

Highland Rams Soccer



Summer Training Packet

Important Dates & Info

Last Day of School: **Friday, June 9th**

First Day of Summer Sessions: **Monday, June 19th**

Dead Week: **July 31st- August 4th**

Tryouts: **Monday August 7th**
Tuesday August 8th

Summer Sessions will be held on Mondays, Wednesdays, and Fridays from 7-8:30pm. See calendar for details.

Every player is encouraged to purchase the lifting packet through Highland High School's lifting and conditioning coach. The packet costs around \$25 and is **obtained through the school.**

Coach Information

Alex Moreno (Varsity Head Coach) Phone: (208) 240-4604 Email: morealej@isu.edu

Brittany Garrett (JV Head Coach) Email: brittany.garrett6@gmail.com

Peter Tafelmar (Assistant Coach)

HaiDang (HD) Nguyen (Assistant Coach)

June 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9 Last Day of School	10
11	12	13	14	15	16	17
18	19 Session 7-8:30pm	20 Conditioning 1 Technical 1	21 Session 7-8:30pm	22 Conditioning 2 Technical 2	23 Session 7-8:30pm	24 Conditioning 7 Technical 3
25 Active Rest	26 Session 7-8:30pm	27 Conditioning 2 Technical 4	28 Session 7-8:30pm	29 Conditioning 3 Technical 5	30 Session 7-8:30pm	1 Conditioning 5 Technical 6

July 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
Active rest 2	No session 3	Conditioning 4 Technical 1 4	Session 7-8:30pm 5	Conditioning 3 Technical 2 6	Session 7-8:30pm 7	Conditioning 7 Technical 3 8
Active rest 9	Session 7-8:30pm 10	Conditioning 6 Technical 4 11	Session 7-8:30pm 12	Conditioning 2 Technical 5 13	Session 7-8:30pm 14	Conditioning 5 Technical 6 15
Active rest 16	Session 8:00am Session 7-8:30pm 17	Conditioning 4 Technical 1 18	Session 7-8:30pm 19	Conditioning 5 Technical 2 20	Session 7-8:30pm 21	Conditioning 6 Technical 3 22
Active rest 23	Session 7-8:30pm 24	Conditioning 4 Technical 4 25	Session 7-8:30pm 26	Conditioning 5 Technical 5 27	Session 7-8:30pm 28	Conditioning 6 Technical 6 29
Active rest 30	Dead Week 31	1	2	3	4	5

August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Dead Week Technical 1	2 Conditioning 3	3 Technical 2	4 Conditioning 7	5 Technical 3	6 Conditioning 1
7 Active Rest	8 Tryouts	9 Tryouts	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Conditioning 1- out and back (5min)

Warm-Up (butt kicks, high knees, toes walks, heel walks, calf raises)

Outside option: run in any direction for 5 minutes, turn around and run back to starting location (should take about 5 min), pick a speed that can be maintained

Treadmill option: 10 minute run at desired speed

Cool-Down (5 minutes of static stretching)

Conditioning 2- out and back (7 min)

Warm-Up (butt kicks, high knees, toes walks, heel walks, calf raises)

Outside option: run in any direction for 7 minutes, turn around and run back to starting location (should take about 7 min), pick a speed that can be maintained

Treadmill option: 14 minute run at desired speed

Prior to cool-Down: complete 30s of pushups, sit ups, and plank

Cool-Down (5 minutes of static stretching)

Conditioning 3- out and back (10 min)

Warm-Up (butt kicks, high knees, toes walks, heel walks, calf raises)

Outside option: run in any direction for 10 minutes, turn around and run back to starting location (should take about 10 min), pick a speed that can be maintained

Treadmill option: 20 minute run at desired speed

Prior to cool-Down: complete leg raise series

Single leg 6in hold 10s each x6

Single leg 6in hold (foot pointing inward) 10s each x6

Single leg 6in hold (foot pointing outward) 10s each x6

Cool-Down (5 minutes of static stretching)

Conditioning 4- out and back (15 min)

Warm-Up (butt kicks, high knees, toes walks, heel walks, calf raises)

Outside option: run in any direction for 15 minutes, turn around and run back to starting location (should take about 15 min), pick a speed that can be maintained

