

2020 Otterbein Women's Soccer Summer Training



“I don’t understand why my fitness testing scores went down. I ran every day this Summer.” I hear this argument every year. Maybe it’s a different version (“I worked out every day this Summer”), but I hear it all the time.

Understand if you run the same distance in the same time each time you run, you will not improve. If you frequently run with a friend / teammate and you finish at the same time, at least one of you isn’t improving. Likely, neither you is. The best you can do in these situations is maintain your current level of fitness.

Imagine if you lift the same amount of weight (and complete the same number of repetitions) every time you work out. You can work out every day and never get stronger. To improve, you have to increase the weight or repetitions at some point. When running, you have to increase the distance or decrease the time you run the same distance sometimes.

When considering running, keep in mind the idea that “Soccer Specific Running” is different than running a 5K or 10K. We stop and start. We walk, jog, run and sprint. We change directions, sometimes abruptly. We chase opponents and are chased or even tackled. Sometimes we have to run while staying in line with teammates.

Your 2020 Workout

Feel free to choose your program through any of the following suggestions.

- Use any of our previous years’ plans found at www.otterbeinwomenssoccer.com
- Find a plan from a reputable site online
- Follow the guidance of a personal trainer
- Create your own plan

- * You must have a plan to follow, put it in writing and document your progress over the course of your preparation!
- * On the following pages, you will find example sessions for Long Distance Running, Intermediate Distance Running, Short Distance Running, Speed/Agility/Quickness, Strengthening and Skills.

With all workouts, if you are feeling pain that is sudden or steadily increasing, STOP immediately and contact your Doctor or Trainer.

- * **Page 13 details an example of a workout created to be an overall soccer preparation program. It is just an example.**

Basics of Long Distance Running Preparation

Consider points from Trainer Thad McLaurin at www.active.com. Each point below is followed by OCWS commentary.

1. Build a Base
 - Most training programs assume you have a good base of preparation, as a college soccer player should. If you're not prepared to safely start at Step 1 of any program, create steps to get there before jumping in.
2. Pick a Plan
 - In 2020, you can use any of our previous years' plans found at www.otterbeinwomenssoccer.com, find a plan from a reputable site online, follow the guidance of a personal trainer, or create your own plan. However, you must have a plan to follow and document your progress.
3. Think Quality Over Quantity
 - After April 1st, you have 19 weeks to prepare for or August 17th start. A common half marathon prep program lasts just 12 weeks for beginners. Make sure you're preparing effectively and not overdoing it.
4. Cross-Train
 - You cannot simply run to prepare for a college soccer season. Your plan should include weight lifting, soccer skills practice, long distance running, sprinting, speed/agility/ quickness training, etc.
5. Find a Training Group
 - This program is being prepared during Ohio's Stay at Home Order in reaction to the Corona Virus. With this in mind, we're encouraging you to workout with family members and/or share your workouts with teammates through social media. Share your workouts on Tik Tok and Instagram. Create challenges for your teammates and take on their challenges.
6. Research The Race
 - Your "race" is the 2020 Soccer Season. Although we're trying to make our running more efficient and ultimately cut down on the high end of miles recorded, by position, you need to be prepared to run on the high of each scale. You need to be able to run your position's mileage during two forty-five minute periods with a fifteen minute break between each.
 - In 2019 OCWS Starters ran this range of mileage when challenged with 90-110 minutes of playing time:

- Wide Defenders	5.0 to 8.7
- Central Defenders	4.9 to 7.1
- Central Midfielders	6.3 to 8.85
- Wingers / Wide Forwards	6.0 to 8.4
- Strikers	4.8 to 6.7
7. Rest
 - Do not forget to rest! This is more important than you think. Without proper rest, you will eventually hurt yourself. Dynamic stretching before and stretching after exercise must be a part of every conditioning routine. My favorite Strength-Building routine includes a focus toward back and biceps on day one, pecs and triceps on day two, and legs and abs on day three. This is to allow effective rest / recovery for each muscle group before the next workout.

Running Program Example

Looking for a free App to suggest, I came across one called “Run With Hal.” It’s very highly rated and easy to use. I created a program for a 10K Race (6.2 miles) and set the goal time as 90 minutes (a Soccer Match). Additionally, I chose the level as “Novice.” When I chose “Intermediate,” it created more running than I’d suggest for your preparation.

The final three screen shots are examples of April, May and June. Most of these runs are set for an 18-minute mile. That’s very low for a mile, but actually closer to your output during a Match. A player who runs 6.2 miles in the course of a match, runs a mile every 14 minutes and 30 seconds. Of course this also includes a fifteen minute break. Notice that is low for Central Midfielders and players positioned in the flanks. If you play in these positions, you should be running that distance on the “Long Run” Day closer to 12 minutes and 45 seconds per mile.

