

## **OCWS Summer Packet**

### **Not competing in an practices or games with outside team**

- Complete every day of strength program (at least 1 - days rest in between each lift) For example . . . Lift Monday, Wednesday, Friday
- Complete 3-4 days of running a week
- Complete ball exercises 3-times a week
- Be sure to provide yourself 1 day completely OFF

### **Example of a Week . . . .**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
OFF DAY	Lift/ Run (Medium)	Run (REGEN)/ 30 Minutes of ball work	Lift/ 30 Minutes of ball work	Run (HARD)	Lift/ 30 Minutes of ball work	Run (MEDIUM)

### **Competing 2-3 days a week with outside team**

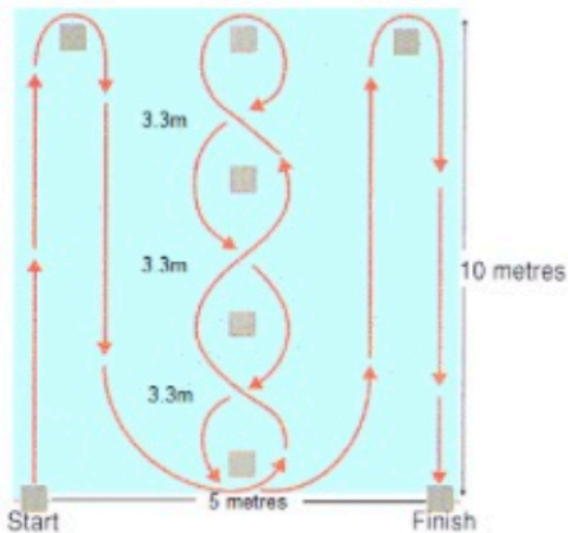
- Complete every day of strength program (1-days rest in between each lift)
- Complete 2-3 days of running a week
- Complete ball exercises 1-2 times a week
- Be sure to provide yourself 1 day completely OFF\

### **Example of a Week . . . .**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
OFF DAY	Lift/ Run (Medium)	Practice w/Outside Team	Lift/ Run (Easy)	Practice w/Outside Team	Lift/ 30 Minutes of ball work	Run (Hard)

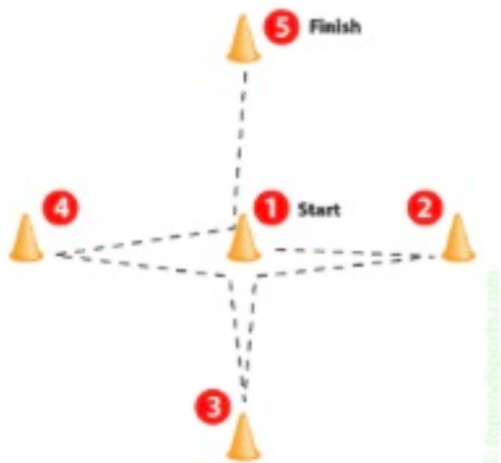
## Agility Workouts

### 1. Illinois Agility



- You want to complete each run under 15 seconds.
- Complete 5 with 30 seconds of rest in between each.

### 2. Compass Drill

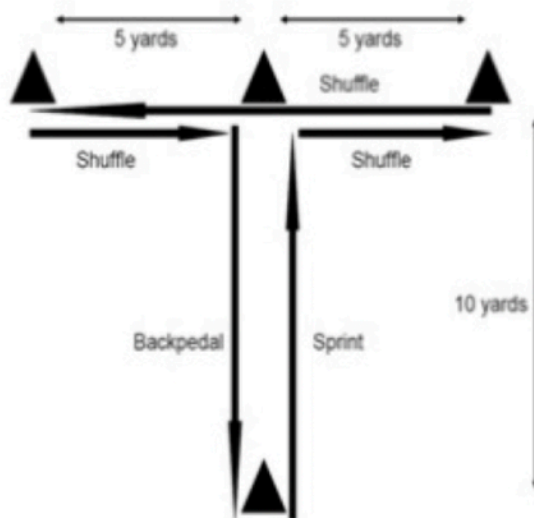


- Each cone is 3 yards from the center. You have to go around the cone! Complete each under 8 seconds. Do 5 with 30 seconds rest in between each.

