

Eugene, May 29 2011

## South Eugene Girls Soccer Summer Program

Dear returning and incoming South Eugene soccer players,  
I am very excited to welcome all of you to what historically has been one of the best high school soccer programs in the state of Oregon. I am looking forward to the future and the opportunity to continue to produce excellent soccer players who have the will and desire to succeed academically, on the playing field and in life.

I would like to introduce my summer program that will prepare us for our fall preseason. Only hard and persistent work over the summer will prepare us for a very competitive season. The summer program is designed to prepare all players (varsity, JV and Freshman) for their respective seasons with an emphasis on injury prevention and getting in the best possible shape before we are heading into competition. It is in the best interest of all players to participate in this program as fully as they can. Of course, all of you will miss sessions here and there but I expect all of you to complete the program on your own if you cannot make these sessions. Please contact me if you are in doubt what to do. In May and June you will be on your own and I expect all of you to complete the Foundational Strength program that I have outlined. It is crucial that you hit the weight room and work on your core strength as well as upper body strength to prevent injuries and prepare yourself for the second part of the conditioning program starting at the end of June. If you want to be taken seriously as a soccer player, you need to put in the work that is required of a top level soccer player. I am very interested in building a program that allows every player to be as successful as they can and want to be.

While the program stresses conditioning, the technical skills you bring to the game are equally important. I expect all of you to work as much with the ball as you can. Technical work on the ball includes passing and receiving with all surfaces of both feet, dribbling, juggling, and shooting as well with both feet. Every player in this program is expected to improve his skills on the ball by applying, improving, and training with the ball as often as you can. If you are not playing soccer year round, find some friends and play pick up games, play in a soccer tournament, join a soccer camp, or use your backyard as a training center.

The early pre-season will start on June 27<sup>th</sup>. Again, if you cannot make these sessions make sure you work on your own.

Many of you might be interested in how I will evaluate all of you as soccer players. In order to evaluate a soccer player and her role on a team, I take many different elements into account. Technical skills, experience and understanding of the game, position on the field, work ethic, practice attendance and effort, speed, agility, aggressiveness, team skills, leadership skills, communication skills, core strength, upper body strength, conditioning, and many more components feed into the process of determining who will make which team and who will play how long.

One last important date: On Tuesday, August 16, 2011 is the Fall sport registration deadline. Make sure that you get your packet, fill out all the forms, and you make sure you have your physical exam done. Every player has to have a physical exam every two years. If you do not have a valid physical exam you cannot participate in daily doubles.

If you are feeling overwhelmed, try to relaxed, most of you will do fine accomplishing this program. By the time of daily doubles, players' physical condition will be evaluated in a fitness test and if the fitness level is as expected we can all move on to work on our soccer skills. I want to use as much time as possible to work on our game once training officially starts. I am very confident that this team can make a difference on the state level, but it requires that all of you contribute your individual talents and hard work to the team. Lets get it started.....

All the best from coach Jeremy

## 1. Off Season (May 25 – July 4, 6 weeks):

### a) Foundational Strength program (Goals):

- To prepare the joints, muscles, ligaments and tendons for more intense work in subsequent phases
- To strengthen underused stabilizer muscles
- To balance the right and left side of the body
- To redress the balance between the flexors and extensors (soccer players, for example, are notorious for having over-developed quads from repetitive kicking actions (which may account for the prevalence of hamstring injuries in the game).

### *Selecting the correct weight or load:*

Developing maximal strength, strength endurance and explosive power requires different weights or loads to be selected.

Load is often expressed as **repetition maximum** and is simply defined as “the most amount of weight you can lift for a set number of repetitions”. For example, **one repetition maximum** (1-RM) is the most amount of weight you can lift once and no more. If you can lift a weight for ten repetitions and no more that is your **ten repetition maximum**.

To develop strength endurance you should aim to select weights that you can lift at least fifteen to twenty times. To develop **maximal strength** choose a weight that you can lift no more than five or six times or your **5-RM**.

A foundational strength session should not be a grueling workout. The off-season is a time for rest and recuperation so functional strength training should not be too intense. While muscles **do** have to be overloaded in order to adapt, you should not feel exhausted at the end of a session like you might during pre-season work.

