



This will be the fitness test for Richland Girls Soccer Class.

You MUST have physical and all forms COMPLETED 1st day of class

- **Mile Run** – Improve your personal time by 15 seconds, if a returner. If new, must make mile under 8 minutes.
- **Creighton Test** – details described in packet
- **Full Field Sprints** - (10) Full field sprints (120 yards) in 25 seconds or less. Jog back in 45 seconds, rest for 20 seconds, and then repeat 9 times. You have to make it in the time frame, both ways, for it to count.
- **Beep Test** – 15 minutes
- **Bench Press burnout** – maximum number of 45lbs bench presses
- **Weighted Goblet Squat burnout** – maximum number of 25lbs goblet squats

****If you do not have all forms and physical first day, and all 4 areas of fitness test done in time you are eligible to be removed from soccer class the first week****

****Remember to always do our pregame/ practice warm-up before the work out and a cool down routine and stretch after the workout****

Week 1 of 11 (June 4 – June 8)

Monday June 4

- (3x) full field sprints (120 yards) in 25 seconds. Then jog back in 45 seconds. Rest 30 seconds. Repeat 2x.
- (3x) 50 yard sprints in 10 seconds. After each sprint jog back then repeat, no rest, your jog back is rest time.
- (3x) 20 yard sprints as fast as you can. Jog back and repeat, jog is rest time.
- (3x) 10 yard sprint, then walk back to starting point and repeat.
- (3x) 5 Squat Jumps, 10 bodyweight squats to parallel, 5 perfect pushups, and a 30 sec. plank
- Cool-down- 5 minute jog/ Stretch well to avoid soreness.

Thursday June 7

- 50 yard sprints x7 (**set 1**)
- 40 yard sprints x6 (**set 2**)
- 30 yard sprints x5 (**set 3**)
- 20 yard sprints x4 (**set 4**)
- 10 yard sprints x3 (**set 5**)

(Jog back after each sprint and repeat, Rest for 2-3 minutes following each **SET** of sprints)

- (3x) 5 broad jumps, 10 reverse lunge(each leg), 5 perfect pushups, 50 bicycles
- Cool down and stretch

Week 2 of 11 (June 11 – June 15)

Monday June 11

- (5x) full field sprints (120 yards) in 25 seconds. Then jog back in 45 seconds. Rest 30 seconds. Repeat for total of 5.
- (5x) 50 yard sprints in 10 seconds. After each sprint jog back then repeat, jog time is rest period
- (5x) 20 yard sprints as fast as you can. Jog back and repeat, jog time is rest period.
- (5x) 10 yard sprint, then walk back to starting point and repeat, walk is rest time.
- (3x) 5 squat jumps, 12 bodyweight squats, 7 perfect pushups, 30 sec. plank
- Cool-down- 5 minute jog/ Stretch well to avoid soreness

Thursday June 14

Shuttle Sprints

- 6,12, 18 yard shuttles **5x** (Sprint 6 yards and back, then 12 yards and back, then 18 yards and back. Rest for 20 seconds between each shuttle. Repeat 5 times)
- 18 yard shuttle twice (Sprint 18 yards, back then 18 yards and back, that's 1.) Then 20 second rest. Do **5x** or a total of ten.
- 6, 18, 40 yard shuttles. After each shuttle rest 30 seconds then repeat (**5x**)
- (3x) 5 broad jumps , 12 reverse lunge(each leg), 7 perfect pushups, 50 bicycles
- Cool down and stretch

Week 3 of 11 (June 18 – June 22)

Monday June 18

- 2 mile run (Run 2 miles as fast as you can and *record your time*)
No longer than 10 minute break, before starting sprints
- (4x) 40 yard sprints (Jog back to starting point before beginning next sprint)
After 4 sprints take 4 minute break
- (4x) 30 yard sprints (Jog back to starting point before beginning next sprint)
After 4 sprints take a 3 minute break
- (4x) 10 yard (walk back to starting point before beginning next sprint)
- (3x) 5 squat jumps, 15 bodyweight squats, 10 perfect pushups, 45 sec. plank
- cool down and stretch

