

ST. FRANCIS SOCCER

In order to have an impact on the field and play efficiently this season, it is essential you come to try-outs **PREPARED**. These winter months are crucial in your development as a player.

Fitness testing will occur on the first day of try-outs. You will be ranked according to your finish time. Given the large numbers of returning/incoming players this year, your fit score will likely be used as a criteria. Come in **FIT**; you'll want your score to improve your standing!

Each of your fitness training sessions should last about 60 minutes, working up to 1-1.5 hours. Include a warm-up period of 10-15 minutes of stretching and ball touch. Dynamic stretching prior to training is important, stretching (static or dynamic) post training is **essential**; follow your fitness work with a 10-15 minute cool down.

Realize the fit test will be the first training we do as a group. This is your opportunity to make your first impression for the 2015 season. Immediately following the test, we will organize the group for a training session...mentally prepare to be fast for fitness and great on the field.

I do expect you to have a good sense of your body and what you need in terms of fitness. Meaning, if you need a **LONG** warm-up to get prepared for this level of conditioning, do it. Be sure to train hard consistently. You will need time to prepare your body for the daily physical battles of our training sessions. If you can pass the shuttle now, you are right on board with our returning players. Focus on improving your fitness base and perfecting the technical training we suggest particularly when you are fatigued.

Each of your fitness training sessions should consist of 60 minutes of work, building to 1.5 hours. Add a warm-up period of 10-15 minutes of stretching and ball touches. Dynamic stretching prior to training is important, stretching (static or dynamic) post training is **essential**; follow your fitness work with a 10-15 minute cool down.

Plan your training progression so that you increase your training volume by no more than about 10-20% per week. For example, if you are training at a given intensity for one hour, three days per week (a volume of 3 hours/week), then increase the volume to 3.5 hours the next week (1 hour/day on 3 days and 1/2 hour/day on 1 day). The next week you might increase the training duration per day by 10-20%. You should consider the 10-20% rule for specific aspects of your daily training as well. If you have been taking roughly 30 shots per training session and want to be taking 50 shots, then work up to the desired level gradually. This progression will allow your muscles, tendons and bones to adapt to the increased demands rather than break down.

We have incorporated iSoccer assessments into our daily training. It's a great opportunity for you to improve your fundamentals particularly when you are fatigued. While these are basic/simple skill exercises work to master them as cleanly as possible. A video demonstration of all the activities can be found at <http://www.isoccer.org/Assessment>. The activities are also listed on page 5 of this packet.

I strongly suggest you train with a partner. It will challenge you to do your best, keep you motivated and be more fun. **REMEMBER** to keep a record of your training each day; create a fitness journal to chart your improvement. Set goals for yourself (and partner); achieve them.

a good beginning is half the work done

Puerto Rican proverb

MONDAYS: Track work

1. Select one of the three track work-outs:

- A. (4) 200's at 36 seconds (36 second rest); (3) 400's at 90 seconds (90 second rest); (2) 800's at 3 min (3 min rest), 3 laps untimed (90 second rest); 3 laps untimed.
- B. (4) 200's at 38 seconds (45 second rest); (3) 400's at 1:26 (1:30 rest); (2) 800's at 3:03 (3:15 rest), 3 laps at 4:45.
- C. (3) 800's at 3:05 (3 min rest); (4) 200's at 36 seconds (36 second rest).

2. **20 Minute Run** - Be exact about the time you are running. Run for 20 minutes and record the distance covered (it might help to run on a track). Each time try to go farther than the previous run. The goal is to run as fast and hard as you can for the entire 20 minutes.

3. Soccer Activities

- a. Touches, Dribbling & Passing

all things are difficult before they are easy

Italian proverb

WEDNESDAYS/SATURDAYS: QUICKNESS

1. Shuttle Test (once you can pass the test, add reps to build to 6 complete reps).

2. **10 minutes jumping rope** with feet together at a quick pace (quick feet)

3. **Minute exercises:** 4-6 sets each (work 1 min., rest 30 sec.)

