

Letter

Summer 2022

Canterbury Soccer Players,

I hope this letter finds you enjoying the beginning of summer! The next two-three months will be a critical time for you to get yourself in the best physical condition possible. As we enter the 2022 season, we must lay the foundation for a successful and unified soccer program over the course of this summer. The reality is that there may still be COVID-19 precautions in place during the 2022 academic year, and we will have updates as the summer goes along, but the school's plan is for things to be as normal as possible and have Canterbury athletics return to its typical seasons and regulations.

I am so excited about the upcoming season and, given the incredible 2019 NEPSAC Championship and 2021 quarter final appearance, I have high expectations for this team! While CGVS has found success as a team, the work to reproduce that success begins as individuals this summer and carries over into each practice, lift, and game during this season. This season, we will focus on three main goals: **consistency, accountability, and support.**

As a team, we will remain consistent. We will put forth our best effort in games, practice, the classroom, and our personal relationships with others, regardless of the circumstances. We will be accountable for ourselves and for our teammates. We will put in the work that needs to be done, and if/when we fall short of the mark, we, as a team and as individuals, will recognize these shortcomings and support one another until we find ourselves in the position we want to be in.

To reach all of our goals, it is imperative that we as a group are in both great physical and mental shape. Every one of you will play an important role on our team, so your accountability begins here. Do everything you can to give yourself the best chance to succeed which will give our team the best chance at success.

As evidenced by the survey, the majority of the team wanted workouts to be sent out at the beginning of each week. Please look for an email from me (opena@cbury.org) every Sunday with this week's soccer, lifting, and conditioning workout for the week. While I am still waiting to hear more about the preseason schedule, but I have included all of the information I have in the schedule below. This is a live document, so please check-in regularly for updates the the calendar!

Here is a look at the this summer's schedule:

- June 26th - July 3rd → Week 1 Training
- July 4th - July 10th → Week 2 Training
- July 11th - July 17th → Week 3 Training
- July 18th - July 24rd → Week 4 Training
- July 25th - July 31st → Week 5 Training

- August 1st - August 7th → Week 6 Training
- August 8th - August 14th → Week 7 Training
- August 15th - August 21st → Week 8 Training
- August 22nd - August 28th → Week 9 Training
- August 29th → Student Leaders Return to Campus
- **September 1st → Varsity Athletes Return to Campus**
- **September 2nd - September 6th → Pre-Season**
- September 7th → Classes Begin

I am truly honored to be coaching such an amazing group of individuals and students this fall, and I look forward to all of our success. If we remain consistent, hold each other and ourselves accountable, and support one another, I know that we can become an unstoppable program!

If you have any questions, feel free to contact me by my cell (978-826-4300) or by email at: opena@cbury.org.

Have a great summer, and I look forward to seeing you all Wednesday, September 1st!

Best,
Coach Pena

Week 1

Monday Lift

Exercise	Weight	Reps	Weight	Reps	Weight	Reps
Arms	Set 1		Set 2		Set 3	
Bench Press	45 lbs	12	45 lbs	12	45 lbs	12
Hammer Curls	15 lbs	12	15 lbs	12	15 lbs	12
Tricep Overhead Extension	15 lbs	12	15 lbs	12	15 lbs	12
Legs	Set 1		Set 2		Set 3	
Dumbbell Lateral Lunges	15 lbs	8	15 lbs	8	20 lbs	6
Dumbbell Front Raises	15 lbs	10	15 lbs	10	15 lbs	10
Single Leg Deadlift	15 lbs	10	15 lbs	10	15 lbs	10
Cross Over Step Downs (18" box)	15 lbs	10	15 lbs	10	15 lbs	10
Abs	Set 1		Set 2		Set 3	
Crunch w/ Plate	30 lbs	12	30 lbs	12	30 lbs	15
Dumbbell Side Bend	35 lbs	10	35 lbs	10	35 lbs	10
Plank	0 lbs	1min	0 lbs	1min	0 lbs	1min

**Please adjust weight to ensure that you are pushing yourself to the best of your ability → this may mean that you need to increase or decrease your weights

Tuesday Conditioning (Short Sprints)

Warm-Up

Continuous Warm-Up

4 x 10 Yard Sprints — walk back is your rest

Shuttles (Foot Touch)

30 Yard Shuttle (x5) — 1 minute rest

30 Yard Shuttle (x5) — 1:15 minute rest

20 Yard Shuttle (x8) — Sprint out and jog back as rest (after 8 —2:00 rest)

60 Yard Shuttle (x5) — 3:00 rest

60 Yard Shuttle (x3) — Finished

Lower-Body Stretch Routine

Wednesday Lift

Exercise	Weight	Reps	Weight	Reps	Weight	Reps
Arms	Set 1		Set 2		Set 3	
Military Press	30 lbs	12	30 lbs	12	30 lbs	12
Dumbbell Kickbacks	12 lbs	10	12 lbs	10	12 lbs	10
Dumbbell Row	20 lbs	10	20 lbs	10	20 lbs	10
Legs	Set 1		Set 2		Set 3	
Dumbbell Bulgarian Squat	15 lbs	8	15 lbs	8	15 lbs	6
Dumbbell Step Ups	20 lbs	10	20 lbs	10	20 lbs	10
Barbell Deadlift	65 lbs	10	65 lbs	10	65 lbs	10
Toe Taps on 18" Box	0lbs	30 reps	15 lbs	30 reps	15 lbs	30 reps
Abs	Set 1		Set 2		Set 3	
Oblique Side Crunch	15 lbs	10	15 lbs	10	15	10
Leg Lift	15 lbs	10	15 lbs	10	15 lbs	10
Vertical Crunch	15 lbs	10	15 lbs	10	15 lbs	10

**Please adjust weight to ensure that you are pushing yourself to the best of your ability → this may mean that you need to increase or decrease your weights

