

Gilford High School Soccer Summer Workout Packet

This packet is meant to guide you through your exercises for your summer workouts for the upcoming soccer season! Being in the best shape possible prior to the start of the season is very important. If you go into preseason not physically prepared, then you are more likely to get injured! Taking part in the summer workouts is so important not only for you, but for the team as well! You don't want to go down with an injury before the season even starts!! Think about how much you can offer your teammates by coming into the season prepared, and ready to kick some butt!

“Your toughest competition in life is anyone who is willing to work harder than you.”

I bet Belmont is working out this summer.....food for thought ☺

Attached is the calendar that outlines the training schedule for the off-season. If you follow the schedule, you will be ready to play in August. *This packet is not mandatory but strongly recommended as a guide to stay fit during the off season.*

If there is anything in the packet that you do not understand, please reach out to Coach Raymond or Coach K and we can help explain anything you have questions on. NO QUESTION IS STUPID!! IT IS SMARTER TO ASK THAN TO HURT YOURSELF DOING THE EXERCISE WRONG!

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How the packet works:

Each day complete the listed sessions. Playing soccer is more important than anything in this packet, so you if you are planning on playing pick up or getting out on the field to kick the ball around, then don't worry about the workouts for those days. But try to integrate some of the workouts in the packet if you are out on the field! The off season is the best time to practice any moves or skills that you are thinking about using during the regular season!

Warm up:

This is the most important thing you should take from this packet. Starting a session without warming up properly can lead to pulled or strained muscles. Warming up should at least take 10-15 minutes before each session you do this summer. During your warm up you should be breaking a sweat and getting your body and muscles prepared to do some training!

Sessions:

Each session should be completed with high intensity and you should feel fatigued at the end of each session. Make sure you are giving 110% with every exercise. What's the point in doing the exercise if you aren't going to do it at "game speed?" Your times and reps for each session should improve throughout the summer, so do not get discouraged if you're not where you want to be – or think you should be – fitness wise when you start these sessions.

Nutrition:

DRINK WATER!!! It is so important to drink plenty of water, especially when you are exercising!! Make sure to be drinking water, before, during and after all sessions.

Other Nutrition Tips:

- = Avoid soda (soda will dehydrate you)
- = No energy drinks!! (monster, rockstar, red bull, etc.)
- = Eat healthy snacks
 - o If anyone has any questions or wants some ideas of what healthy snacks are, reach out to your coaches!!
- = Don't skip meals – and no; Ben and Jerry's is not a meal!
- = After your workout have a banana and chocolate milk. Bananas are high in potassium, which will help your muscles recover. Chocolate milk will give your body the sugar and protein it needs to rebuild muscle.

Technical #1:

Ball work – foundations: Complete 100 touches as quickly as possible. Use the inside of both of your feet to move the ball back and forth, while remaining stationary.

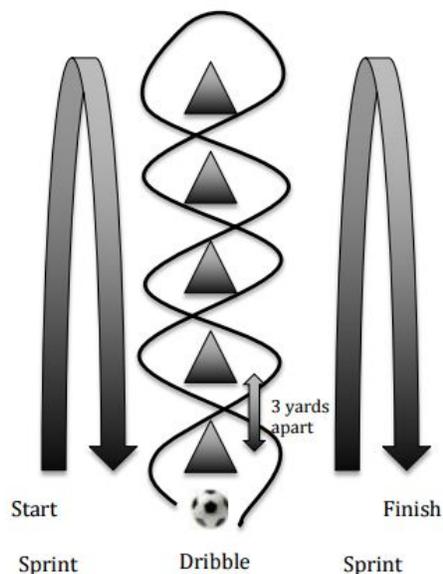
Toe Touches: Complete 100 touches as quickly as possible. Set ball in front of you, tap the top of the ball with the bottom of your foot WITHOUT putting all of your weight on the ball. Your weight should be evenly distributed and centered, so you are not leaning from left to right side while doing the toe touches.

Dribble Cone Weaves: set up 10 cones approx. 3 yards apart in a straight line (if you do not have cones be creative with shoes, shirts, rocks, cans, bricks, plastic cups, etc.) Dribble through the cones in a zigzag pattern. Dribble as quickly as possible, but do not lose control of the ball. Repeat each skill 3 times:

1. Both feet
2. Right foot only
3. Left foot only
4. Outside of feet only
5. Dribble through w/ both feet, ball drag at each cone (use outside foot for the drag)

***Agility Drill:** Set up 5 cones approx. 3 yards apart with a ball resting at the first cone.

1. Sprint from the first cone to the last cone and back
2. Dribble the ball through the cones in a zigzag pattern, down and back. Then leave the ball resting at cone one. Remember to dribble as fast as possible while keeping the ball close and under control.
3. Sprint from the first cone to the last cone and back.
4. Repeat steps 1-3 a total of 5 more times, taking a one-minute break in-between time you complete the three steps.



