



Zionsville Mens Soccer Strength and Conditioning Summer Program

"The vision of a champion is someone who is bent over, drenched in sweat, at the point of exhaustion when no one else is watching." – Anson Dorrance

Work Out Tracking Chart

Date	Work Out #	Completed (Y/N)	Parent Signature
6/3/24	#3 & #11		
6/5/24	#7 & #3		
6/7/24	#7 & #9		
6/14/24	#7 & #3		
6/15/24	#10		
6/17/24	#8 & #3		
6/24/24	#7 & #10		
6/28/24	#9 & #5		
6/29/24	#9 & #7		
7/1/24	#3 & #11		
7/2/24	#6 & #3		
7/3/24	#5 & #2		
7/5/24	#5 & #7		
7/6/24	#6 & #3		
7/8/24	#3 & #11		
7/15/24	#7 & #10		
7/19/24	#7 & #6		
7/20/24	#3 & #11		
7/22/24	#7 & #5		
8/2/24	#7 & #6		
8/3/2024	#3 & #11		
* A workout day may be replaced with the Cooper Test			
** A workout day may be replaced with the Beep Test			

Please track your work outs with your signature for each work out you have done.

This chart will be collected by the coaching staff and the end of the summer. Please keep it up to date.

WARM-UPS & STRETCHING

Injury Prevention & Enhanced Performance

Each workout should be preceded by a proper warm-up and followed by a cool-down. The warm-up should consist of performing the dynamic warm-up to increase body temperature followed by static stretching and follow up with the hurdle drills if available.

****As always, all workouts must be preceded by a warm-up/flexibility period and followed with a cool down/flexibility period.**

Dynamic Warm-Ups

High Knees	1x15yds / Jog out 15yds
Carioca (open hips up)	1x15yds (R/L) / Jog out 15yds
Shuffle (hips down low)	1x15yds (R/L) / Jog out 15yds
Backpedals (hips down low)	1x15yds/ Jog out 15yds
Power Skips (opposite arm/leg)	1x15yds/ Jog out 15yds
Angled Lunges (open hips up)	1x15yds/ Jog out 15yds
Side Lunge (slide foot on ground)	1x15yds/ Jog out 15yds
Walking Quad Pull (high knee to ankle quad pull)	1x15yds/ Jog out 15yds
Inch Worms	1x15yds/ Jog out 15yds
Frankenstein's	1x15yds/ Jog out 15yds

Pre- & Post-Workout Static Stretch (Warm-Up & Cool-Down)

****Standing****

Neck Rolls	(10 sec) (R/L)
Shoulder Rolls Forward	(10 Sec) (F/B)
Torso Twists	(15 Sec) (R/L)

****Lying****

Hamstrings	(10sec) (R/L)
Knee To Chest	(10sec) (R/L)
Figure 4	(10sec) (R/L)
Low Back	(10sec) (R/L)

****Roll Over to Stomach****

Hip Flexors	(10sec)
Bow Back	(10sec)

****Standing****

Bent-Over Calf Stretch	(10sec)
Inch Worm to Hamstring	(10sec)
Groin	(10sec)
Quads	(10sec)

Workout 1 Aerobic training

30Min. Run/Bike/Swim/Rowing/Stair Climbs/. Continuously for desired time/laps as fast as you can.

****Alternatives**** There are plenty of options out there, if a cardio based machine is not available, here are a few other suggestions you can do: stepmill, versa climber, Jacobs ladder, hiking, stadium stairs, hill sprints, etc. Select swimming to help cross-train and get off the legs

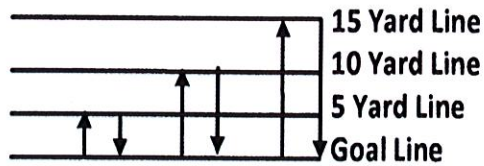
Workout 2 Aerobic Training

30Min. Interval Run/Bike/Swim/Rowing/Stair Climbs/Etc. continuously for desired time/laps as fast as you can. Make sure you record your distance.

Run for 4 minutes, then sprint for 1 minute, run for 4 min, sprint for 1 min., etc.

