

Dear Players,

I am excited to present you with the 2010 Summer Training Packet! I know that you all are probably just as excited to get it!

Commitment to your fitness and skill development during the summer months will pay off big for you and your team in the fall. This team is driving hard to not only be in WAGS D1 but to win tournaments including State Cup and be a factor in Region 1 play. Your fitness and strength is paramount to reaching these goals!

I am asking you to commit 4 days of the week to an aspect of your game. Each workout is designed to require little equipment and no more than 30-45 minutes of your time. Of course, I encourage you to stay at the field or track a little longer if you feel like you may need additional work on your first touch, your dribbling, your long ball service, etc.

To get the most bang for your buck, here, you MUST complete these exercises with maximum effort and focus. You have heard it before: you will get what you put into it, what you put into it. And, I am here to help you learn how to work as hard as you can. I will include one or more of these sessions at your team practices this summer. That way, we can guide you and answer questions that you may have.

If you find something too challenging or something too easy, tweak it so that it meets your individual needs.

Your coach is a VERY valuable resource. Use me!! Below is my email addresses, feel free to email me questions, feedback, or even your juggling scores and progress. I LOVE to hear how well you are doing. Have fun, and work hard!!

Your Coach,

Jerry

[futsalcoach@gmail.com](mailto:futsalcoach@gmail.com)

PS. I will be looking for your fitness test scores in our mailbox on Monday, July 12<sup>th</sup>!

## Summer Goals

### 2010 Team Summer Goals

1. Communicate with teammates or coach at least once every week during the months July and August until team begins regular fall practice schedule.
2. Play games or train a minimum of three times per week with an intensity that will help you to improve.
3. Follow the designed fitness program and record progress in a designated fitness journal.
4. Be a student of the game! Watch on television, or live, higher level games. Most areas have professional or semi-pro leagues. There are ALWAYS games to watch on Fox Soccer Channel.
5. Surround yourself with positive people. Find ways to “pay it forward”. Enrich the lives of others with small acts of kindness.

ATLETICA

**Atletica Conditioning Chart (descriptions can be found in  
pages following this chart)  
Summer 2010**

<b>Week</b>	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
July 5-11	20 min Steady Run <b>Juggle TEST</b>	<b>6 Min Run TEST</b>	ACTIVE REST	Ball Training 1	<b>2 x 300yd Shuttle TEST</b>	OFF	OFF
July 12-18	Sp Ac 1 Juggle 1	6-30/30s 75% effort, 10 minute Steady run	ACTIVE REST	6 x 60 yds 8 x 40 yds 8 x 20 yds Self-Train	Ball Training 2	OFF	OFF
July 19-25	Sp Ac 1 Juggle 2	8-30/30s 80% effort, 10 minute Steady run	ACTIVE REST	6x 60s, 8x 40s 8x 20s Self-Train	Ball Training 1	OFF	OFF
July 26-Aug 1	Sp Ac 1 Juggle 1	10-30/30s 80% effort, 10 minute Steady run	ACTIVE REST	8x 120s 20sec/ 50 sec recovery Self-Train	Ball Training 2	OFF	OFF
August 2-8	Sp Ac 1 Juggle 2	Staircase 30/30s	ACTIVE REST	6x 60s, 8x 40s 8x 20s Self-Train	Ball Training 1	OFF	OFF
August 11-15	Sp Ac 1 Juggle 1	Staircase 30/30s	ACTIVE REST	Sp Ac 2 Self-Train	Ball Training 2	OFF	OFF