Treadmill option: 30 minute run at desired speed

Prior to cool-Down: complete leg raise series

Single leg 6in hold 10s each x6

Single leg 6in hold (foot pointing inward) 10s each x6

Single leg 6in hold (foot pointing outward) 10s each x6

Cool-Down (5 minutes of static stretching)

Conditioning 5- speed training

Warm-Up (butt kicks, high knees, toes walks, heel walks, calf raises)

Outside option: run outside through neighborhood, on soccer field, or on a track. Sprint as fast as possible for 30 seconds, jog for recovery for 60 seconds. Repeat this 7 times.

Treadmill option: Set speed to sprint (9 or 10 speed) for 30 seconds, jog (5 or 7 speed) for 60 seconds. Repeat 7 times.

Prior to cool-Down: complete leg raise series

Single leg 6in hold 10s each x6

Single leg 6in hold (foot pointing inward) 10s each x6

Single leg 6in hold (foot pointing outward) 10s each x6

Cool-Down (5 minutes of static stretching)

Conditioning 6- mid-distance

Warm-Up (butt kicks, high knees, toes walks, heel walks, calf raises)

Run on soccer field. Jog the sideline length of the field, Sprint from corner to opposite corner. Jog on sideline of the field, Sprint from corner to opposite corner. (Should make an X across the field=one rep). Repeat 5 times.

Cool-Down (5 minutes of static stretching)

Conditioning 7- pure speed

Warm-Up (butt kicks, high knees, toes walks, heel walks, calf raises)

10 yard sprint repeat 3 times with full recovery in between sets

20 yard sprint repeat 3 times with full recovery in between sets

30 yard sprint repeat 3 times with full recovery in between sets

10 yard sprint repeat 3 times with full recovery in between sets
5 yard sprint repeat 3 times with full recovery in between sets

Technical 1- 1000 touches

50 touches (each foot) of the following:

- Toe taps, top of ball
- Bells
- Rake touch
- Inside Outside R
- Inside Outside L
- Single foot forward/back
- Behind the standing leg (L drags)
- V's (right to left, left to right)
- U's (rake left push left, rake right push right)
- Step over touch outside

Technical 2- dribbling

- 2 cones placed 2 yards apart. Dribble a figure 8 around the cones 3 times with right foot, 3 times with left foot.
- 2 cones placed 15 yards apart. Dribble at speed from cone to cone. Down with right foot, return with left foot. Repeat 3 times.
- 4 cones placed in a square 5 yards apart. Dribble in one direction outside the square with the right foot only. Change direction and dribble around the square with left foot only. Repeat 3 times each direction.

Technical 3- juggling

Juggle as many as possible alternating every touch with left and right feet for 5 minutes
Juggle as many as possible with right foot only for 5 minutes
Juggle as many as possible with left foot only for 5 minutes

Technical 4- passing

With either a partner or a wall complete the following:
Right foot only- one touch pass x25
Left foot only- one touch pass x25
Right foot only- two touch x25
Left foot only- two touch x25
Right foot (touch) to left foot (pass) x25
Left foot (touch) to right foot (pass) x25

Right foot only- inside (touch) outside (touch) pass x25

Left foot only- inside (touch) outside (touch) pass x25

Technical 5- dribbling

- 2 cones placed 20 yards apart. Dribble at speed with 2 long touches, 2 short touches repeated until the end. Down and back 3 times with right foot, then 3 times with left foot
- 10 cones placed 1 step apart. Weave through the line of cones right foot only down and back 3 times, then left foot 3 times. Repeat cycle with alternating left foot and right foot down and back 3 times.
- Free dribble for 5 minutes. Work on cuts, change of direction, change of speed, varying distances.

Technical 6- juggling

Juggle with following pattern: low touch, high touch, low touch, high touch... etc. for 5 minutes

Juggle with following pattern: right foot, right knee, left knee, left foot and reverse for 5 minutes

Juggle trying to get all of the following without dropping the ball: right/left top of foot, right/left inside of foot, right/left knee, chest, head, right/left shoulder

Active Rest

10 minute light jog or bike

Static stretch for 10 minutes