Workout 3

Up-Backs



:45 sec rest/rep

Start on the goal line, sprint 5 yards, step across or touch with your hand the 5-yard line, and sprint back to the goal line. Sprint 10 yards, step across or touch with your hand and sprint back to the goal line. Immediately sprint 15 yards and back. This represents 1 line drill.

You will run x4 types:

1. Carioca to a sprint - carioca 5 yards, then sprint 5 yards, carioca 10 yards, then sprint 10 yards, carioca 15 yards, then sprint 15 yards.
2. Backward run to a sprint - backward run 5 yards, then sprint 5 yards, backward run 10 yards, then sprint 10 yards, backward run 15 yards, then sprint 15 yards.
3. Shuffle to a sprint - lateral shuffle 5 yards, then sprint 5 yards, shuffle 10 yards, then sprint 10 yards, shuffle 15 yards, then sprint 15 yards.
4. Sprint directions, 5, 10, 15 yards

Workout 4

Short Yardage Training #1

<u>Set</u>	<u>Distance</u>	<u>Reps</u>	<u>Effort</u>	<u>Rep Rest</u>
1.	5yds	3	100%	5 Sec.
2.	10yds	2	100%	5 Sec.
3.	20yds	1	100%	10 Sec.
4.	5yds	3	100%	5 Sec.
5.	10yds	2	100%	5 Sec.
6.	20yds	1	100%	10 Sec.
7.	5yds	3	100%	5 Sec.
8.	10yds	2	100%	5 Sec.
9.	20yds	1	100%	10 Sec.

Short Yardage Training #2

<u>Set</u>	<u>Distance</u>	<u>Reps</u>	<u>Effort</u>	<u>Rep Rest</u>
1.	5yds	3	100%	5 Sec.
2.	10yds	2	100%	5 Sec.
3.	20yds	2	100%	10 Sec.
4.	5yds	3	100%	5 Sec.
5.	10yds	2	100%	5 Sec.
6.	20yds	2	100%	10 Sec.
7.	5yds	3	100%	5 Sec.
8.	10yds	2	100%	5 Sec.
9.	20yds	2	100%	10 Sec.

Short Yardage Training #3

<u>Set</u>	<u>Distance</u>	<u>Reps</u>	<u>Effort</u>	<u>Rep Rest</u>
1.	5yds	4	100%	5 Sec.
2.	10yds	3	100%	5 Sec.
3.	20yds	2	100%	10 Sec.
4.	5yds	4	100%	5 Sec.
5.	10yds	3	100%	5 Sec.
6.	20yds	2	100%	10 Sec.
7.	5yds	4	100%	5 Sec.
8.	10yds	3	100%	5 Sec.
9.	20yds	2	100%	10 Sec.

Short Yardage Training #4

<u>Set</u>	<u>Distance</u>	<u>Reps</u>	<u>Effort</u>	<u>Rep Rest</u>
1.	5yds	5	100%	5 Sec.
2.	10yds	5	100%	5 Sec.
3.	20yds	5	100%	10 Sec.
4.	5yds	4	100%	5 Sec.
5.	10yds	4	100%	5 Sec.
6.	20yds	4	100%	10 Sec.
7.	5yds	3	100%	5 Sec.
8.	10yds	3	100%	5 Sec.
9.	20yds	3	100%	10 Sec.

Workout 5

Conditioning Workout - 2 Quarters of Sprints

	Distance	Rest Time
1.	40 yard sprint	15 seconds
2.	40 yard sprint	15 seconds
3.	30 yard sprint	15 seconds
4.	30 yard sprint	15 seconds
5.	20 yard sprint	15 seconds
6.	20 yard sprint	15 seconds
7.	10 yard sprint	15 seconds
8.	10 yard sprint	15 seconds
9.	5 yard sprint	15 seconds
10.	5 yard sprint	15 seconds

Rest 1.5 minutes

1.	40 yard sprint	15 seconds
2.	40 yard sprint	15 seconds
3.	30 yard sprint	15 seconds
4.	30 yard sprint	15 seconds
5.	20 yard sprint	15 seconds
6.	20 yard sprint	15 seconds
7.	10 yard sprint	15 seconds
8.	10 yard sprint	15 seconds
9.	5 yard sprint	15 seconds
10.	5 yard sprint	15 seconds

Rest 1.5 minutes

1.	40 yard sprint	15 seconds
2.	30 yard sprint	15 seconds
3.	20 yard sprint	15 seconds
4.	10 yard sprint	15 seconds
5.	5 yard sprint	15 seconds

Rest 3 minutes & Repeat for Second Quarter of Sprints.

