

"Building Tradition one Day at a time"



Riverside
Womens Soccer
Individual Player Off Season
Workout Packet

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Off-Season Fitness Training Program

It is VERY important with respect to next season that fitness is improved. The reasons for this are as follows:

1. The **Team Pre-Season** period (February) is short and the amount of work we need to complete is extensive. We intend to spend most of this time on **TECHNICAL** and **TACTICAL** training and not on fitness. Fitness is something that you should have done prior to pre-season.
2. The duration and quality of performance relates directly to your fitness level.
3. Recovery time is shorter.
4. Prevention of injury.
5. Acclimatization.
6. You are **CONSTANTLY** being evaluated and compared to other members of the program.
7. **THE AMOUNT OF WORK YOU DO WILL DIRECTLY RELATE TO THE SUCCESS OF THIS PROGRAM. DO NOT LET EITHER YOURSELF OR YOUR TEAMATES DOWN.**

INTRODUCTION - WHAT ARE YOU AIMING FOR?

An individual player's performance is improved by one's physical condition. Performance is determined by the following.

1. **SKILL** is the individual's ability to get into good positions, receive a pass, control a ball, make a pass, shoot, head a ball, tackle, etc. In the case of a goalkeeper to position oneself well, handling, saving shots, distribution of the ball, etc.

Skill is achieved through constant practice of techniques. This is often neglected in the player's development.

1. **SPEED** is the individual's ability to run fast. Speed improvement is achieved through sprint work and plyometrics.
2. **SHARPNESS** is the individual's ability to react quickly to situations. It is distinct from speed; sharpness is concerned with how quickly the individual responds to a given situation and their movement over the first yard or so. Players need to be explosive over the first few yards; plyometrics will build your muscles to be more explosive.
3. **ENDURANCE** is the individual's ability to keep up a persistent effort over a long period of time. Recovery time is also shorter. Stamina is built up directly through long persistent running and indirectly through circuit work.

4. **RANGE OF MOTION** is the limit of flexibility of the body's muscles. It is developed through stretching exercises.
5. **STRENGTH** is the measure of power of a player. It is built up through most exercises particularly weight training and circuit training.
6. **CONCENTRATION** is a vital component, enabling the individual to sustain a persistent effort. Without it the individual will "switch off" during a game and the level of fitness becomes irrelevant.

FITNESS General Guidelines:

1. Aerobic Capacity

It is important that you train your aerobic capacity with respect to soccer. Remember that this capacity reflects your ability to "endure" physical activity over a considerable time period. Also remember that within a game all recovery is aerobic.

Aerobic training involves any repetitive exercise that lasts longer than one minute, i.e. distance running, circuit training, aerobics, and the beep tape.

2. Anaerobic Capacity

It is equally important that you train your anaerobic capacity. This reflects your physical ability to perform maximum intensity work without the presence of oxygen.

Anaerobic training involves any exercise that lasts less than one minute. This can be divided into two areas.

- a. **ATP/PC Capacity:** this involves short ballistic exercises, i.e. sprints lasting 8-10 seconds.
- b. **Lactic Acid Capacity:** this involves longer periods of exercise, lasting 40-60 seconds, i.e. a 400-yard sprint.

3. Strength Training

It is important that you improve your strength, soccer is a physical contact sport and involves jumping, tackling, quick changes of direction and falling to name a few. Improved strength is also important in the prevention of injury.

Plyometrics – All conditioning programs concentrate on developing strength with weights. This type of strength can be called absolute strength. The amount of weight lifted is the important factor. The time to apply the force is not considered. In sport, power is the key to successful athletes. This is the amount of force that can be generated in the shortest period of time. Quick starts, acceleration, and maintenance of speed are dependent on the ability to apply force or elastic strength. For example, the foot should rebound from the surface in the same fashion as a handball. Contact, and the foot are off again. An athlete must learn to react to the ground. This is the main objective to plyometric training. It develops the body's explosive power.

