

*Summer Soccer Manual*



Hello Soccer Player,

Welcome to 2015 summer conditioning program for Ram Soccer. As you know the sport of Soccer is a very explosive and fast paced sport. Every year players are becoming stronger, and faster. With faster and stronger athletes as your competition you as an athlete must be prepared. The importance of coming into the season in the best shape possible is at the utmost priority. By coming into a season out of shape you are already behind your competition that has been training for the whole off-season. This is what separates the good players from the mediocre ones. Championship teams and players come into the season in shape and only improve from then on. Mediocre players come into the season out of shape and are always trying to catch up with the winning teams the whole season. Remember you cannot play yourself into shape. You must prepare before you win a championship not prepare as you are trying to win a championship.

The importance of employing a summer conditioning program for soccer is critical for the prevention of injuries. Scientifically based programs will get you into the best shape possible for the upcoming season. The following program will help get into shape for the season and with a little luck will keep you injury free. Remember you do not help the team if you are on the sidelines nursing an injury that could have been prevented. Enjoy the program and enjoy your upcoming Soccer season.

Good Luck and Have Fun,

Coach McCormick  
Head Strength & Conditioning Coach  
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## WARM UP

The key to beginning any training program is to get the body ready for activity. This is done by doing a combination of static and dynamic movements to bring blood to the muscles that will be worked during the training period. Static Stretching is stretching, using slow, controlled stretches, held in position for a period of time. Dynamic Stretching is repeated, fluid, gentle dynamic-range movements.

### **You should stretch at the following times:**

- Before exercise, practice, and competition
- During exercise, practice, and competition
- Following Exercise, practice, and competition

This is done to increase the following to prepare you for exercise:

- Heart Rate
- Blood Flow
- Deep Muscle Temperature
- Respiration Rate
- Viscosity of Joint Fluids
- Perspiration
- Flexibility

Additionally for those who lack sufficient flexibility, extra stretching sessions during free time may be both relaxing and beneficial. Stretching can be done at night before going to bed, sitting watching TV or after a hot shower when you feel more relaxed

**\*Consistency and time in a stretching program will show improvements in flexibility\***

Tennis requires a large amount of flexibility from the legs, core muscles, and upper body. If any one of these areas is inflexible it could hurt your game tremendously. This is why it is very important to make sure you stretch every time before and after playing, train, and when you feel tight. On the next few pages we will go through a basic stretching program that will include both static and dynamic movements to improve your flexibility while on the court.

## Soccer workout warm-up

1. Begin a general warm-up period, which may consist of 2-5 minutes of slow jogging or riding a stationary Bike
2. At the completion of the general warm-up period, mark off approximately a 15-yard area with cones. Perform the following dynamic stretches.

### Dynamic Stretches

*(Done in the following order) Exercises are done using 50% effort. Stay relaxed and emphasize on technique rather than speed.*

1. Skipping – Down and Back
2. Walking Lunges – Down and Back
3. Side Shuffle – Down and back facing the same direction the whole time.
4. Backwards – Down and Back
5. High Knees- Down and Back

At the completion of the dynamic movements immediately perform the following static stretches to complete the warm-up.

### Static Stretches

(Progress from upper body stretch to lower body stretch. Stretches are to be held for approximately 30 seconds)

#### Upper Body:

1. Neck Stretch
2. Chest Stretch
3. Triceps Stretch
4. Shoulder Stretch & Upper Back Stretch

#### Lower Body:

1. Groin Stretch (Butterfly)
2. V-Sit w/ Calf Stretch
3. Knees Side to Side
4. Quad Stretch
5. Back Extensions

After performing the static stretch portion of the warm-up you will roll over onto your back and perform the following abdominal exercises.

