 **Lady Warriors Women’s Soccer Spring/Summer 2020 Training Manual**



Lady Warriors Soccer,

Welcome to the 2020 season. As we begin this new season, we are beginning it with the most uncertainty that any of us have experienced in our lifetime. Unfortunately, none of us know what to expect moving forward and all we can do is prepare ourselves as best we can to be ready when we’re allowed to do so.

It is imperative, more so this year than any other year, that each of you begin the process of physically preparing yourselves for the upcoming season. There is a distinct possibility that our summer workout schedule will be cut somewhat, or eliminated all together, so if the state allows us to begin practice on August 17th, we must be ready to go. We can’t take the normal tryout week to get ourselves in shape, we must come into the preseason physically ready to go, and have our main focus be about soccer.

This individualized workout program has been designed to help each and every one of you accomplish our fitness goals. I’ve tried to make the program as easy to follow as possible, and I’ve also allowed for flexibility in doing your workouts. As the program was put together, I want you to please be aware of the following:

- Even though some of you have indicated to me that you’ve been working out, this has been designed with the mind set that very little physical activity has been done since the shutdown. You will see, especially with the distance runs, things start out fairly light, and gradually progress throughout.

- With limited use of fields, you’ll notice that Phase I & II can all be done without the use of a field. Hopefully as restrictions loosen, fields will become available to everyone and workouts can transition to them.

- On the schedule, you’ll notice that the headings underneath each phase are workout 1, workout 2 and workout 3. You can do the workouts on any 3 days you’d like, and you can do the workouts in any order. You do not have to follow the pattern on the chart, for example if you wanted to do your distance run last in the week, you could. You have the flexibility to choose what workout you want to do on each day.

- With that being said, I highly recommend you don’t do the workouts on 3 consecutive days. Rest and recovery is important, so make sure you’re allowing for that. A suggestion might be Monday’s, Wednesday’s and Friday’s, but that is up to you.

-Finally, if we should be able to have our summer workouts, we will continue to follow the schedule given in the packet.

The teams that prepare the best on their own, will be the most successful in 2020. With so much uncertainty, there’s no doubt in my mind this will be the case. I firmly believe this program will give us a great chance to succeed when we’re ready to play. Our issue will be, how many of us are going to do this each week? Do you have the motivation to do this on your own? I can tell you, if we have 20 players in the program doing this, 2020 will not be the season you’re hoping for. In order for us to be the top level program we strive to be, we need as close to 100% participation as possible. This is a program designed for every level of Lady Warriors Soccer, and the expectation is for every player to participate and get themselves ready for the season. Work hard, push & challenge yourselves, and I hope to see everyone very soon on the field.

Coach Fig

**Week #1**

**Sprint Workout**

**Fartlek #1 - 40 minutes in duration**

* 2 minutes - walk 15 seconds, jog 45 seconds
* 3 minutes - walk 15 seconds, stride 45 seconds….stride(75% sprint)
* 15 minutes - walk 45 seconds, sprint 15 seconds
* 2 minutes - walk 15 seconds, jog 45 seconds
* 3 minutes - walk 15 seconds, stride 45 seconds
* 10 minutes - walk 40 seconds, sprint 20 seconds
* 5 minutes – jog

**Ball Work**

**MSU #1 -** 10 exercises...first one should be done for 30 seconds without mistake before moving on to the next. <https://www.youtube.com/watch?v=fKCvB6rAxQc>

**Body Weight Circuit**

**Warriors Body Weight Circuit**

**TO BE COMPLETED TWICE!!**

|  |  |
| --- | --- |
| **Exercise** | **Durations** |
| Squats | **20 reps** |
| Tricep Dip | **20 reps** |
| Abs(90 degree crunch) | **90 seconds** |
| Split Squat Jump(Split Squat Jump(lunge position; one leg out in front, explode off front leg into the air) | **20 reps** |
| Elevated Pushups | **20 reps** |
| Abs(plank) | **90 seconds** |
| Alternating Front Lunge | **20 reps** |
| Diamond Push Ups | **20 reps** |
| Abs(reverse crunch) | **90 seconds** |
| Squat Jumps | **20 reps** |
| Push Ups | **20 reps** |
| Abs;Butterfly Crunch(soles of feet together, regular crunch from that position) | **90 seconds** |