# Description of Exercises

## DYNAMIC WARM UP (Perform before each conditioning session)

- **High knee walk** – stepping forward, grabbing the shin of the opposite leg and pulling the knee towards the chest. Extend the stepping leg and get up on the toes.
- **High knee walk with external rotation** – grasp the shin (instead of the knee) with a double overhand grip and pull the shin to waist height. Extend the hip of the supporting leg while rising up on the toes.
- **A-skip** – gentle skipping designed to put the hip musculature into action. No emphasis on height or speed only rhythmic action.
- **Heel ups** – shifts emphasis from the hip flexors to the hamstrings. Actively warms up the hamstrings as well as move the quads through full range of motion.
- **High knee run** – similar to running in place with a small degree of forward movement. Emphasis is on maintaining an upright posture and getting a large number of foot contacts. The key to this exercise is to maintain perfect posture.
- **Straight leg skip** – increases the dynamic stretch of the hamstring while activating the hip flexor. Hands are held at shoulder height and rt. foot goes up to the rt. hand.
- **Straight leg deadlift walk** - reach both arms out to the side while attempting to lift one leg up to waist height. To move forward, swing the back leg through to take one giant step. Only one trip. Walking lunges on the way back.
- **Walking lunges w/ side lunge** – lunge walk forward then lateral lunge to the same side. (i.e. lunge forward with the right, then lunge lateral with the right).
- **Under/over the hurdles** – under the hurdles laterally making sure to change direction half way. The trip back is over the hurdles making sure the knee comes up to the armpit and reaches forward.
- **Giant carioca** – facing laterally, lead with the trail leg. The trail leg crosses over the lead leg above knee height. When the trail leg becomes the lead leg make sure the toes are facing up field.
- **Backward run** – emphasis is on actively pushing with the front leg while reaching out aggressively with the back leg.
- **Forward sprint**
- **Forward sprint-turn to backward run**

# TEST KEY

## 6 Minute Run Test (Week of July 5<sup>th</sup>)

Instructions:

- You will need a stopwatch for this test.
- On a 400 meter track (or treadmill set on 0 inclination and distance in meters)
- Start on the 100 m straightaway to begin
- The clock starts when you start to run
- Run for 6 minutes trying to achieve maximum distance in that time
- At the end of the 6 minutes, note your end spot on the track
- Mentally record distance in laps + quarters of laps
- At end of the test, IMMEDIATELY check your pulse by counting your heartbeats for 15 seconds. Multiply by 4 for BPM (beats per minute).
- Make note of your total distance and HR to provide to me via email.
- Take your HR again after 1 minute (15 seconds x 4) and include this BPM in your note to me as well.

You will send me 3 numbers: total distance covered in 6 minute run, HR in BPM immediately following test, HR in BPM after 1 minute recovery

## 2 x 300 Yard Shuttle Test (Week of July 5<sup>th</sup>)

Instructions:

- You will need a stopwatch for this test.
- Mark off a 25 yard distance between to cones or markers—be accurate!
- Sprint out and back between markers for a total of 6 t 12 if you are counting every time you get to a marker) for a total of 300 yards.
- Record your time.
- Rest 3 minute.
- Repeat 300 yard shuttle.
- Record 2<sup>nd</sup> time.

You will send me two times for your 300 yard shuttle test.