Central Defenders and Strikers (6.4 Mile Game)

Long Run Days

Slowly Work Toward: 14:30
Minute Miles Average

Other Run Days

17:00 Minute Miles Average

Central Midfielders and Wide Players (7 Mile Game)


Long Run Days

Slowly Work Toward: 12:45
Minute Miles Average

Other Run Days

16:00 Minute Miles Average

Day Availability



When should I plan:

Your long run? Select 1 day

(M) (T) (W) (T) (F) S (S)

Other runs? Select at least 3 days


M (T) W T (F) (S) (S)

Your days off? Select all remaining days

(M) T (W) (T) F (S) S

A Run With Hal+ subscription allows you to update your days at anytime. Basic users cannot update these selections.

Continue



You can update your race name at any time, but I will need to build you a new plan to update distance, date, or experience.

Race Name
Soccer Season

Goal Time
1:30:00

Race Distance **Race Date**
10K Aug 17, 2020

Plan Experience Level
Novice

Building a new plan will archive your current plan. This should only be done if you need to change your distance, date, or experience level. Your completed data will be moved to your Past Training Plans.

0% Base Start								Plan Start																																																																																																																																																																																																																																																							
<table border="0" style="width: 100%; text-align: center;"> <tr><td>23</td><td style="background-color: #2196f3; color: white; border-radius: 50%; padding: 2px 5px;">24</td><td>25</td><td>26</td><td>27</td><td style="background-color: #fff9c4; border-radius: 50%; padding: 2px 5px;">28</td><td>29</td><td></td></tr> <tr><td>0.0</td><td>1.5</td><td>1.5</td><td>0.0</td><td></td><td>3.5</td><td>0.0</td><td></td></tr> <tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>3.0</td><td>0.0</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>								23	24	25	26	27	28	29		0.0	1.5	1.5	0.0		3.5	0.0		30	31							3.0	0.0							<table border="0" style="width: 100%; text-align: center;"> <tr><td colspan="8">May</td></tr> <tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td style="background-color: #fff9c4;">S</td><td>S</td><td></td></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td style="background-color: #fff9c4;">2</td><td>3</td><td></td></tr> <tr><td></td><td></td><td></td><td></td><td>0.0</td><td>3.0</td><td>0.0</td><td></td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td style="background-color: #fff9c4;">9</td><td>10</td><td></td></tr> <tr><td>3.0</td><td>0.0</td><td>2.0</td><td>2.5</td><td>0.0</td><td>5.0</td><td>0.0</td><td></td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td style="background-color: #fff9c4;">16</td><td>17</td><td></td></tr> <tr><td>3.0</td><td>0.0</td><td>2.5</td><td>2.5</td><td>0.0</td><td>3.0</td><td>0.0</td><td></td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td style="background-color: #fff9c4;">23</td><td>24</td><td></td></tr> <tr><td>3.0</td><td>0.0</td><td>2.5</td><td>2.5</td><td>0.0</td><td>5.5</td><td>0.0</td><td></td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td style="background-color: #fff9c4;">30</td><td>31</td><td></td></tr> <tr><td>3.0</td><td>0.0</td><td>3.0</td><td>3.0</td><td>0.0</td><td>3.0</td><td>0.0</td><td></td></tr> <tr><td colspan="8">June</td></tr> <tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td style="background-color: #fff9c4;">S</td><td>S</td><td></td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td style="background-color: #fff9c4;">6</td><td>7</td><td></td></tr> </table>								May								M	T	W	T	F	S	S						1	2	3						0.0	3.0	0.0		4	5	6	7	8	9	10		3.0	0.0	2.0	2.5	0.0	5.0	0.0		11	12	13	14	15	16	17		3.0	0.0	2.5	2.5	0.0	3.0	0.0		18	19	20	21	22	23	24		3.0	0.0	2.5	2.5	0.0	5.5	0.0		25	26	27	28	29	30	31		3.0	0.0	3.0	3.0	0.0	3.0	0.0		June								M	T	W	T	F	S	S		1	2	3	4	5	6	7		<table border="0" style="width: 100%; text-align: center;"> <tr><td colspan="8">June</td></tr> <tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td style="background-color: #fff9c4;">S</td><td>S</td><td></td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td style="background-color: #fff9c4;">6</td><td>7</td><td></td></tr> <tr><td>3.0</td><td>0.0</td><td>3.0</td><td>3.0</td><td>0.0</td><td>6.0</td><td>0.0</td><td></td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td style="background-color: #fff9c4;">13</td><td>14</td><td></td></tr> <tr><td>3.0</td><td>0.0</td><td>1.5</td><td>1.5</td><td>0.0</td><td>3.0</td><td>0.0</td><td></td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td style="background-color: #fff9c4;">20</td><td>21</td><td></td></tr> <tr><td>3.0</td><td>0.0</td><td>1.5</td><td>1.5</td><td>0.0</td><td>3.5</td><td>0.0</td><td></td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td style="background-color: #fff9c4;">27</td><td>28</td><td></td></tr> <tr><td>3.0</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>								June								M	T	W	T	F	S	S		1	2	3	4	5	6	7		3.0	0.0	3.0	3.0	0.0	6.0	0.0		8	9	10	11	12	13	14		3.0	0.0	1.5	1.5	0.0	3.0	0.0		15	16	17	18	19	20	21		3.0	0.0	1.5	1.5	0.0	3.5	0.0		22	23	24	25	26	27	28		3.0							
23	24	25	26	27	28	29																																																																																																																																																																																																																																																									
0.0	1.5	1.5	0.0		3.5	0.0																																																																																																																																																																																																																																																									
30	31																																																																																																																																																																																																																																																														
3.0	0.0																																																																																																																																																																																																																																																														
May																																																																																																																																																																																																																																																															
M	T	W	T	F	S	S																																																																																																																																																																																																																																																									
				1	2	3																																																																																																																																																																																																																																																									
				0.0	3.0	0.0																																																																																																																																																																																																																																																									
4	5	6	7	8	9	10																																																																																																																																																																																																																																																									
3.0	0.0	2.0	2.5	0.0	5.0	0.0																																																																																																																																																																																																																																																									
11	12	13	14	15	16	17																																																																																																																																																																																																																																																									
3.0	0.0	2.5	2.5	0.0	3.0	0.0																																																																																																																																																																																																																																																									
18	19	20	21	22	23	24																																																																																																																																																																																																																																																									
3.0	0.0	2.5	2.5	0.0	5.5	0.0																																																																																																																																																																																																																																																									
25	26	27	28	29	30	31																																																																																																																																																																																																																																																									
3.0	0.0	3.0	3.0	0.0	3.0	0.0																																																																																																																																																																																																																																																									
June																																																																																																																																																																																																																																																															
M	T	W	T	F	S	S																																																																																																																																																																																																																																																									
1	2	3	4	5	6	7																																																																																																																																																																																																																																																									
June																																																																																																																																																																																																																																																															
M	T	W	T	F	S	S																																																																																																																																																																																																																																																									
1	2	3	4	5	6	7																																																																																																																																																																																																																																																									
3.0	0.0	3.0	3.0	0.0	6.0	0.0																																																																																																																																																																																																																																																									
8	9	10	11	12	13	14																																																																																																																																																																																																																																																									
3.0	0.0	1.5	1.5	0.0	3.0	0.0																																																																																																																																																																																																																																																									
15	16	17	18	19	20	21																																																																																																																																																																																																																																																									
3.0	0.0	1.5	1.5	0.0	3.5	0.0																																																																																																																																																																																																																																																									
22	23	24	25	26	27	28																																																																																																																																																																																																																																																									
3.0																																																																																																																																																																																																																																																															

