

DEFIANCE COLLEGE WOMEN'S SOCCER



OFF-SEASON STRENGTH & CONDITIONING

NAME: _____

Description of Summer Workout

The off-season is the best time to become the player that you want to be, come August 17th. Inside this off-season workout guide you will have all the resources to become quicker, faster, stronger, and build endurance. As NCAA rules specify this workout cannot be mandatory. It is important to understand that this program is **strongly** encouraged. With all that being said **the most important thing about this summer is to play soccer as much as possible (play games, work on your weaknesses, improve your first touch etc.). Enjoy the summer and be the best player you can be on August 17th.**

Coaches Word

As a coaching staff we know we can make you a better player. Also, we know we can make you faster, stronger and quicker, but if you wait until June or August to start you will be behind. Know that becoming better and becoming fitter is a gradual process and will not happen overnight. It will take dedication and persistence. We all are extremely excited here to have you as a part of our family and we look forward to coaching you.

Lifting

Ladies, please don't be scared of strength training. Strength training is an essential part of getting faster and stronger as well as for injury prevention. There is a misconception that if you lift you will get bigger (this is only true if you are consuming more calories than you are taking in).

Standards of Participation

Fitness: The fitness standard for pre-season will be a 1 mile test. It must be completed under 7:00 by field players and under 8:00 for goalkeepers in order to play and practice.

Attitude: Our motto as a team will be "Victory through Harmony". Harmony can be defined as *cooperation in attitude and action*. The way we will become the team we want to be will be through complete selflessness. Everything we do must be for the betterment of the team.

Academic: Our grades not only reflect our effort but also our eagerness to learn. Commitment to academics often results in commitment to other things in your life (family, relationships, work, soccer, etc.). Academics are a direct reflection on us as a program. School is our # 1 priority and will be treated as such.

Representation: As a member of the Defiance College Men's Soccer program you will be representing our program on and off the field. It is important that this concept is understood. Everything you do will be a reflection of our team and what type of team we are. We will represent ourselves with the utmost class and pride.

Dynamic Warm-up

***** This should be performed before every workout*****

1. 400 m run
2. Walking Lunges – 10 each leg
3. Hamstring Walk
4. Lateral lunges – 10 facing both directions
5. Quad walk
6. Heel to toe
7. Leg Swings (open the gate / close the gate)
8. 25 assisted air squats below 90°

Track Laps & Distances

- 4 laps = 1 mile
- 2 laps = 800 m
- 1 lap = 400 m
- 10 yds equals 10 big steps
- 1 yd equals 1 big step – for agility square

Tips to Remember for Lifts

- Back Squat – Keep back straight, root yourself in your heels, knees should be directly over your feet.
- Bench Press – touch chest each time, arms straight at top, arms should make 90 degree angles
- Shoulder Press – touch chest each time, arms straight at top

Safety

- ALWAYS lift and workout with a partner
- If any exercise doesn't feel right or hurts internally, do not perform the exercise.
- If you don't know how to perform an exercise, ask the coaches or youtube the proper form of the exercise
- If there are any questions, ask Coach VanderSluijs, Coach Vogt or Coach Jensen

Play Soccer Everyday 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Off	Bench Press 3 x 8 Increase weight each set Rest 2 minutes b/w sets Speed Workout A	Squat 3 x 8 Increase weight each set Rest 2 minutes b/w sets Agility Workout A	Abdominal work and or yoga	Shoulder Press 3 x 8 Increase weight each set Rest 2 minutes b/w sets	Conditioning Workout A	
Off	Bench Press 3 x 5 Increase weight each set Rest 2 minutes b/w sets Agility Workout B	Squat 3 x 5 Increase weight each set Rest 2 minutes b/w sets Speed Workout B	Abdominal work and or yoga	Shoulder Press 3 x 5 Increase weight each set Rest 2 minutes b/w sets	Conditioning Workout C	
Off	Bench Press 4 x 3 Increase weight each set Rest 2 minutes b/w sets Speed Workout C	Squat 4 x 3 Increase weight each set Rest 2 minutes b/w sets Agility Workout C				