Thursday June 21

- 1 mile run. (run 1 mile as fast as you can and don't forget to *record your time*)
- (With ball) dribble 18-20yds then turn with the ball and dribble back. Continue this for 7 minutes. Make sure you work on different turns and use BOTH feet. When you dribble keep the ball close and move as quick as you can.
- Then mark off 40 yards and dribble ball to line and then turn and dribble ball back. Do this as fast as you can keeping the ball close at all times using both feet for 4 minutes
- (3x) 5 broad jumps , 15 reverse lunge(each leg), 10 perfect pushups, 75 bicycles
- Cool down and stretch

Week 4 of 11 (June 25– June 29)

Monday June 25

- (7x) full field sprints (110 yards) in 25 seconds. Then jog back in 40 seconds. Rest 25 seconds. Repeat for total of 7.
- (7x) 50 yard sprints in 10 seconds. After each sprint jog back then repeat, jog time is rest time.
- (7x) 20 yard sprints as fast as you can. Jog back and repeat, jog time is rest time.
- (7x) 10 yard sprint, then walk back to starting point and repeat, walk time is rest time.
- (3x) 5 squat jumps, 17 bodyweight squats, 12 perfect pushups, 1:00 min. plank
- Cool-down- 5 minute jog/ Stretch well to avoid soreness

Thursday June 28

- 1 mile run (4 laps) in 8 minutes or less, rest 4 minutes (*record mile time*)
- ½ mile run (2 laps) in 4 minutes or less, rest 2 minutes (*record ½ mile time*)
- ¼ mile run (1 lap) in 2 minutes or less (*record ¼ mile time*)
(make sure you do not rest longer than time given, you are pushing yourself.)
- (3x) 5 broad jumps , 17 reverse lunge(each leg), 12 perfect pushups, 100 bicycles
- Cool down and stretch

Week 5 of 11 (July 2 – July 6)

Monday July 2

- (Creighton Test) – *record your total time and if you completed each level*

½ mile run	1:30 minute rest, the two ½ mile runs should average 4:00 min
6,18,60 yd shuttle	1:00 minute rest, the four shuttles should average 50 seconds
¼ mile run	1:15 minute rest, the two ¼ mile runs should average 2:00 min.
6,18,60 yd shuttle	1:00 minute rest
6,18,60 yd shuttle	1:00 minute rest
¼ mile run	1:15 minute rest
6,18,60 yd shuttle	2:00 minute rest
½ mile run	(if you stay with the average you should be able to complete test in 25 min)
- (3x) 5 squat jumps, 20 bodyweight squats, 15 perfect pushups, 1:00 min. plank

Wednesday July 4

- (5x) 25 yard shuttle sprints (Sprint 25 yards, touch the line, turn and sprint back 25 yards) (do not rest until you have done all 5 shuttles), then rest 3 minutes.
- (5x) 25 yard shuttle sprints (Same activity you just did, but this time with a ball)
- (5x) full field sprints in 25 seconds or less. Then jog back in 45 seconds and rest 25 seconds before repeating.
- (3x) 5 broad jumps , 20 reverse lunge(each leg), 15 perfect pushups, 100 bicycles

Friday July 6

Shuttles with soccer ball (as **fast as you can** under CONTROL, use BOTH feet and different cuts and turns)

- (5x) 10 yard shuttle (10 yards there and 10 yards back,) Rest 15 seconds
- (7x) 20 yard shuttle. Rest 15 seconds
- (7x) 40 yard shuttle. Rest 20 seconds
- (5x) 60 yard shuttle. Rest 25 seconds
- (5x) full field length. Rest 30 seconds
- (3x) 5 single leg jump for height, 20 side lunge, 15 perfect pushups, 25 toe touches

Week 6 of 11 (July 9 – July 13)

Monday July 9

Begin by sprinting 40 yards. Rest for 30 seconds. Sprint 40 yards back to starting line. Repeat 10 times. Focus on the rest period. Only allow yourself 75% recovery. Do not allow yourself to fully recover before the next sprint. Base your rest period off of this concept. If the rest period allotted is too long then decrease the amount of time to rest.