Intermediate Distance Running Activities

With all workouts, if you are feeling pain that is sudden or steadily increasing, STOP immediately and contact your Doctor or Trainer.

Record Your Progress!!

Warm-Up

Be sure to warm-up before getting into a Short Distance Repetition Workout. Complete a short run (1/2 mile) at 50-60% plus FIFA 11+ and/or Jumping Jacks (3 Sets of 10), Skips (3x over 20 yards), Hops (3x over 20 yards), Squats (3 Sets of 10), Shuffles (Left over 10 yards, Right over 10 yards, . . . twice each), etc.

Exercises

For the exercises in this section, . . . when you can no longer finish the run in the allotted time, the activity is done. Record the number of repetitions completed. The next time you run, try to increase that number.



120's

Run 120 Yards in 18 Seconds, use the remainder of the minute to return to the original start line and rest.

Repetitions begin at the start of every minute (example: Run 18 seconds, jog back and rest for 42 seconds, . . . start next rep). The goal is 10 repetitions.

Man U.

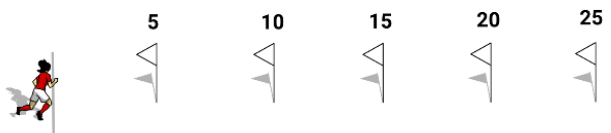
Run 100 Yards in 25 Seconds, use the remainder of the minute to return to the original start line and rest. Repetitions begin at the start of every minute. This is done for 10 Repetitions. On repetition 11, the time decreases to 24 seconds. On repetition 12, the time decreases to 23 seconds and so on until the 20th (final) repetition, where you have to run the 100 yards in 15 seconds.

Between Two Cones

Place two markers 10 yards apart. Every minute add a run (over the 10 yards), . . . rest the remainder of the minute. 1st Minute: Run 10 yards. 2nd Minute: There and back. 3rd Minute: There, back, there. 4th Minute: There, back, there and back. 5th Minute: There, back, there, back and there. Continue adding a run until you can no longer finish the repetitions within a minute. Remember, each new set begins at the beginning of the next minute. The goal is 16.

Shuttle

You have 42 seconds to run to and from each marker completing the entire 150 yard run. Rest 60 seconds between repetitions. Complete 12 repetitions.



Short Distance Running Activities

With all workouts, if you are feeling pain that is sudden or steadily increasing, STOP immediately and contact your Doctor or Trainer.

Record Your Progress!!