During the off-season don't be too concerned with a rigid routine. Two to three sessions per week is ample and you can perform less if you are feeling tired. Vary some of the exercises within your routine every few weeks to keep your interest levels high.

The chart below covers the guidelines for functional strength circuit training:

### *Basics:*

- Foundational strength training uses lighter weights for a higher number of repetitions. Don't try to lift too much too soon.
- Perform a warm up consisting of light aerobic exercise and dynamic stretching before starting a strength training session.
- Lift with a smooth and even rhythm. Pause for a second at the top of the lift and then lower the weight in a controlled manner.
- Remember to breathe. Most people find it easiest to breathe out on the exertion or the actual lift and breathe in as the weight is lowered or returned to the starting position.
- Increase the weight gradually over time as the exercise becomes easier and easier. Once you can comfortably perform the set number or repetitions increase the weight by the smallest amount i.e. 2.5kg or 5lbs.
- For bodyweight exercises such as push ups and crunches increase the number of repetitions as the weight cannot be increased.
- Remember that although a strength program should get progressively harder, it does so in a series of peaks and troughs. Don't try to increase the weight every single session.

This foundational program should last about 4-6 weeks with 2-3 sessions per week. There are 8 exercises in each session.

**Program #2 - Advanced**

The foundational phase is still important for experienced lifters. This program should last 4-6 weeks with 2-3 sessions per week. It contains fewer exercises and loads are slightly higher than the beginner program.

Exercise	Load	Repetitions	Sets	Rest Interval
Barbell squats OR Lying leg presses	40-60% 1-RM	12-15	2-3	60 seconds
Dumbbell shoulder presses OR Military presses	40-60% 1-RM	12-15	2-3	60 seconds
Crunches	Bodyweight	12-15	2-3	60 seconds
Dumbbell lunge crossovers	40-60% 1-RM	12-15	2-3	60 seconds
Barbell bench presses OR Dumbbell bench presses	40-60% 1-RM	12-15	2-3	60 seconds
Back extensions	Bodyweight	12-15	2-3	60 seconds
Front pull downs	40-60% 1-RM	12-15	2-3	60 seconds
Standing machine calf raises	40-60% 1-RM	12-15	2-3	60 seconds

**Barbell Squats**

- 1) Grasp bar with overhand grip (palms forward) and slightly wider than hip width apart. Step under bar and position bar across posterior deltoids at middle of trapezius (as shown). DO NOT rest bar on neck. Lift elbows up, pull shoulder blades together, and lift chest up to create a "shelf" for the bar.
- 2) Start position: Using the legs, remove bar from rack. Stand with feet slighter wider than hip width apart. Back should be straight in a neutral position.
- 3) Lower body by flexing at the hips and knees. Upper body can flex forward at the hips slightly (~5°) during movement. Be sure to "sit back" so that knees stay over the feet.
- 4) Once thighs are almost parallel to floor, return to start position.
- 5) Remember to keep head and back straight in a neutral position - hyperextension or flexion may cause injury. Keep weight over the middle of foot and heel, not the toes.
- 6) DO NOT allow knees to go past the big toe or deviate medially or laterally throughout movement. Keep abdominals tight throughout exercise by drawing stomach in toward spine.



### Seated Dumbbell Shoulder Presses

- 1) Sit in upright position or stand with feet shoulder width apart and knees slightly bent.
- 2) Start position: Position dumbbells to ear level with an overhand grip (palms facing forward).
- 3) Press hands up above head keeping wrists over the elbows and arms moving parallel to body at all times.
- 4) Return to start position. Remember to keep back and head straight in a neutral position.



### Crunches

- 1) Start position: Lie back onto floor or bench with knees bent and hands behind head. Keep elbows back and out of sight. Head should be in a neutral position with a space between chin and chest.
- 2) Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders off floor or bench.
- 3) Return to start position. Remember to keep head and back in a neutral position.



