



## Renaissance Academy Varsity Girls' Soccer 2019 Summer Workout Program



**NOTE:** Make sure you warm up before each workout. Use the FIFA 11+ to complete your warm up. The number references the activity on the reference sheets. If you are unsure of how to do an exercise or drill, Google or YouTube it for a better explanation.

### June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
Day Off	Conditioning 1, Ball work12, Agility 6	Strength Training 11	Conditioning 2, Ball Work 13, Agility 7	Strength Training 11	<b>WC 1st Game @ 3pm</b> Conditioning 3, Ball Work 14, Agility 8	Watch a game!! <b>World Cup games @ 9,12,3</b>
9	10	11	12	13	14	15
Day Off Watch a game!! <b>World Cup games @ 9,11:30,3</b>	<b>WC Games @ 12,3</b> Conditioning 4, Ball Work 15, Agility 9	<b>WC Games @ 9,12,3</b> <b>US vs Thailand @ 3pm</b> Strength Training 11	<b>WC Games @ 9,12,3</b> Conditioning 5, Ball Work 16, Agility 10	<b>WC Games @ 12,3</b> Strength Training 11	<b>WC Games @ 9,12,3</b> Conditioning 1, Ball work12, Agility 6	Watch a game!! <b>World Cup games @ 9,3</b>
16	17	18	19	20	21	22
Day Off <b>World Cup games @ 9,12</b> <b>US vs Chile @ 12pm</b>	<b>WC Games @ 12,3</b> Conditioning 2, Ball Work 13, Agility 7	<b>WC Games @ 3</b> Strength Training 11	<b>WC Games @ 3</b> Conditioning 3, Ball Work 14, Agility 8	<b>WC Games @ 12,3</b> <b>US vs Sweden @ 3pm</b> Strength Training 11	Conditioning 4, Ball Work 15, Agility 9	Watch a game!! <b>World Cup games @ 11:30, 3</b>
23	24	25	26	27	28	29
Day Off <b>World Cup games @ 11:30, 3</b>	<b>WC Games @ 12,3</b> Conditioning 5, Ball Work 16, Agility 10	<b>WC Games @ 12,3</b> Strength Training 11	Conditioning 1, Ball work12, Agility 6	<b>WC Games @ 3</b> Strength Training 11	<b>WC Games @ 3</b> Conditioning 2, Ball Work 13, Agility 7	Watch a game!! <b>World Cup games @ 9,12:30</b>
30	Notes:					
Day Off						



## July 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Conditioning 3, Ball Work 14, Agility 8	<b>WC Games Semi Finals @ 3pm</b> Strength Training 11	Conditioning 4, Ball Work 15, Agility 9	Strength Training 11	Conditioning 5, Ball Work 16, Agility 10	<b>WC Games 3<sup>rd</sup> Place @ 11am</b> Watch a game!!
7	8	9	10	11	12	13
Day Off <b>WC Game Finals @ 11am</b>	Conditioning 1, Ball work12, Agility 6	Strength Training 11	Conditioning 2, Ball Work 13, Agility 7	Strength Training 11	Conditioning 3, Ball Work 14, Agility 8	Pick up/Organized playing
14	15	16	17	18	19	20
Day Off	Conditioning 4, Ball Work 15, Agility 9	Strength Training 11	Conditioning 5, Ball Work 16, Agility 10	Strength Training 11	Conditioning 1, Ball work12, Agility 6	Pick up/Organized playing
21	22	23	24	25	26	27
Day Off	Conditioning 2, Ball Work 13, Agility 7	Strength Training 11	Conditioning 3, Ball Work 14, Agility 8	Strength Training 11	Conditioning 4, Ball Work 15, Agility 9	Pick up/Organized playing
28	29	30	31			
Day Off	Conditioning 5, Ball Work 16, Agility 10	Strength Training 11	Conditioning 1, Ball work12, Agility 6			
		<b>Notes:</b>				



## August 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				Conditioning 2, Ball Work 13, Agility 7	Strength Training 11	
4	5	6	7	8	9	10
Day Off	Conditioning 3, Ball Work 14, Agility 8	Strength Training 11	Conditioning 4, Ball Work 15, Agility 9	Strength Training 11	Conditioning 5, Ball Work 16, Agility 10	Pick up/Organized playing
11	12	13	14	15	16	17
Day Off	REST DAY	REST DAY	Pre-Season Day-1	Pre-Season Day-2	Pre-Season Day-3	Pick up/Organized playing
18	19	20	21	22	23	24
Day Off	Pre-Season Day-4	Pre-Season Day-5	Try-outs Day 1	Try-outs Day 2	Team Announced	
25	26	27	28	29	30	
	Practice	Practice	Practice	<i>Scrimmage @ Phoenixville JV 3:45</i>	½ Day No Practice	
30	Notes:					