Workout 6

Conditioning Workout - Sprint Ladder

Run the following distances as fast as possible. Rest the indicated time between each sprint. For Example: The 100 and back is from goal line to goal line. You will always start and finish at the same goal line.

2xSprint Ladder

	Distance	Rest	Total Distance
1.	100 yard sprint and back	60 seconds	200 Yards
2.	90 yard sprint and back	55 seconds	180 Yards
3.	80 yard sprint and back	50 seconds	160 Yards
4.	70 yard sprint and back	45 seconds	140 Yards
5.	60 yard sprint and back	40 seconds	120 Yards
6.	50 yard sprint and back	35 seconds	100 Yards
7.	40 yard sprint and back	30 seconds	80 Yards
8.	30 yard sprint and back	25 seconds	60 Yards
9.	20 yard sprint and back	20 seconds	40 Yards
10.	10 yard sprint and back	15 seconds	20 Yards

Rest 3 minutes & Repeat for 2nd Sprint Ladder

Finished workout: Total Distance: 2200 Yards

Workout 7

Complete x5 Rounds

x10 yds Burpee
x10 yds Sprint
x10 yds Lunge Back To Start Line (Any Variation of Lunges)
x10 yds Sprint
x10 yds Walk Back To Start – This is your Rest Time

Hold for Time:

1. Wall Sits 45sec.
2. Front Planks 45sec.
3. Right Side Planks 45sec.
4. Left Side Planks 45sec.
5. 6 inches 45sec.

Perform x2 rounds, second round increase time to 1 min

Complete 3 rounds:

Push-ups 2 min (knee's never hit ground)
Squat jumps 2 min
Crunches 2 min (never stop moving)
Mt. Climbers 2 min (feet never stop moving)

REST 1min. AND THEN REPEAT (2) MORE TIMES.

5 rounds with 3:00 rest between each round

20 jumps scissor squats
30 Pushups
40 Sit-ups
50 Squats

21-15-9 Reps of:

Pushups
Burpees
Speed squats
Jumps squats

100-75-50-25 Reps of:

Sit-ups
Flutter kicks
Bicycles Kicks
Mt. climbers
6 inches holds for 2 minutes

Workout 8

Conditioning Test – 120's

SET-UP: Run on Field or Track

TEST : 120's

You will run 10 x 120yds sprints. This test is run on a soccer field or track. The goal is to run each sprint in the assigned times.

10 - 120 yard sprints, 18-22 seconds to complete each one, 30 seconds jog back to the starting line then 30 seconds rest. You must be at the back to the original start line at the end of the 30sec jog back, or it will be counted as a missed lap.

You will have an extra 15 seconds to recover after reps #3, #6 and #9.

If you do not return to start within the allotted time you do not pass that sprint.

You must run each sprint in an all-out fashion

Do not pace yourself

Workout 9

Conditioning Test – 300yd Shuttle

SET-UP: Run on Field or Track

TEST: You will run 5 x 300yds sprints.

This test is run on a soccer field or track. The goal is to run each sprint in the assigned times.

This test involves continuous running between two lines 50yd apart in the assigned time. Cones are set 50yds apart, counted running as out and back x3 times totaling 300yds or x6, 50yd runs totaling 300yds.

In between each shuttle run is a 2min rest period.

To pass the test you must be able to run x5 300yd shuttles w/2min rest period between shuttle runs

Workout 10

45Min. Run/Bike/Swim/Rowing/Stair Climbs/Etc. continuously for desired time/laps as fast as you can.

Workout 11

45Min. Interval Run/Bike/Swim/Rowing/Stair Climbs/Etc. continuously for desired time/laps as fast as you can.

45 min interval, 1 min. sprint, 4 min run

Fueling Soccer Players

Copyright ©2006 American Dietetic Association. This handout may be duplicated.

Fueling Your Sport

The average distance covered in a soccer match is 5.6 miles (9 kilometers), so your need for calories is high in both training and competition.