Off-Season Individual Training Schedule

PART I. ENDURANCE TRAINING

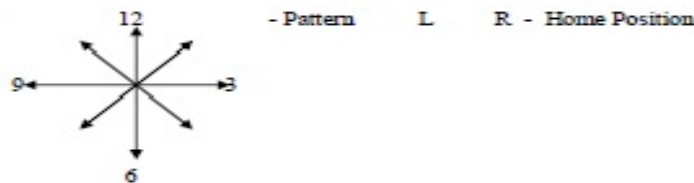
- Distance Runs. (30-40 minutes of running are needed each time). Target distance 5 miles. One soccer game may be substituted for one of the runs. It is better to run 2-3 miles twice a day than run the 5 miles all at one time.
- 25 yd Sprints. (3 sets of 5 repetitions). Three minutes of rest between sets. Time of rest between repetitions. (Three times as long as it takes you to perform the sprint, i.e. 25 yds in 4 seconds, multiply 4 seconds by 3 = 12 seconds rest). Perform these sprints on the same day but following your distance runs.
- Max Sprints. (Three sprints of maximum intensity). Each sprint should last for 40-50 seconds and cover a distance of 350+ yards. (Rest for 3 minutes between sprints). (Easier to run one lap of a track).
- Shuttle Runs. (3 repetitions). Shuttles are performed by covering distances of 5 yds, 10 yds, 15 yds, 20 yds, 25 yds, returning to the start line each time. ***Do not perform this exercise the same day you do your distance runs.***
- Chelsea Square. This exercise involves jogging and sprinting around a 30 x 30 yd square as follows:
 1. Jog four sides
 2. Sprint one side, jog three
 3. Sprint two, jog two
 4. Sprint three, jog one
 5. Sprint four
 6. Jog one, sprint three
 7. Jog two, sprint two
 8. Jog three, sprint one
 9. Jog four sides
 10. Rest for two minutes
- Crunches. 3 sets of 30 crunches, four times per week, building up to 3 sets of 50 crunches, four times per week.
- Push-Ups. 3 sets of 15 push-ups, four times per week, building up to 4 sets of 30 push-ups, four times per week. Use regular push-up position.

PART II. PLYOMETRICS

- ✓ Do Plyometrics on a day you don't do distance or endurance workouts.
- ✓ Always take a "good" rest between sets. (That does not mean real long breaks. Just till you catch your breath.)
- ✓ Go as fast as you can during your set. To increase speed and power you need maximum effort every time.
- ✓ Stretch before and after work.
- ✓ Start with 3-5 minutes. Jog then stretch.
- ✓ Choose your own order (mix it up workout to workout).

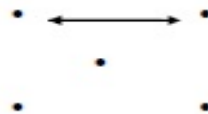
L = Left foot R = Right Foot * = Target Dot | = Line on Floor

Star Drill



1. Start Feet side by side in middle of star.
 2. Move R. to 12/ move L. 6 and back to home.
 3. Move R. to 2/ move L. 7 and back to home.
 4. Move R. to 3/ move L. 9 and back to home.
 5. Move R. to 5/ move L. 10 and back to home.
 6. Move R. to 6/ move L. 12 and back to home.
 7. Move R. to 5/ move L. 10 and back to home.
- Continue for 30 to 45 seconds. 3 sets.

5 Dot



- start in middle
- jump forward and backward as fast as possible
- 30 to 45 seconds. 3 sets.
- alternate R and L in middle

Lateral Jumps



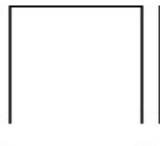
- go back and forth as fast as possible
- both feet, then one at a time
- 2 times each, 30 seconds, 3 sets

Lunge Jump



- jump as far side-to-side as you can
- only your outside foot touches the ground
- one leg might be stronger than other so give yourself room to move
- as soon as you land push back to the other way
- 2 times, 30 seconds, 3 sets.

Big Square Jump



- 3x clockwise, 3x counterclockwise
- any time forward or backward use both feet
- moving left was right foot
- moving right use left foot

OFF-SEASON SELF TRAINING WEEKLY PROGRAM SCHEDULE

Week 1 Week 4 Week 8 Week 11	Week 2 Week 5 Week 9 Week 12	Week 3 Week 7 Week 10 Week 13
Day 1 Warm up 15 min./ stretch 25 yd Sprints Plyometrics Ball Work (25 min.) Warm down/stretch	Day 1 Warm up 15 min./ stretch Distance Run 25 yd Sprints (cut down to 2 sets) Max Sprints (three reps) Warm down/ stretch	Day 1 Warm up 15 min./ stretch Distance Run 25 yd Sprints (two sets) Max Sprints (three reps) Warm down/ stretch
Day 2 Warm up 15 min./ stretch Shuttle Run Crunches Push-Ups Warm down/ stretch	Day 2 Warm up 15 min./ stretch Shuttle Run Crunches Push-Ups Ball Work (20 min.) Plyometrics Warm down/ stretch	Day 2 Warm up 15 min./ stretch Chelsea Square (three reps) Crunches Push-Ups Ball Work (40 min.) Plyometrics Warm down/ stretch
Day 3 Warm up 15 min./ stretch Distance Run 25 yd Sprints Ball Work (25 min.) Warm down/ stretch	Day 3 Warm up 15 min./ stretch Distance Run 25 yd Sprints (two sets) Max Sprints (three reps) Warm down/ stretch	Day 3 Warm up 15 min./ stretch Distance Run 25 yd Sprints (two sets) Max Sprints (three reps) Warm down/ stretch
Day 4 Warm up 15 min./ stretch Shuttle Run Crunches Push-Ups Plyometrics Warm down/ stretch	Day 4 Warm up 15 min./ stretch Chelsea Square (three reps) Crunches Push-Ups Ball Work (30 min.)	Day 4 Warm up 15 min./ stretch Shuttle Run Crunches Push-Ups Ball Work (40 min.)
Day 5 Warm up 15 min./ stretch Distance Run 25 yd Sprint Ball Work (30 min.) Warm down/ stretch	Day 5 Warm up 15 min./ stretch Distance Run 25 yd Sprints (two sets) Max Sprints (three reps) Warm down/ stretch	Day 5 Warm up 15 min./ stretch Distance Run 25 yd Sprints (two sets) Max Sprints (three reps) Warm down/ stretch
Day 6 Warm up 15 min./ stretch Shuttle Run Crunches Push-Ups	Day 6 Warm up 15 min./ stretch Shuttle Run Crunches Push-Ups Ball Work (20 min.) Plyometrics	Day 6 Warm up 15 min./ stretch Crunches Push-Ups Ball Work (60 min.) Plyometrics
Day 7- Stretch Only	Day 7-Stretch Only	Day 7-Stretch Only

