



**GREAT VALLEY  
SOCCER**

**SUMMER TRAINING PROGRAM**



*Fitness will be the foundation of our success!*

“The will to win is overrated in athletics because everyone wants to win. It is the will to prepare to win that makes the difference.”

This program is designed to take you to the level of fitness that will be required for you to reach new levels of soccer achievement. Expecting to get fit during camp will not benefit you or this team.

**The Components:**

- **Aerobic Work** – This is the endurance part of your fitness. This increases the ability of your body to get oxygen to your muscles.
  - **Long Distance Running:** Maintain moderate to fast pace
  - **120's:** 17 seconds to cover 120 yards (goal line to goal line) with 60 seconds to jog back and recover.
- **Anaerobic Work** – This is the power part of your fitness. This improves the explosive movement of your muscles over short distances and short periods of time.
  - **Speed Training:** A series of sprints that must be done at 100% to get full benefit.
 

6 x 20 yards	(30 second rest between each sprint)
6 x 40 yards	(45 second rest)
4 x 60 yards	(60 second rest)
3 x 80 yards	(75 second rest)
3 x 100 yards	(90 second rest)
  - **Shuttles:** Set cones at 5,10,15,20,25 yards. You have 30 seconds to complete the circuit and a 30 second recovery on the first, middle, and last rep. All other reps you must complete in 35 seconds with a 20 second recovery.
- **Skill Work** – This is the time you spend with the ball. It is essential to your improvement as a player. You must touch the ball every day. Below are a series of exercises to follow.
  - Dribble ball using all surfaces of feet, making quick touches and changing direction.
  - Work on skills and fast footwork.
  - Juggle with all surfaces (feet, thigh, head.)
  - Throw ball up and control with your feet, and move off quickly. Do not allow the ball to bounce.
  - Throw ball up, settle with chest and then control with feet, move off quickly.
  - Throw ball up, jump to head it up again, then control with feet, move off quickly.
  - Dribble with inside and outside of the foot making figure eights.
  - Set up two markers 15 yards apart. Dribble around one marker and accelerate to the other, keeping the ball close and go around it and continue.
  - Dribble the ball at full speed as if you were running suicide sprints.
  - Work on perfecting your moves to beat an opponent. Focus on accelerating after the move. (Step Over, Inside-Out, etc.)
  - Shoot at a wall, control the rebound, shoot again. Work on power, accuracy and technique.
  - Shoot at wall and shoot the rebound first time.
  - Toss ball against wall, head ball with power. Add jump before heading.
  - If you can find somebody to cross or chip balls to you, concentrate on controlling them with all surfaces.
  - Pass with a partner concentrating on accuracy and pace. Add movement, accelerating away after passing, decelerating to receive ball.
  - Receive and turn using a partner or a wall. Practice all types of turns (Side-on, Outside of Foot, Inside of Foot.)
  - With a partner play 1v1 to a cone.
  - With a partner try to maintain possession of the ball as they attempt to win it from you.

- Agility Work – Agility training is used to improve foot speed, quickness, acceleration, switching gears, cutting, starting/stopping, change of direction, reaction, and also prevents injuries by improving body control (see the attached description of each drill)
- Playing – It is so simple, the more you play the better you get. You must seek out chances to play everywhere you go. 1v1 or 11v11, it does not matter, play as many days a week as possible. **Open Play Night will be held every Tuesday night beginning June 11th from 6:00 to 8:00 in the stadium. All players are strongly encouraged to attend.**
- Dynamic Warmup – Continue to follow the dynamic warmup routines from last season (see attached for a reminder of each exercise). You also must stretch after your workout to reduce soreness.
- HIIT Workout (High Intensity Interval Training) – A key to improving your performance and avoiding injury. (see the attached list of workouts)
- Plyometrics – Training for explosive power (see the attached list of exercises)
- Nutrition – You must fuel your body properly for optimum performance.

**Some basic guidelines:**

- a.) Increase your intake of fresh vegetables and fruits. (Include multiple servings with every meal.)
  - b.) Decrease your intake of processed foods and refined sugars
  - c.) Reduce fast food and junk food intake.
  - d.) Increase your water intake. (Avoid sodas, juices and beverages with added sugar. Choose water!)
- Rest and Recovery – Your body needs proper amounts of sleep to repair and rejuvenate. You also must give yourself one day off from training per week.
  - Watching Games – You must watch how the game is played and how players react at higher levels. This will then help you in your decision making process. There are many opportunities to watch games, make the most of them.