Technical #2:

Courver Move (box drill): Dribble in a small area, approx. 20x20 yards, and complete moves with quick touches on the ball and quick turns. Complete the following moves while dribbling.

1. **Step overs** – dribble, fake shot, step over ball, push the ball with the outside foot and explode in the opposite direction. Use both feet. Dribble, complete move, change speeds and directions for **2 minutes**.
2. **Scissors** – dribble, in one motion take your foot from the inside around to the outside of the ball (in front of the ball not overtop), then take outside of the opposite foot and push the ball in the opposite direction. Use both feet (if you have trouble YouTube this.) Dribble, complete move, change speed and directions for **2 minutes**.
3. **Pull backs** – dribble, pull the ball back while turning toward ball and take the ball in the opposite direction. Use both feet. Dribble, complete move, change speed and directions for **2 minutes**.
4. **V – Dribble** - pull the ball back with the one foot, then push the ball out with the other foot and explode into space. Use both feet. Dribble, complete move, change speed and directions for **2 minutes**.
5. **Inside outside** – dribble, touch the ball across your body with the inside of one foot, and then touch with the outside of the other foot. Use both feet. Dribble, complete move, change speed and directions for **2 minutes**

Dribble Sprints: – Set up 6 cones (or whatever else you can use) approximately 5 yards apart in a straight line. Start at the 1st cone, dribble to the 2nd and back to the 1st, then dribble to the 3rd and back to the 1st, and continue until you have gone to all cones. Dribble as quickly as possible keeping the ball under control.

Repeat each of the following 2 times with 1 minute rest between each set.

1. Both feet
2. Right foot only
3. Left foot only
4. Outside of feet only

Shooting – Set up or pick a goal/target (this can be anything a wall, fence, or space between two objects, be creative) Place a cone 3 feet inside each post, this is the target. Focus on technique, plant foot next to the ball, knee over the ball, strike with laces, follow through toward the target, and land on shooting foot. Work on hitting the same target over and over.

1. **Touch and shoot** – get the shot off quickly. Start facing the middle of the goal approx. 25 yards out, take a touch toward the goal, fake left, push the ball right with outside of foot and take the shot! Then switch to opposite foot. Repeat 20 times (10 with each foot)
2. **Settle and shoot** – Get the ball down quickly. Toss the ball up in the air and use different surfaces of your body to control it. Settle the ball in as few touches as possible and hit a shot. Repeat 20 times (shooting 10 times with each foot).
3. **Set pieces** – Random free kicks outside the 18. Place the ball in different spots and hit the target. Pick a target (corner, side netting, etc.) and stick with it. Repeat 20 times.
4. **Penalty Kicks** – Place the ball in the center of the target 12 yards out. Remember low and to the corners. Pick your spot and stick with it! Repeat 10 times.

Technical #3:

Juggling – Juggle for 15 minutes. Your goal is to achieve 25 consecutive (the ball does not hit the ground) touches by preseason. Don't get discouraged if you do not meet 25 at first, keep practicing and working toward your goal. However, if you easily beat 25 continue to improve and beat your previous number each juggle session.

Speed Dribble – Sprint dribbling the ball 30 yards, slow jog with ball back. Dribble as quickly as possible keeping the ball close with a lot of touches.

Repeat 5 times. Rest 30 seconds between each of the following sets.

1. Both feet
2. Right foot only (use both inside and outside)
3. Left foot only (use both inside and outside)

Turns – Dribble ball 15 yards complete a turn and dribble back.

Repeat each of the turns below 5 times each.

1. Cut
2. Pull Back
3. Cruyff – google it. Look on youtube.

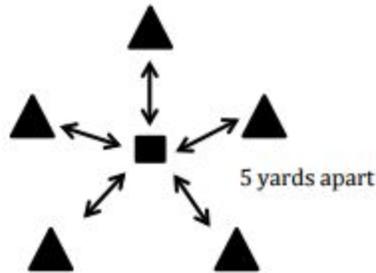
Sprint #1:

Perimeter Sprints – Sprint as hard and as fast as you can. Set up a 30x30 yard box.