Warm-Up

Be sure to warm-up before getting into a Short Distance Repetition Workout. Complete a short run (1/2 mile) at 50-60% plus FIFA 11+ and/or Jumping Jacks (3 Sets of 10), Skips (3x over 20 yards), Hops (3x over 20 yards), Squats (3 Sets of 10), Shuffles (Left over 10 yards, Right over 10 yards, . . . twice each), etc.

Exercises

For the exercises in this section, . . . when you can no longer finish the run in the allotted time, the activity is done. Record the number of repetitions completed. The next time you run, try to increase that number.

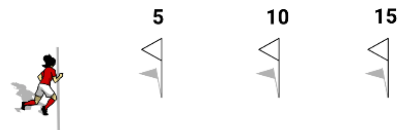


60's

Run 60 Yards in 9 Seconds, use the remainder of 30 seconds to return to the original start line and rest. Repetitions begin every 30 seconds (example: Run 9 seconds, jog back and rest for 21 seconds, . . . start next rep). Complete 14 repetitions.

Short Shuttle

You have 20 seconds to run to and from each marker competing the entire 60 yard run. Rest 20 seconds between repetitions. Complete 14 repetitions.



Pyramid

10 Sprints at 20 yards (:10 between runs)
8 Sprints at 40 yards (:15 between runs)
6 Sprints at 60 yards (:20 between runs)
4 Sprints at 80 yards (:25 between runs)
2 Sprints at 100 yards (:30 between runs)

* Complete this activity as is during June and August.

* In July, complete this activity, rest two minutes and work your way backward through each level to return at (and complete) 10 Sprints at 20 yards (:10 between runs).

SAQ (Speed, Agility, Quickness) Activities

With all workouts, if you are feeling pain that is sudden or steadily increasing, STOP immediately and contact your Doctor or Trainer.

Record Your Progress!!

Warm-Up

Be sure to warm-up before starting an SAQ Workout. Complete a short run (1/2 mile) at 50-60% plus FIFA 11+ and/or Jumping Jacks (3 Sets of 10), Skips (3x over 20 yards), Hops (3x over 20 yards), Shuffles (Left over 10 yards, Right over 10 yards, ... twice each), etc.

Exercises

For the exercises in this section, record the duration and number of repetitions completed. The next time you run, try to increase that number or complete the same reps in less time. Exercises are easy to create and you can find plenty online. **Be Sure to Practice Before Doing Exercises at Game Pace!!**



T-Drill Exercises

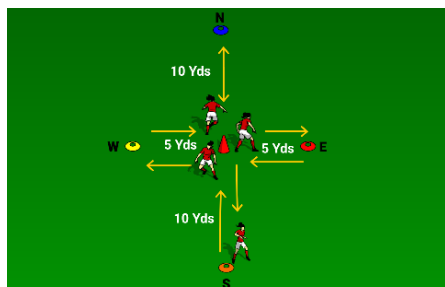
*10 Yards between orange and blue discs. 5 yards between blue and yellow as well as 5 yards between blue and red.

(A) Sprint orange to blue, shuffle blue to yellow, shuffle yellow to red, shuffle red to blue, backpedal to orange.

(B) Same as "A", but turn at blue / sprint to orange to finish.

(C) Sprint the entire course.

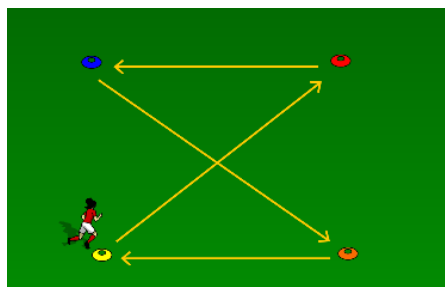
*Use variations to complete 12 runs with :20 between each.



NSEW Shuttle

*10 Yards between orange(S) and center cone, as well as blue (N) and center cone. 5 yards between yellow (W) and center cone, as well as red (E) and center cone.

Starting at orange (S) - backpedal to center cone. Shuffle to yellow (W) and back to center cone. Turn and sprint to blue (N). Backpedal to center cone. Shuffle to red (E) and back to center cone. Turn and sprint to orange (S) disc.



X Shuttle

*Follow the pattern to sprint, shuffle, backward sprint, shuffle back to the start.

(A) Five runs at 5 yards between each disc.

(B) Five runs at 10 yards between each disc .

(C) Five runs at 5 yards between each disc, but turning and sprinting (no shuffling) going side to side.

(D) Five runs at 10 yards between each disc, but turning and sprinting (no shuffling) going side to side.