**Week #2**

**Sprint Workout**

**Interval Run #1 - 20 minutes in duration**

* **0-5:00** - Jog
* **5:00-15:00 -** 30 second sprint/ 30 second jog
* **15:00-16:00 -** Jog
* **16:00 - 20:00 -** 1:00 Hard run/ 1:00 Jog

**Ball Work**

**MSU #2**

<https://www.youtube.com/watch?v=DBZnUBNqNu4>

1 minute of each

Single foot cuts – Right

Single Foot cuts – Left

Roll to cut – Right

Roll to Cut – Left

2 Footed Cuts

Tap tap roll

Tab Ramos Combo

Tab Ramos Combo other way

V – Inside

V – Outside

V – Behind the back – right

V – Behind the back – Left

Scissors – outside

Stepover – outside

**Body Weight Circuit**

**Roadrunner Body Circuit -** each exercise is to be performed for 45 seconds; 30 second rest between each exercise. Do 2 rotations of the assigned body circuit with a 3 minute rest in between circuits

1. **Squat Lunge**
2. **Lunges -** alternate legs
3. **Bicycle Crunches -** hands behind head, legs off ground, opposite elbow to knee
4. **Pushups**
5. **Broad Jumps -** jump as far out as you can
6. **Bench Dips -** hands on a bench or chair, feet straight out on the floor, lower yourself until upper arm is parallel to the floor
7. **Burpees**
8. **Spiderman Pushups -** as you lower yourself, rotate one of your hips out and bring knee to elbow in a bottom position of push up. As you push up the leg goes back to a starting position and repeat with other leg
9. **Hip Ups -** lie on your back, legs straight up in the air, press your hips towards the sky
10. **Bicycle Jumps -** right foot in front, left foot back, jump as high as possible and alternate feet

**Week #3**

**Sprint Workout**

**Fartlek #3 - 45 minutes in duration**

* 2 minutes - walk 20 seconds, jog 40 seconds
* 3 minutes - walk 20 seconds, stride 40 seconds
* 10 minutes - walk 30 seconds, sprint 30 seconds
* 5 minutes - walk 20 seconds, stride 40 seconds
* 5 minutes - walk 30 seconds, sprint 30 seconds
* 5 minutes - walk 20 seconds, jog 40 seconds
* 10 minutes - walk 30 seconds, sprint 30 seconds
* 5 minutes - jog

**Ball Work**

**MSU #3  -** Ball work:

<https://www.youtube.com/watch?v=yRnRYHPKKcQ>

1 minute of each x 3 rounds

1. Inside Outside
2. Inside Inside
3. Sole Outside
4. Sole Inside
5. Behind Standing Leg Outside
6. Behind Standing Leg Inside

**Body Weight Circuit**

**WH #1**

Pre- Set -- 3 rounds

* 5 push ups
* 15 air squats
* Reverse lunges 5 each leg

Then

10 Push-ups

20 Plyo Squats <https://www.youtube.com/watch?v=SDJIQq-BrCc>

30 Ski Abs <https://www.youtube.com/watch?v=cgbvMWTBqW4>

10 Single Leg RDL to high knee <https://www.youtube.com/watch?v=S96eoqwdZ7o&feature=youtu.be>

**Week #4**

**Sprint Workout**

**Interval Run #2  - 30 minutes in duration**

Jog for 60 seconds/ Sprint for 30 seconds / Walk for 30 seconds = **2** minutes(**Repeat for 30 minutes)**