- Ball jumps (side - side, forward - backward with feet together, land on balls of feet and flex ankles and knees to provide soft, springy impacts and rebounds)
- Knee jumps to chest
- Push ups
- 10 yard shuttle sprints (1 each of the 5 activities up/back = 1 set)
(sprinting backwards, two leg explosive jumps, single leg explosive hopping R & L, Karioka)
- From a starting point (3 times = 1 set):
 - a. Pass the ball to a 25 yd marker
 - b. Sprint to ball
 - c. Collect ball and accelerate back to starting point
 - d. Change of pace/direction runs (5-7 yds) - concentrate on pivot foot and your first 3 steps
- Change of pace/direction dribbling (same as above)
- Diagonal runs (5-7 yds) focus on quick first steps and cuts)
- Quick feet training -- focus on making every pass back to the target (with a partner who tosses ball to you, instep & double touch, inside of foot, thigh-volley, chest-volley...)
 - Develop good movement mechanics habits while performing these drills, flex your knees ~ 25 degrees whenever landing, cutting, back pedaling, planting while dribbling. Try to stay on the balls of your feet and try to minimize

impact loading by flexing your ankles and knees when your foot strikes the ground. Good mechanics will improve your performance and reduce your risk of injury.

"The strength of the team is each individual member...the strength of each member is the team."

Phil Jackson

Speed Program

- **Sprint all out on every sprint** - do not pace yourself.
- **Take the full rest period** (not less).
- **Concentrate on explosive starts** (driving knees, leaning forward, pumping arms) keep stride smooth and powerful throughout sprint.
- * **Get in the habit of running with good movement mechanics** (ankles, knees and hips aligned; hands relaxed and in-line with forearm, hands pumping from hip to about nose height). If your mechanics break down, then you should take a break.

Week 1 & 2

Nov 10-21
8 X 20 yds
8 X 40 yds
6 X 60 yds
5 X 80 yds
4 X 100 yds
1 time per week

Week 3-5

Nov 24-Dec 12
10 X 20 yds
10 X 40 yds
8 X 60 yds
7 X 80 yds
5 X 100 yds
1 time per week

Week 6 & 7

Dec 15-26
12 X 20 yds
12 X 40 yds
10 X 60 yds
8 X 80 yds
6 X 100 yds
1 time per week

"You have to expect things of yourself before you can do them."

Michael Jordan

Week 8-11

Dec 29-Jan 16
14 X 20 yds
14 X 40 yds
12 X 60 yds
10 X 80 yds
X 100 yds
2 times per week

Week 12-13.5

Jan 19-Feb 3
15 X 20 yds
15 X 40 yds
13 X 60 yds
11 X 80 yds
6 X 100 yds
2 times per week

Rest Period/Week 1-7

(Nov-Jan)
30 seconds for 20's
45 seconds for 40's
60 seconds for 60's
75 seconds for 80's
90 seconds for 100's

6

Week 10 & 11

July 4 - 17
18 X 20 yds
18 X 40 yds
14 X 60 yds
12 X 80 yds
8 X 100 yds
1 time per week

Week 12 & 13

July 18 - 31
20 X 20 yds
20 X 40 yds
15 X 60 yds
12 X 80 yds
8 X 100 yds
1 time per week

Rest Period/Week 8 - 13

(June - July)
20 seconds for 20's
30 seconds for 40's
45 seconds for 60's
60 seconds for 80's
75 seconds for 100's

ST. FRANCIS TROUBADOURS

TUESDAYS/THURSDAYS: Speed Work

Complete the appropriate Tuesday work-out on the previous page. On Thursdays, follow the Speed Work listed below.

1. Shuttle Hustle +/- (up/back 6 times = 1 rep w 3.5 min rest btwn each rep) distances of:

- 25 yds 2 reps, goal = 65 secs
- 27 yds 2 reps, goal = 70 secs (then as close to 65 as possible)
- 23 yds 2 reps, goal = 60 secs (lower as your fitness improves)
- 27 yds 2 half reps (up/back 3 times), goal = 30 secs
- 23 yds 2 half reps (up/back 3 times), goal = 25 secs

1A. As you improve (early-mid Dec), add at least 1 rep to these sets. Push yourself to get to <65 on the 27 yrd reps and <25 on the 23 yrd reps.

2. Soccer

- a. Touches, Dribbling & Passing

3. 50 yd Intervals: Mark 50 yards, sprint to marker, jog back. 7 sets timed

4. Set a marker out 25 yds from starting point:

- Sprint dribble to marker
 - Sprint backwards to starting point
 - Sprint to ball
 - Collect ball and sprint dribble back to starting point
- 5 sets timed, rest 35 seconds in between sets.*

grow
through
it

FRIDAYS:

1. The distance run - 4 miles at 8-ish minute pacing. Run with a relaxed gait and upper body. Lengthen your stride as much as possible. Enjoy the time (record your time/distance to Chart your progress).
2. iSoccer – keep track of your point totals each session
 - a. Passing, Aerial Control, Ball Striking, Speed

SUNDAYS: RELAX AND REST

- Fly a kite, soak in the bathtub, blow bubbles -- enjoy yourself!