### Dumbbell Lunge Crossovers

- 1) Start position: Stand with feet hip width apart. Grasp dumbbells and hold out in front of body.
- 2) Step forward 2-3 feet forming a 90° bend at the front hip and knee. DO NOT allow front knee to extend past the big toe - may cause injury. As you are lunging swing dumbbells across body towards the hip.
- 3) Pushing off front foot, return to start position with legs and dumbbells. Continue by alternating legs.
- 4) Remember to keep head and back upright in a neutral position. Shoulders and hips should remain squared at all times.
- 5) Watch for proper knee alignment - do not let front knee extend past big toe or deviate laterally or medially. Back knee should not come in contact with floor.



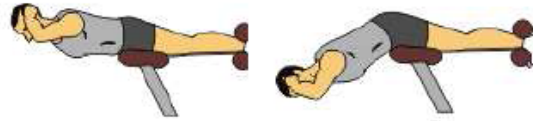
### Barbell Bench Presses

- 1) Lie on back with head underneath bar, eyes aligned with bar, and feet flat on floor.
- 2) Position hands on bar slightly wider than shoulder width.
- 3) Start position: Lift bar off rack with bar directly overhead.
- 4) Lower bar to chest at the nipple-line. Press bar up to starting position.



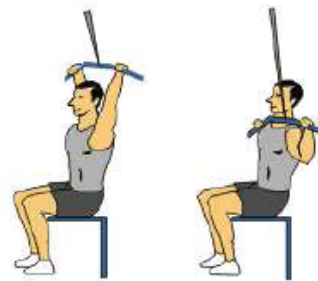
### Back Extensions

- 1) Position body face down on apparatus placing hips and ankles on respective pads.
- 2) Place hips (and not stomach) on pad. Place lower leg or achilles tendon area on pad. Cross arms and place on chest.
- 3) Start position: Back should be parallel to ground with knees slightly bent.
- 4) Lower body until legs and hip are approximately at 90°.
- 5) Return to start position. To increase resistance, place arms behind head -> arms extended overhead -> holding weight plate or weighted object across chest.



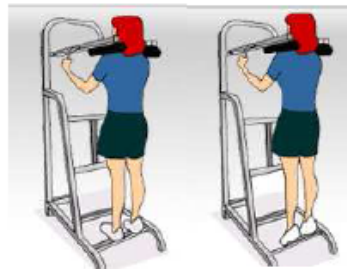
### Front Pull Downs

- 1) Adjust seat or knee pad height so that knees are secured while seated.
- 2) Grasp bar with an overhand grip wider than shoulder width apart and sit with knees secured in pads.
- 3) Start position: Fully extend arms with elbows facing out with back straight (you may lean back at hips approximately 5°-10°).
- 4) Pull bar down to upper chest area and squeeze shoulder blades together at end of movement.
- 5) Return to start position.
- 6) Remember to keep torso stationary throughout movement.



### Standing Machine Calf Raises

- 1) Step into provided shoulder pads. Adjust lever arm so that plates do not touch when lowering the weight.
- 2) Stand with feet hip width apart. Toes should be pointing forward.
- 3) Contract calves by pushing off balls of feet to raise heels up in air (standing on toes).
- 4) Lower heels and repeat.
- 5) Remember to keep knees slightly bent throughout movement to prevent any knee strain. Adjust weight load accordingly.



You'll find some more sample foundational strength programs in The Soccer Exercise Library



### Note For Goalkeepers

As strength training at this stage is more general there is no need for goalkeepers to follow a separate routine. The programs above work all the major muscle groups including the upper body.

b) **aerobic endurance**

During this period I want all of you to run 2 or 3 times per week for about 30-45 minutes. Make sure you warm up for about 10 minutes and cool down at the end. During the warm up include dynamic stretches. This run should not exhaust you and you should aim for a 7:30 to 8 minute pace per mile. You can skip a run if you perform any other activity such as playing tennis, playing soccer, biking, swimming, etc. that is roughly equivalent in time.

c) **playing the game**

Starting on **Tuesday June 28, 2011 we will meet on a regular basis until August 21, 2011. Please check the schedule what time we will meet.**

**2. Early Pre-season (June 28 to August 21, 7 weeks)**

**During this early pre-season period I assume that you will train 4 days per week. Some of these days you will work on your own (weight sessions, and some running sessions) and some of them you will work together with a coach.**

a) *Maximal Strength program (Goals):*

Once you have developed a solid and balanced foundation you should move on to more intense conditioning designed to increase overall strength. The ultimate goal of any strength program for soccer is to develop explosive power and strength endurance. It makes sense to first develop as much muscular strength as possible and then **convert** that later into power and muscular endurance with sport-specific drills. Of the few soccer players who spend time in the weights room this is where they end. They follow the same (or similar) routine week in week out trying to lift heavier and heavier weights. You should take a different approach.