**Ball Work**

**MSU #4**

<https://www.youtube.com/watch?v=7QEflsYZp3M>

**Inside Push**

**Outside Push**

**Inside Fwd Push**

**Inside Push Sole roll**

**L Drag**

**Alternate V Cuts**

**Parallel Sole Rolls**

**Sole Push & Pull**

**Single Leg Square**

**Double Leg Square**

**Body Weight Circuit**

**WH #2**

Pre- Set -- 3 rounds

10 lunges

20 slow Everest climbers (step, not jump) <https://www.youtube.com/watch?v=uiF0ghf6nGs>

30 Jumping jacks

4 rounds …. 45 seconds on, 15 seconds off

(ROUND 1 -- 45 seconds of high knees, rest 15, 45 seconds of Everest climbers, rest 15, 45 seconds of Burpees, rest 15, 45 seconds of V-ups, rest 15)

High knees <https://www.youtube.com/watch?v=DfjpR6dzLVg>

Everest Climbers (fast) <https://www.youtube.com/watch?v=uiF0ghf6nGs>

Burpees

V-ups <https://www.youtube.com/watch?v=t6OC23JDQLU>

**Week #5**

**Sprint Workout**

**Redhawk Sprint Series #4**

|  |  |
| --- | --- |
| **Sprint (seconds)** | **Jog (seconds)** |
| 0 | 60 |
| 10 | 50 |
| 20 | 40 |
| 30 | 30 |
| 40 | 20 |
| 50 | 10 |
| 40 | 20 |
| 30 | 30 |
| 20 | 40 |
| 10 | 50 |
| 0 | 60 |

**Ball Work**

**MSU #5 (1 minute of each)**  <https://www.youtube.com/watch?v=Zn5HWMIxQsQ&t=31s>

Inside R

Inside L

Inside both

Laces R

Laces L

Laces Both

2 touch R

2 Touch Left

2 touch Inside opening up

2 touch inside across body

2 touch Outside, Inside

**Body Weight Circuit**

**WH #3**

Pre- Set -- 3 rounds

10 lunges

20 slow Everest climbers (step, not jump) <https://www.youtube.com/watch?v=uiF0ghf6nGs>

30 Jumping jacks

5 rounds …. Try to complete as fast as possible

HR Push-ups x 10

Burpees x 15

Fingertip crunches x 20 <https://www.youtube.com/watch?v=nTvzj67hbpo>

Air Squats x 30

**Week #6**

**Sprint Workout**

**5-10-15-20-25yd Shuttle (10 reps with a 1:30 rest in between each rep)**

This is a shuttle drill, meaning you will be running back and forth (changing direction). From your starting line walk out 5yds, 10yds, 15yds, 20yds, and 25 yds

Sprint from the start to 5yds planting your foot at the cone, and then sprint back

Sprint from the start to 10yds and back

Sprint from the start to 15 yds and back

Sprint from the start to 20yds and back

Sprint from the start to 25yds and back through the finish

This is one rep

**Ball Work**

**MSU #1 -** 10 exercises...first one should be done for 30 seconds without mistake before moving on to the next. <https://www.youtube.com/watch?v=fKCvB6rAxQc>

**Body** **Weight Circuit**

**WH #4**

Work-out:

Pre- Set -- 3 rounds … Slow deliberate perfect reps, form is important, time is not

Single Leg RDL X 8 each leg - <https://www.youtube.com/watch?v=FujJkRLG1Fg>

Single Leg hip thrusters x 10 each leg <https://www.youtube.com/watch?v=om7q9aCVvR0>

Super-womans x 3 reps of :15 seconds. <https://www.youtube.com/watch?v=z6PJMT2y8GQ>

Set a timer for 20 minutes. Do each exercise in order for the prescribed number of reps, when you complete Russian Twists, start again at Burpees.  While we are striving for good form, our focus is on the intensity of the workout.