Play Soccer Everyday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Abdominal work and or yoga	Shoulder Press 4 x 3 Increase weight each set Rest 2 minutes b/w sets	Conditioning Workout D	
Off	Push-ups 3 sets to failure Rest 2 minutes b/w sets Agility Workout D	Speed Workout D	Abdominal work and or yoga		Conditioning Workout E	
Off	Bench Press 3 x 8 Increase weight each set Rest 2 minutes b/w sets Speed Workout A	Squat 3 x 8 Increase weight each set Rest 2 minutes b/w sets Agility Workout A	Abdominal work and or yoga	Shoulder Press 3 x 8 Increase weight each set Rest 2 minutes b/w sets	1 mile time trial	
Off	Bench Press 3 x 5 Increase weight each set Rest 2 minutes b/w sets Agility Workout B	Squat 3 x 5 Increase weight each set Rest 2 minutes b/w sets Speed Workout B	Abdominal work and or yoga	Shoulder Press 3 x 5 Increase weight each set Rest 2 minutes b/w sets	Conditioning Workout B	
Off	Bench Press 4 x 3 Increase weight each set Rest 2 minutes b/w sets Agility Workout C	Bench Press 4 x 3 Increase weight each set Rest 2 minutes b/w sets Speed Workout C	Abdominal work and or yoga	Shoulder Press 4 x 3 Increase weight each set Rest 2 minutes b/w sets		

Play Soccer Everyday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Conditioning Workout F	
Off	Recovery week Stretching and or Yoga	Recovery week Stretching and or Yoga	Recovery week Stretching and or Yoga	Recovery week Stretching and or Yoga	Recovery week Stretching and or Yoga	
Off	Push-ups 3 sets to failure Rest 2 minutes b/w sets Speed Workout D	Agility Workout D	Abdominal work and or yoga		Conditioning Workout C	
Off	Bench Press 3 x 10 Light weight but fast Agility Workout A	Squats 3 x 10 Light weight but fast Speed Workout A	Abdominal work and or yoga	Shoulder Press 3 x 10 Light weight but fast	1 mile time trial	
Off	Bench Press 3 x 8 Increase weight each set Rest 2 minutes b/w sets Agility Workout B	Squat 3 x 8 Increase weight each set Rest 2 minutes b/w sets Speed Workout B	Abdominal work and or yoga	Shoulder Press Increase weight each set Rest 2 minutes b/w sets	Conditioning Workout A	
Off						

Play Soccer Everyday



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Agility Workout C	Push-ups	Speed Workout C	Abdominal work and or yoga	Conditioning Workout D	
Off	Agility Workout D	Push-ups	Speed Workout D	Abdominal work and or yoga	1 mile time trial	
Off	Light 15 minute run	Light 20 minute run				



