

Conditioning for Soccer



*"The harder you work, the harder it is
to surrender"*

Vince Lombardi

LADY VOLS SOCCER SUMMER CONDITIONING PROGRAM 2006

ANAEROBIC TRAINING: This training focuses primarily on improving the phosphagen and glycolysis systems. The contribution of each system is dependent upon the nature of the exercise. Intensity, duration (time), and rest-time all determine how much these two energy systems must adapt to a training stimulus (exercise). Generally speaking, short-duration, high-intensity activities utilize these two energy systems more than less intense exercises done for longer periods of time. The purpose of anaerobic training is to improve speed and recovery. Conditioning exercises, sprints, and agility drills provided in the pages that follow all engage this system to a certain extent. Drills focusing primarily on the anaerobic system are: A,B,C,D, G, foot ladder drills, and agility drills. The relatively short duration of these drills, in addition to greater intensity and volume would classify them as predominately anaerobic in nature.

AEROBIC TRAINING: This type of training encompasses a wide variety of exercises. Aerobic training is achieved by overloading the oxidative system through either interval training (intense activity with incorporated rest) or long duration activities such as distance running, biking, swimming, etc. The purpose of training this energy system is to increase maximal oxygen uptake and increase maximal cardiac output. Drills primarily utilizing this energy system are: E,F,H,I,J,K,L,M, & N. Sprint intervals are an excellent way to work on anaerobic and aerobic conditioning within the same frame work. Drill M mentions this type of training. Sprint intervals can also be done with cross-training exercises (see following section).

CROSS-TRAINING: Cross-training is a form of training that involves various modes of training that are not necessarily specific in nature to a certain sport. Cross-training can improve an athlete's overall level of conditioning and fitness without being overly specific to their particular sport. In addition, cross-training may be helpful in reducing the likelihood of overuse injuries and is commonly used in during off-season training periods. Cross-training exercises may include but are not limited to running, biking, swimming, elliptical trainers, stair-steppers, etc. If adequate intensity and duration are used then these forms of training can be beneficial in maintaining and even improving an athlete's level of conditioning, while potentially limiting possible overuse injuries. Interval work can be done during cross-training sessions. Sprints can be done on an exercise bike or an elliptical machine, or in the form of run/jog/walk combinations.

TENNESSEE SOCCER

SUMMER CONDITIONING PROGRAM

2006

THREE PHASES:

- WEEKS 1-3: BASE (AEROBIC)
- WEEKS 4-6: ANAEROBIC ENDURANCE (AEROBIC-GLYCOLYTIC)
- WEEKS 7-10: DECREASED TRAINING VOLUME
- WEEK 11: ACTIVE REST

PHASE ONE:

Week 1: May 21-May 27

Workouts can be completed in any order; incorporate two days off during the week.

- 20s/40s/60s/80s: reps of 6/4/2/1 (see G for details)
{6 x 20 yd./4 x 40 yd./2 x 60 yd./1 x 80 yd.}
- 4 sets of 300m sprints (see L for details)
- 30 minute cross-training exercise (see M for details)
- 4 sets of 300m sprints (see L for details)

Week 2: May 28-June 3

Workouts can be completed in any order; incorporate two days off during the week.

- 20s/40s/60s/80s: reps of 6/4/2/1
{6 x 20 yd./4 x 40 yd./2 x 60 yd./1 x 80 yd.}
- 20 minute run followed by 20s/40s/60s/80s & Ball workout
- 1 set of split 150's (see J for details)
- 300yd. shuttle combos (set of 3): 45 seconds rest between each (see C & D for details)
- 30 minute cross-training exercise

PHASE TWO:

Week 3: June 4-June 10

Workouts can be completed in any order; incorporate one day off during the week.

- 20s/40s/60s/80s: reps of 8/6/4/2
{8 x 20 yd./6 x 40 yd./4 x 60 yd./2 x 80 yd.}
- Ball workout followed by 20 minute hard run
- "The Swibas" (see N for details)
- 20 minute hard run & 20s/40s/60s/80s
- 30 minute cross-training exercise
- 1 set of "jog a minute" (see K for details)

Week 4: June 11-June 17

Workouts can be completed in any order; incorporate one day off during the week.