“The future is made of the same stuff as the present.”

Simone Weil

À couer villant rien d'impossible

Nothing is impossible to a valiant heart.

Jeanne D'Albert (motto adopted by her son Henry IV, c. 1550)

ISOCCKER ASSESSMENT ACTIVITIES – Do each 4x

TOUCHES – 20 seconds each piece (Ball per person – count own)

- a. Toe Taps
- b. Foundations
- c. Juggling Preferred Foot
- d. Juggling Non-Preferred Foot
- e. Juggling Head

DRIBBLING – 20 seconds each piece (Ball & Partner – 1 works, 1 counts. 2 pairs per square). 1 point per ½ distance there & back.

- f. Change of Pace (Fig 8) Preferred Foot
- g. Change of Pac (Fig 8) Non Preferred Foot
- h. Change of Direction (Turns past cone alternating RT and LT foot)
- i. Moves / Scissors (use center cone to scissor around, scissor with right foot there/left foot on way back, dribble around end cones)

PASSING – 20 second each piece (ball/person, Need Wall). All – 2.5 yards from wall. 1 pt per pass.

- j. First Touch Preferred Foot (2-touch)
- k. First Touch Non Preferred Foot (2-touch)
- l. One Touch Preferred Foot (1-touch)
- m. One Touch Non Preferred Foot (1-touch)

AERIAL CONTROL– with Partner (Points vs. Time)

- i. 16 points total. First 8 pts from 2.5yd, Second 8 pts from 5.5yds
- ii. Only progress to 5.5yds if you get 6 or more points at 2.5yd distance
- iii. 1 pt per successful completion below per distance – Partner must catch it w/out having to lift feet

1. Rt foot control, Rt foot volley	2. Lt foot control, Lt foot volley
3. Rt thigh control, Rt Volley	4. Lt thigh control, Lt Volley
5. Chest, Rt Volley	6. Chest, Lt Volley
6. Head, Rt Volley	7. Head, Lt Volley

BALL STRIKING - 2 balls from each distance (1 Preferred foot, 1 Non – Preferred foot)

- iv. Ball must cross goal line in air to count as pt
- v. If fail to score both balls from both distance = done / 10 pts possible – 2 pts from each distance / 1 per foot
 1. 6 yards

2. 12 yards
 3. 18 yards
 4. 24 yards
 5. 36 yards
- n. Speed – 20 second sprint
- i. Sprint around square – when get to starting point, sprint opposite direction, repeat
 - ii. 1 pt each ½ distance (per cone reached) – 8pts total per 1x around total square
 - iii. Go as many times around (alternating directions) as can in 20 secs

“If you work hard, do all the workouts, it’ll definitely show.”

Florence Griffith Joiner



KEEP IN MIND: In addition to your weight and running program, work on your specific soccer skills. Play as much game-like soccer as possible. Work on your individual skills with the goal of becoming more aware of your body position, efficient, quicker, and sharper.

WHEN DOING BALL SKILLS move around the grid, be aware of your space and **LOOK BEFORE** you receive the ball. Be informed; know the pressure and your options before the ball arrives at your feet. Always try to be in an athletic body posture (on balls of feet, ankles, knees and hips flexed slightly and ready to react).

WHEN RECEIVING/PREPARING FIRST TOUCH remember to redirect the ball away from pressure. Train on the move. Watch the ball hit the surface (you’re collecting it on); get in the habit of knowing what your second touch will be before the ball arrive. Your first touch then plays off your second.

WHEN DISTRIBUTING THE BALL DURING GAME SITUATIONS remember to: integrate both feet into your play, look before you receive it, recognize the pressure, and put the ball in an appropriate place with regard to that pressure.