SPEED WORKOUTS

Speed Workout A

Concentration – Driving the knees

15 seconds as fast as possible – Wall knee drives

5 sets – rest 2 minutes in between

Reference - http://www.youtube.com/watch?v=Y1y6_GiuXL8

50 yd hill sprints @ 10-20 degree incline X 5 sets

Rest 2 minutes between sets

50 yd sprints on level ground X 5 sets

Rest 2 minutes between sets

Speed Workout B

Concentration – Stride Length

15 seconds as fast as possible – jumping lunges

5 sets – rest 2 minutes in between

Reference - <http://www.youtube.com/watch?v=zLTDUFjbXA>

50 yd downhill runs @ 10-20 degree decline X 5

Rest 2 minutes between sets

50 yd sprints on level ground x 5

Rest 2 minutes between sets

Speed Workout C

Concentration – Acceleration

20 yd sprints / start on stomach x 5

Rest 1 minute between sets

30 yd sprints / start on stomach x 5 sets

Rest 1:30 minutes between sets

40 yd sprints / start on stomach x 5

Rest 2 minutes between sets

Reference - <http://www.youtube.com/watch?v=IZI3Fw-BboM>

Speed Workout D

Concentration – Acceleration & Stride Frequency

20 yd shuttle x 5

Rest 1 minute between sets

10,20,30 yd shuttle x 5

Rest 1:30 between sets



CONDITIONING WORKOUTS

<u>Conditioning Workout A</u>	<u>Conditioning Workout C</u>	<u>Conditioning Workout E</u>
1 mile Run @ 90 % 5 minute break 10,20,30,40 yd shuttle @ 100 % 5 minute break 1 mile run @ 90 %	400m run @ 100 % 3 minute break 400m run @ 100 % 3 minute break 400m run @ 100 % 3 minute break 400m run @ 100 %	120 yd sprints (length of soccer field) x 10 Rest 2-3 minutes between sprints All @ 100%
<u>Conditioning Workout B</u>	<u>Conditioning Workout D</u>	<u>Conditioning Workout F</u>
800m run @ 100 % 3 minute break 800m run @ 100 % 4 minute break 800m run @ 100 % 5 minute break 800m run @ 100 %	10,20,30,40 yd shuttle x 10 @ 100 % 2 minute rest in between shuttles	400m run @ 100 % 3 minute break 800m run @ 90% 4 minute break 1 mile run @ 80 %

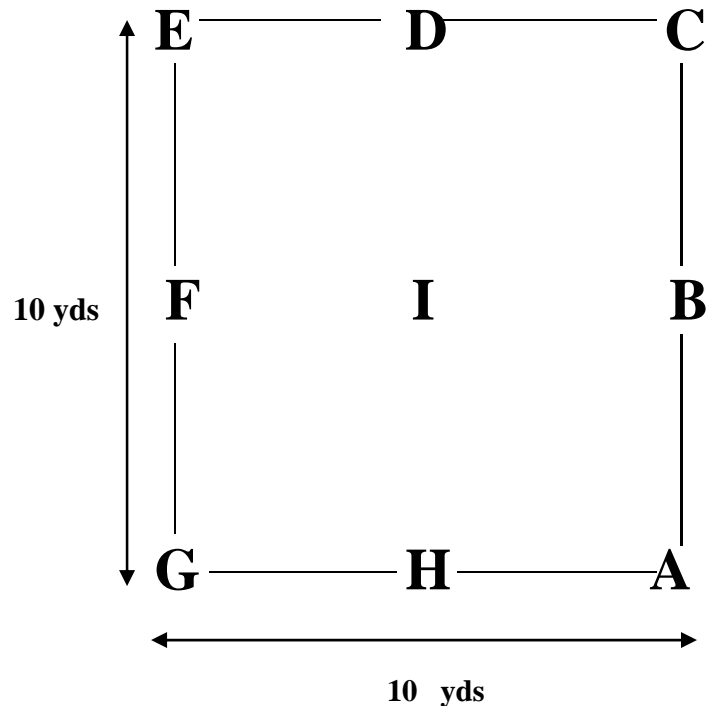


AGILITY & QUICKNESS WORKOUTS

WATCH VIDEO FOR LADDER DEMOS ▫ http://youtu.be/B_bbBglPGHA

<p style="text-align: center;"><u>Agility Workout A</u></p> <p>Agility Square x 2 of each exercise</p>	<p style="text-align: center;"><u>Agility Workout C</u></p> <p>Agility Square x 3 of each exercise</p>
<p style="text-align: center;"><u>Agility Workout B</u></p> <p>Ladder Drill w/ 10 yd sprint after each one *Refer to demo</p> <ul style="list-style-type: none">-One foot runs x 3-Two foot runs x 3-Lateral runs x 3-Cross country skier x 3-Hop Scotch x 3	<p style="text-align: center;"><u>Agility Workout D</u></p> <p>Ladder Drill w/ 10 yd sprint after each one *Refer to demo</p> <ul style="list-style-type: none">-Straddle hops x 3-Jump Cuts x 3-Buzz Saw x 3-Linear trail whip x 3-Icky shuffle x 3