- 30 minute cross-training exercise
- 20s/40s/60s/80s: reps of 10/8/6/4
{10 x 20 yd./8 x 40 yd./6 x 60 yd./4 x 80 yd.}
- 1 set of "stinkers" (see C for details)
- 20 minute run & Ball workout
- 20s/40s/60s/80s
- 1 set of 120's (see F for details)

Week 5: June 18-June 24

Workouts can be completed in any order; incorporate one day off during the week.

- 30 minute run
- 20 minute hard run
- 20s/40s/60s/80s: reps of 10/8/6/4
{10 x 20 yd./8 x 40 yd./6 x 60 yd./4 x 80 yd.}
- Ball workout
- 1 set of "stinkettes" (see D for details)
- 1 set of Angers (see H for details)

Week 6: June 25-July 1

Workouts can be completed in any order; incorporate one day off during the week.

- "The Swibas"
- Ball workout & 20s/40s/60s/80s
- 30 minute cross-training exercise
- 3 sets of cone/stinkette combo: run 2 cones in 35 seconds, rest one minute then run stinkette in 1:05 with 1:15 rest (completion of 2 cones & 1 stinkette = 1 set) (see A for details)
- 1 set of 120's
- 20s/40s/60s/80s: reps of 10/8/6/4
{10 x 20 yd./8 x 40 yd./6 x 60 yd./4 x 80 yd.}

PHASE THREE:

Week 7: July 2-July 8

Workouts can be completed in any order; incorporate two days off during the week.

- 1 set of cones (see E for details)
- 1 set of darters (see I for details)
- Ball workout & 20 minute run @ maximal pace followed by speed training option
- 300 yd. shuttle combos (set of 4): stinkers in 1:00 followed by 45 seconds rest; stinkettes in 1:05 followed by 1:30 rest
- 20s/40s/60s/80s: reps of 8/6/4/2
{8 x 20 yd./6 x 40 yd./4 x 60 yd./2 x 80 yd.}

Week 8: July 9-July 15

Workouts can be completed in any order; incorporate two days off during the week.

- Ball workout & 20 minute run @ moderate pace
- 20s/40s/60s/80s: reps of 6/4/2/1
{6 x 20 yd./4 x 40 yd./2 x 60 yd./1 x 80 yd.}
- 20 minute run @ maximal pace
- 300 yd. shuttle combos (set of 4): stinkers in 1:00 followed by 45 seconds rest; stinkettes in 1:05 followed by 1:30 rest
- 2 sets of 40 yd. shuttles followed by one cone: shuttles in 50 seconds followed by 30 seconds rest; cone in 35 seconds followed by 1:00 rest (see B for details)

Week 9: July 16-July 22

Workouts can be completed in any order; incorporate two days off during the week.

- "The Swibas"
- 20 minute run @ moderate pace
- 30 minute cross-training exercise
- 1 set of 120's (8 in 18 seconds & 2 in 17 seconds)
- 1 set of modified cones (drop the 20 & 25 yd. sprints): sprint 5 yd.-10 yd.-15 yd. (first 7 in 15 seconds, last 3 in 20 seconds; rest is 15 seconds between sprints)

Week 10: July 23-July 29

Workouts can be completed in any order; incorporate two days off during the week.

