

# Durango Soccer 2018-2019 Men's Summer Program



## Staff

Coach Richard Cuellar and Coach JC Castillo

Athletic Administrator: Tim Jackson

### Important Information:

oAthletic Packet: Purchase On Line

oPhysical Night: TBA

oParent Night: TBA

oStudents-athletes must maintain a 2.0 GPA or higher throughout the school year to remain eligible to play.

Please contact the school athletic office if you any further questions.

### Summer Conditioning:

○Athletes are to bring: running shoes, soccer cleats with shin guards, proper attire, and water to every session.

*\* Lack of participation in the conditioning and intramurals will affect spot on the rosters. \**

### Conditioning

**MANDATORY** for all new and returning players. July 9<sup>th</sup> – July 27<sup>th</sup> from 5:00pm to 7:00pm.

### Summer Intramurals and Tryouts:

○Athletes are to bring: running shoes, soccer cleats with shin guards, proper attire, and water to every session.

*\* Lack of participation in the conditioning and intramurals will affect spot on the rosters. \**

### Intramurals

**MANDATORY** for all new and returning players. July 9<sup>th</sup> – July 27<sup>th</sup> from 5:00pm to 7:00pm.

### Tryouts

**MANDATORY** for all new and returning players. July 30<sup>th</sup> – August 3<sup>rd</sup> from 5:00pm to 7:00pm.

○Plan Summer activities accordingly so that you can attend conditioning, workouts, and tryouts. **Any conflict in scheduling must be addressed prior to conditioning via email Coach Cuellar [cuellr@nv.ccsd.net](mailto:cuellr@nv.ccsd.net).**

Please contact the school athletic office if you any further questions.

## Individual Conditioning and Dieting

o Individual conditioning and dieting in June and July is expected for those participating in summer workout.

### Individual Conditioning

**Fartlek training** offers a nice variation and is great for group training...

It consists of running, jogging and walking intermittently. For example a player could cruise for 30 seconds followed by a light jog for 60 seconds, followed by a 10 second sprint.

This cycle is repeated for the duration of the session - 20 to 30 minutes on average.

**Interval Training** – numerous stations that consist of ladders, poles, hurdles, push-ups, sit-ups, etc. Stations will be in 3 minute duration.

### **120s (Distance of 120 yards)**

120 yards x 10 in: 22 seconds

To start, sprint to the finish line in: 22 seconds, and jog back to the start within the remaining: 38 seconds.

Start your sprint again at 1:00, 2:00 and 3:00 and so on until you do all 10 in: 22 seconds.

### **Technical Training**

-Juggling variations (develop a rhythm, walk/jog over distance, skip, and height of juggle)

-Passing/shooting on a wall, trapping, 1v1, 2 man passing, etc

### Dieting

-Proper sleep routine of 7-8 hours each night

-Go to bed at a decent time. Avoid staying up past midnight.

-Wake up at a decent time (7 or 8 in the morning)

-Eat a light breakfast every morning (1 scrambled egg, toast, and orange juice) No sugar!

-Avoid eating large portions especially during dinner

-Stay away from JUNK FOOD.

-Snack on a handful of peanuts, grapes, or other fruits and vegetables.

-Drink 8 glasses of water every day and **NO SODA/ENERGY DRINKS**

*Start taking better care of your body. I will not have patience during conditioning if you arrive out of shape and in poor health!*

Please contact the school athletic office if you any further questions.