## Juggle Tests (week of June 20<sup>th</sup>)

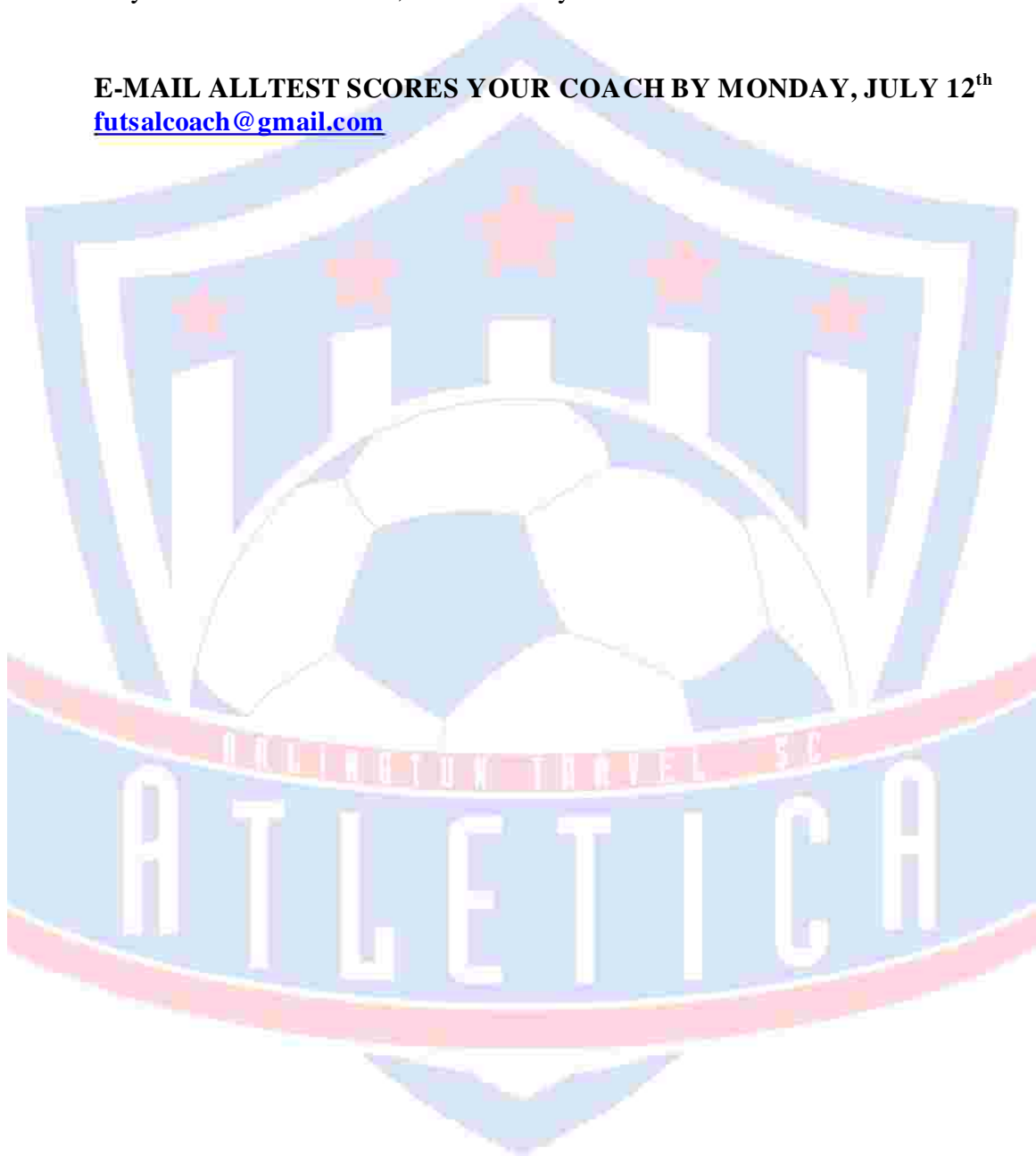
Instructions:

- You will need a ball and adequate space for these tests. You will need a watch.
- Juggle for two minutes with your **feet only**.
- Record your highest consecutive juggle for that 2 minute period.
- \*\*you may use other body parts to keep the ball “live” but they DO NOT count towards your feet only total
- \*\*IF you are juggling when the 2 minute expires, you may continue to juggle until “next drop”
- Repeat test with thigh only juggling for 2 minutes.

- Record highest consecutive thigh only effort.
- Repeat with **head only** juggling for 2 minutes.
- Record highest consecutive effort for head only juggling.

You will provide me with **3** numbers: feet only best consecutive juggle, thigh only best consecutive total, and head only best consecutive total.

**E-MAIL ALL TEST SCORES YOUR COACH BY MONDAY, JULY 12<sup>th</sup>**  
[futsalcoach@gmail.com](mailto:futsalcoach@gmail.com)



# JUGGLING

Juggling is one of the easiest ways to improve your first touch. It can be done solo, in pairs or with a small group. It is one of those activities where progress can be noticed in as few as 10 minutes. You can keep it simple or add your own personal flair. You can follow these recommendations below or add and create your own pick-ups or sequences. All you HAVE to do is commit 10-15 minutes twice a week and our team will reap the benefits.

