

Varsity Girls Soccer

Summer Workout



2020 Calendar



Varsity Girls Soccer- Summer Workout Record Sheet

Name: _____

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							
WEEK 6							
WEEK 7							
WEEK 8							
WEEK 9							
WEEK 10							



Important Notes:

1. Find teammates who live near you to workout together. It is easier to work out with someone and to help hold you accountable.
2. Start each workout day with a warm up. Please use the FIFA 11+ exercises for your warm up.
3. Try to complete as much as you can of the workouts. Something is better than nothing.
4. You will look at the calendar see which activities are listed, then refer to the reference guide for what that activity entails.
5. Everyone will be required to turn in a completed workout record sheet, so we know what shape you are in, coming into pre-season.



June 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
(Week-1)	1 Conditioning 1, Ball work 12, Agility 6	2 Strength Training 11	3 Conditioning 2, Ball Work 13, Agility 7	4 Strength Training 11	5 Conditioning 3, Ball Work 14, Agility 8	6 Watch Soccer/ Play a pick up game
7 (Week-2)	8 Conditioning 4, Ball Work 15, Agility 9	9 Strength Training 11	10 Graduation Conditioning 5, Ball Work 16, Agility 10	11 Last Day Strength Training 11	12 Staff Last Day Conditioning 1, Ball work 12, Agility 6	13 Watch Soccer/ Play a pick up game
14 (Week-3)	15 Conditioning 2, Ball Work 13, Agility 7	16 Strength Training 11	17 Conditioning 3, Ball Work 14, Agility 8	18 Strength Training 11	19 Conditioning 4, Ball Work 15, Agility 9	20 Watch Soccer/ Play a pick up game
21 (Week-4)	22 Conditioning 5, Ball Work 16, Agility 10	23 Strength Training 11	24 Conditioning 1, Ball work 12, Agility 6	25 Strength Training 11	26 Conditioning 2, Ball Work 13, Agility 7	27 Watch Soccer/ Play a pick up game
28 (Week-5)	29 Conditioning 3, Ball Work 14, Agility 8	30 Strength Training 11				



July 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
(Week-5 cont)			1 Conditioning 4, Ball Work 15, Agility 9	2 Strength Training 11	3 Conditioning 5, Ball Work 16, Agility 10	4 Happy 4th!
5 (Week-6) Watch Soccer/ Play a pick up game	6 Conditioning 1, Ball work 12, Agility 6	7 Strength Training 11	8 Conditioning 2, Ball Work 13, Agility 7	9 Strength Training 11	10 Conditioning 3, Ball Work 14, Agility 8	11 Watch Soccer/ Play a pick up game
12 (Week-7)	13 Conditioning 4, Ball Work 15, Agility 9	14 Strength Training 11	15 Conditioning 5, Ball Work 16, Agility 10	16 Strength Training 11	17 Conditioning 1, Ball work 12, Agility 6	18 Watch Soccer/ Play a pick up game
19 (Week-8)	20 Conditioning 2, Ball Work 13, Agility 7	21 Strength Training 11	22 Conditioning 3, Ball Work 14, Agility 8	23 Strength Training 11	24 Conditioning 4, Ball Work 15, Agility 9	25 Watch Soccer/ Play a pick up game
26 (Week-9) Ms. Rinker's Birthday!	27 Conditioning 5, Ball Work 16, Agility 10	28 Strength Training 11	29 Conditioning 1, Ball work 12, Agility 6	30 Strength Training 11	31 Conditioning 2, Ball Work 13, Agility 7	



August 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Watch Soccer/ Play a pick up
2 (Week-10)	3 Conditioning 3, Ball Work 14, Agility 8	4 Strength Training 11	5 Conditioning 4, Ball Work 15, Agility 9	6 Strength Training 11	7 Conditioning 5, Ball Work 16, Agility 10	8 Watch Soccer/ Play a pick up game
9	10 Pre-season	11 All New Staff Pre-season	12 Pre-season	13 All Staff Pre-season	14 Pre-season	15
16	17 Mandatory Try-outs	18 Mandatory Try-outs	19 1st Official Practice	20 Practice 1st Day of School	21 Practice	22
23	24 Practice	25 Scrimmage Play Day	26 Practice	27 Practice	28 Practice	29
30	31 Practice					



September 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Scrimmage Vs. AIM	2 Practice	3 Practice	4 @ Mast-3:45	5
6	7 OFF	8 VS. DCCS-3:45	9 Practice	10 VS. FCA-3:45	11 Practice	12
13	14 Practice	15 @CCA-3:45	16 VS. Dock-3:45	17 Practice	18 VS. PMCA-3:45	19
20	21 Practice	22 VS. TCA-3:45	23 Practice	24 VS. Mast-3:45	25 1/2 Day OFF	26
27	28 OFF	29 @DCCS-3:45	30 Practice			



October 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 SLC OFF	2 SLC @FCA-3:45	3
4	5 Practice	6 VS. CCA-3:45	7 Practice	8 @Dock-3:45	9 Practice	10
11	12 Practice	13 VS. PMCA-3:45	14 Practice	15 @TCA-3:45	16 Practice	17
18	19 Possible Playoffs	20 Possible Playoffs	21 Possible Playoffs	22 Possible Playoffs	23 1/2 Day	24
25	26	27	28	29	30	31