Think of this phase in the strength training plan as a means to an end. Becoming the best soccer player you can is not about how much weight you can lift, it's about how powerful you are and how well you can apply that level of power over and over again on the pitch.

This type of conditioning places a large demand on the body's muscular and nervous system. It's easy to over-train and because a low number of repetitions won't leave you feeling breathless the temptation is to do extra. Stick to a small number of exercises that target the major muscle groups and build up to three or four sets of five or six repetitions.

The speed at which you lift weights is important for sports conditioning. Many of the movements in soccer are performed explosively. The faster you can recruit muscle fibers the faster and more powerful a player you will become. First and foremost, as this phase uses relatively heavy weights, the emphasis must be on proper and safe form. As long as the athlete is experienced enough they should also concentrate on activating working muscles as quickly as possible even though the weight will move only slowly. This will help to condition the neuromuscular system to recruit fast twitch muscle fibers more rapidly.

Many coaches and athletes confuse maximal strength training with bodybuilding. The bodybuilder's aim is for maximum muscle **size** or what is known as **hypertrophy**. Larger muscles are **not** necessarily stronger muscles. To achieve maximal strength, training must simulate neurological adaptations and bodybuilding is **not** the most efficient way to do this. Bodybuilders typically lift weights in the ten to fifteen repetition range. Only by lifting near maximal loads will maximal strength improve (although it won't result in the same level of muscle bulk). Bodybuilders also perform drop sets and "super sets" to stimulate as many fibres as possible. They complete a considerable number of exercises to target every muscle group in isolation. Again, this is not ideal for soccer players.

The beginner program incorporates less complex lifts and is performed with slightly lighter loads. It should last for 6 weeks with 2-3 sessions performed each week.

## 2.5.6 Sample Maximal Strength Programs

### Program #1 - Beginner

The beginner program incorporates less complex lifts and is performed with slightly lighter loads. It should last for 6-8 weeks with 2-3 sessions performed each week.

Exercise	Load	Repetitions	Sets	Rest Interval
Barbell squats OR 45% Leg Presses	75-85% 1-RM	6-8	2-3	3-6 minutes
Barbell bench presses OR Dumbbell bench presses	75-85% 1-RM	6-8	2-3	3-6 minutes
Lying hamstring curls*	70-75% 1-RM	8-10	2-3	3-6 minutes
Front pull downs	75-85% 1-RM	6-8	2-3	3-6 minutes
Seated knee extensions	75-85% 1-RM	6-8	2-3	3-6 minutes
Seated dumbbell shoulder presses	75-85% 1-RM	6-8	2-3	3-6 minutes
Standing machine calf raises	75-85% 1-RM	6-8	2-3	3-6 minutes
Oblique crunches	Bodyweight	15-20	3	90 seconds

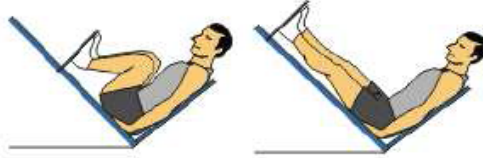
### Barbell Squats

- 1) Grasp bar with overhand grip (palms forward) and slightly wider than hip width apart. Step under bar and position bar across posterior deltoids at middle of trapezius (as shown). DO NOT rest bar on neck. Lift elbows up, pull shoulder blades together, and lift chest up to create a "shelf" for the bar.
- 2) Start position: Using the legs, remove bar from rack. Stand with feet slightly wider than hip width apart. Back should be straight in a neutral position.
- 3) Lower body by flexing at the hips and knees. Upper body can flex forward at the hips slightly (~5°) during movement. Be sure to "sit back" so that knees stay over the feet.
- 4) Once thighs are almost parallel to floor, return to start position.
- 5) Remember to keep head and back straight in a neutral position - hyperextension or flexion may cause injury. Keep weight over the middle of foot and heel, not the toes.
- 6) DO NOT allow knees to go past the big toe or deviate medially or laterally throughout movement. Keep abdominals tight throughout exercise by drawing stomach in toward spine.