### 3. IX Shuttle Drill

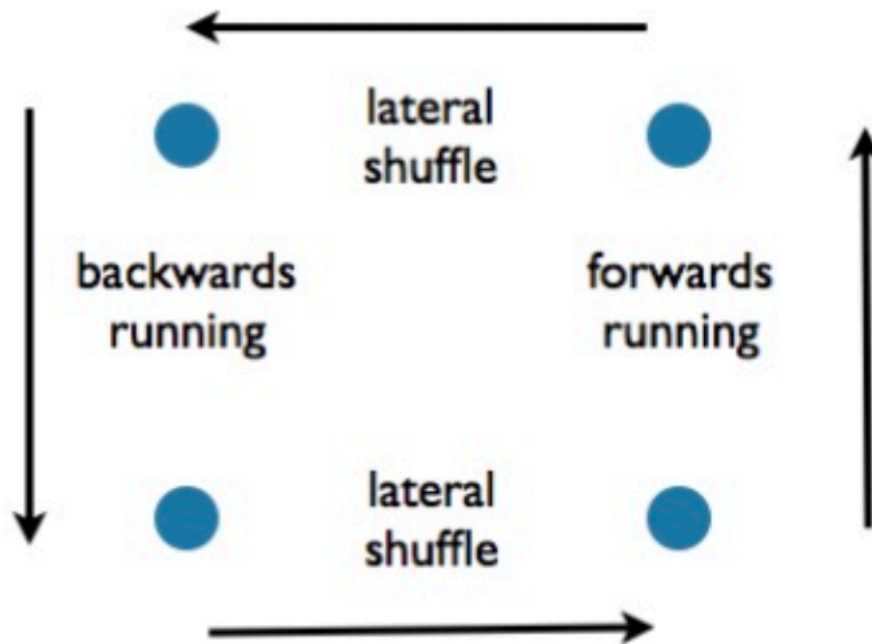
- Take two cones and place ten yards apart. Run back and forth 5 times to run a total of 50 yards. Complete in under 10 seconds. Do 8 with 30 seconds of rest in between each.

### 4. T-Drill



- Instead of 5 yards for the top cones, put them only 3 yards apart.
- Complete 5 with 30 seconds of rest in between each.

## 5. Square Drill



- Start following the pattern above...start from bottom right 3x and bottom left 3x
- Complete the following patterns starting from each side 3x...
- Sprint forward, drop step diagonal, sprint forward, drop step diagonal
- Sprint forward, carioca across, back pedal, carioca across
- Sprint forward, shuffle across, back step diagonal, sprint forward

## 4. Plyo Workout on Stairs

- Find a single stair or box you can step on. You will complete each exercise for 30 seconds with 30 seconds of rest and repeat 4x
- Alternate feet. (looks like ball touches)

- One foot up, then other foot up, then one foot down, then other foot down
- Double foot hops
- Single foot hops (each leg)  
Power Skips . . . s step up and hop as high as you can with that single leg. Looks like our super Mario jumps but on a stair

### **Sprint Intervals**

#### **1. 7x30 Sprint**

- Take two cones and put them thirty yards apart. Sprint down in 5 seconds and jog back in 25 seconds. Complete for 4 minutes, which is 8 sprints.

#### **2. Midfield Sprints**

- Place two cones sixty yards apart from each other. Sprint down in 9 seconds, recover there for 20 seconds. Complete 10.

#### **3. 25 Yard Shuttle w/ball**

- Take five cones and place them each 5 yards apart. So it should be in total length 25 yards. Sprint to the first cone then back, second cone then back and so on. (Basically a suicide). Complete each between 45-50 seconds with 65 seconds of rest. Start with 5 and work to 10.

#### **4. 1 Minute Sprint Shuttles**

- Take two cones and put them 25 yards apart. Sprint back and forth for one minute. Complete 3-5 with 3 minutes rest in between each.

