



**SUMMER WORKOUT
STRENGTH AND CONDITIONING**

JUNE 7th – AUG. 20TH

Summer 2010

Week 1 and week 2: Enjoy not being in school. Take a week off and RELAX! Let your muscles heal, let your body recuperate.

Week 3: June 20 – June 26

Week 4: June 27 – July 3

Week 5: July 4 – July 10

Week 6: July 11 – July 17

Week 7: July 18 – July 24

Week 8: July 25 – August 1

Week 9: August 2 – August 8

Week 10: August 9 – August 13

Week 11: August 14 – August 20

Here is your summer strength and conditioning manual. I trust that you will use it to the best of your ability. It only takes a few hours out of your busy week to focus on training hard for the upcoming season. There are only **11 weeks** to train this summer (2 of which you are not expected to work out). Based on the expectations set forth in this manual, it is expected that you arrive to the first day of school in shape and ready to go.

The bar is set quite high this year **ladies**. I hope that all of you will do your part over the summer to be ready for the fall season- for yourself as well as for the team. Just focus on what you need to do to make our goals for the upcoming year come to be.

As you do the workouts, keep in mind the things that you have learned over the year about technique, control, running and lifting. If you have forgotten or have questions, please contact **Coach Pettibone**. Remember that adequate sleep and proper nutrition are just as important as your training sessions. Continue to take care of your body in every aspect and you will do great things.

Have a fun and safe summer. I look forward to seeing you all again in the fall as finely tuned athletes. Remember, I would love to hear from you this summer to know how you are doing and what adventures you are up to. **If you have any questions or concerns, please feel free to contact Coach Pettibone.**

Coach Pettibone

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PRE-SESSION WARM-UP

To ensure that you will be ready to begin the pre-season in the condition I expect, you need to take the preparation seriously. Before any session, go through all of these warm-up exercises. These will keep your flexibility up and decrease the possibility of injury when season begins. This chart is for you to use and check off as you do them. Make sure that you do **all of these** prior to any workout to avoid injury and maintain your dexterity and flexibility.

Weeks 3-5

Exercise	Repetitions	Wk 3	Wk 3	Wk 4	Wk 4	Wk 5	Wk 5
Skip	2 x 20 yards						
High Knees	2 x 20 yards						
Butt Kickers	2 x 20 yards						
Back Pedal	20 yards						
Karaoke	2 x 20 yards						
High Step	20 yards						
Power Skips	20 yards						
Lunges	20 yards						
High Knee Out	20 yards						
High Knee In	20 yards						
Toe-touch Walk	20 yards						
Leg Swings Front-Back	15 times/side						
Leg Swings Side-Side	15 times/side						

Weeks 6-8

Exercise	Repetitions	Wk 6	Wk 6	Wk 7	Wk 7	Wk 8	Wk 8
Skip	2 x 20 yards						
High Knees	2 x 20 yards						
Butt Kickers	2 x 20 yards						
Back Pedal	20 yards						
Karaoke	2 x 20 yards						
High Step	20 yards						
Power Skips	20 yards						
Lunges	20 yards						
High Knee Out	20 yards						
High Knee In	20 yards						
Toe-touch Walk	20 yards						
Leg Swings Front-Back	15 times/side						
Side-Side	15 times/side						

Weeks 9-11

Exercise	Repetitions	Wk 9	Wk 9	Wk 10	Wk 10	Wk 11	Wk 11
Skip	2 x 20 yards						
High Knees	2 x 20 yards						
Butt Kickers	2 x 20 yards						
Back Pedal	20 yards						
Karaoke	2 x 20 yards						
High Step	20 yards						
Power Skips	20 yards						
Lunges	20 yards						
High Knee Out	20 yards						
High Knee In	20 yards						
Toe-touch Walk	20 yards						
Leg Swings							
Front-Back	15 times/side						
Side-Side	15 times/side						

ABDOMINAL WORKOUTS

It doesn't matter which of the selections you do below, but choose 2-4 each time and do repetitions of 40-50 of each. It is expected that you get about 500 abs a week (250 per session). These sessions should only take 10 minutes of your day and can be done during commercial breaks during your shows. There is no excuse these not get done for your own benefit and for what is expected when school begins.

Please check or write in the number of each that you do. **Please mix it up.** Each of these exercises works a different region of your abdominal muscles.