## JUGGLING 1

Warm-up and get yourself in the juggling mode with 2 minutes each of foot juggling only, thigh juggling only and head juggling only. Keep your eye on the ball, be purposeful and deliberate about your touch and what you want the ball to do.

Work on picking the ball up with your foot. Use your right foot and your left foot. Master new pickups and be creative.

2 minutes of two touch juggling on each thigh—R thigh, R thigh, L thigh, L thigh  
Count each successful double juggle as one cycle and try to complete as many cycles as possible.

2 minutes of two touch juggling with your feet—R foot, R foot, L foot, L foot  
Count completed cycles of double touches.

Perform the following patterns for 2 minutes each (continue the pattern until the ball drops):

1. R thigh, L foot, L thigh (that is ONE cycle, how many can you get?)
2. L foot, R foot L thigh
3. R foot, R thigh, head, L foot. L thigh, head
4. R thigh, L foot, L thigh, R foot

## JUGGLING 2

Warm-up by juggling the ball with multiple surfaces, with your final touch, play the ball high over head, receive the ball out of the air and prepare it down to your feet and dribble a few steps. Repeat 4 or 5 times.

2 minutes of R foot juggling ONLY  
2 minutes of L foot juggling ONLY  
2 minutes of R thigh, R foot juggling  
2 minutes of L thigh, L foot juggling

2 minutes of “around the block” juggling: R foot, L foot, L thigh, R thigh (repeat the square pattern until the ball drops). Reverse direction.

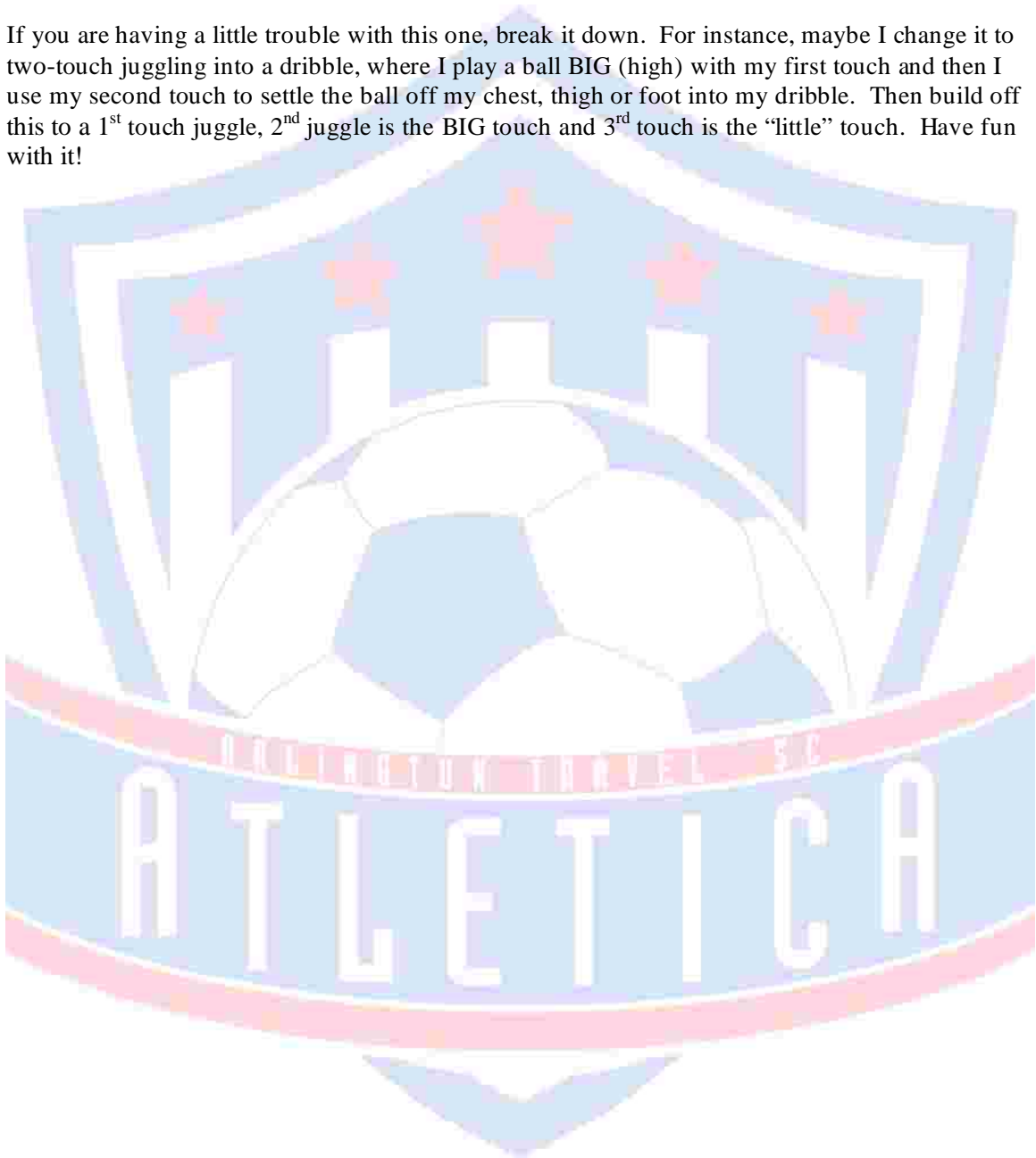
\*\*an added benefit would be to begin your pattern on a different surface each time the ball drops, we all have a tendency to start our juggling with the same foot or thigh