## 5. Treadmill Hill Workout

- Start with your treadmill on 0 incline.
- Select a speed between 9-10 MPH.
- **The speed should not change throughout the workout.** So if you need to start lower, that is okay.
- You run 30 seconds at 0.0 incline the rest for 30 seconds (hop off the treadmill).
- You then increase the incline to 0.5 and run again for 30 seconds then rest for 30 seconds.
- You go up by .5 on the incline each time until you get to 5.0 then you work your way back down.
- So each time you work for thirty seconds and rest for thirty seconds.

## 6. 120s

- You sprint down in 18-20 seconds and you have 40-42 seconds to get back.
- Complete 10 total. So you should finish in 10 minutes.

## 7. 300 Long Shuttle

- Place the cones 50 yards apart and sprint back and forth 3 times to run a total of 300 yards.
- Complete 5 at the pace 55, 55, 55, 60, 60. Goal for end of summer.

## 8. Hill Workout

- Find a hill . . . You want to sprint up the hill as fast as you can. Once there, slowly jog/walk back down. Once back at the bottom, you will repeat 10x.

- Try to make your work to rest ratio 1:2. Meaning, if it takes you 10 seconds to run up the hill then your rest time should be 20 seconds.

## **Flush Day Running**

### **1. Jog/Walk at a Track**

- Jog for 20 seconds, walk for 10 seconds between 10-15 minutes.

### **2. Full Field Figure 8's**

- Stride out from one corner of the field to the other diagonally.
- Walk from that corner along the end line to the other corner.
- Stride out from the corner to the other corner diagonally.
- Walk along the end line to where you started.
- It is in the shape of an 8. Complete that for 10 minutes.

### **3. Sprint-Jog-Walk**

- Walk for 10 seconds, jog for 10 seconds, sprint for 10 seconds.
- Aim to be able to do that for 4 miles by the end of the summer.
- Should take under 35 minutes.

### **4. Track Interval Training — Recovery run**

- Sprint for 30 seconds, walk for 30 seconds then sprint for 15 seconds, walk for 15 seconds.
- Repeat for 6 minutes.
- Rest for 2 minutes.
- Repeat for three rounds.
- So you work for 18 minutes total.

## 5. 18 Yard Box Figure 8's

- Using the 18 yard box as your guide.
- Start in the corner and stride out (slightly slower than a sprint) to the other corner
- Then slowly jog straight to the other corner
- Then stride out across the box then slowly jog straight back to where you started.
- Complete that three times in a row.
- That counts as 1 set.
- Complete 3 sets with 2 minutes rest in between each.

### Treadmill

1.

#### **Treadmill Workout 1**

5 min warm up @ 6.5

1 min @ 7.5

2 min @ 8.5

1 min @ 9.0

1 min @ 7.5

2 min @ 9.0

1 min @ 10.0

1 min @ 7.0

2 min @ 8.0

2 min @ 10.0

2 min @ 7.5

3 min cool Down @ 6.0

### Workouts



**2.**

- 8 minutes - sprint for 20 seconds, jog for 40 seconds
- 2 minutes walking recovery
- 6 minutes - sprint for 30 seconds, jog for 30 seconds
- 2 minutes walking recovery
- 4 minutes - sprint for 20 seconds - hop off treadmill and rest for 10 seconds
- 2 minutes walking recovery
  
- This should be about 3 miles of work . . . there is your endurance training. I would recommend sprinting at least 9.5 and jogging at 5 or 6.

**3.**

- 15 minutes - sprint for 1 minute, jog for 2 minutes ( should do 5 sprints)
  
- This is stimulating your 300's . . . I would recommend sprinting at 9.5 r above and jogging at 6.

**4.**

- Start treadmill at 0% incline . . .sprint for 30 seconds, hop off for 30 seconds, increase incline to .0% . . . sprint for 30 seconds, hop off for 30 seconds, increase incline to 1.0% . . . sprint for 30 seconds, hop off for 30 seconds, increase incline to 1.5% . . . sprint for 30 seconds, hop off for 30 seconds

- Two variations to this . . . repeat this until you get to 5.0% then come back down or you continue this sprint until you get to 10.0% and don't come back down. I would recommend doing this at least 9.0 MPH . . . first sprints at low incline will be easy, once you start climbing, it gets hard.