## The Schedule:

### **Week 1 & 2 June 3 to June 16**

- Monday: Long Distance Running – 25 minutes, moderate pace, approx. 3 mi.  
HIIT Workout – See page 2
- Tuesday: Skill Work See page 1, Agility Work – See page 2  
Open Play Night
- Wednesday: Long Distance Running – 2 miles, fast pace, 7 minutes/mile
- Thursday: Skill Work, HIIT Workout  
Shuttles – 6 reps – See page 1
- Friday: Plyometric Circuit – See page 2
- Saturday: Skill Work, Agility Work– See page 1 & 2
- Sunday: Rest

### **Week 3 & 4 June 17 to June 29**

- Monday: Long Distance Running – 25 minutes, moderate pace, approx. 3 mi.  
HIIT Workout
- Tuesday: Skill Work, Agility Work  
120's – 7 reps – See page 1  
Open Play Night
- Wednesday: Long Distance Running – 2 miles, fast pace, 6:45 minutes/mile  
Shuttles – 7 reps
- Thursday: Skill Work, HIIT Workout
- Friday: Plyometric Circuit
- Saturday: Skill Work  
Speed Training – See page 1 for reps
- Sunday: Rest

### **Week 5 & 6 July 1 to July 14**

- Monday: Long Distance Running – 30 minutes, moderate pace, approx. 4+ mi.  
HIIT Workout
- Tuesday: Skill Work, Agility Work  
120's – 8 reps  
Open Play Night
- Wednesday: Long Distance Running – 2 miles, fast pace, 6:30 minutes/mile  
Shuttles – 8 reps
- Thursday: Skill Work, HIIT Workout
- Friday: Plyometric Circuit
- Saturday: Skill Work  
Speed Training – increase original reps by one
- Sunday: Rest

## **Week 7 & 8 July 15 to July 28**

- Monday: Long Distance Running – 30 minutes, moderate pace, approx. 4 mi.  
HIIT Workout
- Tuesday: Skill Work, Agility Work  
120's – 9 reps  
Open Play Night
- Wednesday: Long Distance Running – 2 miles, fast pace, 6:15 minutes/mile  
Shuttles – 9 reps
- Thursday: Skill Work, HIIT Workout
- Friday: Plyometric Circuit
- Saturday: Skill Work, Agility Work  
Speed Training – increase original reps by two
- Sunday: Rest

## **Week 9 & 10 July 29 to August 11**

- Monday: Long Distance Running – 35 minutes, moderate pace, approx. 4.5 mi.  
HIIT Workout
- Tuesday: Skill Work, Agility Work  
120's – 10 reps  
Open Play Night
- Wednesday: Long Distance Running – 1.5 miles, 6:00 minutes/mile, 9 minutes total  
Shuttles – 10 reps
- Thursday: Skill Work, HIIT Workout
- Friday: Plyometric Circuit
- Saturday: Skill Work, Agility Work  
Speed Training – increase original reps by three
- Sunday: Rest

## **Week 11 August 12**

### **CAMP BEGINS!**

Monday 8:00AM on the field, warmed up, stretched and ready to begin test.

TEST 1 (Monday): **1.5 miles in under 9 minutes\***. (9<sup>th</sup> Graders: 9 min 45sec)  
**50 Push-ups**

TEST 2 (Tuesday): **10 120's**, 120 yards in less than 17 seconds with 60 seconds recovery between each. (9<sup>th</sup> Graders: 19 seconds)

**\* Varsity players who fail this test will attempt it again every other day until they pass it.**

It is understood that conflicts will arise and that you will not be able to follow this schedule to the letter. Adjust the schedule as you need to so that you can get all of the training completed within the week. The more effort you put in to this during the summer, the greater the benefits will be to the team in the fall.

Every day that you don't feel like doing anything to improve your game think of the teams chasing that same league championship, and consider if they are out there training. You know the answer, so you better get out there!