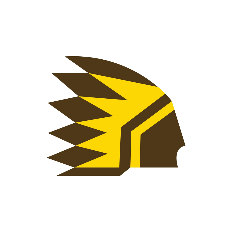
Burpees x 10 <https://www.youtube.com/watch?v=dZgVxmf6jkA>

Ski abs x 20 <https://www.youtube.com/watch?v=bbK8Tby0N1o>

Plyo lunges x 30 <https://www.youtube.com/watch?v=sN1F4NBZIik>

Oblique V-ups x 40 (20 each side) <https://www.youtube.com/watch?v=KnuEA07PYsI>

Russian Twists x 50 <https://www.youtube.com/watch?v=wkD8rjkodUI>

**Week #7 **

**Sprint Workout**

**20/40/60/80s -** Set up a cone/disc for 20, 40 ,60, and 80 yards. Sprint to the marker, get a full recovery at the line and sprint back. Each sprint counts as 1 rep. Rest should be no longer than 20 seconds. Goal times...**20s -** 4 seconds… **40s -** 6 seconds...**60s** - 9 seconds... **80s  -** 13 seconds

* 1 round trip count as 2 reps
  + 6 reps at each marker for a total of 24 sprints

**Ball Work**

**MSU #2**

<https://www.youtube.com/watch?v=DBZnUBNqNu4>

1 minute of each

Single foot cuts – Right

Single Foot cuts – Left

Roll to cut – Right

Roll to Cut – Left

2 Footed Cuts

Tap tap roll

Tab Ramos Combo

Tab Ramos Combo other way

V – Inside

V – Outside

V – Behind the back – right

V – Behind the back – Left

Scissors – outside

Stepover – outside

**Body Weight Circuit**

**WH #5**

Pre- Set -- 3 rounds … Slow deliberate perfect reps, form is important, time is not

Air squats x 10

Lunges x 10

Jane Fondas x 5 each side <https://www.youtube.com/watch?v=blVmPUbM58A> GREAT FORM IS CRUCIAL

5 rounds of:   While we are striving for good form, our focus is on the intensity of the workout.

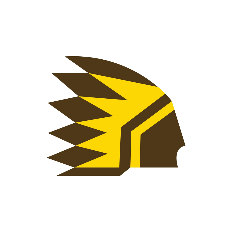
Wall sit x :30 seconds

Frog Squats x 10 <https://www.youtube.com/watch?v=GC2u30Eqj2E>

Side lunges x 20 total, 10 each way  <https://www.youtube.com/watch?v=rvqLVxYqEvo>