## 5.

- 10 minutes - sprint for 20 seconds, jog for 40 seconds
- Short sprint workout stimulating your 120's . . . I would recommend sprinting at 11 and jogging at 6.

## 6.

- 4 miles total . . . repeat pattern below until you reach that. Aim for 32 minutes or lower . . .
- 20 second walk, 20 second jog, 20 second sprint . . .
- To reach 32 minutes, you need to average a 8 minute mile

## 7.

- Start treadmill at 9.0 MPH . . . you will sprint for 20 seconds, then hop off for 20 seconds and then you will increase speed to 9.5 MPH . . . sprint for 20 seconds, hop off for 20 seconds and increase speed to 10 MPH . . . sprint for 20 seconds, hop off for 20 seconds . . . and so on.
- You will increase to 12 MPH then come back down . . . you will do it again! It should take about 15 minutes

## 8.

- 5 minutes - sprint for 10 seconds, jog for 20 seconds
- 2 minutes resting
- 5 minutes - sprint for 10 seconds, jog for 20 seconds
- This is stimulating your 60's . . . I would recommend sprinting at 10.5 and jogging at 6.

## **Ball Work**

### **1. Juggling Sequence**

- 50 juggles right foot only
- 50 juggles left foot only
- 100 juggles alternating
- 50 high juggles both feet
- 100 total of doing 2 low juggles then 1 high juggle then back to 2 low, 1 high, etc
- 50 juggles total following right foot then right thigh
- 50 juggles total following left foot then left thigh
- 50 juggles total following left foot then left thigh
- 50 head juggles
- 50 juggles following the sequence right foot, right thighs, left thigh, left foot (around the world)

### **2. Ball Work #1 (W/wall)**

- 50x receive right foot, play back with left foot
- 50x receive left foot, play back with right foot
- 50x one touch passes with right foot
- 50x one touch passes with left foot
- 50x receive with outside of right foot, play back with right foot
- 50x receive with outside of left foot, play back with left
- Throw the ball at the wall and bring the ball down (Repeat 50x)
- 2 touches, 1 touch to bring the ball down and 1 touch to play it back to the wall
- Start easy and throw the ball harder as you get the hang of it
- Once you get the hang of facing the wall, face the opposite way and throw the ball, then turn and receive (Repeat 50x)

- Start with 2 touches then see if you can do it 1 touch

### **3. Ball Work #2**

- 2- cone drill (45 seconds of work, 15 seconds of rest)  
Pull back with foot furthest from cone, push across with the inside of your foot, push forward.
- Repeat going other way. (You should be making a U-shape) Repeat 2x
- Same pattern but now pushing it across with the outside of your foot. Repeat 2x
- Same pattern but now rolling it across instead of pushing. Repeat 2x
- Working across the cones, outside of foot then inside, outside then inside of other foot, etc.  
Repeat 2x
- Working across the cones, roll, stop, roll, stop.  
Repeat 2x
- Working on right side of cones...pull back then push forward with top of foot. Right foot only
- Working on left side of cones... pull back then push forward with top of foot.

### **4. Ball Work #3**

- Figure 8's through cones (1 minute of work - :30 seconds to 1 minute of rest)
- Use both feet 3x
- Right foot only 3x
- Left foot only 3x
- Inside of both feet only 3x
- Outside of both feet only 3x
- Ball touches going forward 2x
- Ball touches going backwards 2x
- Penguins going forward 3x

### **5. Ball Work #4**

- Dribbling in a tight space (garage or 15x15 yard space)  
(1 minute of work, :30 seconds of juggling rest)

- Jog and dribble in space
- Dribbling in space, every time you do a pull back, change speed for 2-3 steps → execute a pull back every 5-7 seconds
- Dribbling in space, turn using the outside of your foot, change speed for 2-3 steps
- Dribbling and executing step up then push with outside of foot to either left or right, change speed for 2-3 steps
- Dribbling and executing scissors then push with outside of foot to either left or right, change speed for 2-3 steps
- Dribbling and executing any move of choice