- |             |     |
|-------------|-----|
| Crunches    | x25 |
| Toe Touches | x25 |
| V-ups       | x25 |
| Leg Raises  | x25 |
| Knee Tucks  | x25 |

## Summer Strength & Conditioning Plan



### June 2<sup>nd</sup> -30<sup>th</sup>

The first month is meant to help get you into shape and begin developing fundamental speed and agility techniques. This is a three-day per week program, with the first day focusing on strength, the second on speed and agility, and the third on endurance.

#### Day 1

- **Back Squats:** 4x15, body weight on the bar!
  - **Step-ups:** 3x 8ea.
  - **Romanian Deadlifts:** 3x12
  - **DB step-up:** 3x 8
  - **Barbell Floor Press:** 3x 10
  - **Pull-Ups:** 3xMax
  - **MB Standing Military Press:** 3x12
- \*Mile run keep it under 7:30**

#### Day 2

10-15 minutes of speed and agility technique drills

- **Sprint to Lateral Shuffle:** 5x30 meters (switch sides every 5 meters)
- **Sprint to Backpedal:** 5x30 meters
- **Standing Long Jump:** 3x 5 reps
- **Agility work speed ladder** 8x
- **Push-ups:** 3x 15
- **DB Curls:** 3x 10
- **Bench Dips:** 3x 10

#### Day 3

Do each exercise with a med ball. Perform each for 30 seconds and repeat the circuit 3x.

- **Med Ball Push-ups,**
  - **Med Ball Chest Pass**
  - **Med Ball Overhead Throw**
  - **Med Ball Russian Twist**
  - **Med Ball Slams** (hold ball in front)
  - **Med Ball Lateral hops** (jump over the ball side to side)
  - **Med Ball Lunges** (hold ball in front)
  - **Med Ball Crunches** (hold ball over chest)
  - **Med Ball V-ups** (alternate legs)
- \*Mile run keep it under 7:30**



### July 1<sup>st</sup> -31<sup>st</sup>

The program during months two and three expands to five days per week. Three days are devoted to strength and metabolic conditioning, and the other two days focus on speed, agility and plyometrics.

#### Day 1

- Back Squats: 3x15
- Romanian Deadlifts: 3x12
- Dumbbell Bench Press: 3x15
- Pull-Ups: 3xMax
- Standing Military Press: 3x12
- Sprints: 10x 30m with 20 seconds walking recovery between sprints

#### Day 2

10-15 minutes of speed and agility technique drills

- Sprint to Lateral Shuffle: 3x30 meters (switch sides every 5 meters)
- Sprint to Backpedal: 3x 30 meters
- MB Standing Long Jump: 3x5
- Lunge Matrix fwd, side, back: 3x5 (stick landing)

## Summer Strength & Conditioning Plan

### Day 3

Do each exercise with a 14lb. med ball. Perform each for 30 seconds and repeat the circuit three times.

- Clean and Press
- Chest Pass
- Overhead Throw
- Twist and Throw
- Med Ball Squat (hold ball in front)
- Med Ball Romanian Deadlift (hold ball in front)
- Med Ball Lunges (hold ball in front)
- Med Ball Crunches (hold ball over chest)
- Med Ball Leg Raises (hold ball between feet)
- Half-field sprints Game speed: 15x (rest 30 sec. between each)

### Day 4

10-15 minutes of speed and agility technique drills

- Sprint to Lateral Shuffle: 3x30 meters (switch sides every 5 meters)
- Sprint to Backpedal: 5x30 meters
- Standing Long Jump: 2x5
- Counter-Movement Jump: 2x5 (stick landing)
- **1.5 mile run keep it under 10:00 min.**

### Day 5

Do each exercise with your body weight. Perform each for 30 seconds and sprint for 15 seconds between exercises. Repeat the circuit three times.

- Squats
- Front Lunges
- Reverse Lunges
- Side Lunges
- Inchworms
- Walk on Toes
- Walk on Heels
- Burpee+pushup
- Bear Crawl
- Squat Jumps
- Pull-Ups
- Dips



## August 1<sup>st</sup> -31<sup>st</sup>

This phase also is also based on a five-day plan. However, the exercises are more complex and the workouts are more difficult to accomplish to promote increased fitness levels.