Jump Squats x 25  <https://www.youtube.com/watch?v=0LGJZqKfpXs>

Calf raises x 30 <https://www.youtube.com/watch?v=UV8gOrHmuKc>

**WEEK #8**

**Sprint Workout**

**Phoenix Sprint #2** (30 second rest)

* **12,** 40 yd sprints
* **6**  Width of the 18 yd box sprints

**Ball Work**

**MSU #3**

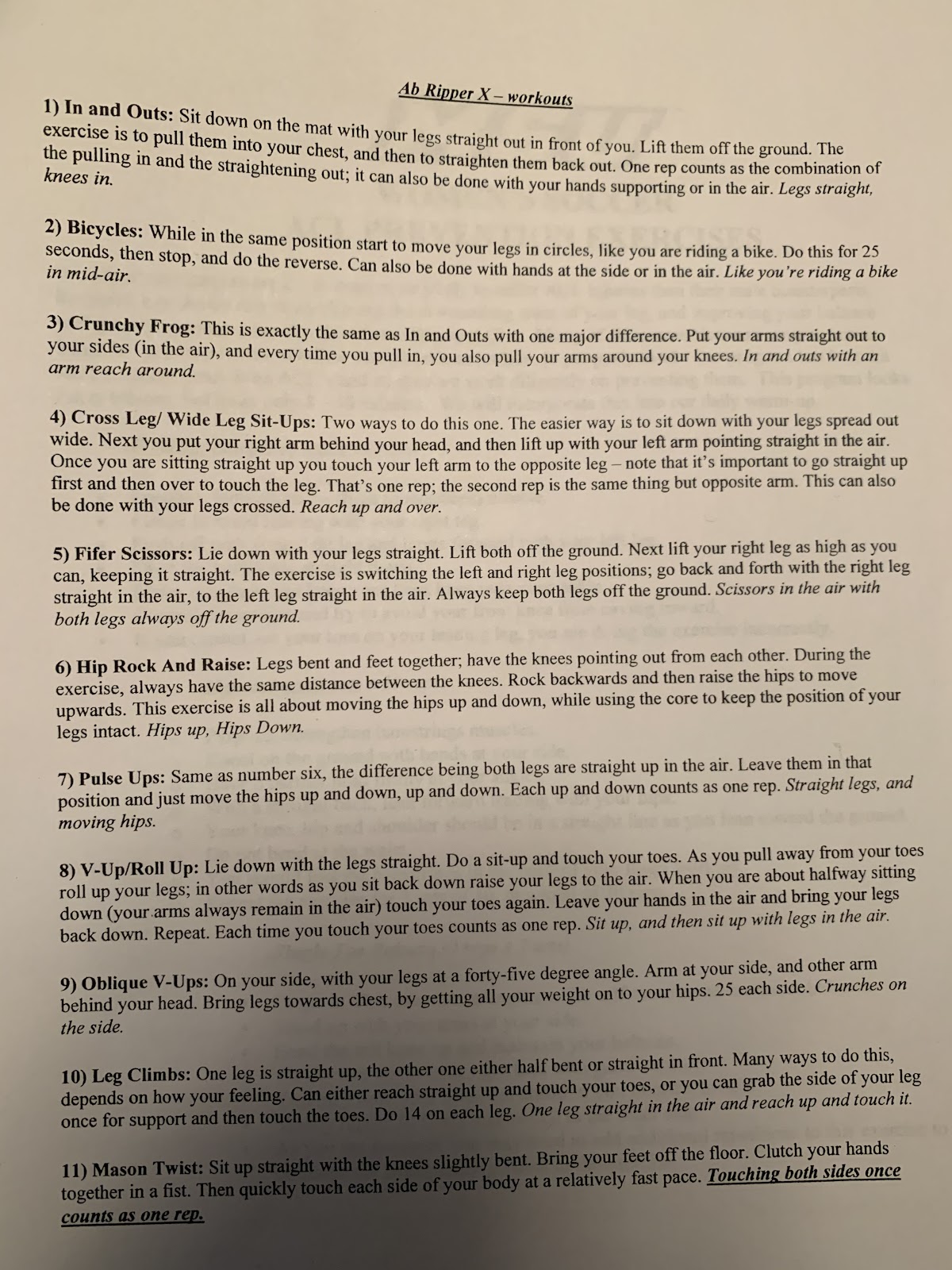
<https://www.youtube.com/watch?v=yRnRYHPKKcQ>

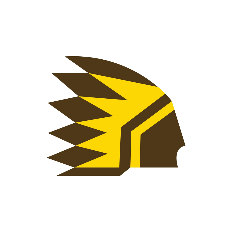
1 minute of each x 3 rounds

1. Inside Outside
2. Inside Inside
3. Sole Outside
4. Sole Inside
5. Behind Standing Leg Outside
6. Behind Standing Leg Inside