How many times can you get “around the block”? All foot touches would be one time “around the block”.

“Little, little, BIG, little” juggling- juggle the ball using smaller, lower touches. Play a ball overhead (BIG) and return to small touches again with your first touch (little).

Try to continue juggling without allowing the ball to touch the ground. Use a different surface each time for your “little” touch after your BIG one. Receive your “little” touch off your foot, thigh, chest or head.

If you are having a little trouble with this one, break it down. For instance, maybe I change it to two-touch juggling into a dribble, where I play a ball BIG (high) with my first touch and then I use my second touch to settle the ball off my chest, thigh or foot into my dribble. Then build off this to a 1<sup>st</sup> touch juggle, 2<sup>nd</sup> juggle is the BIG touch and 3<sup>rd</sup> touch is the “little” touch. Have fun with it!



# **RUNNING KEY**

## **15/15/15's**

This is a continuous effort. You will walk 15 seconds, run 15 seconds @ 80% and sprint 15 seconds @ 90% effort. You will repeat this sequence for the specified number of repetitions indicated on your summer chart. For example, "8-15/15/15s" would mean that you would repeat the sequence 8 times. Each bout is 45 seconds long which would total a 6 minute workout. Following the full sequence, you will take a 3 minute rest and move on to the next part of your workout.

## **30/30s**

This is a continuous run. You will run at 80% effort for 30 seconds followed by a slow jog for 30 seconds. Your running intensity for the 30/30s will vary depending on how many are required for the set. The more you do in a row, the less intense each one will be, and vice-versa. You should be able to recover on the jog after each one and not feel completely spent after the workout.

## **STAIRCASE 30/30's**

This is a variation of above. You will complete 30 second runs at varied intensities. You will complete the run as follows: 30 second run @ 70% effort, 30 second slow jog, 30 second run @ 75% effort, 30 second slow jog, 30 second run @ 80% effort, 30 second slow jog AND repeat the sequence for a second set. Jog for 3 minutes after the second set and then move to the next level ( of which you will do two sets). The next level would be bouts of 75-80- 85% runs interspersed with 30 second slow jogs. 3 minute slow jog after the second set and then the third sequence would be 80-85-90% efforts interspersed with 30 second slow jogs for 2 sets and a 3 minute cool-down jog. The total number of minutes to complete 2 sets of each of the 3 sequences with the 3 minute recovery between would be 27 minutes.