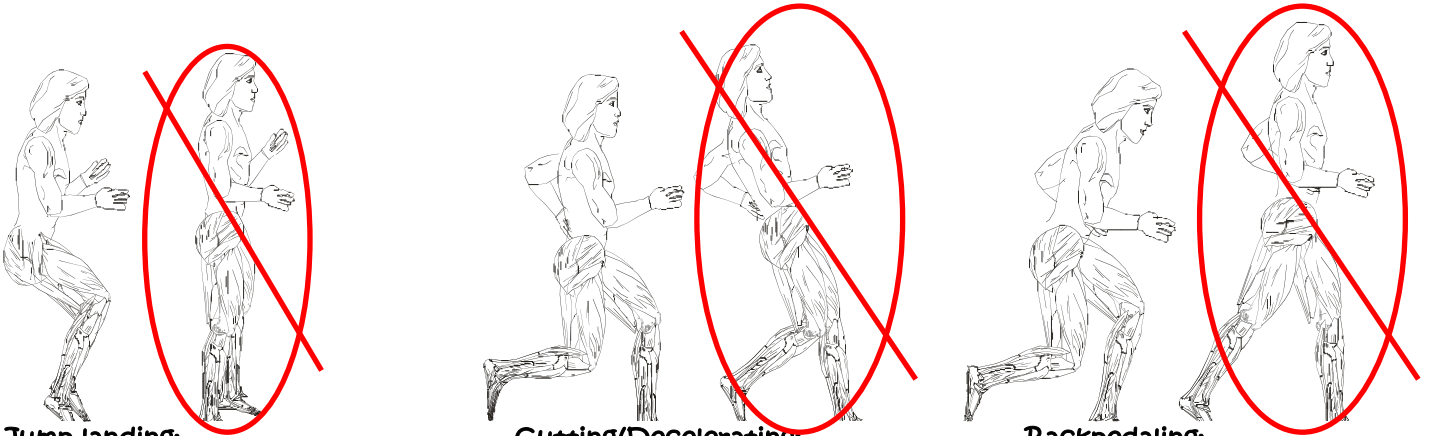
If you have made mistakes...there is always another chance for you...you may have a fresh start any moment you choose, for this thing we call "failure" is not the falling down, but the staying down.

Mary Pickford

Body Posture and Movement Mechanics:

Good movement mechanics and body awareness are essential to performance and the longevity of your athletic career. Good movement mechanics will minimize the forces placed on your muscles, tendons, ligaments, and bones during training and competition. They will allow you to react quicker and respond to the actions taking place around you. They will allow you to achieve your speed, agility and jumping potential. Here are a few things to consider regarding movement mechanics and body awareness. Keep these in mind as you perform your summer training.

1. Always be aware of what is going on around you, where are opponents, where are team-mates. You can work on this while training with a partner.
2. Always assume a good athletic posture, ready to react to actions around you. A good athletic posture (i.e. pressure on the balls of your feet, ankles, knee, and hips slightly flexed and in good alignment) ensures that your joints are in good anatomical positions, your muscles are slightly activated, and you are focused on what is taking place around you.
3. Whenever cutting, landing from a jump, decelerating, etc. get in the habit of crouching slightly to flex your knees, and putting the pressure on the balls of your feet. This posture will reduce the forces transmitted to ligaments in your ankle and knees and increase your responsiveness.
4. Try to keep your ankle, knee and hip alignment during your movements. Again, this will reduce the forces transmitted to ligaments in your ankles and knees.
5. If training with a partner, then have your partner watch your leg alignment during your drills to let you know if you ankle or knees are bending in or out. If you have a video camera, then video yourself from the front and side while you are doing certain drills. Review the video to determine if you have good leg and body alignment. If not, then you may need to spend some extra time on muscle strengthening and/or neuromuscular coordination training.
6. Practice makes perfect. Practice with good mechanics and good mechanics will become a habit that will increase your performance and reduce your risk for injury.



Jump landing:

Soft landings on balls of feet, flexing ankles and knees during impact. Avoid straight legs and heel contact.

Cutting/Decelerating:

Shorten your stride, your center of mass, increase your step frequency, stay on balls of feet and keep knees bent as you slow down or prepare to cut. Avoid straight legs and long strides in a final step.

Backpedaling:

Keep your butt low so knees are flexed. Stay on the balls of your feet. Avoid straight legs and upright posture.

Post Training AND Post Game Recovery and Regeneration Protocol to improve performance and reduce risk of injury

ON THE FIELD – After EACH Training THROUGHOUT the sessions:

(1) Fluid Replacement and Glycogen Repletion - Immediately begin replacing lost body water by drinking water and/or sports drink: 2-3 cups (16 – 24 oz). Within 30 min EAT 50g of easily-digestible carbohydrate: fruit juice, carb gel, dried fruit, Clif Bar. Snacks are your friend! Pack your bag full of granola bars, sports bars, carb gel, fresh fruit, dried fruit, instant oatmeal, bagels, sports drink powder, nuts and pretzels.

(2) Partner Static Stretch - 1 set of 30 seconds per muscle group – Hamstrings/Glutes, Hip Flexors/Quads,

Adductors, Calves, Lower Back; Close eyes and focus on taking deep, slow breaths.