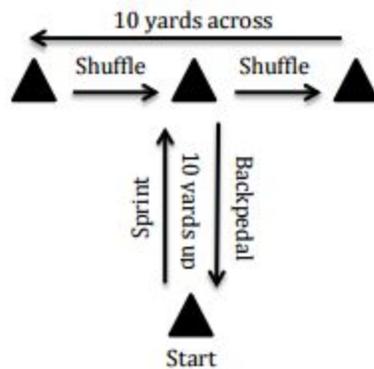
- Start at one corner and jog all 4 sides
- When you get back to the start: sprint 1 side, jog 3 sides
- When you get back to the start: sprint 2 sides, jog 2 sides
- When you get back to the start: sprint 3 sides, jog 1 side
- When you get back to the start: sprint all 4 sides
- Rest 1 minute, **repeat drill running in opposite direction**
- Rest 10 minutes and get water before going into the next sprint drill. **DO NOT SIT**, stay up walking around, with hands above your head, breath in your nose and out your mouth.

Agility #1:

***Star Drill** – Set up 5 cones, 5 yards away from a middle cone. Start in the middle and sprint to a cone, then back to the middle, sprint to the next outside cone, then back to the middle, and so on until all outside cones have been reached. Make sure to lunge and touch each cone as you reach it. **Repeat 10 times. Rest 20 seconds between each set.**

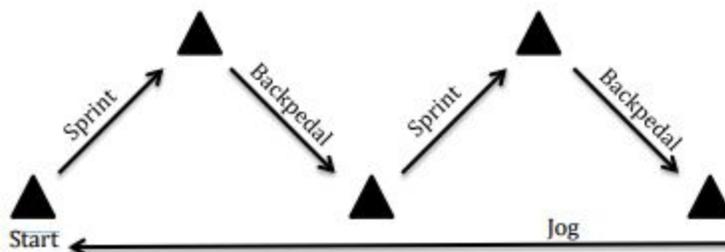


T Drill – Set up 4 cones in a T shape. Sprint from the bottom cone to the top middle cone, side shuffle across to one side, then side shuffle all the way across to the opposite side, side shuffle back to the middle, then back pedal to the bottom cone. **Repeat 5 times, rest 1 minute, repeat 5 more times.** On the shuffle make sure to bend knees and stay low to the ground.



Agility #2:

M Drill – Set up 5 cones in a M (zigzag) shape 5 yards apart. Sprint from the first bottom cone to the first top cone, then backpedal to the second bottom cone, then sprint to the 5 yards apart Start 10 yards across Sprint Backpedal Shuffle Shuffle 10 yards up Start other top cone, and backpedal to the last bottom cone. Jog back to start. **Repeat 5 times, rest for 1 minute, repeat 5 more times.**



Plyometrics #1:

- **Lunges** – Complete walking lunges for 20 yards. Remember keep your front knee parallel with your foot. Do not let your back knee touch the ground. (Your knee should be close to ground but not actually touch). At the end of 20 yards sprint 5 yards. Then backwards lunge back to start. Repeat 2 times.
- **High Knees Jump** – Jump forward as high as possible bringing your knees to your chest. Jump for 20 yards. At the end of 20 yards sprint 5 yards. Then repeat back to start. Repeat 2 times.
- **High Knees Run** – High Knees run for 20 yards, focus on forcing knee to chest then quickly placing it back on the ground, alternating legs. This should be done rapidly. Repeat 2 times.
- **Skipping** – Skip for 20 yards and back. Remember you should push off your back foot with as much power as possible, strive for height, and use your arms for power. (like Mario). Repeat 2 times

Plyometrics #2:

- **Back and Forth Jumps**– Jump forward and backward over a small object (i.e. a cone, hurdle, shoe, line, etc.). Complete 100 jumps, repeat 3 times, rest for 30 seconds between sets.
- **Side to Side Jumps** – Jump side to side over a small object (i.e. a cone, hurdle, shoe, line, etc.) Complete 100 jumps, repeat 3 times, rest for 30 seconds between sets.
- **Left Foot Jumps** – Jump side to side over a small object using only your left foot (i.e. a cone, hurdle, shoe, line, etc.). Complete 100 jumps, repeat 3 times, rest for 30 seconds.
- **Right Foot Jumps** – Jump side to side over a small object using only your right foot (i.e. a cone, hurdle, shoe, line, etc.). Complete 100 jumps, repeat 3 times, rest for 30 seconds.