Thursday Conditioning (Intervals)

Warm-Up

Continuous Warm-Up

Intervals

<u>Distance</u>	<u>Time</u>	<u>Rest</u>
100 m	20 sec	40 sec
100 m	20 sec	40 sec
200 m	40 sec	1:20 min
300 m	60 sec	2:00 min
200 m	40 sec	1:20 min
200 m	40 sec	1:20 min
100 m	20 sec	40 sec
Rest 1 minute		
100 m	20 sec	40 sec
100 m	20 sec	40 sec
200 m	40 sec	1:20 min
300 m	60 sec	2:00 min
Finished		

Continuous Cool Down

Lower-Body Stretch Routine

Friday Soccer Training

What you need:

- a soccer ball
- Nine cones/markers
- a wall

Dribbling (4x per side)

1. R Foot/L Foot
2. Insides
3. Outsides
4. Inside Outsides
5. Soles
6. Roll and Tap
7. Single Leg Soles (L and R, 2x each)
8. Soles Facing Forward
9. Soles Backwards
10. Balance (L and R)

Wall Work (2 minutes each)

1. Inside Touch
2. Outside Touch
3. Behind Standing (L and R)
4. Sole Trap and Roll (L and R)
5. Outside Scissors (L and R)
6. Inside Stepover (L and R)

Week 2

Monday Lift – Circuits (complete each set without rest between exercises!)

Exercise	Weight	Reps	Weight	Reps	Weight	Reps
Circuit 1	Set 1		Set 2		Set 3	
Burpees	0 lbs	10	0 lbs	10	0 lbs	10
Balancing Twists (abs)	15 lbs	10	15 lbs	10	15 lbs	10
Alternating V-Ups (abs)	15 lbs	10	15 lbs	10	15 lbs	10
Dumbbell Circuit → Hammer curl to squat to shoulder press	15 lbs	10	15 lbs	10	15 lbs	10
Circuit 2	Set 1		Set 2		Set 3	
Alternating Reverse Lunges	30 lbs total	10 each	30 lbs total	10 each	30 lbs total	10 each
Dumbbell Front Raises	15 lbs	10	15 lbs	10	15 lbs	10
Crunches	0 lbs	25	0 lbs	25	0 lbs	25
Circuit 3	Set 1		Set 2		Set 3	
High Knees	0 lbs	60	0 lbs	60	0 lbs	60
Jump Squats	0 lbs	10	0 lbs	10	0 lbs	10
Plank	0 lbs	1min	0 lbs	1min	0 lbs	1min

**Please adjust weight to ensure that you are pushing yourself to the best of your ability → this may mean that you need to increase or decrease your weights

Tuesday Conditioning (Short Sprints)

Warm-Up

Continuous Warm-Up

4 x 10 Yard Sprints – walk back is your rest

Shuttles (Foot Touch)

15 Yard Shuttle (x4) – 1 minute rest

20 Yard Shuttle (x8) – Sprint out and jog back (after 8 – 2:30 rest)

50 Yard Shuttle (x3) – 2:00 minute rest

50 Yard Shuttle (x6) – 3:00 minute rest

60 Yard Shuttle (x5) – Finished

Lower-Body Stretch Routine

Wednesday Lift

Exercise	Weight	Reps	Weight	Reps	Weight	Reps
Arms	Set 1		Set 2		Set 3	
Tricep Overhead Extension	15 lbs	10	15 lbs	10	15 lbs	10
Dumbbell Row	20 lbs	10	20 lbs	10	20 lbs	10
Dumbbell Lateral Raises	5 lbs	12	5 lbs	12	5 lbs	12
Legs	Set 1		Set 2		Set 3	
Dumbbell Lateral Squat	30 lbs	10	30 lbs	10	30 lbs	10
Dumbbell Overhead Split Squat	20 lbs	10	20 lbs	10	20 lbs	10
Jump Squats	0 lbs	10	0 lbs	10	0 lbs	10
Abs	Set 1		Set 2		Set 3	
Bicycle Plate Crunch	15 lbs	10	15 lbs	10	15	10
Overhead Plate Crunches	15 lbs	10	15 lbs	10	15 lbs	10
Russian Plate Twists	15 lbs	10	15 lbs	10	15 lbs	10

**Please adjust weight to ensure that you are pushing yourself to the best of your ability → this may mean that you need to increase or decrease your weights

Thursday Conditioning (Intervals)

Warm-Up

Continuous Warm-Up

Intervals

<u>Distance</u>	<u>Time</u>	<u>Rest</u>
100 m	20 sec	40 sec
100 m	20 sec	40 sec
200 m	40 sec	1:20 min
300 m	60 sec	2:00 min
200 m	40 sec	1:20 min
300 m	60 sec	2:00 min
200 m	40 sec	1:20 sec
300 m	60 sec	2:00 min
Finished		

Continuous Cool Down

Lower-Body Stretch Routine

Friday Soccer Training

What you need:

- a soccer ball
- 10 cones/markers
- a wall

Dribbling (1 minute each)

1. Drag Outside (L and R)
2. Drag Push
3. Inside Inside
4. L-Move Outside
5. Roll Outside (L and R)
6. Lunge Outside
7. Rollover Inside
8. Scissors Outside
9. Soles

Wall Work (2 minutes each)

1. Inside In and Out (L and R)
2. Laces In and Out (L and R)
3. Alternating Insides In and Out (L and R)
4. Alternating Laces In and Out
5. Alternating Laces Wedges
6. Alternating Inside Wedges
7. Scoop and Cushion

Week 3

Monday Lift—Circuits (complete each set without rest between exercises!)