Agility Square



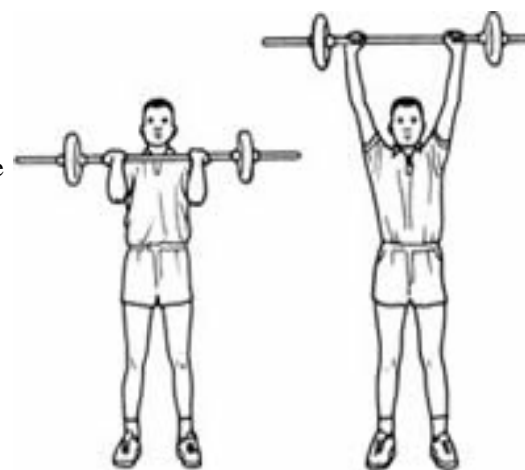
1. **PRO-AGILITY:** Start in the middle of the square, I, straddling the centerline. Sprint to B, touch with your outside hand, sprint to F, touch with the other hand & foot, then sprint back through I.
2. **4 COURNERS:** Going around the outside of the square, sprint E to G, reverse pivot, carioca G to A (facing in), reverse pivot, backpedal A to C, reverse pivot, carioca C to E (face out). Repeat in the opposite direction.
3. **NEBRASKA:** Start on your belly, Sprint E to I, put your left hand on the ground and spin around I (about a 90 degree spin), Sprint to D, put your right hand down spin around D, sprint to A, touch the ground with both hands just outside of cone A, backpedal to B, Flip around at B and sprint thru C.
4. **3-CONE DRILL:** Sprint from E to D, then back from D to E touching with the same hand on the ground at each cone, then E to D again, at D make a 90 degree cut and sprint to I, crossover and go around I, sprint back to D make a sharp cut and sprint thru E.
5. **5-10-5:** Sprint D to I, backpedal back to D, sprint to H, backpedal to D, sprint to I, backpedal thru D.
6. **OHIO:** Bear crawl from D to I, sprint to H, Backpedal to I, Turn & sprint thru D

Shoulder Press

The first step is to take the bar with an overhand grip with palms facing forward and with your feet shoulder width apart or slightly wider, and knees only slightly bent. The starting position begins with the bar being held over the upper chest.

Take a deep breath and hold it. Now begin pressing the weight overhead with the elbows situated directly underneath the wrists. Make sure that your arms are as close to vertical as possible when pressing overhead. Also, be sure to contract those abdominals while trying not to allow too much arching in the lower back.

Once you hit the toughest part of the lift, begin forcefully exhaling through pursed lips, as if letting air out of a tire. This will ensure a safe spine position and help you push the weight through the full range of motion. Remember to pause just short of locking out your elbows and reverse the direction bringing the bar back to the upper chest while inhaling appropriately.



10. Bench Press

Purpose: This exercise will develop the pectoral muscles, with some development of the anterior deltoids and triceps.

Start Position:

1. Place feet flat on the ground.
2. Slightly arch the back as buttocks are set on the bench.
3. Pull the shoulder blades inward as you push the chest upward.
4. Grip the bar slightly wider than shoulder-width.
5. Position yourself so the bar is lined up with the top of your head.
6. Take the bar from the rack with the aid of a spotter.
7. Position the bar over chest.

Key Points:

1. Grip the bar so that when it touches the chest, the elbow joint should be at approximately a 90 degree angle.
2. The spotter and lifter must work together in developing a coordinated effort when guiding the bar into a lifting position and getting it racked. The spotter should also have his hands under the bar and constantly be alert.
3. It is a good idea to have the thumbs wrapped around the bar.

Procedure:

1. Take a deep breath and hold your chest high.
2. Lower the bar slowly and under control.
3. Allow the bar to just touch the chest at about nipple level.
4. Drive the bar explosively off the chest.
5. The movement of the bar should be up and slightly back.
6. Exhale as you lock the bar out to full arm's length.

