

Northwood Chargers Summer Workout Plan 2020



Staying in shape and developing touch is crucial in the offseason for successful soccer players and teams. This summer you have time to develop your physical conditioning as well as your touch.

Coach Ascary and I will be on you if you are not in shape at tryouts and in the beginning of the season. Work hard now to enjoy soccer more in the season!

Northwood Soccer Summer at home Conditioning Plan

You have 7 weeks to prepare for tryouts and the Fall Soccer Season. Here is a guide to aerobic conditioning and developing your skill set for tryouts. Before each workout be sure to warm up and cool down appropriately for a minimum of 10 minutes. This could be jogging, juggling a ball while dribbling around a soccer field or whatever else to get you into a good sweat. A proper Cool-Down after a workout of at least 10 minutes with static stretching is to be done to properly recover for the next work out and should be continued all week long for maximum results.

☐ Week 1 June 14-20

+Run 3-4 days for 15-30 minutes. Be sure not to run for more than 3 days in a row. If you are in good shape already this will be no problem. If you need to work on your stamina mix jogging and walking by walking for 1 minute then jogging for 1 minute. For advanced student athletes they should go for a hard 30 minute run.

+ Sprint Work 8x 15 yard sprints, 6x 30 yard sprints, 4x 40 yard sprints, 2x 50 yard sprints. Rest in between reps 30 seconds to 1 minute (increase rest needed as distance increases).

☐ Week 2 June 21-27

+Run 3-4 days for 20-30 minutes.

+Sprints 10x 15 yard, 8x 30 yard, 5x 40 yard, 3x 50 yard sprints. Rest between

☐ Week 3 June 28-July 4

+Run 3-4 Times a distance of 2-3 miles each time. Total mileage for the week should be 8-12 miles.

+Sprints 12x 15 yard sprints, 8x 30 yard sprints, 6x 40 yard sprints, 4x 60 yard sprints. Rest between

☐ Week 4 July 5-July 11

+Run 3-4 days for 20-35 minutes. Be sure to vary your runs with sprinting, jogging, and walking. It is important to run for soccer at mixed intervals like you do in a game.

+ Sprints 15x 15 yard sprints, 10x 30 yard sprints, 8x 40 yards, 4x 60 yard sprints. Rest between

☐ Week 5 July 12-18 (Northwood High School workouts begin see Calendar and sign up g)

+Run 3-4 days for periods of time of 20-35 minutes. Vary your runs with sprinting, jogging, and walking. If you are not tired from these runs you need to sprint more or raise your intensity.
+ Sprints 15x 15 yard sprints, 12x 30 yard, 10x 40 yard, 8x 50 yard. Rest between.

□ Week 6 July 19-25

+Run 3-4 days for periods of time of 20-35 minutes. Be sure to vary your runs with sprinting, jogging, and walking. It is important to sprint in soccer at mixed intervals.
+ Sprints 10x 20 yard, 8x 40 yard, 6x 60 yard sprints. Rest between sprints

□ Week 7 July 26- August 1 (Workouts at Northwood Continue see Calendar and sign up)

+Run 3-4 days for 30 minutes. Push yourself as fast you can.

+ Sprints 15x15 yard sprints, 10x 40 yard sprints, 6x 60 yard sprints, 2x 100 yard sprints.
Rest in between reps 30 seconds to 1 minute.

Created by Coach Forster. If you have questions email at kforster@chatham.k12.nc.us

Train for Tryouts August 3rd and August 4th in morning at time TBD

+Cooper Run 12 minute run, going as far as you can either around field or track.

For JV should be able to go at least 1 mile and half.

Varsity at least 1 mile and $\frac{3}{4}$ is desired distance. 2 miles is excellent and puts you on track for high level college soccer fitness levels.

+Speed Component- 50 Yard Sprint timed.

Ways to prepare well for tryouts at home building your skills.

Midfielders/Forwards-

- Focus on having a good first touch from balls on the ground and in the air,
- Dribbling skills, moves, and closeness of touch with good pace.
- Passing and finishing off the dribble with head up and with both feet.
- Good to practice free kicks as well power and placement are key.
- Controlling the ball off the chest

Defenders-

- Focus on ability to contain opponents on dribble
- Find a teammate out of the back with your left and right foot passing
- Forcing opponent to their weaker foot usually left foot
- Using body to shield off opponent. Defenders should also be able to play long balls to forwards as needed.
- Practice heading to family members.

Goalkeepers-

- Practice catching high balls from crosses and long balls in to box.
- Comfortably distribute with throws to close targets and targets 30+ yards away, punts, and drop kicks passed half field.
- Goalkeepers should be able to take their own goal kicks with precision, distance, and accuracy near half field or past.
- Work on coming out strong at the ball and diving on the ground in control.
- Develop Footwork through work with cones or objects, especially change of direction and power step before dive.
- Think about how you can communicate well with your defenders & how that sounds.

Get a family member to help you work on these things and you will be well prepared for tryouts. Please do not hesitate to reach out to me Coach Forster for ideas of drills or soccer workouts with a ball. Any questions you have please send to me via email kforster@chatham.k12.nc.us or by text through joining REMIND by texting 81010 the message @ncharger20.