

# **Huston-Tillotson University**

## **Strength & Conditioning**

### **Summer 2015**



## **Soccer**

### **Sports Performance & Nutrition for the Student-Athlete**

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## *Summer Soccer Manual*

Hello Lady Rams,

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 you 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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# TESTING PROTOCOL

EVERY Off-Season you will be tested as you come into fall camp, to help determine your level of strength and conditioning for the upcoming season.

## Possible Lifting Tests

1. Squat (parallel)
2. Hang Clean
3. Long Jump
4. Push-ups
5. Sit-ups
6. Plank holds

## Speed School Testing

1. 15yd shuttle
2. 300 shuttle
3. Pro Agility Drill 5-10-5
4. Vertical Jump
5. L-Drill



## 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 warmup

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

This will complete your warm up. You are now ready to begin your workout. Depending on what day it is will determine what activity you will perform first either speed or plyometrics.

### **DYNAMIC MOVEMENTS EXPLANATION**

**Skipping** - Starting from a standing position place one foot slightly ahead of the other. Push off with your back leg, drive the lead knee up to the chest, and try to gain as much height and distance as possible. Continue by immediately driving with the other leg on landing. Repeat for desired distance (2x15 yds)

**Walking Lunges** - Starting from a standing position take a step forward and go into a deep lunge position. Once getting into a deep lunge position repeat the movement with the opposite leg moving forward each time. (2x15yds)

**Side Shuffle** - Starting standing sideways then sit down into a deep squat position. Once in this position, take a lateral step sideways and then replace it with the other foot. Keep your chest up at all times. Do not cross your feet. (2x15)

**Backwards Run**- Standing with your back facing the direction you are going, place yourself in a low position. Stay low and step backwards using proper arm motion keeping low throughout the entire distance. (2x15)

**High Knees**- Starting in a standing position take a step forward driving your knee up as high as you can. Staying on the balls of your feet repeat the motion with your other leg. Repeat this motion as many times as possible in the desired distance. (2x15)

### **UPPER BODY STRETCH EXPLANATION**

(Some explanations taken from “Sport Stretch,” Alter, 1990)

#### **Neck Stretch-**

1. Stand or sit upright on the floor
2. Lower your chin so it is touching your upper chest
3. Look from side to side while your chin remains tight to your chest
4. This should create a “U” movement. Continue movement for approximately 30 seconds.

#### **Chest Stretch-**

1. Stand upright facing a corner or open doorway or use a partner.
2. Raise your arms in a reverse “T” (elbows below your shoulders) to stretch the collarbone section of your pectoral muscles bilaterally.
3. Exhale, and lean your entire body forward.
4. Hold the stretch for approximately 30 seconds.

#### **Triceps Stretch-**

1. Sit or stand upright with one arm flexed and raised overhead next to your ear, and your hand resting on your shoulder blade.
2. Grasp your elbow with the opposite hand.
3. Exhale, and pull your elbow behind your head.
4. Hold the stretch for approximately 30 seconds.

### **Shoulders and Upper Back Stretch-**

1. Sit or stand upright while bringing your arm across your body while keeping it straight.
2. Grasp your elbow with the opposite hand.
3. Exhale and press on the elbow
4. Hold stretch for approximately 30 seconds.

### **LOWER BODY STRETCH EPLANATION**

#### **Groin Stretch-**

1. Sit upright on the floor.
2. Flex your knees and bring the heels and soles of your feet together as you pull them towards your butt.
3. Place your elbows on the inside portion of both upper legs.
4. Exhale, and slowly push your legs to the floor.  
Hold the stretch for approximately 30 seconds then repeat with other leg.

#### **V-Sit with Calf Stretch-**

1. Sit on floor with legs spread wide.
2. Keep the legs straight and bend at the hips looking toward and reaching for the right leg.
3. Grab your toes and pull them towards you to stretch both the calf and hamstrings.
4. Maintain an upright chest position at all times.
5. Repeat to the other leg.

#### **Knees Side to Side-**

1. Lay on your back with your knees bent and feet on the floor.
2. Roll your knees side to side without your feet coming off the floor.
3. Repeat back and forth for approximately 30 seconds.

#### **Quad Stretch-**

1. Lie face down with your body extended.
2. Flex one leg and bring your heel towards your butt.
3. Exhale, swing your arm back to grasp your ankle, and pull your heel toward your butt without over compressing the knee.
4. Hold the stretch for approximately 30 seconds then repeat with other leg.

## **STRENGTH**

Strength training has not always been a focus of most participants in soccer. In the past it was thought that being stronger or more muscular could make you slower and make you muscle bound. This was a huge falsity. Being stronger and more explosive will make you more of an asset to your team at all times. If you can develop yourself to be a more explosive Soccer player it will show huge dividends on the field. This, however, requires proper training and preparation way before the season even begins. Just going into the weight room and lifting does not always result in improvements on the court. You must emphasize on those muscle groups and movements that will benefit you the most while you are playing. Proper preparation through strength training for an upcoming season will prevent injuries and will improve your output for your team making you a valuable asset.