### Day 1

- Hang Clean: 3x6 @ 60% (above knees)
- Front Squats: 3x 10 @ 70%
- Strength Ball Back Raises: 3x15
- Incline Dumbbell Press: 3x12
- Single-Arm Dumbbell Rows: 3x12 each arm
- Seated Military Press: 3x12
- Sprints: 2x10x20 meters with 20 seconds walking recovery between sprints and 5 minutes recovery between sets

### Day 2

10-15 minutes of speed and agility technique drills

- Sprint to Lateral Shuffle: 3x 30 meters (switch sides every 5 meters)
- Sprint to Backpedal: 10x 100 meters
- Standing Lateral hurdle Jump: 3x 5
- Burpee + Jump: 3x 10 (speed)

### Day 3

## Summer Strength & Conditioning Plan

- DB Incline Bench Press: 3x12
- Dips: 3x 12
- Pull-Ups: 3x 8
- 3-in-1 Shoulders: 3x12, DB press/side raises/front raises
- Sprints:
  - 1x20 meters, 10 seconds recovery
  - 1x40 meters, 20 seconds recovery
  - 1x60 meters, 40 seconds recovery
  - 1x80 meters, 60 seconds recovery
  - 2x100 meters, 60 seconds recovery
  - 1x80 meters, 60 seconds recovery
  - 1x60 meters, 40 seconds recovery
  - 1x40 meters, 20 seconds recovery
  - 1x20 meters

### Day 4

*10-15 minutes of speed and agility technique drills*

- Sprint to Lateral Shuffle: 3x30 meters (switch sides every 5 meters)
- Sprint to Backpedal: 3x30 meters
- Standing Long Jump: 3x 5
- Burpees: 3x 12 (speed)

### Day 5

- Back Squats: 3x12-15 @ 60%
- Lunges: 3x12-15
- Good Mornings: 3x12-15
- MB Step-up 3x 8
- Hip Raises: 3x12-15
- Calf Raises: 3x12-15
- Half-field Gassers: 5x keep under 35 sec.

## Strength and Conditioning Nutrition Guidelines

### ***1) Always eat breakfast***

- 2) Eat 4 – 7 meals per day, counting snacks
- 3) Protein should be included in each meal, this should come from low fat sources such as chicken, fish, turkey, eggs, low-fat or fat free dairy, and lean beef
- 4) A fruit and/or vegetable should be eaten each meal
- 5) Eat every 2-3 hours
- 6) Avoid high sugar products food or drink. This includes drinks such as Sunny-D or Kool-Aid and soda/pop. As well as foods like cookies, candy and ice cream.
- 7) Water should be your main drink of choice
- 8) Try to stay away from pre-prepared food whenever possible (fast food, pizza, frozen dinners)
- 9) Prepare food ahead of time is possible, this will help with last minute choices and settling for whatever is available. Understand that you are an athlete and not the average person
- 10) Get color onto your plate – in the form of vegetables and fruits.
- 11) Bookend your workouts – pre and post! Your workout is not complete until you eat!



## 1500 Calorie Diet

This is a low calorie diet. However, it is quite well balanced with plenty of lean protein. It is based around 3 meals per day plus 2 snacks. Dividing the food this way, into five separate small "meals" rather than the more traditional 3 meals per day, is to keep your metabolism high and to keep you from getting too hungry between meals.