- 40 yd dashes 10x 30 seconds rest between each set
- 30 yd dashes 10x 20 seconds rest between each set
- 20 yd dashes 10x 15 seconds rest between each set
- 15 yd dashes 10x 10 seconds rest between each set
- (3x) 5 squat jumps, 25 bodyweight squats, 17 perfect pushups, 1:00 min. plank
- Cool down and stretch

You are now about half way through this summer program. Remember you are doing this for yourself and your teammates, push yourself and push your teammates, work together. The harder we work this summer, the better the rewards during this season and the future seasons. Remember, we are a young team, we need that extra effort to achieve success. Keep it up I am proud of you.

Wednesday July 11

(rest period is the time it takes to walk back.)

- (1x) 100 yard sprint
- (2x) 90 yard sprints
- (2x) 80 yard sprints
- (3x) 70 yard sprints
- (3x) 60 yard sprints
- (5x) 50 yard sprints
- (5x) 40 yard sprints
- (6x) 30 yard sprints
- (7x) 20 yard sprints
- (3x) 5 broad jumps, 25 reverse lunge(each leg), 17 perfect pushups, 75 bicycles
- Cool down and stretch

Friday July 13

Short shuttles with ball at feet (as fast as you can, but keep CONTROL, control is most important)

- (4x) 6 yard shuttle (5 second rest between each set)
- (4x) 6-12 yard shuttle (10 second rest between each set)
- (4x) 6-12-18 (15 second rest between each set)

Long shuttles with ball at feet (as fast as you can, but keep CONTROL, use both feet when cutting)

- (2x) 6-18-60-120 yard shuttle in 1:30.(2 minute rest between each shuttle)
- (3x) 6-18-60 in 45 seconds. (45 second rest between each shuttle)
- (3x) 6-12-18 in 30 seconds. (30 second rest between each shuttle)
- (4x) 6-12 yard shuttle in 15 seconds. (15 second rest between each shuttle)
- (3x) 5 single leg jump for height, 25 side lunge, 17 perfect pushups, 30 toe touches
- Cool down and stretch

Week 7 of 11 (July 16 – July 20)

Monday July 16

- (Creighton Test) – *make sure you are keeping time for rest and runs.*

½ mile run 1:30 minute rest

6,18,60 yd shuttle 1:00 minute rest

¼ mile run 1:15 minute rest

6,18,60 yd shuttle 1:00 minute rest

6,18,60 yd shuttle 1:00 minute rest

¼ mile run 1:15 minute rest

6,18,60 yd shuttle 2:00 minute rest

½ mile run

The two ½ mile runs should have an average time of 4:00 (Ex. Run 2 laps in under 4:00)

The two ¼ mile runs should have an average time of 2:00

The four shuttles should have an average time of 45 seconds.

If you stay with averages you should be able to complete test in 25 minutes

- (3x) 5 squat jumps, 30 bodyweight squats, 20 perfect pushups, 1:00 min. plank
- Cool down and stretch

Wednesday July 18

- (6x) 25 yard shuttle sprints (Sprint 25 yards, touch the line, turn and sprint back 25 yards) (Do all 6 sets **then** rest)
- Rest 3 minutes
- (6x) 25 yard shuttle sprints (Same activity you just did, this time with a ball
- Rest 3 minutes
- (6x) 25 yard shuttle sprints (Yes, again, but without ball)
- Rest 3 minutes
- (10x) 50 yard sprints. The walk back to the line is rest time.
- (3x) 5 broad jumps , 30 reverse lunge(each leg), 20 perfect pushups, 75 bicycles
- Cool down and stretch

Friday July 20

- 1 Mile run. Push yourself to the limit – it will pay off come preseason and during the year. *Make sure you record your time.*
- 2 minutes rest
- Jog 6 laps around the soccer field with a ball
- (3x) 5 single leg jump for height, 30 side lunge, 20 perfect pushups, 30 toe touches
- Cool down and stretch