Exercise	Weight	Reps	Weight	Reps	Weight	Reps
Circuit 1	Set 1		Set 2		Set 3	
Jump Rope	0 lbs	75	0 lbs	10	0 lbs	10
Burpees	0 lbs	10	0 lbs	10	0 lbs	10
Single Leg Step Ups 12" Box	15 lbs	10 per leg	15 lbs	10 per leg	15 lbs	10 per leg
Circuit 2	Set 1		Set 2		Set 3	
Pulsing Lunges	0 lbs	10 per leg	0 lbs	10 per leg	0 lbs	10 per leg
Single Leg Jump on 12" Box	0 lbs	10	0 lbs	10	0 lbs	10
Single Leg Hip Extension on Med Ball	0 lbs	10 per leg	0 lbs	10 per leg	0 lbs	10 per leg
Circuit 3	Set 1		Set 2		Set 3	
DB Bench Press	20 lbs	10	20 lbs	10	20 lbs	10
Jumping Jacks	0 lbs	30	0 lbs	30	0 lbs	30
Plank	0 lbs	1min	0 lbs	1min	0 lbs	1min

**Please adjust weight to ensure that you are pushing yourself to the best of your ability → this may mean that you need to increase or decrease your weights

Tuesday Conditioning (Short Sprints)

Warm-Up

Continuous Warm-Up

4 x 10 Yard Sprints — walk back is your rest

Shuttles (Foot Touch)

15 Yard Shuttle (x4) — 1:00 rest

20 Yard Shuttle (x8) — Sprint out and jog back as rest (after 8 —2:30 rest)

50 Yard Shuttle (x3) — 2:00 rest

50 Yard Shuttle (x6) — 3:00 rest

60 Yard Shuttle (x5) — Finished

Lower-Body Stretch Routine

Wednesday Lift

Exercise	Weight	Reps	Weight	Reps	Weight	Reps
Arms	Set 1		Set 2		Set 3	
Dumbbell Upright Row	12 lbs	12	12 lbs	12	12 lbs	12
Pushups	0 lbs	10	0 lbs	10	0 lbs	10
Dumbbell Curls	15 lbs	10	15 lbs	10	15 lbs	10
Legs	Set 1		Set 2		Set 3	
Barbell RDL	75 lbs	10	75 lbs	10	85 lbs	8
Toe Taps on a 12" Box (fast!)	0 lbs	30	0 lbs	30	0 lbs	30
Dumbbell Front Squat (DB on Shoulders—elbows up!)	20 lbs	12	20 lbs	12	20 lbs	12
Abs	Set 1		Set 2		Set 3	
Oblique Side Crunch	35 lbs	10	35 lbs	10	35 lbs	10
Leg Lift	15 lbs	10	15 lbs	10	15 lbs	10
Vertical Crunch (DB to toes)	15 lbs	10	15 lbs	10	15 lbs	10

****Please adjust weight to ensure that you are pushing yourself to the best of your ability → this may mean that you need to increase or decrease your weights**

Thursday Conditioning (Intervals)

Warm-Up

Continuous Warm-Up

Intervals

<u>Distance</u>	<u>Time</u>	<u>Rest</u>
100 m	20 sec	40 sec
100 m	20 sec	40 sec
200 m	40 sec	1:20 min
300 m	60 sec	2:00 min
200 m	40 sec	1:20 min
300 m	60 sec	2:00 min
200 m	40 sec	1:20 min
300 m	60 sec	2:00 min
100 m	20 sec	40 sec
100 m	20 sec	40 sec
200 m	40 sec	1:20 min
Finished		

Continuous Cool Down

Lower-Body Stretch Routine

Friday Soccer Training

What you need:

- a soccer ball
- Nine cones/markers
- a wall

Dribbling (4x per side)

1. R Foot/L Foot
2. Insides
3. Outsides
4. Inside Outsides
5. Soles
6. Roll and Tap
7. Single Leg Soles (L and R, 2x each)
8. Soles Facing Forward
9. Soles Backwards
10. Balance (L and R)

Wall Work (2 minutes each)

1. Inside Touch
2. Outside Touch
3. Behind Standing (L and R)
4. Sole Trap and Roll (L and R)
5. Outside Scissors (L and R)
6. Inside Stepover (L and R)

Week 4

Monday Lift—Circuits (complete each set without rest between exercises!)

Exercise	Weight	Reps	Weight	Reps	Weight	Reps
Circuit 1	Set 1		Set 2		Set 3	
Dumbbell Bulgarian Split Squat	15 lbs	8 per leg	15 lbs	8 per leg	15 lbs	8 per leg
Toe Taps	0 lbs	10 per leg	0 lbs	10 per leg	0 lbs	10 per leg
Barbell RDL	75 lbs	10	75 lbs	10	75 lbs	10
Circuit 2	Set 1		Set 2		Set 3	
Back Squat (sit on bench then stand)	95 lbs	10	95 lbs	10	95 lbs	10
Push-Up Shoulder Taps	0 lbs	10	0 lbs	10	0 lbs	10
Circuit 3	Set 1		Set 2		Set 3	
Pushup Position Dumbbell Rows	15 lbs	10	15 lbs	10	15 lbs	10
Walking Lunges	0 lbs	10 per leg	0 lbs	10 per leg	0 lbs	10 per leg
Plank	0 lbs	1min	0 lbs	1min	0 lbs	1min

**Please adjust weight to ensure that you are pushing yourself to the best of your ability → this may mean that you need to increase or decrease your weights

Tuesday Conditioning (Short Sprints)

Warm-Up

Continuous Warm-Up

4 x 10 Yard Sprints — walk back is your rest

Shuttles (Foot Touch)