- Ball workout
- 20 minute hard run
- 1&1/2 set of cones (15 total sprints)/ on the bike (40 seconds sprint, 20 seconds slow pedal)
- 30 minute cross-training exercise
- 10 x 60s; sprint @ maximal speed, rest until recovered

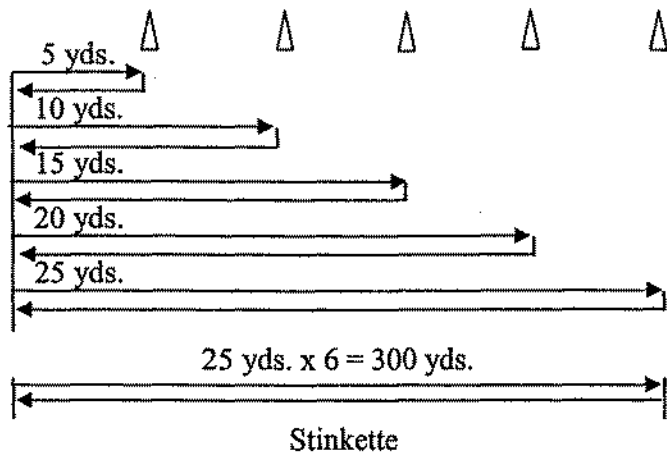
Week 11: July 30-Aug 5

Active rest period, complete workouts in any order; utilize this week for recovery.

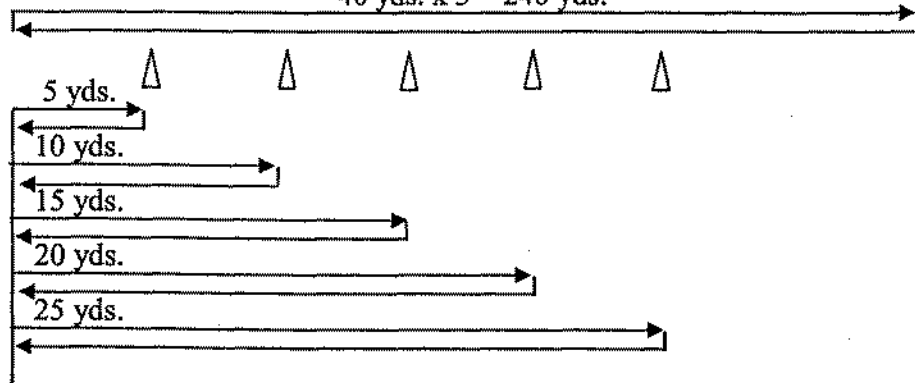
- 30 minute slow jog
- 30 minute cross-training exercise
- 20s/40s/60s/80s: reps of 6/4/2/1
{6 x 20 yd./4 x 40 yd./2 x 60 yd./1 x 80 yd.}

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- A. Cone/Stinkette Combo (two cones followed by one stinkette)
Set up 5 cones ranging from 0-25 yards. Run a cone (150 yd. shuttle) right into a stinkette. The stinkette is a total of 6 round trips to a 25 yd. distance.
The cone is already set 25 yards out for the stinkette. You will run out to the last cone (= 25 yards).

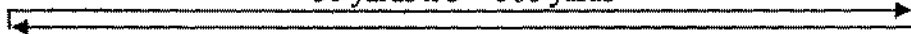


- B. 40-yard shuttles followed by a cone
Run 3 round trips to a 40 yd. distance, followed by one cone (150 yd. shuttle)
 $40 \text{ yds.} \times 3 = 240 \text{ yds.}$

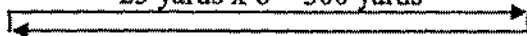


* Note: these two exercises take some pre-workout setting up!

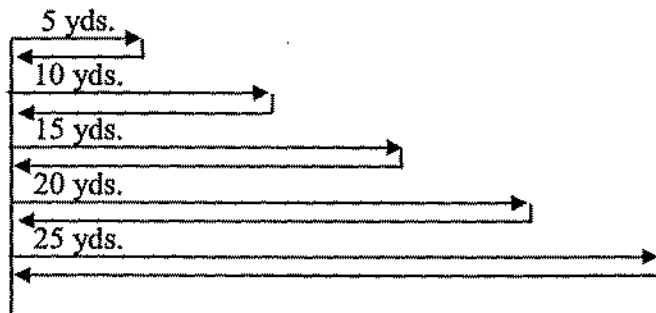
- C. Stinkers- 6 x 50 yard shuttles (total = 300 yards)
 You will run out and back to a 50 yard mark 3 times. Goal time: 1:00 minute.
 $50 \text{ yards} \times 3 = 300 \text{ yards}$