Here is another way of looking at it:

30 sec run @ 70% effort—30sec jog—30 sec run at 75% effort—30 sec jog—30 sec run @ 80% effort—30 sec jog—REPEAT—

3 minute recovery jog

30 sec run @ 75% effort—30 sec jog—30 sec run @ 80% effort—30 sec jog, 30 sec run @ 85% effort—30 sec jog—REPEAT—

3 minute recovery jog

30 sec run @ 80% effort—30 sec jog—30 sec run @ 85% effort—30 sec jog—30 sec run @ 90% effort—30 sec jog—REPEAT—

3 minute recovery jog and cool-down

## STEADY RUNS

Simply running at a steady pace, however, this is NOT a jog. If you were running with a partner, you would not be able to carry on a conversation (you would be able to get in some one word cues like “car” or maybe even “fun”!) Try to do these runs on grass or dirt and avoid the asphalt, concrete or other hard surfaces.

### 120s

Sprint 120 yards in 20 second or faster. You may have 50 seconds to **jog** back to start before the next repetition. Try to stay within the 50 seconds. If this is too easy for you, try to get back to start within the minute, for example, if you run your 120 in 19 seconds, you would have 41 seconds to get back to start.

## SPRINT/FLOAT/SPRINT (S/F/S)

“Soccer start” by accelerating over 15 yard distance, “float” 10 yards, sprint 10 yards, “float 10 yards, sprint 10 yards. Fully recover between each one.

15 yards	10 yards	10 yards	10 yards	10yards
Accelerate	90% effort	100% effort	90% effort	100% effort
	<b>Float</b>	<b>Sprint</b>	<b>Float</b>	<b>Sprint</b>

## ACTIVE REST

These are days that allow you the opportunity for a change of pace during the week instead of taking the whole day completely off (passive rest). This type of rest will encourage regeneration and help to eliminate fatigue. These days should NOT include intense competition. Some ideas for activities on these days are: swimming, biking, rollerblading, tennis, hiking, rock climbing, group exercise classes...ZELMO (though this could be considered intense competition depending on who is involved).

# SPEED/ACCLERATION KEY

**Soccer Start**-This is simply acceleration from a jog to a full sprint over a short distance.

**180 Jump and Go**-Start facing the opposite direction that you intend to run. Jump off BOTH feet turning 180 degrees in the air. Land on BOTH feet and accelerate.

**Backward Run, Turn and Go**-Run backwards to a marker, turn and accelerate over the measured distance. Focus on your arms working with your legs—everything moving forward, upper body “quiet” or still.

**360, Turn and Go**-Start jogging straight ahead, do a full turn (trying to stay on a straight line) and accelerate over the measured distance. Be sure to alternate your turning direction.

**Dancing Start Forward and Backward**-Start a few yards back from the starting line and move your feet around in any direction moving towards the marker—be creative—when you hit the start line, accelerate over the measured distance. This start will allow you to use the above starts and others in a random pattern. Your start may be staggered, off-set, syncopated, etc.

**Curved Run**-Start off at a jogging pace, when you hit the start or marker, curve your run like the letter “S” while trying to maintain maximum speed, control and acceleration throughout the subtle turns.

**Off-Set Start**-Turn body sideways to start line or marker. Be sure to alternate sides.

**Crossover Step**-Use Off-Set start above but take your first step with the foot that is furthest from the start line so that it crosses over as you turn to sprint forward.