# GREAT VALLEY SOCCER

## Dynamic Warm-up

### Part 1

Out: Jog (Half way across the field)

Back: Jog

Out: High Knees (20 Yards)

Back: Butt Kickers

Out: Side to Side

Back: Side to Side

Out: Carioci

Back: Carioci

Out: Backwards Run

Back: Frankenstein Walk

Out: Open the Gate (Knee up then out)

Back: Close the Gate (Knee up then in)

Out: Lunge with Twist

Back: High Skips

Out: Sprint

Back: Elevated Pace Run

### Part 2

Leg Swings

Standing (w/partner)

Forward/Back

Left & Right (10 each)

Side to Side

Left & Right (10 each)

Lying Down

On Your Back (10)

On Your Stomach (10)

### Part 3

Mobility Circuit

- Hands to Toes
- Inch Worm out
- Cobra
- Push-up
- Downward Dog
- Right Foot to Hand
- Left Hand to Sky
- Right Hand to Sky
- Other Foot to Hand
- Deep Squat
- Stand
- Repeat with Left Foot to hand



## HIIT Workout (High Intensity Interval Training)

### HIIT #1

- Repeat each group 3 times.
- 20 seconds of rest between groups.

1. A) Burpees 30 seconds  
B) Squats 10 reps  
C) Dead Bugs 6 each side
2. A) Burpees 30 seconds  
B) Pull ups 10 reps  
C) Mountain Climbers 6 each side
3. A) Burpees 30 seconds  
B) Reverse Lunges 10 reps  
C) Plank Jacks 10 reps

### HIIT #2

- 12 reps of each.
- Repeat the set 6 times.
- 30 second rest after each set.

1. Prisoner Squat (Hands behind head)
2. Push-up
3. Lunge (alternate legs)
4. Cross Body Mountain Climbers

### HIIT #3

#### Burpee Challenge

- Do Burpees for 30 Seconds.
- Repeat 8 times
- 15 seconds rest between sets.

### HIIT #4

- 10 Reps each, without breaks
- Complete the list and take 30 second break.
- Repeat

- Push up-Standard Width
- Squat
- Push up-Military
- Lunge
- Push up-Wide Fly
- Reverse Lunge
- Push up-Divide
- Squat
- Push up-Diamond
- Lunge
- Push up-Spiderman
- Reverse Lunge
- Push up-Under the Fence
- Squat



## **Plyometric Circuit**

Warm-up with 5 minutes of jogging

Dynamic Stretching

The Circuit: 30 seconds per exercise, 15 second rest between exercises, do each block twice before moving to next block. 1 minute rest between blocks.

### **Block 1**

- Squat Jumps
- Run Stance Squats
- Double Airborne Heisman

### **Block 2**

- Mountain Climbers
- Monster Truck Tires
- Leap Frog Squats

### **Block 3**

- Knee Ups
- Squat Jacks
- Hot Foot (left foot first time, right foot second time)

### **Block 4**

- Lunge Jumps
- Lateral Leap Frog Squats
- Run Stance 180 Jumps

### **Block 5**

- Speed Squats
- Burpees
- Football Hero





## Core Work

(25 reps for each except where noted)

“A” (courtesy of P90X & Tony Horton)

- In & Outs
- Bicycles Forward
- Bicycles Backwards
- Crunch Frog
- Wide Leg Sit-ups
- Fifer Scissors
- Hip Rock and Raise
- Heels to the Heavens
- V-up Roll-up
- Oblique V-up
- Leg Climbers (12 each leg)
- Mason Twists (40 reps)

“B”

- Mountain Climbers
- Cross Body Mountain Climbers
- Dead Bug
- Plank Up Downs
- Plank Jacks
- Side Plank Thread the Needle
- Plank Ski Jumps
- Plank In Outs
- Two Point Bird Dog Plank
- Superman

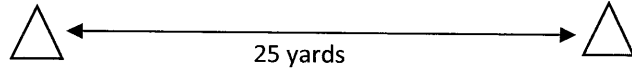


**SPEED & AGILITY DRILLS**

**300 Yard Shuttle**

The 300-yard shuttle is a very tough agility movement. The athlete will be going a twenty-five yard distance. The objective is to move between the lines as quickly as possible until 12 complete trips are completed, which equals 300 yards. The goal is to complete the drill in less than 65 seconds and to continue improving the time.