WEEKS 3-5

Exercise	Wk 3	Wk 3	Wk 4	Wk 4	Wk 5	Wk 5
Crunches						
Crunches with legs straight						
Cross-overs						
Alternating crunches (rt. elbow to lt. knee)						
Full Sit-ups						
Seated Twist						
Obliques (Lie on side, crunch up)						
Boxer's (Sit up and twist to both knees)						
Front elbow hold						
Side elbow hold						
Bicycles						
Throw-downs (need a partner)						
Scissor kicks (side to side, up and down)						
6" to 12" hold (alternate)						
TOTAL FOR THE WEEK						

WEEKS 6-8

Exercise	Wk 6	Wk 6	Wk 7	Wk 7	Wk 8	Wk 8
Crunches						
Crunches with legs straight						
Cross-overs						
Alternating crunches (rt. elbow to lt. knee)						
Full Sit-ups						
Seated Twist						
Obliques (Lie on side, crunch up)						
Boxer's (Sit up and twist to both knees)						
Front elbow hold						
Side elbow hold						
Bicycles						
Throw-downs (need a partner)						
Scissor kicks (side to side, up and down)						
6" to 12" hold (alternate)						
TOTAL FOR THE WEEK						

Weeks 9-11

Exercise	Wk 9	Wk 9	Wk 10	Wk 10	Wk 11	Wk 11
Crunches						
Crunches with legs straight						
Cross-overs						
Alternating crunches (rt. elbow to lt. knee)						
Full Sit-ups						
Seated Twist						
Obliques (Lie on side, crunch up)						
Boxer's (Sit up and twist to both knees)						
Front elbow hold						
Side elbow hold						
Bicycles						
Throw-downs (need a partner)						
Scissor kicks (side to side, up and down)						
6" to 12" hold (alternate)						
TOTAL FOR THE WEEK						

BALL WORKOUTS

This summer, one primary objective needs to be the use of the “weak”, or less dominant foot. Successful and threatening soccer players are capable of making plays with either foot. It is important that in your ball work, you incorporate you left less dominant foot as much (if not more) than your dominant foot. We need you as a player to push outside of your comfort zone and challenge yourself to new levels. Do not be content in your current talent- elevate your expectations of yourself and that of your teammates.

WEEKS 3-5

Exercise	Wk 3	Wk 3	Wk 4	Wk 4	Wk 5	Wk 5
Juggling (15 minutes) no less than 20						
Ball Drills (single)						
Ball Drills (partner)						
Placement shots/serves (both feet)						
Dribble around a set of cones						

WEEKS 6-8

Exercise	Wk 6	Wk 6	Wk 7	Wk 7	Wk 8	Wk 8
Juggling (15 minutes) no less than 20						
Ball Drills (single)						
Ball Drills (partner)						
Placement shots/serves (both feet)						
Dribble around a set of cones						

WEEKS 9-11

Exercise	Wk 9	Wk 9	Wk 10	Wk 10	Wk 11	Wk 11
Juggling (15 minutes) no less than 20						
Ball Drills (single)						
Ball Drills (partner)						
Placement shots/serves (both feet)						
Dribble around a set of cones						

OTHER BALL DRILLS/SKILLS

Soccer Tennis: Either 1v1 or 2v2, play games of soccer tennis. Soccer tennis is a game used to practice ball control and ball placement. Standing behind the service line, drop the ball and serve it across the net. The ball is allowed to bounce **once** before it must be touched by the opposing player. Depending on the number of touches allowed, that player must control the ball and either send it back across the net or pass to their teammate (when playing with a partner). The ball should not touch the ground after the initial bounce. Control of the ball in the air is just as important as the ball on the ground. Begin with the entire court as playable area. Progress from unlimited touches to two-touch to a game of one touch. Also, replace dropping the ball by chipping it as service. If playing 1v1 and to work quick one-touches, restrict play to inside of the service boxes.

Wall Trapping: This drill can be alone or with a partner. Wall drills are meant to focus on trapping. Standing 10 yards away from a wall of any kind (in a racket ball court is a great place, the green walls at the tennis courts, etc.), pass the ball at a good pace and as it returns to you, trap it. Vary this drill by sending lofted balls, spinning balls, driven balls, etc. The trapping can be varied as well. Don't just get the ball to stop at your feet, but

turn with the ball (trap in the direction you want to be heading- left, right, behind, forward). There possibilities are endless. This can also be done with a partner.