Strengthening Program Example

Day 1: Back and Bicep Exercises

Day 2: Pec and Tricep Exercises

Day 3: Legs and Ab Exercises

Repeat

- Find 6-8 Exercises for each muscle group
- On the first day for each muscle group, find / estimate your max for each exercise (with a partner for spotting)
- Use 75% of your max as your starting point for each exercise for the first two weeks
- Complete 3 sets of 10 reps for each exercise
- Maintain 30 seconds between sets and 1 minute between exercises
- Every 2 weeks, increase the weight for each exercise by 5 pounds
- Plan and record your progress for each exercise each day. Allow yourself to make adjustments as needed.
- * You may find at a certain point, increasing by 5 pounds every two weeks is too much. If this is the case, take another week at your current level and try to increase again later. By logging your progress, you may be able to add 5 pounds to some exercises, but remain at the current level for others.
- * If you find you're satisfied with your progress, you can slow down by not adding weight as frequently or going to 12 reps instead of 10 (without adding weight).
- * You can also add overall rest each week by taking a day off. This makes two cycles through the program and a day of rest each week.

*

Sample Exercises (Red type indicates this machine is in the Clements Recreation Center)

Back

- Lat Pull
- Dual Axis Row / Rear Delt
- Deadlift (Bar)
- Seated Cable Row
- Single Arm Row (Dumbbell)

Bicep

- Arm Curl
- Bicep Curl (Bar)
- Bicep Curl (Dumbbell)
- Hammer Curl
- Incline Hammer Curl (Dumbbell)
- Concentration Curl

Pectoral

- Fly
- Chest Press
- Bench Press (Bar)
- Incline Bench Press (Bar)
- Bench Press (Dumbbell)
- Incline Dumbbell Press
- Incline Fly (Dumbbell)

Tricep

- Arm Extension
- Overhead Press
- Tricep Dip Machine
- Close Grip Bench Press
- Cable Overhead Extension (Rope)
- Cable Push Down

Skills Program Example

You should be getting a minimum of 500 to 1,000 touches on the ball every day. You can make this position specific or based on general skills. You can use the “Spring Skills 2020” flyer (re-posted below)

- Be creative
- Don't only focus on what you're good at, be sure to work on things you struggle with

Juggling

Jump online and find new lifts to master. Use social media to find new juggling tricks and practice them until you perfect them. This is a great way to improve receiving and to learn to weight a ball properly.

If you're good at juggling, challenge yourself. Create a pattern (ex: R-Foot, R-Thigh, Head, Chest, L-Thigh, L-Foot) and perfect it.



Receiving Skills

(Receive and Pass Back)

On Ground:

Inside of the foot

Outside of the foot

Sole of the foot

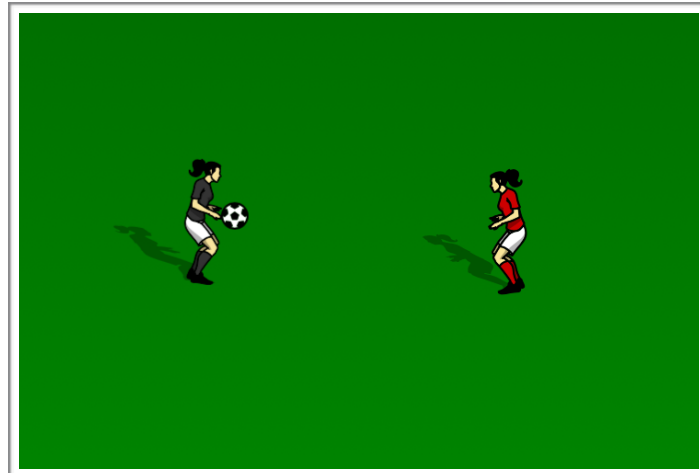
Tossed:

Catch the ball on your laces

Thigh to Foot

Chest to Foot

Head to Foot



Advanced

Variation A: Try these combinations of receiving the ball and passing it back (2 touches total):
Same foot: (1) Laces-Laces (2) Laces-Inside (3) Inside-Laces (4) Inside-Inside

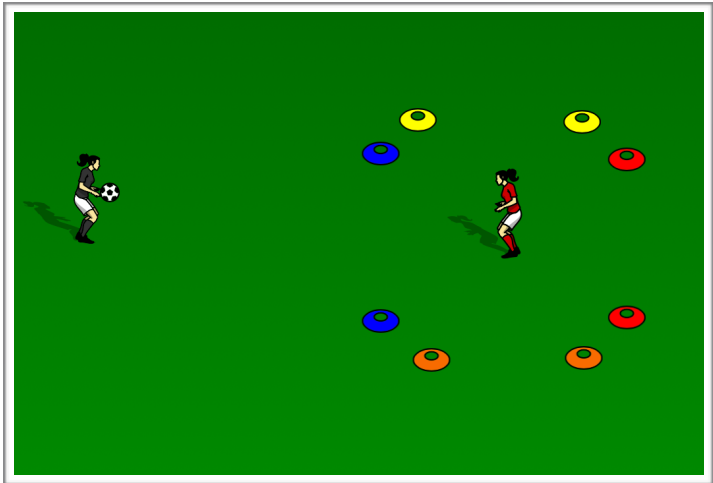
Variation B: Many professional clubs are spending a lot of time now of the mental side of the game and incorporating thought on other ideas while doing skills. Try adding or subtracting 4 (for example) to the number a server says as you play it back. Try alternating adding words as you recite your favorite lyrics or create a story during skills. Be creative and challenge your brain while you improve your skills.