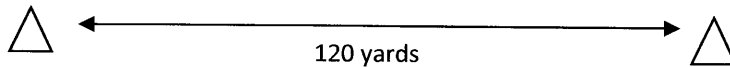
\*\*There are 12 direction changes in this drill.



**120's**

120's are a test designed to measure a player's ability to run longer distances. 120 yards is the equivalent to the length of a normal soccer field. The player starts at one end of the field and must sprint to the other end. At the end the player has the remainder of the minute to rest. The rest involves a jog back to the starting point. For example, if a player runs the 120 in 20 seconds, they will have 40 seconds to run back to the start line. There is extra rest time after runs #5, 10, and 15.

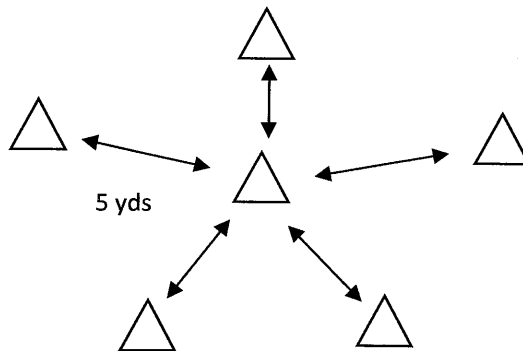
**Goal** = 10 consecutive sets all completed in under one minute.



**Compass Run**

Place 5 cones 5 yards away from the middle marker as shown above. Start in the middle and sprint to a cone and back to the middle, continue to run to each cone (5 runs)

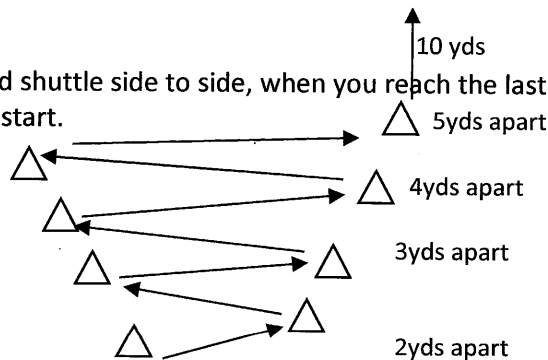
**Repeat 5 times** with a 30 second break between each set



**Funnel Run**

Sprint laterally; keep the knees bent and shuttle side to side, when you reach the last cone sprint forward 10 yards, and walk back to the start.

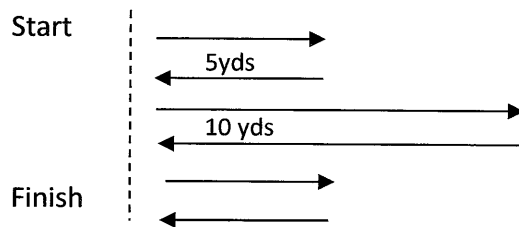
*Repeat 6-8 times*



## 5-10-5 Short Ladders

Start in a sport specific position and sprint 5 yards out. Touch the line and sprint to the starting line. Next sprint 10 yards, touch the line, and sprint back. Continue with the last 5 yards out and back. Change sprints into shuffle, carioca, and backpedal. Also change the direction the athlete turns after touching the line.