15 Yard Shuttle (x4) — 1:00 rest

20 Yard Shuttle (x5) — 1:15 minute rest

50 Yard Shuttle (x3) — 1:30 rest

50 Yard Shuttle (x3) — 1:30 rest

50 Yard Shuttle (x6) — 3:00 rest

50 Yard Shuttle (x6) — Finished

Lower-Body Stretch Routine

Wednesday Lift

Exercise	Weight	Reps	Weight	Reps	Weight	Reps
Arms	Set 1		Set 2		Set 3	
Lateral Front Raises	15 lbs	10	15 lbs	10	15 lbs	10
Dumbbell Kickbacks	15 lbs	10	15 lbs	10	15 lbs	10
Lateral Side Raises	15 lbs	10	15 lbs	10	15 lbs	10
Legs	Set 1		Set 2		Set 3	
Hamstring Curls on Med Ball	20 lbs ball	8	20 lbs ball	8	20 lbs ball	8
Dumbbell Step Ups on 12" Box	20 lbs	10 per leg	20 lbs	10 per leg	20 lbs	10 per leg
Jumping Lunges	0 lbs	10 per leg	0 lbs	10 per leg	0 lbs	10 per leg
Abs	Set 1		Set 2		Set 3	
Bicycle Plate Crunch	15 lbs	10	15 lbs	10	15	10
Overhead Plate Crunches	15 lbs	10	15 lbs	10	15 lbs	10
Russian Plate Twists	15 lbs	10	15 lbs	10	15 lbs	10

****Please adjust weight to ensure that you are pushing yourself to the best of your ability → this may mean that you need to increase or decrease your weights**

Thursday Conditioning (Intervals)

Warm-Up

Continuous Warm-Up

Intervals

<u>Distance</u>	<u>Time</u>	<u>Rest</u>
1. 100 m	20 sec	40 sec
2. 100 m	20 sec	40 sec
3. 200 m	40 sec	1:20 min
4. 300 m	60 sec	2:00 min
5. 200 m	40 sec	1:20 min
6. 300 m	60 sec	2:00 min
7. 200 m	40 sec	1:20 min
8. 300 m	60 sec	2:00 min

REPEAT SEQUENCE ABOVE (1-8)

Finished

Continuous Cool Down

Lower-Body Stretch Routine

Friday Soccer Training

What you need:

- 4-6 soccer balls
- 10 cones/markers
- a goal or wall

Striking the Ball on the Move (4x each)

1. Free (L and R)
2. Inside Outside (L and R)
3. Soles (L and R)
4. Right Foot Right Finish
5. Right Sole Right Finish
6. Left Sole Left Finish
7. Left Foot Left Finish
8. Insides—Near Post
9. Insides—Far Post
10. Right Foot Inside-Outside—Right Finish
11. Left Foot Inside Outside—Left Finish
12. Outside (L and R Finish)

Week 5

Monday Lift—Circuits (complete each set without rest between exercises!)

Exercise	Weight	Reps	Weight	Reps	Weight	Reps
Circuit 1	Set 1		Set 2		Set 3	
Jump Rope	0 lbs	60	0 lbs	60	0 lbs	60
Med Ball Single Leg Hip Extension	0 lbs	10 per leg	0 lbs	10 per leg	0 lbs	10 per leg
Single Leg Dumbbell Step Ups (12" box)	20 lbs	10 per leg	20 lbs	10 per leg	20 lbs	10 per leg
Circuit 2	Set 1		Set 2		Set 3	
DB Front Squat to Push Press	20 lbs	10	20 lbs	10	20 lbs	10
Mountain Climbers	0 lbs	20	0 lbs	20	0 lbs	20
Circuit 3	Set 1		Set 2		Set 3	
Dumbbell Rows	25 lbs	10 per arm	25 lbs	10 per arm	25 lbs	10 per arm
Lateral Lunges	0 lbs	10 per leg	0 lbs	10 per leg	0 lbs	10 per leg
Plank	0 lbs	1min	0 lbs	1min	0 lbs	1min

**Please adjust weight to ensure that you are pushing yourself to the best of your ability → this may mean that you need to increase or decrease your weights

Tuesday Conditioning (Short Sprints)

Warm-Up

Continuous Warm-Up

4 x 10 Yard Sprints — walk back is your rest

Shuttles (Foot Touch)

50 Yard Shuttle (x3) — 1:00 rest

37.5 Yard Shuttle (x4) — 1:15 rest

37.5 Yard Shuttle (x4) — 4:00 rest

50 Yard Shuttle (x6) — 4:00 rest

37.5 Yard Shuttle (x8) — Finished

Lower-Body Stretch Routine

Wednesday Lift

Exercise	Weight	Reps	Weight	Reps	Weight	Reps
Arms	Set 1		Set 2		Set 3	
Bench Press	65 lbs	12	65 lbs	12	75 lbs	8
Hammer Curls	20 lbs	12	20 lbs	12	20 lbs	12
Tricep Overhead Extension	15 lbs	12	15 lbs	12	15 lbs	12
Legs	Set 1		Set 2		Set 3	
Dumbbell Lateral Lunges	15 lbs	8	15 lbs	8	20 lbs	6
Dumbbell Front Raises	15 lbs	10	15 lbs	10	15 lbs	10
Single Leg Deadlift	15 lbs	10	15 lbs	10	15 lbs	10
Cross Over Step Downs (18" box)	15 lbs	10	15 lbs	10	15 lbs	10
Abs	Set 1		Set 2		Set 3	
Crunch w/ Plate	30 lbs	12	30 lbs	12	30 lbs	15
Dumbbell Side Bend	35 lbs	10	35 lbs	10	35 lbs	10
Plank	0 lbs	1min	0 lbs	1min	0 lbs	1min

****Please adjust weight to ensure that you are pushing yourself to the best of your ability → this may mean that you need to increase or decrease your weights**

Thursday Conditioning (Intervals)