**Body** **Weight Circuit**

**Watchung Hills #1  - 25** reps each

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**Week #9**

**Sprint Workout**

**Redhawk Sprint Series #2**

**1 length should be roughly the width of a field, or 2 telephone poles.**

Sprint 1 Length, rest 30 seconds

Sprint 2 Lengths, rest 30 seconds

Sprint 3 Lengths, rest 30 seconds

Sprint 4 Lengths, rest 30 seconds

Sprint 3 Lengths, rest 30 seconds

Sprint 2 Lengths, rest 30 seconds

Sprint 1 Lengths, rest 30 seconds

**Ball Work**

**MSU #4**

<https://www.youtube.com/watch?v=7QEflsYZp3M>

**Inside Push**

**Outside Push**

**Inside Fwd Push**

**Inside Push Sole roll**

**L Drag**

**Alternate V Cuts**

**Parallel Sole Rolls**

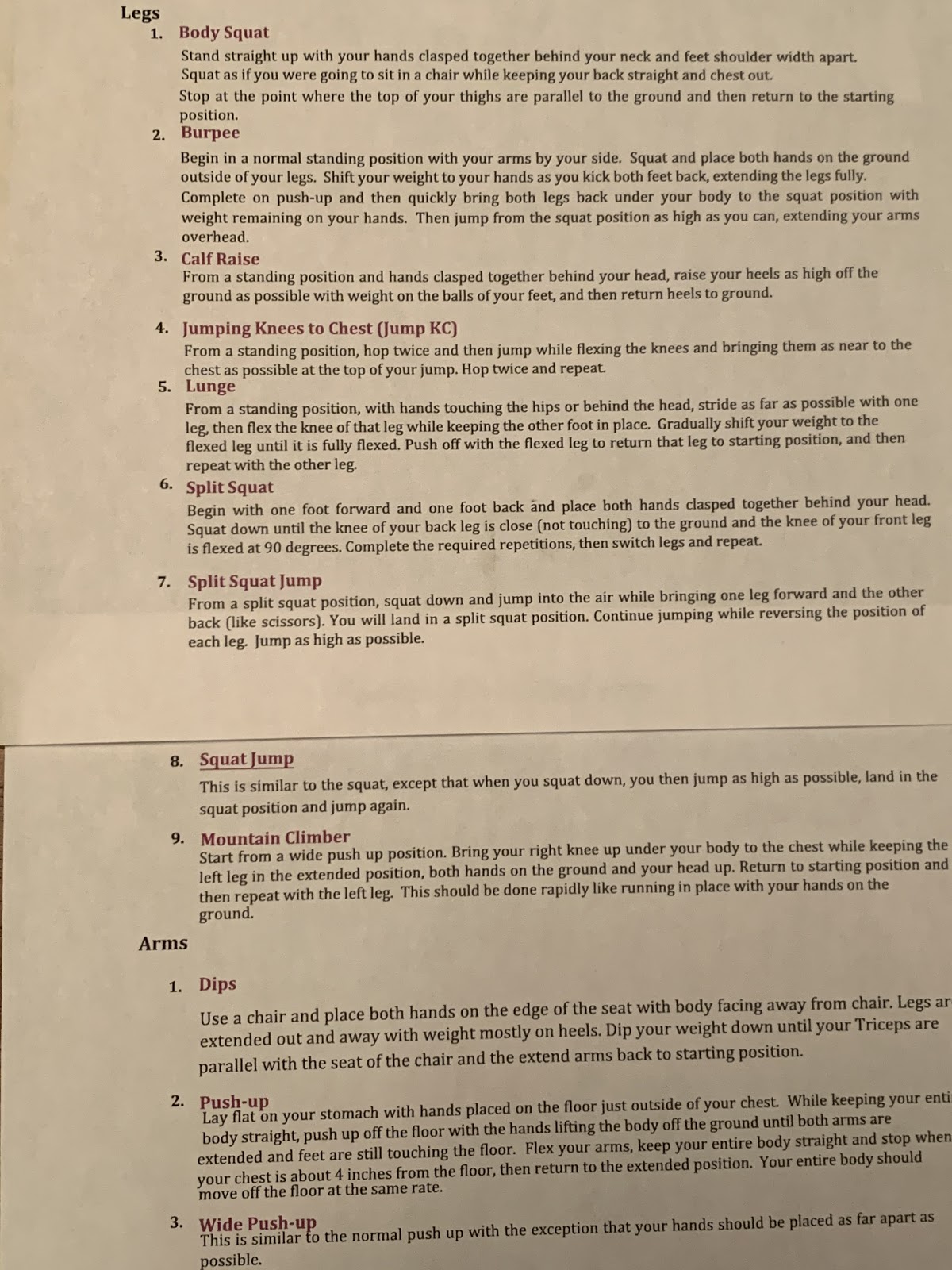
**Sole Push & Pull**

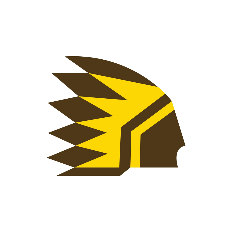
**Single Leg Square**

**Double Leg Square**

**Body Weight Circuit**

**Watchung Hills #2**  - **20** reps for each exercise. Circuit should be completed twice



**Week #10**

**Sprint Workout**

**300 yd Shuttle Runs**   (**3** sets)

* Set up a 50 yd marker(disc or cone)
* Shuttles consist of running to a 50yd marker and back **3** times as fast as possible(**this is one set)**
* 1 minute rest between each
* Looking for 3 shuttles under 60 seconds

**OR**

**300 yd Shuttle Runs**   (**3** sets)

* Set up a 25 yd marker(disc or cone)
* Shuttles consist of running to a 25yd marker and back **6** times as fast as possible(**this is one set)**
* 1 minute rest between each
* Looking for 6 shuttles under 60 seconds