Long Balls (partner): Having the ability to serve a ball across the field is essential. With a partner, start 20 yards apart and send slightly lofted balls back and fort **using both feet**. Do 10-15 at that distance before moving back. Continually work your distance up until you are nearly the width of the field apart. This drill should not be stationary. Make it apply to the game (especially outside midfielders and defenders)- that ball and the target you are sending it to needs to be moving. Avoid practicing things that are not game-like. For each drill, think about its application in the game and find ways to make it more applicable.

Placement Shots: Just as the name implies, this drill is for the shooters. Grab your soccer ball (more is better) and set up at different places around the mouth of the goal (inside the 18 and out). Practice set shots as well as moving shots. Work on simple moves that would free you up to get a shot off. Think about speeding up your shooting routine. A quick shot is harder to defend than one with a huge wind-up. Focus on your spot and practice finding it regardless of where you are on the field.

Others: List any other drills that you did over the summer that you believe to be effective in making you a better player. Please explain it as best as possible.

1. _____

2. _____

3. _____

4. _____

5. _____

RUNNING WORKOUT

You should be running 3 days a week.

WEEKS 1 & 2: just stay active and do things that you enjoy for exercise. Go play racquetball, basketball or just jog. Just do some activity for at least 20-30 minutes.

WEEK 3

Day 1: Pre-Season Warm-up- **12-100 yard sprints**

Day 2: Pre-Season Warm-up- 1-2 mile jog (good pace)

Day 3: Pre-Season Warm-up- **12-100 yard sprints**

12-100 yard sprints. You need to be timing yourself and you should finish in 18 seconds with a 45 second recovery.

WEEK 4

Day 1: Pre-Season Warm-up- **Horses**

Day 2: Pre-Season Warm-up- 2-3 mile jog (good pace)

Day 3: Pre-Season Warm-up- **Horses**

Horses: On a football field or by setting up cones 10 yards apart, sprint to the 10 yd. marker, jog back, sprint to the 20, jog back, sprint to the 30, 40 and 50 respectively and jog back. Take a 3 minute rest in between sets. Do this 3 times.

WEEK 5

Day 1: Pre-Season Warm-up- **Sprints:** 10, 15, 20 x 5 repetitions

Day 2: Pre-Season Warm-up- 3-4 mile jog (good pace)

Day 3: Pre-Season Warm-up- **Sprints:** 10, 15, 20 x 5 repetitions

Sprints: 10 yd x 5 repetitions; 15 yd x 5 repetitions; 20 yd x 5 repetitions. Work on good form and go all out. Take full recovery or about 1:00-2:00 rest between each sprint.

WEEK 6

Day 1: Pre-Season Warm-up- **Bleachers or the hill**

Day 2: Pre-Season Warm-up- 4-5 mile jog (good pace)

Day 3: Pre-Season Warm-up- **Bleachers or the hill**

Bleachers or the hill: On bleacher, set your clock for 5 minutes and begin running up the stairs, run down the stairs, **then** run across to the next set of stairs where you run up, down, across, up, down, across. Take a 3 minute break between sets and do this three (3) times. For the hill, sprint up the steep side and **jog down the steep side.** Jog in place for 10 seconds and repeat. Do this for 4 minutes with a 2 minute interval between sets. Do this three (3) times.

WEEK 7

Day 1: Pre-Season Warm-up- **Jog-Sprints:** repeat progression twice

Day 2: Pre-Season Warm-up- 3-4 mile jog (good pace)

Day 3: Pre-Season Warm-up-**Jog-Sprints:** repeat progression twice

Jog-Sprints: (10-10, 20-20, 30-30, 10-20, 10-30, 10-40, 10-30, 10-40, 10-50)
Reading from the beginning, sprint for 10 seconds, rest for 10, sprint for 20 seconds, rest for 20, sprint for 30 seconds, rest for 30. After that, all 10 second sprints are followed by longer rest periods.

WEEK 8

Day 1: Pre-Season Warm-up- **Quick Ups** (2 reps of each)

Day 2: Pre-Season Warm-up- 3-4 mile jog (good pace)

Day 3: Pre-Season Warm-up- **Quick Ups** (2 reps of each)

Quick Ups- While lying on your stomach, get up as quickly as possible and make a 20-yd sprint. Do 8 of these: 4 turn to your left to get up and 4 to your right. Do the same drill while lying on your back. Do 8 of these: 4 turn to your left to get up and 4 to your right. Do each of these twice. Get through 4 as quick as possible then take a 2 minute break before doing the other 4.