Warm-Up

Continuous Warm-Up

Intervals

<u>Distance</u>	<u>Time</u>	<u>Rest</u>
1. 200 m	40 sec	1:20 min
2. 200 m	40 sec	1:20 min
3. 300 m	60 sec	2:00 min
4. 200 m	40 sec	1:20 min
5. 300 m	60 sec	2:00 min
6. 200 m	40 sec	1:20 min
7. 300 m	60 sec	2:00 min

REST 1:00 THEN REPEAT SEQUENCE 1-4

Finished

Continuous Cool Down

Lower-Body Stretch Routine

Friday Soccer Training

What you need:

- four soccer ball
- five cones/markers
- a goal

Turning and Finishing: Out and Back (4x each side)

1. Outside Hook—Near Post Finish (L and R)
2. Outside Hook—Far Post Finish (L and R)
3. L-Turn—Near Post Finish (L and R)
4. L-Turn—Far Post Finish (L and R)
5. Cruyff Turn—Near Post Finish (L and R)
6. Cruyff Turn—Far Post Finish (L and R)

Turning and Finishing: Explosive Turning (4x each side)

1. Inside Cuts—Far Post Finish (Alternate Sides)
2. Inside Cuts—Near Post Finish (Alternate Sides)
3. Outside Cuts—Far Post Finish (Alternate Sides)
4. Outside Cuts—Near Post Finish (Alternate Sides)
5. Cruyff Turn—Far Post Finish (Alternate Sides)
6. Cruyff Turn—Near Post Finish (Alternate Sides)
7. L-Turn—Far Post Finish (Alternate Sides)
8. L-Turn—Near Post Finish (Alternate Sides)
9. Roll and Chop—Far Post Finish (Alternate Sides)
10. Roll and Chop—Near Post Finish (Alternate Sides)

Week 6

Monday Lift—Circuits (complete each set without rest between exercises!)

Exercise	Weight	Reps	Weight	Reps	Weight	Reps
Circuit 1	Set 1		Set 2		Set 3	
Burpees	0 lbs	10	0 lbs	10	0 lbs	10
Balancing Twists (abs)	15 lbs	10	15 lbs	10	15 lbs	10
Alternating V-Ups (abs)	15 lbs	10	15 lbs	10	15 lbs	10
Dumbbell Circuit → Hammer curl to squat to shoulder press	15 lbs	10	15 lbs	10	15 lbs	10
Circuit 2	Set 1		Set 2		Set 3	
Alternating Reverse Lunges	30 lbs total	10 each	30 lbs total	10 each	30 lbs total	10 each
Dumbbell Front Raises	15 lbs	10	15 lbs	10	15 lbs	10
Crunches	0 lbs	25	0 lbs	25	0 lbs	25
Circuit 3	Set 1		Set 2		Set 3	
High Knees	0 lbs	60	0 lbs	60	0 lbs	60
Jump Squats	0 lbs	10	0 lbs	10	0 lbs	10
Plank	0 lbs	1min	0 lbs	1min	0 lbs	1min

**Please adjust weight to ensure that you are pushing yourself to the best of your ability → this may mean that you need to increase or decrease your weights

Tuesday Conditioning (Short Sprints)

Warm-Up

Continuous Warm-Up

4 x 10 Yard Sprints — walk back is your rest

Shuttles (Foot Touch)

37.5 Yard Shuttle (x4) — 1:00 rest

37.5 Yard Shuttle (x4) — 2:00 rest

37.5 Yard Shuttle (x4) — 2:00 rest

37.5 Yard Shuttle (x8) — 3:00 rest

37.5 Yard Shuttle (x8) —Finished

Lower-Body Stretch Routine

Wednesday Lift

Exercise	Weight	Reps	Weight	Reps	Weight	Reps
Arms	Set 1		Set 2		Set 3	
Tricep Overhead Extension	15 lbs	10	15 lbs	10	15 lbs	10
Dumbbell Row	20 lbs	10	20 lbs	10	20 lbs	10
Dumbbell Lateral Raises	5 lbs	12	5 lbs	12	5 lbs	12
Legs	Set 1		Set 2		Set 3	
Dumbbell Lateral Squat	30 lbs	10	30 lbs	10	30 lbs	10
Dumbbell Overhead Split Squat	20 lbs	10	20 lbs	10	20 lbs	10
Jump Squats	0 lbs	10	0 lbs	10	0 lbs	10
Abs	Set 1		Set 2		Set 3	
Bicycle Plate Crunch	15 lbs	10	15 lbs	10	15	10
Overhead Plate Crunches	15 lbs	10	15 lbs	10	15 lbs	10
Russian Plate Twists	15 lbs	10	15 lbs	10	15 lbs	10

**Please adjust weight to ensure that you are pushing yourself to the best of your ability → this may mean that you need to increase or decrease your weights

Thursday Conditioning (Intervals)

Warm-Up

Continuous Warm-Up

Intervals

<u>Distance</u>	<u>Time</u>	<u>Rest</u>
1. 300 m	60 sec	1:30 min
2. 300 m	60 sec	1:30 min
3. 200 m	40 sec	1:00 min
4. 300 m	60 sec	1:30 min
5. 200 m	40 sec	1:00 min
6. 300 m	60 sec	1:30 min

REST 1:00 THEN REPEAT SEQUENCE 1-6

Finished

Continuous Cool Down

Lower-Body Stretch Routine

Friday Soccer Training

What you need:

- a soccer ball
- one cones/marker
- a goal

Move to Shot: **Left Side** (Cone/Marker to the **LEFT** of the goal)(x 6 reps each side)

1. Right Foot Matthews (Finish L and R Post)
2. Right Foot Pull Back (Finish L and R Post)
3. Right Foot Rake (Finish L and R Post)
4. Right Foot Scissors (Finish L and R Post)
5. Left Foot Rake Scissors (Finish L and R Post)
6. Right Foot Rake Chop (Finish L and R Post)

Move to Shot: **Right Side** (Cone/Marker to the **RIGHT** of the goal)(x 6 reps each side)

1. Left Foot Matthews (Finish L and R Post)
2. Left Foot Pull Back (Finish L and R Post)
3. Left Foot Rake (Finish L and R Post)
4. Left Foot Scissors (Finish L and R Post)
5. Right Foot Rake Scissors (Finish L and R Post)
6. Left Foot Rake Chop (Finish L and R Post)

Week 7

Monday Lift—Circuits (complete each set without rest between exercises!)