Plyometrics #3:

- **Squats** – Feet parallel, shoulder distance apart. Slowly lower yourself into a seated position until your knees are at a 90 degree angle, then raise back up. Keep your back straight, chin up, and your weight supported through your heels. Continue for 30 seconds.
- **Jump Squats** - Feet parallel, shoulder distance apart. Slowly lower yourself into a seated position until your knees are at a 90 degree angle. At the lowest point in the squat, quickly explode up jumping off the ground. Land gently and repeat. Continue for 30 seconds.
- **Leap Frog** – Feet positioned wide, drop into a low squat. Jump forward twice then backward twice. Keep head and shoulders upright. Continue for 30 seconds.
- **Gap Jumps** – From a standing position, jump as far forward as possible, turn and jump back. Use your arms for power to get as far as possible. Continue for 30 seconds.

Strength #1:

- **Mountain Climbers** – Start with your hands on the ground approximately shoulder length apart and legs straight out. Pull your right knee up to your chest while keeping the other leg straight, then alternate legs rapidly. This should look like you are running in place with your hands on the ground. Continue for 1 minute.
- **Push Ups** – Start laying flat on your stomach with hands placed on the floor just outside of your chest. While keeping your entire body straight, push up off the floor with your hands until both arms are extended and your feet are touching the floor. Lower yourself until your arms are at a 90 degree angle, then push yourself back up. (Push ups should not be done on knees). Continue for 30 seconds.
- **Dips** – Use a chair. Place both hands on the edge of the seat with your body facing away from the chair. Legs should be extended out with your weight mostly on your heels. Dip yourself down until your arms are at a 90 degree angle, then push yourself back up. Continue for 30 seconds.

Strength #2:

- **Burpees** – Start in normal standing position. Squat down and place both hands on the ground outside your feet. Kick both feet back extending your legs fully. Complete a push-up, then spring both feet back under your body, then jump as high as possible with your arms straight in the air. This should be done as fast as possible. Complete 12
- **Calf Raises** – Start in a standing position, raise your heels as high off the ground as possible, shifting your weight to the balls of your feet, then return heels to ground. Continue for 1 minute.
- **Standing Lunges** – Start in a standing position, step out as far as possible with one leg, lower yourself until your back knee is approximately one inch off the ground, then push off with front leg to return to standing position, then repeat with the other leg. Remember your back knee should not touch the ground. Your front knee should be parallel to your foot. **Complete 30 (15 each leg)**

Core #1:

Complete each core exercise continuously in order without stopping between exercises.

- **Regular Crunches** – Start lying on your back with knees bent and hands behind your head. Raise the top of your torso up until your shoulder blades are off the ground. Then lower your torso back to the ground. This should be done rapidly. Complete 25.
- **Twists** – Start sitting on your bottom. Bend knees up with your feet off the ground. Slightly lean back. Hold a ball in your hands and twist your upper body side to side, touch the ball to ground on each side. This should be done rapidly. Complete 25.
- **Heels To Heaven** – Start laying on your back, legs straight, arms straight by your side. Lift legs and then hips up off the ground straight up toward the ceiling at a 90 degree angle, then lower your hips back to the floor. This should be done rapidly. Complete 25.
- **6 inches** – Start lying on your back, lift your heels 6 inches off the ground. Hold for 30 seconds, rest for 30 seconds, repeat 3 times.

- **TV Watches/Plank** – Start face down resting on forearms. Push yourself off the floor rising up onto your toes. Keep your back flat, in a straight line from head to heels. Contract your abs to prevent your rear-end from sticking up in the air. Hold for 30 seconds, rest for 30 seconds, repeat 3 times.

Core #2:

Complete each core exercise continuously in order without stopping between exercises.

- ▬ **Crossover Crunches** – Start lying on your back with knees bent and hands behind your head. Raise the top of your torso and touch your right elbow to your left knee, the next time raise your left elbow to your right knee. This should be done rapidly. Complete 25.
- ▬ **Bicycles** – Start lying on your back, pull your legs up and perform a biking motion, put hands behind your head and alternate elbows to knees lifting shoulder blades off the floor. This should be done rapidly. Complete 25.
- ▬ **Butterfly Raises** – Start lying on your back, legs in a butterfly position, arms straight by your side. Lift legs and hips up off the ground toward the ceiling, keeping them in the butterfly position. Then lower your hips back to the floor. This should be done rapidly. Complete 25.
- ▬ **Flutter Kicks** – Start lying on your back with legs straight. Lift them six inches off the ground. Keeping your legs straight, alternate your feet in a kicking motion moving up and down repeatedly. Do not allow your feet to touch the ground and keep your back straight. This should be done rapidly. Continue for 30 seconds, rest for 30 seconds, repeat 3 times.
- ▬ **Superman** – Start laying face down with your legs and arms stretched out. In one motion, lift your arms and legs up into the “superman” position. Your arms, head, and feet, should be as high off the ground as possible with your back arched. Hold for 30 seconds, rest for 30 seconds, repeat 3 times.