Week 8 of 11 (July 23 – July 27)

Monday July 23

- (5x) Full field sprints. Get to the end line in 25 seconds or less, then jog back in 45 seconds, and rest remainder of minute (15 seconds). Repeat 5 times total.
- (5x) 50 yard sprint with a ball, Walk back is rest time. Run all the way through.
- (5x) 40 yard sprint with a ball
- (5x) 30 yard sprint with a ball
- (3x) 5 squat jumps, 35 bodyweight squats, 22 perfect pushups, 1:00 min. plank
- Cool down and stretch

Wednesday July 25

- (4x) Jog length of field, high knees width, sprint length, run width backwards
- (5x) Dribble soccer ball down length of field, work on both feet, cutting ball side to side. Practice different moves or game scenarios as you dribble.
- (6x) Full length sprints in 25 seconds or less. Jog back in 45 seconds then rest for 20 seconds and repeat.
- (3x) 5 broad jumps , 35 reverse lunge(each leg), 22 perfect pushups, 75 bicycles
- Cool down and stretch

Friday July 27

(Rest period is the time it takes you to walk back to starting point) (Run ALL the way through)

- (10x) 50 yard sprints
- (10x) 40 yard sprints
- (10x) 30 yard sprints
- (10x) 20 yard sprints
- (3x) 5 single leg jump for height, 35 side lunge, 22 perfect pushups, 40 toe touches
- Cool down and stretch

ALMOST DONE – 3 weeks left keep pushing yourself and push your teammates. We all have to do this for it to count so make sure the other girls are accountable, encourage each other. We need to come together as a team and a program. If you put in the time and EVERYONE commits you will see a difference in all aspects of YOUR team and program.

Week 9 of 11 (July 30 – August 3)

Monday July 30

Short shuttles with ball at feet (as fast as you can while keeping CONTROL and use both feet)

- (4x) 6 yard shuttle (5 second rest between each set)
- (4x) 6-12 yard shuttle (10 second rest between each set)
- (4x) 6-12-18 (15 second rest between each set)
- Jog 1 mile at your own pace with soccer ball. (if on field 6 times around)
- (3x) 5 squat jumps, 40 bodyweight squats, 25 perfect pushups, 1:00 min. plank
- Cool down and stretch

Wednesday August 1

- (6x) Full field sprints in 25 seconds or less. Jog back in 45 seconds then rest for 15 seconds and repeat.
- Rest 3 minutes
- (4x) Full field sprints. Same as above.
- (3x) 5 broad jumps , 40 reverse lunge(each leg), 25 perfect pushups, 75 bicycles
- Cool down and stretch

Friday August 3

- Run 2 miles as fast as you can (***Record your time***)
- Rest 7 minutes, no more. Keep walking during rest time.
- (10x) 20 yard sprints. Walk back is rest time.
- (5x) 40 yard sprints. Walk back is rest time.
- (5x) 120 yard sprints (Length of Field). Walk back is rest time.
- (3x) 5 single leg jump for height, 35 side lunge, 22 perfect pushups, 40 toe touches
- Cool down and stretch

Week 10 of 11 (August 6 – August 10)

Monday August 6 (Creighton Test) – record your total time

½ mile run 1:30 minute rest
6,18,60 yd shuttle 1:00 minute rest
¼ mile run 1:15 minute rest
6,18,60 yd shuttle 1:00 minute rest
6,18,60 yd shuttle 1:00 minute rest
¼ mile run 1:15 minute rest
6,18,60 yd shuttle 2:00 minute rest
½ mile run

The two ½ mile runs should have an average time of 4:00 (Ex. Run 2 laps in under 4:00)

The two ¼ mile runs should have an average time of 2:00

The four shuttles should have an average time of 45 seconds.