Change of Direction / Change of Pace

Have a parent or friend pass a ball on the ground or toss it and call out a color (“Red!”) for you to control the ball and dribble out through the discs of that color.

You can do 10 on the ground, 10 skipping in, 10 tossed mid level, 10 tossed higher. You can vary each service. You can vary the amount of time before saying the color.

*Try to get out with the fewest touches.



What Surfaces?

Try taking your first touch off in each direction using all the surfaces noted in the “Receiving Skills” exercise.

Also, try what many players call a “wedge.” To do this, let the ball hit the ground a split second before you strike it. If you hit the top, you’ll trap it. If you hit the side, you’ll kick it away. Instead, strike where the top and side come together. This will force the ball out from your feet with back spin so it doesn’t roll away. It’s tough and you’ll fail sometimes, but it’s effective when you master it.

Change of Direction / Change of Pace

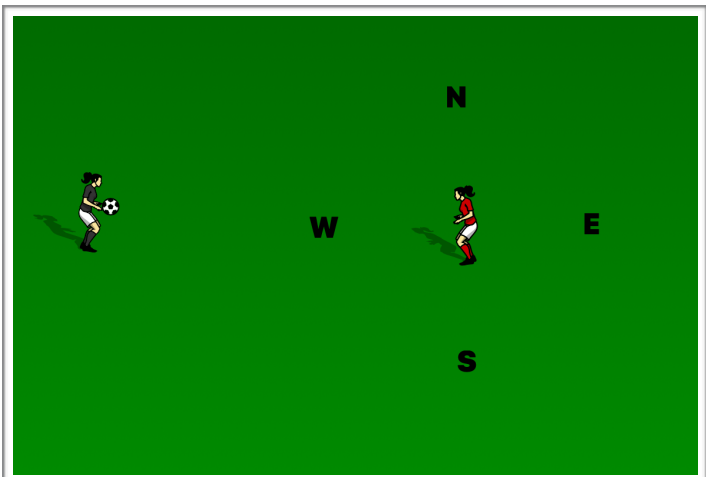
Add a disc outside each gate as another obstacle so you have to control your dribbling differently.



Change of Direction / Change of Pace

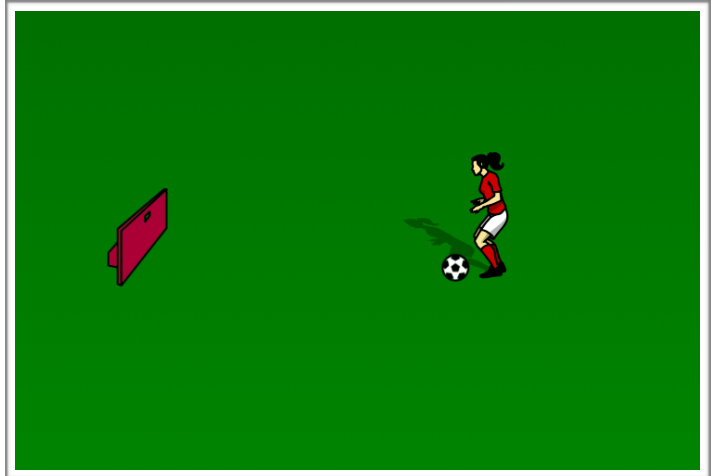
If you don’t have discs, no problem. You can use directions (“North!”) or landmarks like the “Patio” or “Swing set” or “Dog House.”

Be creative.



Change of Direction / Change of Pace

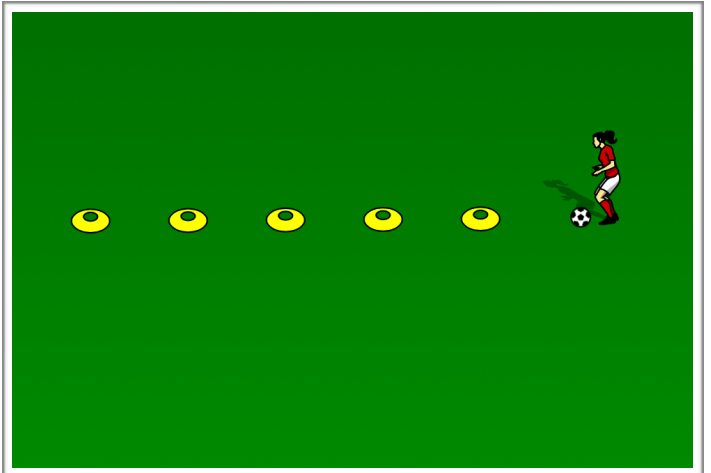
If you have a rebounder or a wall (your parents will allow you to use), you can serve to yourself as well. Some of the most technical players we have at older ages are Goalkeepers because they have to serve to peers so often in Goalkeeper Training. Learning to serve a ball properly will only help you.