(3) Foam Rolling (Self-massage) in small groups - Target Lower Body Muscles (using the Foam Roller Routine) and Upper/Lower Back as Needed; Perform 15-30 passes per muscle group - gradually increase amount of pressure applied - Work from the muscle origin to insertion (away from the pelvis). If you don't have a foam roller (or access to one), you may want invest in one. Simply google "foam roller" for possibilities & to learn more.

OFF THE FIELD

(4) Replenish and Repair - Within 2 hours EAT a meal with carbohydrates, fat and protein: Examples - A turkey sandwich with a piece of fruit and low-fat cottage cheese, whole grain pasta with red sauce and turkey meatballs a green salad and wheat roll, Grilled chicken burrito with black beans, rice, pico de gallo, lettuce and cheese. Meals should include (A) fruits, vegs, nuts &/or seeds (B) lean and/or low-fat protein and (C) high quality (slow absorbing) carbohydrates. Drink water, sports drinks, chocolate low fat milk

(5) Injured or Sore??? Ice after each session as needed (for injuries and sore muscles) – take care of your bodies. Perfect your ability to distinguish between being sore/tired and potentially injured.

(6) Sleep - Last but not least – GET GOOD SLEEP! 7-9 hours per night is highly recommended – it DOES make a difference – sleep deprivation CAN hinder your performance!

WHO SAID THAT?

A word on proverbs: This short pithy saying, states a general truth or piece of advice. The more we can bring the global world into our personal and athletic worlds, the better we are. Fantastic! So much communicated with so few words.

Phil Jackson - "The strength of the team is each individual member...the strength of each member is the team." is a former American professional basketball player who later coached the Chicago Bulls and Los Angeles Lakers. Jackson is widely considered one of the greatest coaches in the history of the National Basketball Association (NBA). His reputation was established as head coach of the Chicago Bulls from 1989 through 1998; during his tenure, Chicago won six NBA titles. His next team, the Los Angeles Lakers, won five NBA titles from 2000 to 2010. In total, Jackson has won 11 NBA titles as a coach.

Michael Jordan - "You have to expect things of yourself before you can do them." is a former American professional basketball player, active businessman, and majority owner of the Charlotte Bobcats. His biography on the National Basketball Association (NBA) website states, "By acclamation, Michael Jordan is the greatest basketball player of all time." [1] Jordan was one of the most effectively marketed athletes of his generation and was instrumental in popularizing the NBA around the world in the 1980s and 1990s.

Henry IV - À couer villant rien d'impossible. Nothing is impossible to a valiant heart. (13 December 1553 – 14 May 1610), *Henri-Quatre*, was King of France from 1589 to 1610 and King of Navarre from 1572 to 1610. He was the first monarch of the Bourbon branch of the Capetian dynasty in France. As a Huguenot, Henry was involved in the Wars of Religion before ascending the throne in 1589. Before his coronation as King of France at Chartres, he changed his faith from Calvinism to Catholicism and, in 1598, he enacted the Edict of Nantes, which guaranteed religious liberties to the Protestants, thereby effectively ending the civil war. One of the most popular French kings, both during and after his reign, Henry showed great care for the welfare of his subjects and displayed an unusual religious tolerance for the time.

Simone Weil – “The future is made of the same stuff as the present.” **Simone Weil** (French pronunciation: [simɔ̃n veil]; 3 February 1909 in Paris, France – 24 August 1943 in Ashford, Kent, England), was a French philosopher, Christian mystic, and social activist.

Florence Griffith Joiner “If you work hard, do all the workouts, it’ll definitely show.” also known as **Flo-Jo** (December 21, 1959 – September 21, 1998) was an American track and field athlete. She is considered the “fastest woman of all time” based on the fact that she still holds the world record for both the 100 metres and 200 metres, both set in 1988 and never seriously challenged. She died of epilepsy in 1998 at the age of 38.

Mary Pickford – “If you have made mistakes...there is always another chance for you...you may have a fresh start any moment you choose, for this thing we call "failure" is not the falling down, but the staying down.” was a Canadian-born motion picture actress, co-founder of the film studio United Artists and one of the original 36 founders of the Academy of Motion Picture Arts and Sciences.[1] Known as “America’s Sweetheart,” “Little Mary” and “The girl with the curls,” she was one of the Canadian pioneers in early Hollywood and a significant figure in the development of film acting. Because her international fame was triggered by moving images, she is a watershed figure in the history of modern celebrity. And as one of silent film’s most important performers and producers, her contract demands were central to shaping the Hollywood industry. In consideration of her contributions to American cinema, the American Film Institute named Pickford 24th among the greatest female stars of all time.