### Day 1

#### Breakfast:

- One hard boiled egg--cal 85/ pro 7/ carb 0/ fat 6
- One half grapefruit--cal 52/ pro 1/ carb 13/ fat 0
- One piece whole wheat toast--cal 69/ pro 3/ carb 13/ fat 1
- Bowl of Cereal (1 pat-5 gm)--cal 36/ pro 0/ carb 0/ fat 4

#### Snack:

- Peanut Butter sandwich, (30 gm)--cal 48/ pro 9/ carb 0/ fat 1
- Pita bread (large-64 gm)--cal 170/ pro 6/ carb 35/ fat 2
- One small apple--cal 55/ pro 0/ carb 15/ fat 0

#### Lunch:

- Hamburger, lean 5% fat (3 ounce-0 85 gm)--cal 139/ pro 22/ carb 0/ fat 5
- Whole wheat bread-one slice (28 gm)--cal 69/ pro 3/ carb 13/ fat 1
- Peach (medium-98 gm)--cal 38/ pro 0.9/ carb 9/ fat 0.2
- Lettuce salad, radish, onion--cal 11/ pro 0/ carb 2/ fat 0
- Italian dressing-low fat (2 tbsp-15 gm)--cal 22/ pro 0.2/ carb 1.4/ fat 2

#### Snack:

- Yogurt, (43 gm)--cal 58/ pro 13/ carb 0/ fat 0.5
- One piece whole wheat toast (28 gm)--cal 69/ pro 3/ carb 13/ fat 1
- ½ cup of nuts (1/2 ounce-11 nuts-14 gm)--cal 82/ pro 3/ carb 3/ fat 7
- Carrot (large-72 gm)--cal 30/ pro 0.7/ carb 7/ fat 0.2

#### Dinner:

- Grilled salmon--cal 281/ pro 39/ carb 0/ fat 12
- Asparagus (per cup)--cal 27/ pro 3/ carb 5/ fat 0
- Potato-boiled-medium (178 gm)--cal 154/ pro 4/ carb 34/ fat 0.3
- Butter (1 pat-5 gm)--cal 36/ pro 0/ carb 0/ fat 4

### Day 2

#### Breakfast:

- Hot Cereal, toast (80 gm)--cal 126/ pro 21/ carb 0/ fat 4
- Grapes (one cup seedless-160 gm)--cal 110/ pro 1.2/ carb 29/ fat 0.3
- Tomato (medium-123 gm)--cal 26/ pro 1/ carb 6/ fat 0
- One piece whole wheat toast--cal 69/ pro 3/ carb 13/ fat 1
- Butter (1 pat-5 gm)--cal 36/ pro 0/ carb 0/ fat 4

#### Snack:



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- Banana (6 ounce-168 gm)--cal 92/ pro 12/ carb 3/ fat 3
- Brown rice (1/2 cup cooked)--cal 109/ pro 2.2/ carb 23/ fat 1
- Soy sauce (1 tbsp-15 gm)--cal 11/ pro 1.9/ carb 1/ fat 0
- One small apple (106 gm)--cal 55/ pro 0/ carb 15/ fat 0

### Lunch:

- Chicken breast roasted, skinless (60 gm)--cal 95/ pro 18/ carb 0/ fat 2
- Sweet potato-medium-baked (114 gm)--cal 103/ pro 2/ carb 24/ fat 0
- Butter (1 pat-5 gm)--cal 36/ pro 0/ carb 0/ fat 4
- Green beans (one cup)--cal 44/ pro 2.4/ carb 10/ fat 0.4

### Snack:

- protein bar low fat (1.5 ounce-42 gm)--cal 58/ pro 9/ carb 0.2/ fat 2
- Cheese-low fat cheddar or Colby (1 ounce)--cal 49/ pro 7/ carb 1/ fat 2
- Pita bread (large-64 gm)--cal 170/ pro 6/ carb 35/ fat 2

### Dinner:

- Cod (1 fillet-90 gm)--cal 95/ pro 21/ carb 0/ fat 1
- Potato-baked- small (138 gm)--cal 123/ pro 3.2/ carb 27/ fat 0.2
- Mushrooms (one cup-70 gm)--cal 15/ pro 2.2/ carb 2.3/ fat 0.2
- Butter (1 pat-5 gm)--cal 36/ pro 0/ carb 0/ fat 4
- Spinach salad with peppers and onions--cal 96/ pro 3/ carb 21/ fat 0.5
- Italian dressing-low fat (2 tbsp-15 gm)--cal 22/ pro 0.2/ carb 1.4/ fat 2