If you stay with averages you should be able to complete test in 25 minutes

- (3x) 5 squat jumps, 40 bodyweight squats, 25 perfect pushups, 1:00 min. plank
- Cool down and stretch

Wednesday August 8

- (7x) Full field sprints. Get there in 25 seconds or less, jog back in 45 seconds, then rest for remainder of minute (15 seconds) and repeat 6 times.
- Shuttles with soccer ball (as fast as you can while keeping CONTROL of ball, use both feet)
- (4x) 6 yard shuttle (5 second rest between each set)
- (4x) 6-12 yard shuttle (10 second rest between each set)
- (4x) 6-12-18 (15 second rest between each set)
- (3x) 5 broad jumps , 40 reverse lunge(each leg), 25 perfect pushups, 75 bicycles
- Cool down and stretch

Friday August 10

(Rest for the 20's, 30's, and 40's, is between 15 to 20 seconds. The rest period for the other sprints is the time it takes to walk back.) (Push yourself EVERY sprint all the way through the finish)

- (1x) 100 yard sprint
- (2x) 90 yard sprints
- (2x) 80 yard sprints
- (3x) 70 yard sprints
- (3x) 60 yard sprints
- (5x) 50 yard sprints
- (5x) 40 yard sprints
- (8x) 30 yard sprints
- (10x) 20 yard sprints
- 3x) 5 single leg jump for height, 35 side lunge, 22 perfect pushups, 40 toe touches
- Cool down and stretch

This is the last week, Push yourself, push your teammates.

Week 11 of 11 (August 13 – August 17)

Monday August 13

- 1 Mile run. Push yourself – time is running out. (*record time*)
- 2 minute rest
- 6 laps around soccer field with a ball
- (3x) 5 squat jumps, 40 bodyweight squats, 25 perfect pushups, 1:00 min. plank
- Cool down and stretch

Wednesday August 15

- (10x) Full field sprints. Get there in 25 seconds or less, then jog back in 45 seconds, then rest for remainder of minute (15 seconds) and repeat 9 times.
- Rest for 10 minutes (no more, no less, 10 min)
- (5x) 40 yard sprints. Your rest time is the time it takes you to walk back to starting line.
- (3x) 5 broad jumps , 40 reverse lunge(each leg), 25 perfect pushups, 75 bicycles
- Cool down and stretch

Friday August 17

- 1 Mile run. Push yourself and *record time*.
- Rest until fully recovered
- (10x) Full field sprints test. Get there in 25 seconds or less, then jog back in 45 seconds, then rest for remainder of minute (15 seconds) and repeat 9 times. Last time to do it before real test so make it count.
- 3x) 5 single leg jump for height, 35 side lunge, 22 perfect pushups, 40 toe touches
- Cool down and stretch

You have completed the summer work out. Congratulations. If you have pushed yourself and your teammates then it will show in the first week of soccer class. I will be able to tell who did the work outs over the summer and who did not, based on the results.

1st Week of Soccer Class (August 20 – August 24)

Monday and Tuesday (August 20 – 21)

- Physicals and forms
- Lockers and locks
- Soccer class expectations

Wednesday August 22

- scrimmage

Thursday August 23

- (Creighton Test)
 - ½ mile run 1:30 minute rest
 - 6,18,60 yd shuttle 1:00 minute rest
 - ¼ mile run 1:15 minute rest
 - 6,18,60 yd shuttle 1:00 minute rest
 - 6,18,60 yd shuttle 1:00 minute rest
 - ¼ mile run 1:15 minute rest
 - 6,18,60 yd shuttle 2:00 minute rest
 - ½ mile run

The two ½ mile runs should have an average time of 4:00 (Ex. Run 2 laps in under 4:00)

The two ¼ mile runs should have an average time of 2:00

The four shuttles should have an average time of 45 seconds.

