

CRANFORD HIGH SCHOOL GIRLS SOCCER



2018 SEASON

SPRING/SUMMER WORKOUT PACKET (May-August)

This Spring/Summer training guide is designed for all CHS high school girls soccer players. Whether you are a returning Varsity player, a JV player, or an incoming 9th grader, you will benefit from the exercises here. This is your tool to improve your fitness day by day, week by week to prepare for our season. It is up to you to stick with it! Since I am unable to hold any formal workouts in Spring due to coaching, I am providing all players with this packet. **I am not babysitting – I will not be making sure everyone does all of the workouts. Players who care about getting better (and making our program better) will do the workouts. The only way we will see improvement and growth as a PROGRAM is if we ALL buy in! So let's all get better by starting early!**

*****Those who play SPRING SPORTS FOR CHS:** I understand many of you play sports for the high school in the Spring – **please feel free to tailor these workouts to your schedule for something that is both challenging for you, and can fit your schedule. We know school and a sport is tough, so do whatever you can!**

Fitness is not one-size-fits-all - if the times are too fast or too slow for you, just push yourself. It is important that you work hard, follow the program, and understand the benefits in the long-term.

In order to reach our potential this season, we need to push ourselves to be the best in all aspects of the game: technical, tactical, mental, & physical. It is impossible to play this way without a full roster of players who are fit. We need to hold ourselves accountable this Spring/Summer with our level of fitness. Your work will have a direct impact on the team's level of success!

Every team wants to win during the season, but the ***champions are the ones who have that same desire during the off-season.*** Someone is training to beat you as you read this – get out there! Fitness is the one thing that YOU can control. If you

come into preseason in the best shape of your life, the technical aspects of your game will also improve – your mental state will be at it's best.

I'd like to spend preseason working on technical and tactical work, rather than spending time trying to establish baseline fitness that you should already possess from your Spring/Summer workouts. Pre-season is designed to add additional fitness to an already high-level; it is not designed to take unfit players to full fitness – attempting to achieve this will result in injuries, and will hurt the team and our chances of success. **The workouts do not last longer than 60 minutes (in fact, many are about 30 minutes, which is a small chunk of your day).**

Tips:

- Workout in groups when you can, it is much easier to push yourself when you are with others. Seniors can be contacted for coordination.
- Get in a routine. If you set aside the same time to do it everyday, it will be easier to stick to the schedule.
- Do it early. Go in the morning before it gets too hot, get it out of the way and feel great for the rest of the day!
- Get proper running shoes and soccer shoes now. Do NOT wait until August to get new shoes. Prices will go up, and you'll need time to break boots in!
- **Nutrition:** eat and drink properly. Always have water with you during workouts. It is extremely important to hydrate before, during, and after workouts.
- If you have other athletic commitments, make reasonable allowances with your workout schedule.
- There will be summer Senior Sessions as well. I will send that information out as soon as it is finalized.
- Your first fitness test will be the 2 mile run. This is the first thing we will be doing at preseason! This fitness test is more mental than it is physical. The more practice you do in the summer, the easier this will be at preseason. **15 minutes is your goal!**
- Contact me with any questions: CHSGVS2016@gmail.com – (908) 403-7295

How to do the workouts:

Workouts are split into THREE PHASES based on dates leading up to the start of pre-season. The workout phases get progressively harder as they go along, with the goal of feeling your BEST by Phase 3.

You will do one workout from each group TOGETHER per day. Numbers go together (ex- Day 1 will consist of #1 from each group of Endurance, Lower Body Strength, and Upper Body Strength groups (A1, B1, and C1 Would all be on day 1). Day 2 consists of #2 from each group (A2, B2, and C2), etc..)

Phase 1 (May 1-May 30)

A. Endurance:

1. 30 minute run
2. 2 mile run
3. 10 full field sprints (no jog back, try to get to the other end in under 22 seconds)
4. DAY OFF!

B. Strength: Lower Body

1. 3 x 30 second wall sits, 2 x 10 burpees
2. 3 x 15 mountain climbers, 3 x 10 squats
3. 3 x 10 air squats
4. DAY OFF!

C. Strength: Upper Body

Days 1 & 2 – 5 minute abs (exercises of your choosing), 20 push ups

Day 3 – 1 minute plank, 30 second side plank (each) x2

Day 4 – DAY OFF.

Phase 2 – (June 1 – June 30)

A. Endurance:

1. 3 mile run (lap 4 – sprint, lap 8 – walk, lap 12 – sprint)
2. 5 120's (30 second break added to time after 3rd sprint)
jog back, aim to get >20 seconds each time on sprints
-After each week increase the number (6, 7, etc.) —> Cool down 10 minute jog
3. 25 minute run (every 5 minutes, sprint for 20 seconds)
4. DAY OFF!

B. Strength – Lower Body:

1. 3 x 10 Squats with toe raises
2. 3 x 45 second wall sits, 2 x 10 burpees
3. 3 x 12 air lunges, 3 x 10 mountain climbers
4. DAY OFF!

C. Strength – Upper Body

1. Front plank 1 minute x2, Push up position plank 1 minute x2, 20 toe touches x2, 10 suitcases x2
2. Side plank 60 seconds each x2, 20 bicycles x2, 1 minute sit ups (time)
3. 4 minute abs (exercises of your choosing)
4. DAY OFF!

Phase 3-(July 1- July 31)

A. Endurance:

1. x3 half field sprints (6 yd box-back, 18 yd box-back, 50 yd line, back) —> 2 minute break in between
-Cool down: 15 minute run
2. 10, 50 yd line sprints (jog back to starting position)
-first 4 start on your stomach, second 4 start sitting down, final 2 start in ready position
-no more than 1 minute between each sprint
3. 10 120's! (30 second break added after the 3rd, 7th, and 9th run)
-aim to get >20 seconds each time
4. Day OFF!

B. Strength - Lower Body

- Day 1 & 2 - 3 x 45 second wall sits, 3 x 30 second mountain climbers Day 3 & 4 – 30 second burpees, 3 second air squats
Day 3 – 2 x 10 air lunges, 3 x 15 squats
Strength – Upper Body
Day 4- OFF

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The coaches can't wait to get started with the 2018 season! We will be successful as a group if we push ourselves and each other to improve every day; to strive to be the very best you can be — starting now! I hope you all see the potential in yourselves this season like I do. You are ALL very talented, and have a high work rate. I just now want you all to put that work in ahead of Summer.

**Sincerely,
CHS Girls Soccer coaches**

**Coach Gagliardo, Varsity Head Coach
Coach Brechbiel, Varsity Assistant Coach
Coach Yorkanis, JV Head Coach
Coach Feminello, Freshmen Head Coach**