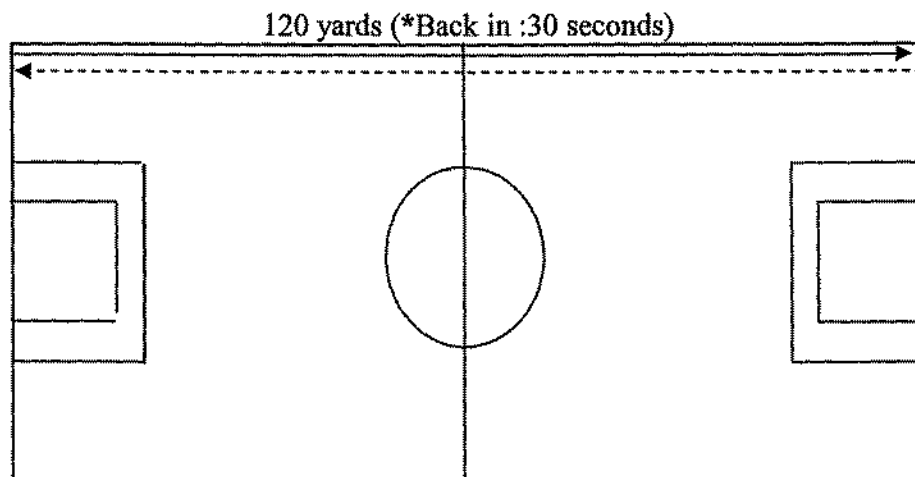
- D. Stinkettes- 6 x 25 yard shuttles (total = 300 yards)
 You will run out and back to a 25 yard mark 6 times. Goal time: 1:05 minutes.
 $25 \text{ yards} \times 6 = 300 \text{ yards}$



- E. Cones- 10 x 5 cones
 Set up cones 5 yards apart ranging from 0 to 25 yards.
 One shuttle equals sprinting out and back to each of the five cones.
 Goal: 7 sets in :35 seconds with :25 second rest; 3 sets in :40 seconds with :20 seconds rest.



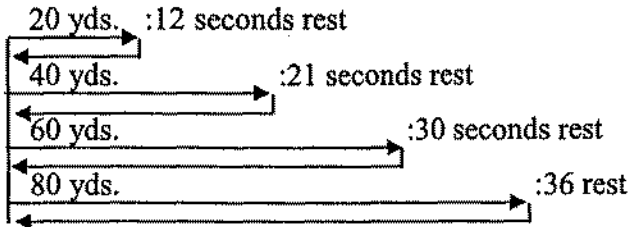
- F. 120's- 10 x 120 yard sprint (regulation soccer field)
 Sprint 120 yards in :18 seconds with :30 seconds to get back to the start.
 Your rest is :30 seconds with an extra :15 seconds rest after sprints #3, #5 and #7.



G.

20's / 40's / 60's / 80's

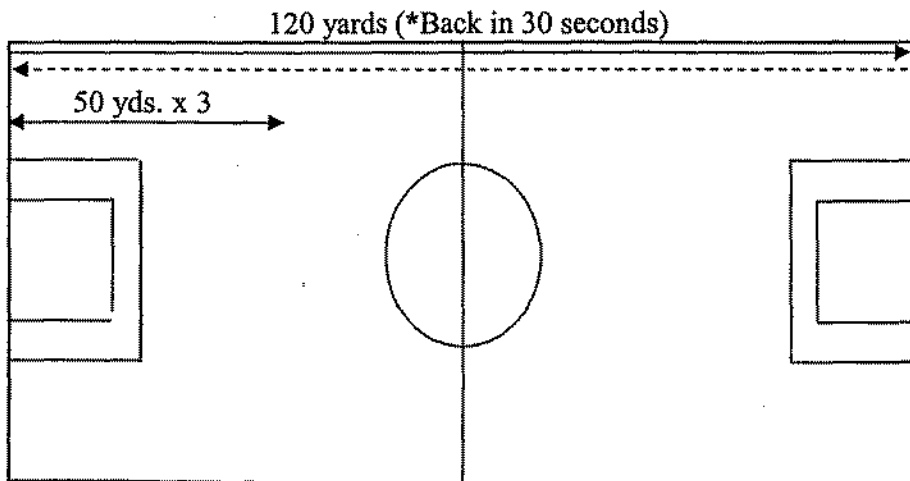
The number of reps for each sprint is listed in the week's assignment. After each sprint, you get full recovery standing still (do not jog back to start). With plenty of time to recover, make sure this is a full sprint!