Dribbling Skills

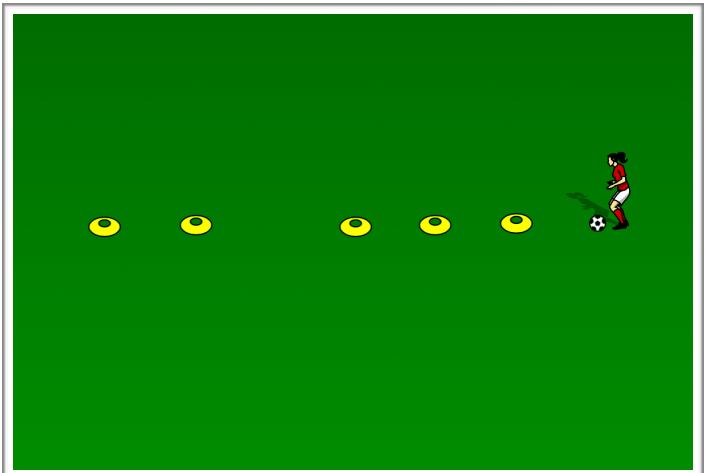
Sometimes simple is very effective. Just set up a line of discs and dribble through them avoiding each one along the way.

Time yourself and challenge yourself to go quicker each time. Film yourself. Post it online and challenge your friends to go quicker.



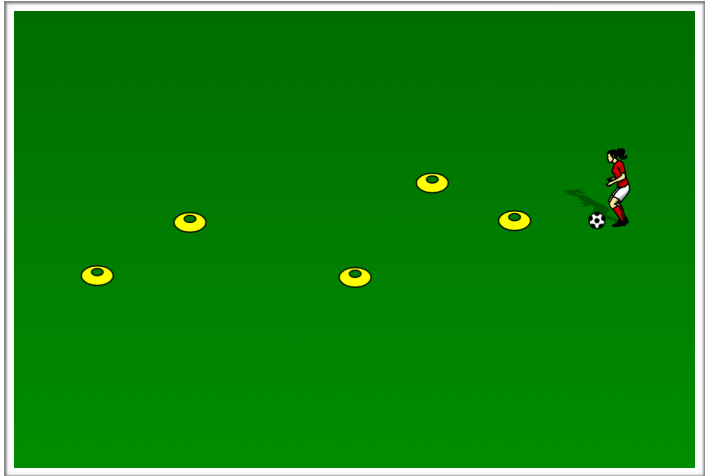
Dribbling Skills

In Soccer, we don't dribble at the same rate of speed at all times. It's important to vary the distance between markers to force yourself to change pace while dribbling.



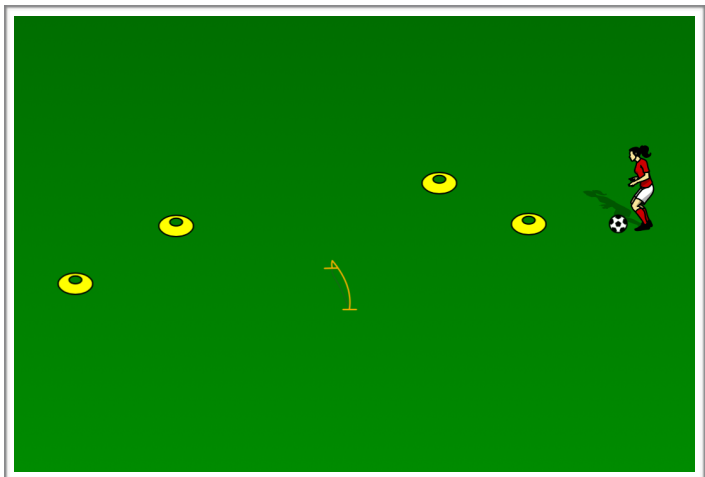
Dribbling Skills

We also don't dribble in the same direction for long periods. Be sure to force changes of direction when you set up your space sometimes.



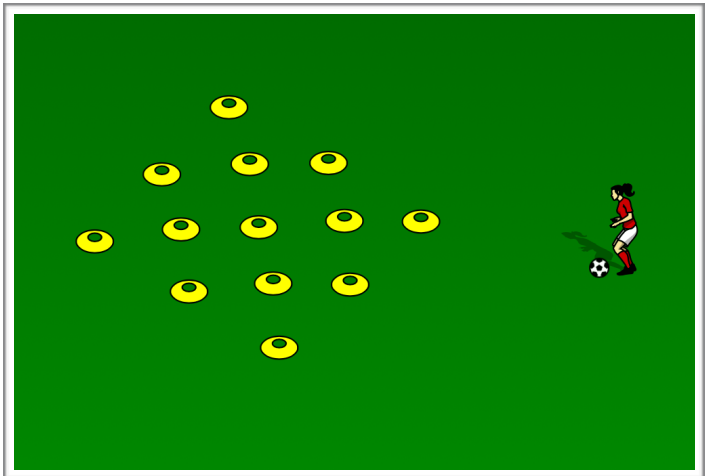
Dribbling Skills

Sometimes I have to lift the ball over an opponent's challenge. Use some obstacles to force yourself to go over, or complete a full circle around, or go backward, etc. Be creative!