Exercise	Weight	Reps	Weight	Reps	Weight	Reps
Circuit 1	Set 1		Set 2		Set 3	
Jump Rope	0 lbs	75	0 lbs	10	0 lbs	10
Burpees	0 lbs	10	0 lbs	10	0 lbs	10
Single Leg Step Ups 12" Box	15 lbs	10 per leg	15 lbs	10 per leg	15 lbs	10 per leg
Circuit 2	Set 1		Set 2		Set 3	
Pulsing Lunges	0 lbs	10 per leg	0 lbs	10 per leg	0 lbs	10 per leg
Single Leg Jump on 12" Box	0 lbs	10	0 lbs	10	0 lbs	10
Single Leg Hip Extension on Med Ball	0 lbs	10 per leg	0 lbs	10 per leg	0 lbs	10 per leg
Circuit 3	Set 1		Set 2		Set 3	
DB Bench Press	20 lbs	10	20 lbs	10	20 lbs	10
Jumping Jacks	0 lbs	30	0 lbs	30	0 lbs	30
Plank	0 lbs	1min	0 lbs	1min	0 lbs	1min

**Please adjust weight to ensure that you are pushing yourself to the best of your ability → this may mean that you need to increase or decrease your weights

Tuesday Conditioning (Short Sprints)

Warm-Up

Continuous Warm-Up

4 x 10 Yard Sprints — walk back is your rest

Shuttles (Foot Touch)

30 Yard Shuttle (x5) — 1:00 rest

30 Yard Shuttle (x5) — 2:00 rest

37.5 Yard Shuttle (x8) — 3:00 rest

37.5 Yard Shuttle (x8) — 3:00 rest

30 Yard Shuttle (x5) — Finished

Lower-Body Stretch Routine

Wednesday Lift

Exercise	Weight	Reps	Weight	Reps	Weight	Reps
Arms	Set 1		Set 2		Set 3	
Dumbbell Upright Row	15 lbs	12	15 lbs	12	15 lbs	12
Pushups	0 lbs	10	0 lbs	10	0 lbs	10
Dumbbell Curls	20 lbs	10	20 lbs	10	20 lbs	10
Legs	Set 1		Set 2		Set 3	
Barbell RDL	85 lbs	10	85 lbs	10	95 lbs	8
Toe Taps on a 12" Box (fast!)	0 lbs	30	0 lbs	30	0 lbs	30
Dumbbell Front Squat (DB on Shoulders—elbows up!)	22.5 lbs	12	22.5 lbs	12	22.5 lbs	12
Abs	Set 1		Set 2		Set 3	
Oblique Side Crunch	35 lbs	10	35 lbs	10	35 lbs	10
Leg Lift	15 lbs	10	15 lbs	10	15 lbs	10
Vertical Crunch (DB to toes)	15 lbs	10	15 lbs	10	15 lbs	10

****Please adjust weight to ensure that you are pushing yourself to the best of your ability → this may mean that you need to increase or decrease your weights**

Thursday Conditioning (Intervals)

Warm-Up

Continuous Warm-Up

Intervals

<u>Distance</u>	<u>Time</u>	<u>Rest</u>
300 m	60 sec	60 sec
300 m	60 sec	60 sec
200 m	40 sec	40 sec
300 m	60 sec	60 sec
200 m	40 sec	40 sec
Finished		

Continuous Cool Down

Lower Body Stretch Routine

Friday Soccer Training

What you need:

- six soccer ball
- a goal

Technique (x 10 reps each foot)—make sure you jog to next ball!

1. Laces Drive (L and R)
2. Inside Bent (L and R)
3. Outside Bent (L and R)
4. Chip (L and R)
5. Pure Power (L and R)
6. Volleys Off the Bounce (L and R)
7. Volleys On the Fly (L and R)

Week 8

Monday Lift

Exercise	Weight	Reps	Weight	Reps	Weight	Reps
Circuit 1	Set 1		Set 2		Set 3	
Dumbbell Bulgarian Split Squat	15 lbs	8 per leg	15 lbs	8 per leg	15 lbs	8 per leg
Toe Taps	0 lbs	10 per leg	0 lbs	10 per leg	0 lbs	10 per leg
Barbell RDL	75 lbs	10	75 lbs	10	75 lbs	10
Circuit 2	Set 1		Set 2		Set 3	
Back Squat (sit on bench then stand)	95 lbs	10	95 lbs	10	95 lbs	10
Push-Up Shoulder Taps	0 lbs	10	0 lbs	10	0 lbs	10
Circuit 3	Set 1		Set 2		Set 3	
Pushup Position Dumbbell Rows	15 lbs	10	15 lbs	10	15 lbs	10
Walking Lunges	0 lbs	10 per leg	0 lbs	10 per leg	0 lbs	10 per leg
Plank	0 lbs	1min	0 lbs	1min	0 lbs	1min

**Please adjust weight to ensure that you are pushing yourself to the best of your ability → this may mean that you need to increase or decrease your weights

Tuesday Conditioning (Short Sprints)

Warm-Up

Continuous Warm-Up

4 x 10 Yard Sprints – walk back is your rest

Shuttles (Foot Touch)