If you stay with averages you should be able to complete test in 25 minutes

Friday August 24

- scrimmage

*****After the first week we will evaluate your commitment and skill level. This will be based off having proper paper work turned in and completed, times and effort during Thursdays conditioning, and your knowledge and skill level during scrimmages. *This will be the first cuts for soccer teams******

Record Sheet- *Bring this sheet to class first day of school*

June 18 - 2 mile _____

June 21 - 1 mile _____

June 28 - 1 mile _____

 ½ mile _____

 ¼ mile _____

July 2 - Creighton Test #1 (total time with rest) _____

July 16 - Creighton Test #2 (total time with rest) _____

July 20 - 1 mile _____

August 3 - 2 mile _____

August 6 - Creighton Test #3 (total time with rest) _____

August 13 - 1 mile _____

August 17 - 1 mile _____



NUTRITION

You can't out-train a poor diet.

Nutrition

Nutrition directly affects your training, performance, and recovery. To fully maximize potential, an athlete needs to eat the right things, in the right amounts, at the right times. Food serves as the fuel for all of the hard work that an athlete puts in, both during the season and in the off-season. It also serves as a means to help recovery so that an athlete can get up the next day and put in the hard work again. The following information tells what types of foods a **Lady Rebel Soccer Player** should eat on a daily basis to maximize his potential. Follow these guidelines and grow strong!

10 Guidelines for Optimum Nutrition

1. 5 - 6 Meals, 2-3 hours apart, EVERYDAY containing:
 - protein sources
 - high carbohydrate **LOW SUGAR** sources
 - Dairy source
 - Fruit and Vegetable, **EVERY** meal.
2. **Always EAT BREAKFAST!!**
3. Fried Foods are horrible!
 - 90% Unhealthy / 10% Healthy!!**
4. **Avoid HIGH SUGAR** foods and drinks. **NO SODA!!**
5. **Always consume fluids, carbs, and protein within at least 1 hour of completing any exercise, workouts, or training.**
6. Eat for energy and performance **BEFORE** taste.
7. Eat a **PROTEIN** source at EVERY meal.
8. The **MORE** vegetables the **BETTER!**
9. **WATER, WATER, WATER!**
1/2 - 1 gallon/day is **MANDATORY!!**
10. Pre-Prepared Ready-to-Eat Foods are **USUALLY**
Bad. (Fast Food, Frozen Meals, Frozen pizza, Packaged sandwiches)

MEAL COMPONENTS

1. Protein

- a. Eat every meal
- b. Preserves muscle mass, helps recuperation
- c. .5 gram for each pound of bodyweight (70 g for a 140 lb. athlete)

*Best Sources: Eggs, Chicken, Beef, Pork, Fish, beans and rice (combo), Dairy, Peanut butter and 100% Whole Wheat Bread, Protein Powder (whey)

2. Carbohydrates

- a. Eat every meal
- b. Energy for exercise and life
- c. Low Carbs = Low energy/Fatigue
- d. 2 grams - 4 grams for each pound of bodyweight (440 g - 550 g for a 220 lb. athlete) minimum

*Best Sources: Whole Grain Rice, Grains, Cereal, Pasta, Potatoes, Beans, Fruits, Veggies

3. Fruits

- a. 3 Pieces each day minimum
- b. Quick energy, Sugars, Vitamins, Minerals, Fiber

*Best Sources: Fresh, Dried

4. Veggies

- a. 3 each day minimum
- b. 1 cup raw / 1/2 cup cooked
- c. FIBER, Carbohydrates, Vitamins, Minerals

*Best Sources: Steamed, Fresh, Frozen

5. Dairy

- a. 3 servings each day, 1 cup per serving
- b. Calcium, Protein, some carbohydrates

*Best Sources: Milk, Yogurt, Cheese

HYDRATION

Hydration is probably the most overlooked element in sports performance. However, it's a very crucial factor because, **Dehydration can have significant impacts on performance during competition.** These impacts include overheating, disruption of chemical balance, fatigue, cramping, decreased speed and quickness, headaches, and dizziness.

- Dehydration causes your body to burn more of its muscular energy stores.
- Thirst sensors are inhibited during strenuous exercise.
- The thirst mechanism generally doesn't work well enough to prevent dehydration
- During performance a 2% or greater loss in body weight from dehydration can seriously impair performance.