H.

Angers- 5 sets of a 120 and stinker.

Sprint 120 yards in :18 seconds with :30 seconds to get back to the start. Take :30 seconds rest before doing a stinker in 1:00 (out and back to 50 yards three times). This equals one set. Take 1:30 to rest in between sets.

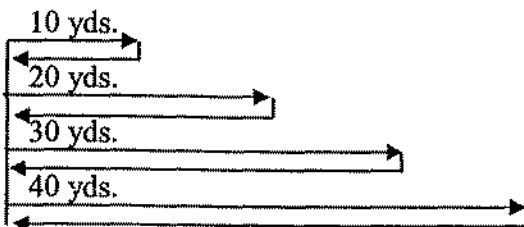


I.

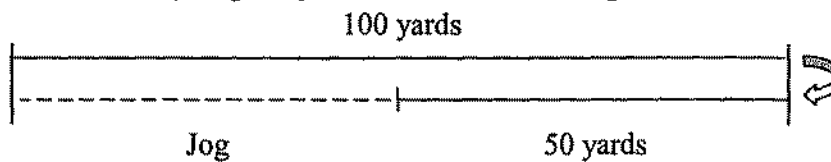
Darters- 8 sets of sprints

Similar concept of "cones". Set up 5 cones from 0 to 40 yards.

Run out and back to each cone. Goal time: between :40 and :45 seconds. Take :30 seconds rest. Add an extra :15 seconds rest after sprints #3 and #5.



- J.** Split 150's- 6 sets of sprints
Set up 3 cones at 0 yd., 50 yd., and 100 yd. Sprint to the 100 yd. mark in :14 seconds. Turn around and take a :10 second rest, then sprint back 50 yd. in :07 seconds. After the 50 yd. sprint you have 1:00 minute to get back to the start. This is one set.



- K.** Jog a minute- 6 sets of sprints
On a track or a field, mark your start position and set a watch for 1 minute. Begin your hard sprint around the track/field for one minute. After the minute has expired, jog in the towards to the start. You have one minute to get back to the start position and rest. The faster you sprint and jog, the more rest you will have. This is one sprint.

- L.** 300m sprints- 4 sets of sprints
Similar to the sprints listed above, on a track or field, sprint 300 yards around the edge. When finished, walk back to the start. Repeat the sprint. After walking back to the start for the second time, rest for :90 seconds. This equals one set.

- M.** Cross-training exercises- 30 minute workouts

These are some suggestions for cross-training exercises. Incorporate sprint intervals into the 30-minute workout to increase your heart rate.

- Treadmill
- Elliptical machine
- Bike
- Versaclimber
- Rowing machine
- Stairmaster

N. "The Swibas"

Start at the end line of a regulation soccer field (120 yards) and run to each line marked below and back to the start. The entire workout includes 2 sets of 3 sprints or shuttles.

Take an extra minute of rest between the 3rd and 4th sprints/shuttles.

Times should be as follows:

- First: 4:15 with 1:30 rest
 - Second: 4:25 with 1:30 rest
 - Third: 4:20 with 2:30 rest
 - Fourth: 4:20 with 1:30 rest
 - Fifth: 4:25 with 1:30 rest
 - Sixth: 4:15
- } set # 1
-
- } set # 2