20 Yard Shuttle (x4) – 1:30 rest

30 Yard Shuttle (x10) – 2:30 rest

30 Yard Shuttle (x10) – 2:30 rest

30 Yard Shuttle (x10) – 2:30 rest

30 Yard Shuttle (x10) – Finished

Lower-Body Stretch Routine

Wednesday Lift

Exercise	Weight	Reps	Weight	Reps	Weight	Reps
Arms	Set 1		Set 2		Set 3	
Lateral Front Raises	15 lbs	10	15 lbs	10	15 lbs	10
Dumbbell Kickbacks	15 lbs	10	15 lbs	10	15 lbs	10
Lateral Side Raises	15 lbs	10	15 lbs	10	15 lbs	10
Legs	Set 1		Set 2		Set 3	
Hamstring Curls on Med Ball	20 lbs ball	10	20 lbs ball	10	20 lbs ball	10
Dumbbell Step Ups on 12" Box	25 lbs	10 per leg	25 lbs	10 per leg	25 lbs	10 per leg
Jumping Lunges	0 lbs	10 per leg	0 lbs	10 per leg	0 lbs	10 per leg
Abs	Set 1		Set 2		Set 3	
Bicycle Plate Crunch	15 lbs	10	15 lbs	10	15	10
Overhead Plate Crunches	15 lbs	10	15 lbs	10	15 lbs	10
Russian Plate Twists	15 lbs	10	15 lbs	10	15 lbs	10

**Please adjust weight to ensure that you are pushing yourself to the best of your ability → this may mean that you need to increase or decrease your weights

Thursday Conditioning (Intervals)

Warm-Up

Continuous Warm-Up

Intervals

<u>Distance</u>	<u>Time</u>	<u>Rest</u>
1. 300 m	60 sec	60 sec
2. 300 m	60 sec	60 sec
3. 200 m	40 sec	40 sec
4. 300 m	60 sec	60 sec
5. 200 m	40 sec	40 sec
6. 3 300 m	60 sec	60 sec

REST 1:00 THEN REPEAT SEQUENCE ABOVE (1-6)

Finished

Continuous Cool Down

Lower Body Stretching Routine

Friday Soccer Training

TBD

Week 9

Monday Lift

Exercise	Weight	Reps	Weight	Reps	Weight	Reps
Circuit 1	Set 1		Set 2		Set 3	
Jump Rope	0 lbs	60	0 lbs	60	0 lbs	60
Med Ball Single Leg Hip Extension	0 lbs	10 per leg	0 lbs	10 per leg	0 lbs	10 per leg
Single Leg Dumbbell Step Ups (12" box)	25 lbs	10 per leg	25 lbs	10 per leg	25 lbs	10 per leg
Circuit 2	Set 1		Set 2		Set 3	
DB Front Squat to Push Press	25 lbs	10	25 lbs	10	25 lbs	10
Mountain Climbers	0 lbs	20	0 lbs	20	0 lbs	20
Circuit 3	Set 1		Set 2		Set 3	
Dumbbell Rows	30 lbs	10 per arm	30 lbs	10 per arm	30 lbs	10 per arm
Lateral Lunges	0 lbs	10 per leg	0 lbs	10 per leg	0 lbs	10 per leg
Plank	0 lbs	1min	0 lbs	1min	0 lbs	1min

**Please adjust weight to ensure that you are pushing yourself to the best of your ability → this may mean that you need to increase or decrease your weights

Tuesday Conditioning (Short Sprints)

Warm-Up

Continuous Warm-Up

4 x 10 Yard Sprints — walk back is your rest

Shuttles (Foot Touch)

30 Yard Shuttle (x10) — 2:30 rest

30 Yard Shuttle (x10) — 3:00 rest

37.5 Yard Shuttle (x8) — 2:30 rest

30 Yard Shuttle (x5) — 3:00 rest

30 Yard Shuttle (x5) — Finished

Lower-Body Stretch Routine

Wednesday Lift

Exercise	Weight	Reps	Weight	Reps	Weight	Reps
Arms	Set 1		Set 2		Set 3	
Bench Press	65 lbs	12	65 lbs	12	75 lbs	8
Hammer Curls	20 lbs	12	20 lbs	12	20 lbs	12
Tricep Overhead Extension	15 lbs	12	15 lbs	12	15 lbs	12
Legs	Set 1		Set 2		Set 3	
Dumbbell Lateral Lunges	15 lbs	8	15 lbs	8	20 lbs	6
Dumbbell Front Raises	15 lbs	10	15 lbs	10	15 lbs	10
Single Leg Deadlift	15 lbs	10	15 lbs	10	15 lbs	10
Cross Over Step Downs (18" box)	15 lbs	10	15 lbs	10	15 lbs	10
Abs	Set 1		Set 2		Set 3	
Crunch w/ Plate	30 lbs	12	30 lbs	12	30 lbs	15
Dumbbell Side Bend	35 lbs	10	35 lbs	10	35 lbs	10
Plank	0 lbs	1min	0 lbs	1min	0 lbs	1min

**Please adjust weight to ensure that you are pushing yourself to the best of your ability → this may mean that you need to increase or decrease your weights

Thursday Conditioning (Intervals)

Warm-Up

Continuous Warm-Up

Intervals

<u>Distance</u>	<u>Time</u>	<u>Rest</u>
1. 300 m	60 sec	60 sec
2. 300 m	60 sec	60 sec
3. 400 m	1:30 min	1:30 min
4. 200 m	40 sec	40 min
5. 300 m	60 sec	60 sec