**Ball Work**

**MSU #5 (1 minute of each)**  <https://www.youtube.com/watch?v=Zn5HWMIxQsQ&t=31s>

Inside R

Inside L

Inside both

Laces R

Laces L

Laces Both

2 touch R

2 Touch Left

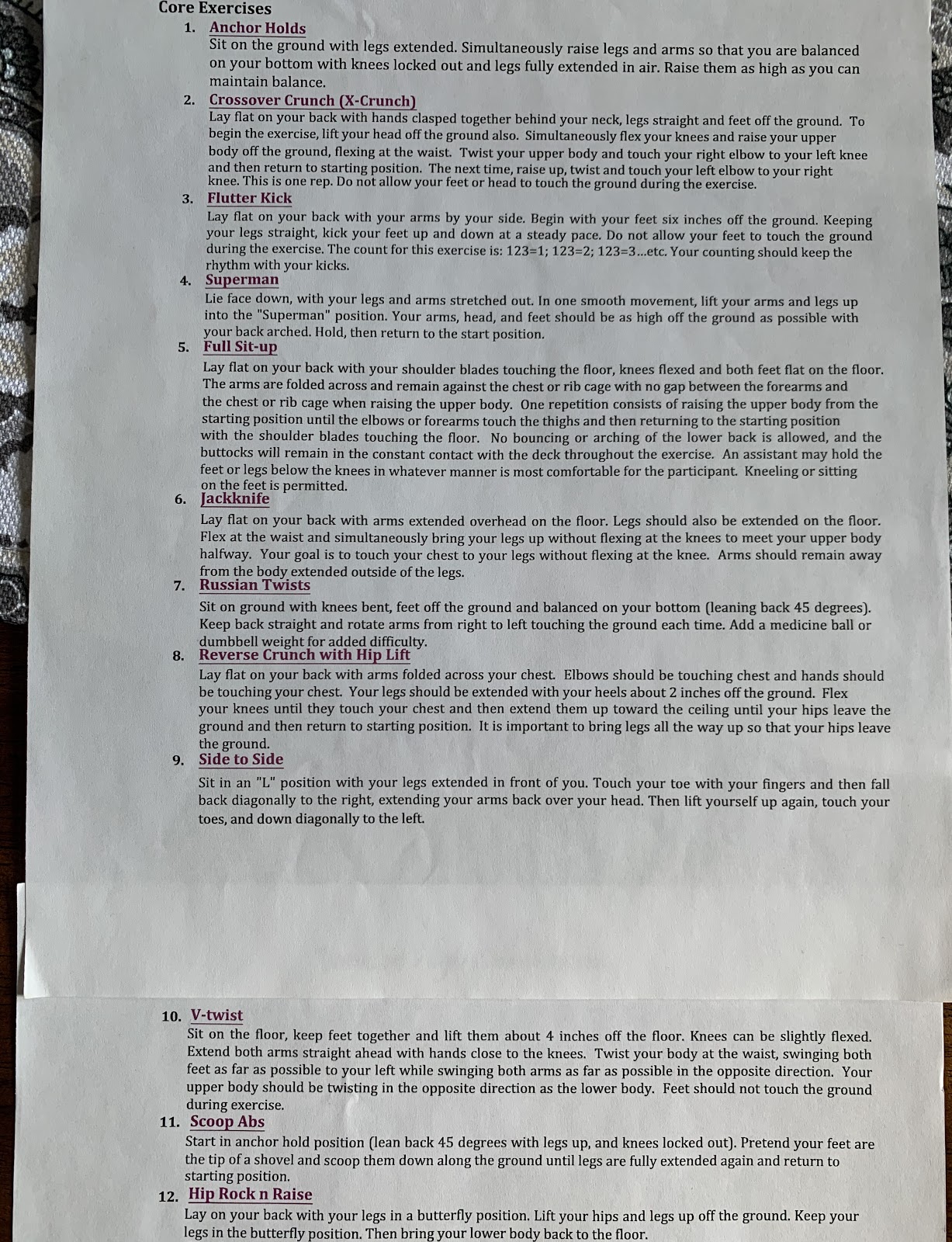
2 touch Inside opening up

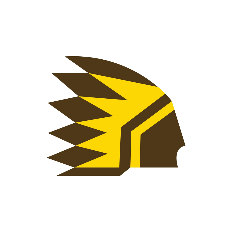
2 touch inside across body

2 touch Outside, Inside

**Body Weight Circuit**

**Watchung Hills #3**  - 2 sets of 20 reps for each exercise

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**Week #11**

**Sprint Workout**

**Split 150s** (**6** sets)

* Set up a cone at 0, 50, and 100 yds
* Sprint to the 100yd cone in 14 seconds
* Take a 10 second rest
* Sprint back to the 50yd cone in 7 seconds
* After the 50yd sprint, you have 1 minute to get back to the start
* **This is 1 set**

**Ball Work**

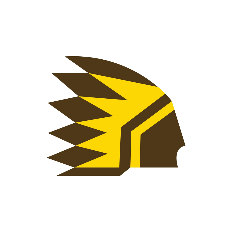
**MSU #1 -** 10 exercises...first one should be done for 30 seconds without mistake before moving on to the next. <https://www.youtube.com/watch?v=fKCvB6rAxQc>

**Body Weight Circuit**

**Phoenix #1**  - **12** exercises, Done for 30 seconds each with no breaks.

**CIRCUIT TO BE DONE TWICE**

1. Flutter Kicks
2. Big Flutter kicks
3. Bicycles
4. Side plank (**30** seconds each side)
5. Crunches
6. Leg lifts
7. V - Ups
8. Alternating V - Ups
9. Russian Twists
10. 10 pushups
11. Alternating Crunches
12. Rocky Sit Ups

**Week #12**

**Sprint Workout**

**Redhawk Sprint Series #1**

* **4 rounds….** Sprint for 30 seconds, Jog for 30 seconds
* **4 rounds….** Sprint for 45 seconds, Jog for 45:seconds
* **4 rounds….** Sprint for 1 minute, Jog for 1 minute

**Ball Work**

**MSU #2**

<https://www.youtube.com/watch?v=DBZnUBNqNu4>

1 minute of each

Single foot cuts – Right

Single Foot cuts – Left

Roll to cut – Right

Roll to Cut – Left

2 Footed Cuts

Tap tap roll

Tab Ramos Combo

Tab Ramos Combo other way

V – Inside

V – Outside

V – Behind the back – right

V – Behind the back – Left

Scissors – outside

Stepover – outside

**Body Weight Circuit**

**Players Choice**

* Pick any one of the previous body weight circuits for week 12