TECHNICAL WORK WITH THE BALL

I. Dribbling through cones: Space cones 1 yard apart, place about 8 cones

- a) Right foot 15 times
- b) Left foot 15 times
- c) Both feet 15 times

II. Juggling:

- a) Any soccer body part: feet, thighs, head
- b) Feet only
- c) Head only
- d) Alternating body parts
- e) Bounce juggling

III. Coerver move sequence:

Create a pattern with the moves build up to a 20 move pattern alternating from an attacking move to a space move. Also, alternate feet with the moves as you progress. It is important to master the move and do the sequence as fast as possible.

a. Attacking Moves

1. Van Baasten: scissors
2. Rivelino: step-over
3. Puskas: pull-push with laces or inside of foot
4. Hamm: touch with outside of foot and then immediate cut across front of defender with inside
5. Shimmy: lunge - fake in front of defender with one foot and take the ball in opposite direction
6. Matthews: drag ball inside with inside of foot, and then push out with outside of same foot
7. Reverse Matthews: same as Matthews but scissor the ball and take opposite direction
8. Maradona: helicopter
9. Ronaldo (Brazil): roll over to an immediate Rivilino
10. Rivilino-Scissors: step over to an immediate scissor
11. Zidane: "V" to a Pullback Cruyff
12. Conti (or "V"): reach for ball w/ right, pull back to center and take with outside of opposite foot
13. Rummenigge: 4-6 small scissors in front of ball and then explode in any direction
14. Wave: sprinting w/ball - fake a pullback with sole and explode forward with laces
15. Scoop: small scoop under ball to avoid a players foot and explode
16. Blanco: ball stuck between feet and hop
17. Step-Kick: reach and pull ball back with one foot and pop it forward with other foot
18. Kanu: wrap-around-self pass to one side of defender and run past defender on opposite side
19. Fake Shot: fake as if shooting and explode with outside of same foot.

b. Space Moves

1. Beckenbauer: cuts with inside and outside of foot)
2. Twisting Pullback: traditional pull back
3. Shielding Pullback: pull ball back in front of body to shield ball from defender
4. Cryuff: plant foot next to ball, turn hips and play ball underneath body with inside of foot)
5. Pullback Cryuff ("L" turn): roll ball underneath body to an immediate Cryuff
6. Twist Off: 3/4 turn in 2 touches with outside of foot
7. Zico: step-over ball, spot ball, turn hips and take with inside of opposite foot)
8. Litboskie: sprinting with ball, top with sole, hop over and change direction
9. Outside Cut Fake Pass: fake a pass with inside of foot, roll foot over ball, cut with outside

IV. Passing over distance with a partner

- a) Make sure you attack the ball and try to receive at its highest point
- b) Concentrate on hitting different types of balls
 1. Driven
 2. Flighted
 3. Chipped
 4. Bent

V. Make up your own game with passing

- a) Soccer tennis

VI. Small sided games

- a) Use the pugs or cones

VII. Vitamins: Someone throws you the ball, use both feet

- a) Volleys
- b) Thigh- volley
- c) Chest- volley
- d) Heading
- e) Do the same but take down to ground.

VIII. Turning

- a. Dribble out to a cone and work on different turns
- b. Have someone pass you the ball and turn with the pass

IX. Shooting

- a. Use the Coerver goals and place a small marking that you are shooting at. Try to do things at pace.

X. Passing against a wall (see if you can combine some of these)

- a. The harder you pass the harder it comes back
- b. Work on taking touches to directions.