REST 1:00 THEN REPEAT SEQUENCE 1-5

Finished

Continuous Cool Down

Lower Body Stretching Routine

Friday Soccer Training

TBD

Continuous Warmup

All movements done over 15 yards

1. Jog	60% effort
2. Hurdle Walk (open)	Lift leg with knee at a 90° angle until perpendicular to your body then bring knee to front of body while maintaining a 90° angle ("open-the-gates")
3. Hurdle Walk (close)	Lift knee directly forward with leg bent at a 90° angle then swing open hip until leg is perpendicular to your body ("close-the-gate")
4. Alternate Arm Swing	While skipping, swing arms up to parallel with shoulders
5. Ankle Flips	With each step pull your toe up to your shin while running with legs straight
6. High Knee Run	Pull your knee and toe up until you reach a 90° angle-- each step
7. Butt Kicks	Heel comes up to butt with each step
8. Carioca Right/Left	Start at a horizontal-- twist back leg across the front of your front leg then return to athletic position and repeat
9. Tri-Lunge	<ol style="list-style-type: none">1. Step one foot forward into a lunge2. Twist once to the right and then the left3. Bring same-side elbow to the instep of the forward leg (hold 20 sec)4. Shift to a seated position on your back leg with your front toe pointed upwards-- hold hamstring stretch for 20 sec5. Shift to a kneeling position and bring the foot of your back leg to your butt-- hold quadricеп stretch for 20 sec6. Repeat while alternating legs for 15 yards
10. Straight Leg Walk	Keep leg straight with each step ("Frankenstein Walk")
11. RDL Stretch	Stand on one leg with a slight bend in the knee, kick opposite leg back beyond you-- hamstring stretch
12. L-Stretch	Cross your front foot over opposite knee and lower down into a stretch
15. Knee Hugs	Bring Knee to chest and hold-- alternate legs with each step
16. Accelerations	x3 @ 80%, 90%, and 100% effort

Continuous Cool Down

All Movements over 10 yards

1. Jog	60% effort
2. Alternate Arm Swing	While skipping, swing arms up to parallel with shoulders
2. Knee Hugs	Bring Knee to chest and hold-- alternate legs with each step
3. Straight Leg Walk	Keep leg straight with each step ("Frankenstein Walk")
4. Tri-Lunge	<ul style="list-style-type: none">7. Step one foot forward into a lunge8. Twist once to the right and then the left9. Bring same-side elbow to the instep of the forward leg (hold 20 sec)10. Shift to a seated position on your back leg with your front toe pointed upwards-- hold hamstring stretch for 20 sec11. Shift to a kneeling position and bring the foot of your back leg to your butt-- hold quadricep stretch for 20 sec12. Repeat while alternating legs for 15 yards
5. Butt Kick Stretch	Bring foot to butt and hold there with opposite arm pointing upwards-- hold for 10 sec
6. L-Stretch	Cross your front foot over opposite knee and lower down into a stretch
8. Sumo Squat	Stand horizontally and stand with legs shoulder width apart-- lower until thighs are parallel to the ground, using your elbows to push hips open wider-- repeat on each side
9. Jog	x2 @ 60% effort

Lower Body Stretching Routine

Hold Each Stretch For 15-20 Seconds Post-Workout

1. Stand with you feet out wide and reach to the MIDDLE of your legs with a flat back (Hamstrings)
2. Stand with feet out wide and reach towards your LEFT foot with your left leg straight (Hamstrings)
3. Stand with feet out wide and reach towards your RIGHT foot with your right leg straight (Hamstrings)
4. Stand with feet out wide and reach towards the MIDDLE, slowly walking your hands behind you while rounding your back slightly (Hamstrings)
5. Stand in a side lunge over your left leg, place hands just inside of your left foot, and use your left elbow to push left knee outwards (Inner Right Leg)
6. Stand in a side lunge over your right leg, place hands just inside of your right foot, and use your right elbow to push right knee outwards (Inner Left Leg)
7. Lunge LEFT with your RIGHT knee on the ground, lift both hand above your head and slightly to the left side of your head, and push your hips forward (Right Quad/Hip Flexor)
8. Lunge LEFT with RIGHT knee on the ground and bring your left elbow to your right instep with your shin perpendicular to the floor (Left Hamstring)
9. Shift back onto your RIGHT leg with your LEFT leg remaining forward, stretching your left hamstring (Left Hamstring)
10. Repeat Steps 7-9 on your RIGHT side
11. Sit with RIGHT leg bent in front with your LEFT ankle placed upon your RIGHT knee and lean chest over your right ankle
12. Sit with LEFT leg bent in front with your RIGHT ankle placed upon your LEFT knee and lean chest over your left ankle

Foam Roll Routine

Good Remedy for Sore Muscles

Roll Out Each Area 10x

- 1. Calf**
- 2. Peroneal (Outside of Shin)**
- 3. IT Band**
- 4. Quadriceps**
- 5. VMO Adductors (Groin)**
- 6. Hamstrings**
- 7. Gluteus Medius (Outer Hips)**
- 8. Piriformis (Front of Hips)**
- 9. Back (Hug Yourself)**

Pool Workouts

Movement Drills (Shallow Water)

One Length Each

1. Ankle Flips
2. Hurdle Walk
3. High Knee Run
4. Butt Kicks
5. Right/Left Leg Skip Outs
6. Shuffle Left/Right
7. Straight Leg Walk
8. Straight Leg Skip
9. Knee Hugs
10. Run-- Down and Back (x4)
11. Alternating Straight Arm Swings (30 seconds)

Deep Water Running

Option 1

1. Jog one minute
2. 30 seconds on — 30 seconds off
3. 45 seconds on — 45 seconds off
4. 30 seconds on — 30 seconds off
5. 1 minute on — 1 minute off
6. 30 seconds on — 30 seconds off
7. 45 seconds on — 45 seconds off
8. 30 seconds on — 30 seconds off
9. 1 minute on — 1 minute off
10. 1 minute on — 1 minute off
11. 30 seconds on — 30 seconds off
12. 45 seconds on — 45 seconds off
13. 30 seconds on — 30 seconds off

Option 2

1. One minute on — one minute off
x10 for 20 minutes

Stretch