## SPEED/ACCELERATION MODULE 1 (Sp Ac 1)

Start	Sprint Distance	Recovery
Soccer Start (acceleration)	x 4    10 yards	Jog
Balance Start (on one foot)		
Right Foot	x 2    10 yards	Jog
Left Foot	x 2    10 yards	Jog

Stagger Start

Right Foot Fwd	x 2	10 yards	Jog
Left Foot Fwd	x 2	10 yards	Jog
Off Set (facing one side)			
Right Side	x 2	10 yards	Jog
Left Side	x 2	10 yards	Jog
Cross-over Step (use Off-Set x Start)			
Right Side	x 2	10 yards	Jog
Left Side	x 2	10 yards	Jog
Jogging Start			
Hit Line w/R Foot	x 3	10 yards	Jog
Hit Line w/L Foot	x 3	10 yards	Jog
Running Start	x 6	20 yards	Walk

**\*\*REMEMBER—MAXIMIM EFFORT ON EACH REPETITION!**

### **SPEED/ACCELERATION MODULE II (Sp Ac II)**

<b>Start</b>		<b>Sprint Distance</b>	<b>Recovery</b>
Soccer Start	x 4	5 yards	Jog
180 Jump & Go	x 4	10 yards	Jog
Backward Run, Turn & Go (x 2 in each direction)	x 4	10 yards	Jog
360 Turn & Go (x 2 in each direction)	x 4	10 yards	Jog
Dancing Start Forward	x 2	5 yards	Jog
Dancing Start Backward	x 2	5 yards	Jog
Curved Run	x 4	20 yards	Walk

## BALL TRAINING

Technical training is vital to your development. **DO NOT SKIP** this aspect of the program. Below are two different ball training programs. If you do need feel that they adequately address your needs or weaknesses, make adjustments to them. It is a good idea to record what you have done to alter the program. Feel free to make notes in the margin.

### BALL TRAINING 1

Perform the following exercises with the ball. Be precise and concentrate on your technique. Try to do these movements at game speed. Accelerate out of the back and take your first touch to one side or the other and experiment with your creativity.

2 minutes of dribbling. Use both feet and all surfaces. Change direction and speed frequently. Get your head up and look around. Use some deception by slowing down in some feints and hesitations or tempo changes.

2 minutes of total body juggling. Every 3<sup>rd</sup> or 4<sup>th</sup> touch, settle the ball to the ground and accelerate with a dribble for 3 or 4 yards. Repeat.

2 minute—jog with the ball in your hands. Throw the ball up into the air, jump off the ground and take the ball out of the air with your chest. Settle the ball to your feet and accelerate with a dribble. Repeat.

2 minutes—pick one move and practice it with both feet during the 2 minute period. Try to do the move faster and disguise it with a feint, hesitation or fake kick.

Spend the next 10-20 minutes working on an aspect of your game that you would like to see improve. Record your activity each week here in the margin.

### BALL TRAINING 2

Set 3 markers in a straight line. Between marker #1 and marker #2 there should be 10 yards.

Between marker #2 and marker #3 there should be an additional 15 yards

Perform the following ball exercises. Fully recover between each set so that you can focus on your touch

1. Using the right foot only, dribble figure 8s between marker #1 and marker #2 for 30 seconds.
2. Speed dribble out to marker #3, leave your ball, back pedal to marker #1, sprint back out to marker #3, collect your ball and dribble back to start. Repeat.
3. Using the left foot only, dribble figure 8s between marker #1 and marker #2 for 30 seconds.
4. Tap the ball between you feet while moving from marker #1 to marker #2. try to get 30 touches in that distance. Using the soles of the shoes, pull the ball backward to start. Alternate feet, stay balanced. Repeat.

5. Pass the ball accurately to marker #3. Sprint to retrieve the ball. Speed dribble back to marker #2, slow down and execute a move or cut and accelerate out of this cut back to marker #1.
6. Juggle the ball from marker #1 to marker #2 without dropping the ball. Settle the ball at marker #2, turn with a cut or pull and return to marker #1 as quickly as possible. Repeat.

These days would be great opportunities to get in some basic strength work. Knock out some push-ups, ab work and walking lunges.