## Day 3

### Breakfast:

- 2 Egg (medium-44gm)--cal 130/ pro 11/ carb 0/ fat 8
- Cheese-low fat cheddar or Colby (1 ounce)--cal 49/ pro 7/ carb 1/ fat 2
- Peach (medium-98 gm)--cal 38/ pro 0.9/ carb 9/ fat 0.2
- One piece whole wheat toast--cal 69/ pro 3/ carb 13/ fat 1
- Butter or jelly (1 pat-5 gm)--cal 36/ pro 0/ carb 0/ fat 4

### Snack:

- Tuna (1.5 ounce-packed in water)--cal 49/ pro 10.5/ carb 0/ fat 0.5
- Mayonnaise-low calorie (1 tbsp-15 gm)--cal 32/ pro 0/ carb 2.2/ fat 2.7
- Dill pickle (large-135 gm)--cal 15/ pro 0.4/ carb 3.1/ fat 0.4
- Whole wheat bread-one slice (28 gm)--cal 69/ pro 3/ carb 13/ fat 1
- Almonds (1/2 ounce-11 nuts-14 gm)--cal 82/ pro 3/ carb 3/ fat 7

### Lunch:

- Turkey breast roasted, skinless (87 gm)--cal 117/ pro 26/ carb 0/ fat 1
- Pita bread (large-64 gm)--cal 170/ pro 6/ carb 35/ fat 2
- Butter (1 pat-5 gm)--cal 36/ pro 0/ carb 0/ fat 4
- Broccoli (1/2 cup)--cal 22/ pro 2/ carb 4/ fat 0
- strawberries (one cup-145 gm)--cal 83/ pro 1.1/ carb 21/ fat 0.5

### Snack:

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- Boiled egg (large-50 gm)--cal 74/ pro 6.3/ carb 0/ fat 5
- Brown rice (1/2 cup cooked)--cal 109/ pro 2.2/ carb 23/ fat 1
- Lettuce salad, radish, onion--cal 11/ pro 0/ carb 2/ fat 0
- Caesar dressing, low cal (2 tbsp-30 gm)--cal 34/ pro 0/ carb 5.6/ fat 1.4

### Dinner:

- Roast beef (tri-tip) (70 gm)--cal 100/ pro 15/ carb 0/ fat 4
- Pasta (1.5 ounces dry-42 gm)--cal 123/ pro 10/ carb 23/ fat 1
- Pasta sauce, marinara (1/2 cup-125 gm)--cal 71/ pro 1.8/ carb 10/ fat 2.6
- Brussels sprouts (one cup-88 gm)--cal 38/ pro 3/ carb 8/ fat 0.3
- Carrot (large-72 gm)--cal 30/ pro 0.7/ carb 7/ fat 0.2

## Day 4

### Breakfast:

- Ham, extra lean 4% fat (3 ounce-85 gm)--cal 116/ pro 18/ carb 0.4/ fat 4.1
- Hash browns potato, sliced, pan fried (138 gm)--cal 123/ pro 3.2/ carb 27/ fat 0.2
- Grape fruit (1/2 seedless-80 gm)--cal 55/ pro 0.6/ carb 15/ fat 0.1

### Snack:

- Peanut/Jelly butter (2 tbsp-32 gm)--cal 192/ pro 8/ carb 6/ fat 17
- Whole wheat bread-two slice (28 gm)--cal 69/ pro 3/ carb 13/ fat 1
- Orange (151 gm)--cal 69/ pro 1.1/ carb 17/ fat 0.3