Dribbling Skills

Create a challenging course to race through (without touching a disc).



Dribbling Skills

Sometimes you just need a point of reference to act as an opponent. One single obstacle can help you train when to apply a turn or your favorite move. Often, the best move is lean one way and go the other, but perfecting moves gives you something to practice and when they become second nature, you'll be surprised what you do without even thinking.



1v1 and Your Dog?

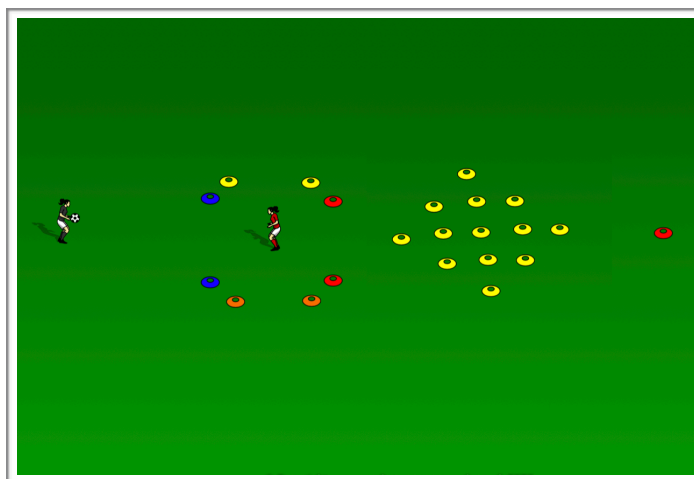
Applying all the new moves you learned by keeping a ball away from your dog or your younger sibling (or your younger sibling and 2 of her friends) can be a great way to improvise and improve. Keep it fun.

Combinations

Try combining some of these ideas with each other and/or ideas of your own.

For the example to the right:
Have a friend toss a ball and yell "Red!"
You can receive the ball, turn, dribble through the red gate then through the yellow discs and turn at the lone red disc, dribble around the entire set up and leave the ball at your Server's feet.

Be Creative!



What About Goalkeepers?

(1) Goalkeepers can always improve using their feet. The game is evolving each year using Goalkeepers in possession to create space / numerical advantages, to keep possession, etc.
(2) Take a look at each activity above and see how you can apply Goalkeeper skills. For example, service from a partner (or wall) can be used to receive balls on the ground, at knee height (with your fingers down), chest height (fingers up), waist height (to improvise), over your head, to either side for diving, etc. A server can even simply drop a ball sometimes for you to come out and stay big before a shot or go to ground.
(3) Use any of the disc setups for footwork before making a save. You can move forward, side to side, even backward before receiving a ball (or making a save) from a Server. I know you don't want to be moving backward, but sometimes you are when you need to make a save. Can you make two saves in succession? Three?

Use Your Imagination

All of the above exercises should be used to spark your imagination.

Create challenges of your own. Film them and challenge your teammates or coaches.

Sample Summer Workout

For each portion of the workout, you can use whatever program you'd like. Just have a plan, adjust it as necessary and record your progress.

The top row details running. "Interim. Distance" is Intermediate Distance. Run one of the exercises on that page each time the calendar says: "Interim. Distance." Do the same for "Short Distance" and "SAQ." The miles are printed in black (maintenance run) and red (progress run). When the print is red, you should be trying to run that distance in a quicker time than the previous run at that distance.

The middle row is Strengthening and is based on the program on page 7.

The bottom row is the number of touches you should be getting on the ball each day. You can certainly get touches on more days. This represents a minimum.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May		Interm. Distance	1.5 Mile Run	Short Distance	2.0 Mile Run	SAQ	2.5 Mile Run
	Back/Bi	Pec/Tri	Legs/Abs	Back/Bi	Pec/Tri	Legs/Abs	
	750 Touches		750 Touches		500 Touches		
June		Interm. Distance	2.0 Mile Run	Short Distance	2.5 Mile Run	SAQ	3.0 Mile Run
	Back/Bi	Pec/Tri	Legs/Abs	Back/Bi	Pec/Tri	Legs/Abs	
	1,000 Touches		1,000 Touches		750 Touches		
July		Interm. Distance	2.5 Mile Run	Short Distance	3.0 Mile Run	SAQ	3.5 Mile Run
	Back/Bi	Pec/Tri	Legs/Abs	Back/Bi	Pec/Tri	Legs/Abs	
	1,000 Touches		1,000 Touches		750 Touches		
August		Interm. Distance	2.5 Mile Run	Short Distance	3.0 Mile Run	SAQ	4.0 Mile Run
	Back/Bi	Pec/Tri	Legs/Abs	Back/Bi	Pec/Tri	Legs/Abs	
	1,000 Touches		1,000 Touches		500 Touches		

With all workouts, if you are feeling pain that is sudden or steadily increasing, STOP immediately and contact your Doctor or Trainer.