### 45% Leg Presses

- 1) Sit in machine and place your legs on the foot plate about hip width apart.
- 2) Release the safety stops and bend your knees towards your chest.
- 3) When your knees are fully bent extend your knees until your legs are fully extended



### Barbell Bench Presses

- 1) Lie on back with head underneath bar, eyes aligned with bar, and feet flat on floor.
- 2) Position hands on bar slightly wider than shoulder width.
- 3) Start position: Lift bar off rack with bar directly overhead.
- 4) Lower bar to chest at the nipple-line. Press bar up to starting position.



### Lying Hamstring Curls\*

- 1) Lie face down on bench with pad adjusted to fit behind ankles. If machine does not angle upper torso downward, it is recommended that a pillow be placed underneath stomach.
- 2) Start position: Position knees below bottom edge of bench or pad. Legs should be straight with knees aligned to the lever arm axis of motion and hands grasping handles or side of bench (if applicable).
- 3) Raise lever arm by flexing at the knees past 90°.
- 4) Return to start position. Remember to keep hips in contact with bench at all times. Do not hyperextend the low back during movement.



\*Weights are lighter as hamstrings are a weaker and more injury prone muscle group

### Front Pull Downs

- 1) Adjust seat or knee pad height so that knees are secured while seated.
- 2) Grasp bar with a overhand grip wider than shoulder width apart and sit with knees secured in pads.
- 3) Start position: Fully extend arms with elbows facing out with back straight (you may lean back at hips approximately 5°-10°).
- 4) Pull bar down to upper chest area and squeeze shoulder blades together at end of movement.
- 5) Return to start position.
- 6) Remember to keep torso stationary throughout movement.

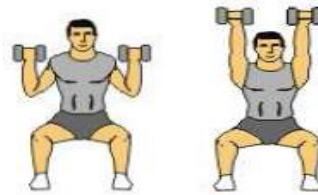


**Seated Knee Extensions**

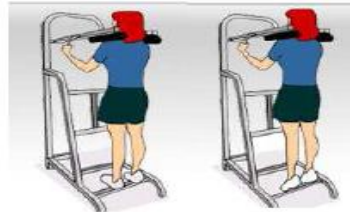
- 1) Sit in machine and place your shins behind the pad.
- 2) Extend your legs by pushing into the pad until the legs are parallel to the ground.
- 3) Return to the starting position.

**Seated Dumbbell Shoulder Presses**

- 1) Sit in upright position or stand with feet shoulder width apart and knees slightly bent.
- 2) Start position: Position dumbbells to ear level with an overhand grip (palms facing forward).
- 3) Press hands up above head keeping wrists over the elbows and arms moving parallel to body at all times.
- 4) Return to start position. Remember to keep back and head straight in a neutral position.

**Standing Machine Calf Raises**

- 1) Step into provided shoulder pads. Adjust lever arm so that plates do not touch when lowering the weight.
- 2) Stand with feet hip width apart. Toes should be pointing forward.
- 3) Contract calves by pushing off balls of feet to raise heels up in air (standing on toes)
- 4) Lower heels and repeat.
- 5) Remember to keep knees slightly bent throughout movement to prevent any knee strain. Adjust weight load accordingly.

**Oblique Crunches**

- 1) Start by placing your left foot over your right knee and place your hands behind your head (but not your neck).
- 2) Lift your shoulders up off the ground and twist so that your right elbows tries to touch your left knee.
- 3) Return to the starting position and repeat according to the required repetitions.
- 4) Repeat with the other side.



On **Mondays and Fridays** you will work on Maximal strength.

**3. Start of daily doubles: August 22, 2011**