lifted. Improve times / increase weight (safely) as the Summer progresses.

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Session #2



Session #2

- 400 Meter Run (2 minute pace)
- 5x 300 Meter Run
- 4x 200 Meter Run
- 3x 100 Meter Run
- 400 Meter Sprint (as fast as possible)

* Record time of second 400 Meter run and time to complete the entire workout. Improve times as the Summer progresses.

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Session #3



Session #3

20 Minutes - AMRAP (As Many Reps As Possible)

- Run :25 seconds out, . . . return to start
 - * Variation: Dribble for :50 seconds
- 10 Push-Ups
- 15 Air Squats
- 20 Hollow Rocks

* Repeat (Goal is 7-8 Repetitions)

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Session #4



Session #4

- 800 Meter Jog
- 2x 100 Meter Sprint
- 4x 80 Meter Sprint
- 6x 60 Meter Sprint
- 8x 40 Meter Sprint
- 10x 20 Meter Sprint
- 800 Meter Jog

* 30 Seconds Between Runs

* 1 Minute Between Levels

* Record time of second 400 Meter run and time to complete the entire workout. Improve times as the Summer progresses.

* This can be done in the opposite progression (20s to 100s)

* For a real challenge, . . . can you do 100s to 20s, then back up to 100s?

Otterbein University Women's Soccer

Touches On The Ball



Touches On The Ball

* Be creative. Create exercises with discs, hurdles, rebounders, etc. that replicate your actions on the field. Be as dynamic as possible.

Individual

- Dribbling, Passing, Shooting
- Juggling, Receiving Under Pressure, First Touch Away From Pressure
- 1v1 Battles
- Free Kicks
- Long Passes, Set Piece Service

Group Settings

- Rondos
- Speed of Play
 - Small Group Possession Games (Varying Rate of Play)
- Small Sided Games (4v4 to 7v7 to Maximize Touches on The Ball)

Otterbein University Women's Soccer Summer Schedule



During each week, you'll see three workouts and a recommendation for three sessions of touches on the ball. Spread the workouts out to allow for proper rest (1-2 days between each workout).

Monday, July 1st to Sunday, July 7th

Sessions 1, 2 and 3

20 Minutes of Touches on The Ball (3x)

* Match play when possible

Monday, July 8th to Sunday, July 14th

Sessions 4, 1 and 2

20 Minutes of Touches on The Ball (3x)

* Match play when possible

Monday, July 15th to Sunday, July 21st

Sessions 3, 4 and 1

20 Minutes of Touches on The Ball (3x)

* Match play when possible

Monday, July 22nd to Sunday, July 28th

Sessions 2, 3 and 4

30 Minutes of Touches on The Ball (3x)

* Match play when possible

Monday, July 29th to Sunday, August 4th

Sessions 1, 2 and 3

30 Minutes of Touches on The Ball (3x)

* Match play when possible

Monday, August 5th to Sunday, August 11th

Sessions 4, 1 and 2

30 Minutes of Touches on The Ball (3x)

* Match play when possible