WEEK 9

Day 1: Pre-Season Warm-up- **12-100 yard sprints**

Day 2: Pre-Season Warm-up- 3-4 mile jog (good pace)

Day 3: Pre-Season Warm-up- **12-100 yard sprints**

12-100 yard sprints. You need to be timing yourself and you should finish in 18 seconds with a 45 second recovery.

WEEK 10

Day 1: Pre-Season Warm-up- **Horses**

Day 2: Pre-Season Warm-up- 3-4 mile jog (good pace)

Day 3: Pre-Season Warm-up- **Horses**

Horses: On a football field or by setting up cones 10 yards apart, sprint to the 10 yd. marker, jog back, sprint to the 20, jog back, sprint to the 30, 40 and 50 respectively and jog back. Take a 3 minute rest in between sets. Do this 3 times.

WEEK 11

Day 1: Pre-Season Warm-up- **Sprints:** 10, 15, 20 x 5 repetitions

Day 2: Pre-Season Warm-up- 3-4 mile jog (good pace)

Day 3: Pre-Season Warm-up- **Sprints:** 10, 15, 20 x 5 repetitions

Sprints: 10 yd x 5 repetitions; 15 yd x 5 repetitions; 20 yd x 5 repetitions. Work on good form and go all out. Take full recovery or about 1:00-2:00 rest between each sprint.

In addition to these workouts, you are expected to do some weight training as well. Focus on leg strength and arm strength- both essential for the obvious reasons. Light resistance training is fine- the goal is to minimize atrophy (muscles getting smaller because of neglect and non-use). Some of you need to build some muscle strength, so over the course of the summer, make it a point to increase the weights of your workout each week even if it is only in 2 ½ lb. increments.

This may seem overwhelming at first, but these activities will start you out in a great place for the next season. We are capable of great things this next year and with your dedication to each other and to the team, we can accomplish anything. Enjoy your summer. We look forward to seeing you in the fall ready to go.

WEIGHT TRAINING

WEEK 3-4

	Exercise	Reps	Weight	Wk 3	Wk 3	Wk 3	Wk 4	Wk 4	Wk 4
	Leg curls	3 x 10							
	Leg Presses	3 x 10							
	Squats	3 x 10							
	Lunges	3 x 10							
	Toe Raises	3 x 10							
	Bar Curls	3 x 10							
	Dumb Bell Curls	3 x 10							
	Bench Press	3 x 10							
	Tricep Extensions	3 x 10							
	Incline Press	3 x 10							

WEEK 5-6

	Exercise	Reps	Weight	Wk 5	Wk 5	Wk 5	Wk 6	Wk 6	Wk 6
	Leg curls	3 x 10							
	Leg Presses	3 x 10							
	Squats	3 x 10							
	Lunges	3 x 10							
	Toe Raises	3 x 10							
	Bar Curls	3 x 10							
	Dumb Bell Curls	3 x 10							
	Bench Press	3 x 10							
	Tricep Extensions	3 x 10							
	Incline Press	3 x 10							

WEEK 7-8

	Exercise	Reps	Weight	Wk 7	Wk 7	Wk 7	Wk 8	Wk 8	Wk 8
	Leg curls	3 x 10							
	Leg Presses	3 x 10							
	Squats	3 x 10							
	Lunges	3 x 10							
	Toe Raises	3 x 10							
	Bar Curls	3 x 10							
	Dumb Bell Curls	3 x 10							
	Bench Press	3 x 10							
	Tricep Extensions	3 x 10							
	Incline Press	3 x 10							

WEEK 9-10

	Exercise	Reps	Weight	Wk 9	Wk 9	Wk 9	Wk 10	Wk 10	Wk 10
	Leg curls	3 x 10							
	Leg Presses	3 x 10							
	Squats	3 x 10							
	Lunges	3 x 10							
	Toe Raises	3 x 10							
	Bar Curls	3 x 10							
	Dumb Bell Curls	3 x 10							
	Bench Press	3 x 10							
	Tricep Extensions	3 x 10							
	Incline Press	3 x 10							

WEEK 11

	Exercise	Reps	Weight	Wk 11	Wk 11	Wk 11			
	Leg curls	3 x 10							
	Leg Presses	3 x 10							
	Squats	3 x 10							
	Lunges	3 x 10							
	Toe Raises	3 x 10							
	Bar Curls	3 x 10							
	Dumb Bell Curls	3 x 10							
	Bench Press	3 x 10							
	Tricep Extensions	3 x 10							
	Incline Press	3 x 10							