Your training schedule, the intensity of practice, and your age will determine your calorie needs. Adult male soccer players need 21.4 to 27.3 calories per pound of body weight per day (47 to 60 calories/kg/day). Adult female players need 20.5 to 22.7 calories per pound per day

(45 to 50 calories/kg/day). A 160-pound male player needs 3,400 to 4,300 calories per day. A 140-pound female player needs 2,850 to 3,200 calories per day.

Carbohydrate is the best fuel for soccer. Eating carbohydrates gives your muscles the energy they need. Thirty percent of all goals are scored in the last 15 minutes of the game, so choosing the right high carbohydrate foods and fluids can make the difference between winning and losing a match.

Soccer is muscle-fuel depleting activity. Losing this fuel, especially in the legs, contributes to fatigue as the match wears on. To get enough fuel, competitive soccer players should eat 3.6 to 4.5 grams of carbohydrate per pound of body weight per day (8 to 10 g/kg/day). Good sources of carbohydrate include whole grain breads and cereals, fruits, and vegetables.

Drinking 2 cups of a sport drink at the rate of 30 to 60 grams of carbohydrate per hour during a 90-minute game will delay fatigue and improve performance.

Soccer players need to eat 0.6 to 0.8 grams of protein per pound of body weight per day (1.4 to 1.7 g/kg/day). Protein helps repair muscles and boosts your immune system. Protein is also used for fuel, but it doesn't give you as much immediate energy as carbohydrate does.

Good sources of protein include fish, chicken, turkey, beef, low-fat milk, cheese, yogurt, eggs, nuts, and soy foods (tofu, soy nuts, and soy burgers).

Soccer players need 0.45 grams of fat per pound of body weight per day (1 g/kg/day). Choose heart-healthy fats, such as canola oil, olive oil, and nuts.

Fluid Needs

You can lose 2 liters of fluid in sweat during games played in moderate temperatures. In hot weather, you can lose more than 3 quarts of fluid in sweat.

Two hours before practice or a match, drink 2 cups of fluids.

During warm ups, drink another cup of fluid.

At halftime, drink at least 2 cups of fluid.

After the game, drink about 3 cups for every pound you lost while you played. Weigh yourself before and after a game. This will give you a good idea of your sweat losses. Try to regain the lost weight within 24 hours. Remember the weight loss is fluid loss, not fat loss.

Choose sport drinks when you play in a soccer game. Sport drinks are lightly sweetened to provide

Carbohydrates and they taste good. Pick a sport drink with 14 to 19 grams of carbohydrate and 110 to 165 milligrams of sodium per 8 ounces. The sodium helps encourage you to drink enough fluid.

Top Five Nutrition Tips to Improve Performance

Pay special attention to fluids. All soccer players need to get enough fluids to stay hydrated. It's especially important for young players to drink enough. During exercise, children produce more heat than adults, have lower sweating rates, and take longer to get accustomed to hot weather. When they are playing soccer, children should drink 3 to 4 ounces (about ½ cup) of fluid every 15 to 20 minutes. Some juices are advertised as good sport drinks. However, juice contains a lot of carbohydrates so it doesn't replace fluids effectively unless it is diluted with water.

Eat well after you play. Eating for recovery soon after practices and games helps you to stay energized for the entire season. Soccer games are often scheduled close to each other, with little time between games to refuel your muscles. Within the first 30 minutes after exercise, eat 0.7 grams of carbohydrates per pound of body weight (1.5 g/kg). (For a 150-pound soccer player, that equals 100 grams of carbohydrate.) Sport drinks, sport recovery beverages, and most energy bars and gels are good choices. Read the labels of recovery drinks to make sure they contain carbohydrate. (Some drinks that are advertised as recovery drinks contain more protein than carbohydrate.)

Do not try to lose weight during the season. Soccer is a sport that demands a lot of energy, and losing weight makes you less able to perform at your best. A sports dietitian can help you lose weight during the offseason while keeping your energy level high for competition.

Watch the Caffeine – It lowers blood sugar and can make you hungrier. It is also a diuretic and can dehydrating.

Limit Sweets – They can actually lower blood sugar and make you eat more!