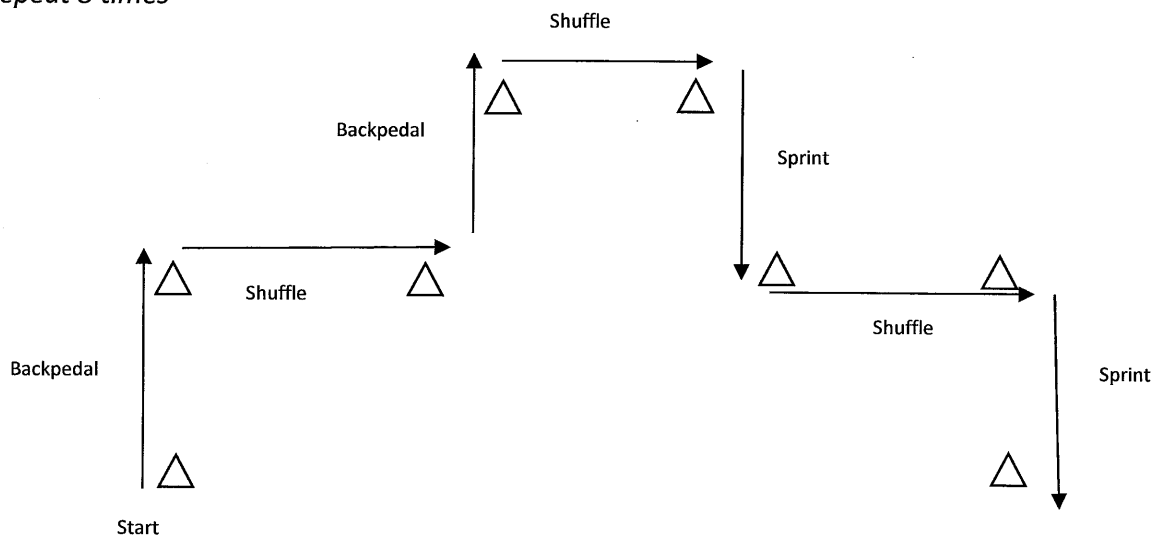
Repeat 8 times



## Two Tower Drill

Begin drill by backpedaling 10 yards and then either shuffle 10 yards to cone. Again backpedal another 10 yards and shuffle 10 yards through cone. Next sprint 10 yards to cone and shuffle 10 yards and finish with a 10 yard sprint to the last cone, jog to start.

Repeat 8 times

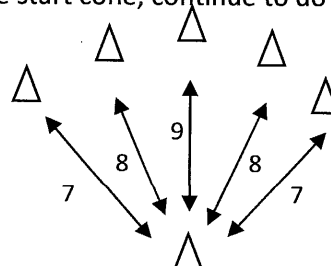


## Hand Run

Begin at the START cone and sprint forwards to the 1st cone and then sprint backwards to the start cone, then sprint forwards to the 2nd cone and backwards to the start cone, continue to do the same for the 3rd, 4th & 5th cone, this equals one set.

Workload: 6-8 sets with a 30 second rest between each set

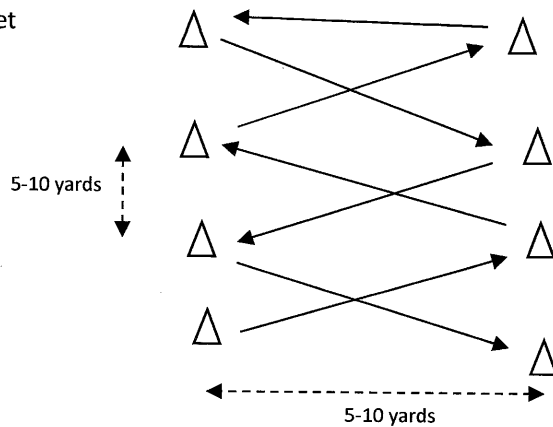
1st (7 yards) 2nd (8 yards) 3rd (9 yards) 4th (8 yards) 5th (7 yards)



## Super Weave

Start on either side of the drill and sprint through the entire drill while weaving in and out of each cone, touch each cone before continuing.

Workload: 6-8 sets with a 30 second rest between each set



## Half Laps

Using a standard soccer field (110-120 yds \* 70-80 yds) start where the centerline & touchline meet. Sprint around the perimeter of the field (behind the goal) and finish at the opposite side of the field (where the other touchline & centerline meet). You will be running 2 half fields and one width. When you complete the half lap immediately jog across the centerline. When you reach the original starting point, repeat sprint & jog. You have 30 seconds to complete the half lap and 30 seconds for the recovery jog across the centerline.

Time Limit: 30 seconds; Rest Period: 30 seconds (jog); Repetition: 6 half laps;

Workload: approx 180-190yds each half lap \* 6 = 1080yds-1140yds; Time Duration: 6 minutes

## Figure 8 Box

Begin with a box of 15 yards by 15 yards.

Sprint around cones in circuit indicated.

Focus on tight turns and acceleration.

Workload: 6 – 8 sets, 30 second rest between each set.