Key Point:

1. Many times the lift is not completed because the athlete gets the bar out of the groove. The most common error is to let the bar come off the chest moving toward the legs. This movement takes the bar out of the groove. The bar must come straight up and back off the chest so that maximum force can be applied to the bar.

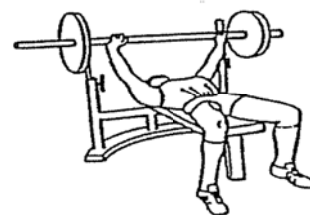


Fig 10.1

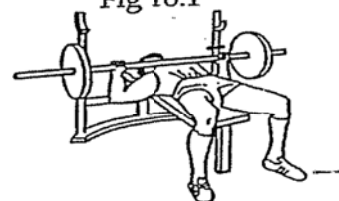


Fig 10.2

9. Squat

Purpose: To develop the quadriceps, thigh adductors, gluteus maximus and hamstrings. When done correctly, full squats will build up the muscles, ligaments and tendons that surround the knee. The spinal erectors are developed to a large degree by contracting isometrically to keep the torso erect.

Start Position:

1. The bar should be placed on the racks at the height of the chest.
2. Position hands on the bar slightly wider than shoulder-width.
3. Step under the bar, feet parallel and knees slightly bent.
4. Pull the shoulder blades together tightly.
5. Position bar comfortably on the shoulders in one of two positions.
 - a. Across the top of the shoulders at the base of the neck.
 - b. One inch below the top of the shoulders across the traps.
6. Hips are in vertical alignment with the shoulders.
7. Lift bar out of rack by extending the knees.
8. Step backwards using as few steps as possible.
9. Position feet so they are parallel, with toes pointed out slightly.
10. The heels should be slightly wider than the hips.

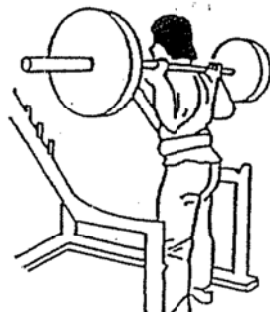


Fig 9.1

Key Points:

1. Make sure the bar is in a good solid position on the shoulders by pulling the shoulder blades together tightly.
2. The closer you position your hands together on the bar, the tighter the shoulder blades can be pulled together.
3. Athletes with narrow hips should use a narrow stance. Athletes with wide hips should use a wide stance.

Procedure:

1. Focus eyes directly ahead on the wall with head slightly up.
2. Take a deep breath and hold it.
3. Slowly lower the bar under control by bending at the hips and knees.
4. Keep the knees pointed out in alignment with the feet.
5. The instant the thighs are parallel to the ground explode out of the bottom position.
6. Keep the back flat and shoulder blades drawn together.
7. Keep your weight back on your heels.
8. Do not throw the head back.
9. Exhale your breath as you near the completion of the lift.
10. Complete the squat by fully extending the knees and hips.

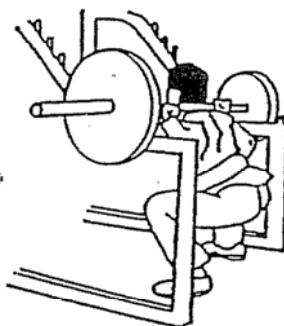


Fig 9.2

Key Points:

1. Control is the most important factor. Do not try to bounce out of the bottom. When an athlete tries to recover to an upright position after bouncing out of the bottom, he will raise his hips too quickly causing the back to round out. This takes the stress off the legs and puts it on the lower back. It is imperative to descend slowly and under control.
2. Keep the shoulder blades together. If the shoulder blades relax, the lower back will round out.
3. Pick out a spot on the wall in front of you. Keep the eyes focused on that spot throughout the performance of the squat. This will help control the bar by keeping the body in a stable position. If the eyes are looking all over the place, the lifter has a greater chance of losing his balance.
4. Squat inside the rack. Otherwise, use two or three spotters.
5. Flex the knees and hips.