### Lunch:

- Tuna (3 ounce-packed in water)--cal 99/ pro 21/ carb 0/ fat 1
- Mayonnaise-low calorie (1 tbsp-15 gm)--cal 32/ pro 0/ carb 2.2/ fat 2.7
- Cauliflower (1/2 cup)--cal 14/ pro 1/ carb 2.5/ fat 0
- Lettuce salad, cucumber, sweet pepper--cal 94/ pro 4/ carb 21/ fat 0.8
- Caesar dressing, low cal (2 tbsp-30 gm)--cal 34/ pro 0/ carb 5.6/ fat 1.4

### Snack:

- Protein Shake--cal 95/ pro 18/ carb 0/ fat 2
- Apple/peanut butter (28 gm)--cal 69/ pro 3/ carb 13/ fat 1
- Carrots (1 pat-5 gm)--cal 9/ pro 0.4/ carb 1.0/ fat 0.1
- Celery (per stalk)--cal 9/ pro 0.4/ carb 1.9/ fat 0.1

### Dinner:

- Beef, top round, broiled (100 gm)--cal 176/ pro 32/ carb 0/ fat 5
- Sweet potato-medium-baked (114 gm)--cal 103/ pro 2/ carb 24/ fat 0
- Butter (1 pat-5 gm)--cal 36/ pro 0/ carb 0/ fat 4
- Portabella mushroom (100 gm)--cal 26/ pro 2.5/ carb 5.1/ fat 0.2
- Green beans (one cup)--cal 44/ pro 2.4/ carb 10/ fat 0.4

## Day 5

### Breakfast:

- Whole egg (large)/ 2 whites-scrambled--cal 119/ pro 13.3 / carb 0/ fat 5
- Oatmeal (1/2 cup cooked)--cal 75/ pro 2.5/ carb 14/ fat 1.5

Milk 1% (1/2 cup)--cal 59/ pro 5/ carb 6.5/ fat 1.5

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- Brown Sugar (one teaspoon)--cal 16/ pro 0, carb 4/ fat 0
- Banana (medium-118 gm)--cal 72/ pro 0.9/ carb 19/ fat 0.3

### Snack:

- Turkey breast roasted, skinless (43 gm)--cal 58/ pro 13/ carb 0/ fat 0.5
- Whole wheat bread-one slice (28 gm)--cal 69/ pro 3/ carb 13/ fat 1
- Cherries (one cup-with pits)--cal 74/ pro 1.2/ carb 19/ fat 0.2
- Walnuts (1/2 ounce-14 gm)--cal 84/ pro 3.5/ carb 1.4/ fat 8.5

### Lunch:

- Grilled halibut (3 ounce)--cal 119/ pro 23/ carb 0/ fat 2.5
- Black beans (1/2 cup cooked)--cal 110/ pro 8/ carb 20/ fat 0.5
- Butter (1 pat-5 gm)--cal 36/ pro 0/ carb 0/ fat 4
- Tomato (medium-123 gm)--cal 26/ pro 1/ carb 6/ fat 0
- Cucumber (301 gm)--cal 45/ pro 2/ carb 11/ fat 0.3

### Snack:

- Cheese-low fat cheddar or Colby (2 ounce)--cal 98/ pro 14/ carb 2/ fat 4
- Pasta (1.5 ounces dry-42 gm)--cal 123/ pro 10/ carb 23/ fat 1
- Asparagus (per cup)--cal 27/ pro 3/ carb 5/ fat 0
- Peach (1 pat-5 gm)--cal 36/ pro 0/ carb 0/ fat 1.0

### Dinner:

- Roast beef (tri-tip) (4 ounces-112 gm)--cal 155/ pro 23/ carb 0/ fat 6
- Potato-baked-medium (178 gm)--cal 154/ pro 4/ carb 34/ fat 0.3
- Butter (1 pat-5 gm)--cal 36/ pro 0/ carb 0/ fat 4
- Spinach (one cup-30 gm)--cal 7/ pro 1/ carb 1.1/ fat 0