## **WEEK 1**

### **Monday June 1**

LIFT

35 min run: 4 min @ 175 – 185bpm (Hard)  
3 min @ 145 – 155bpm (Easy/Cruise)  
7 min total x 5 = 35 min

### **Tuesday June 2**

Interval Training

Warm Up 160bpm for 8 minutes, dynamic stretching  
(rest 30 sec in between each sprint/ rest 2 min after set complete)

- 5 x 20yd sprint
- 5 x 40 yd sprints
- 5 x 60 yd sprints
- 3 x 1 lap sprints around soccer field, with 1 min rest between laps

### **Wednesday, June 3**

LIFT

Speed/ Power

10 minute warm up, dynamic stretch

- Select 2 different exercises from the Speed/Agility section
- Rest 3 minutes between each exercise, and 4 min before starting plyometrics
- Pick at least four different exercises for a total of 80 touches/ foot contacts per session.

### **Thursday, June 4**

Bike Workout

30 minute total

- 5 min warm up
  - Minutes 5-30:
    - o 3 minutes hard resistance
    - o 2 minutes easy
- Go through 5 times

### **Friday, June 5**

OFF (LIFT)

### **Saturday, June 6**

30 minute run: increase speed every 10 minutes

### **Sunday, June 7**

Active Recovery Day: you choose (basketball, tennis, swim, bike, elliptical, hike, etc).

## **WEEK 2**

### **Monday, June 8**

LIFT

40 min run: Start slow and increase your speed every 10 minutes. Last 2:00 min should be as hard as possible



**Tuesday, June 9:**

Speed Activities 10x 50m

**Wednesday, June 10:**

LIFT

3 x 6 min runs: each 6 min should be faster – 2 min easy jog in between each 6 minutes (7.5, 8.0, 8.5 if you do it on a treadmill)

**Thursday, June 11:**

2 Speed & Agility exercises A & B

**Friday, June 12:**

LIFT

35 min run @ 150 - 160bpm

**Saturday, June 13:**

OFF

**Sunday, June 14:**

“Swimming 35 min.”

**WEEK 3**

**Monday, June 15**

LIFT

6 min Warm up

20 min run:

5 min jog, 5 min @170/180 (HARD), 5 min jog, 5 min @ 170/180 (HARD)

= 20 min

cool down and stretch after

**Tuesday, June 16:**

LIFT

Interval Training

Warm Up for 8 minutes, dynamic stretching

(rest 30 sec in between each sprint/ rest 2 min after set complete)

- 5 x 20yd sprint

- 5 x 40 yd sprints

- 5 x 60 yd sprints

- 3 x 1 lap sprints around soccer field, with 1 min rest between laps

**Wednesday, June 17:**

LIFT

2x 4 exercises Speed/Agility drills attachment

**Thursday, June 18:**

Warm Up

40 min run: 2 x 20 min with 4 min rest in between

Increase speed every 10 min. Last 2 min should fast as you can

**Friday, June 19:**

LIFT

Speed Endurance and Conditioning Test Attachment C

**Saturday, June 20:**

OFF

**Sunday, June 21:**

Active Recovery Day: you choose (basketball, tennis, swim, bike, elliptical, hike, etc).

**Week 4**

**Monday, June 22:**

LIFT

Recovery: 2x 12 min run @ 70% HRmax (Easy pace), stretch in between

**Tuesday, June 23:**

30 min run:

6 min warm up

(Repeat interval 4 times)

3 min @ 90% HRmax (HARD and able to sustain for entire 3min)

2 min @ 80 % HRmax (Still difficult but not all out)

30 sec walk

Total = 24 min

**Wednesday, June 24:**

LIFT

Warm Up for 8 min, stretch

- 5 x half field “strides” – build up to a sprint working on your running technique and opening up you stride

- 3 x 300 yd shuttle on a soccer field (these are all out sprints)

- Rest 3 minutes in between each one.

**Thursday, June 25:**

Warm Up for 8 min, stretch

8x 30yd sprint, rest 20 sec between each sprint, rest 1 min after set

6x 40yd sprint, rest 20 sec between each sprint, rest 1 min after set

3x 90 seconds sprint around soccer field or track, with 90 sec rest in between.

**Friday, June 26:**

LIFT

10 min warm up, dynamic stretching

Choose 3 different speed/agility exercises

Pick 4 different Plyo exercises

**Saturday, June 27:**

OFF

**Sunday, June 28:**

Active Recovery Day: you choose (basketball, tennis, swim, bike, elliptical, hike, etc).

## **WEEK 5**

### **Monday, June 29:**

LIFT

Recovery: 20 min elliptical or bike, 130-140bpm

### **Tuesday June 30:**

Field Run 10x 100m

### **Wednesday, July 1:**

LIFT

Warm Up 8 min

28 min run:

4 min intervals, 7 times:

3 min at 90% HRmax (HARD)/ 1 min @ 70% HRmax (Medium pace)

### **Thursday, July 2:**

3x 3 Speed/Agilities drills attachment B

### **Friday, July 3:**

LIFT

Sprints:

8 x 20yd sprints, 30 sec rest after each sprint, 2 min rest after set

6 x 40 yd sprints, 45 sec rest after each sprint, 2 min rest after set

4 x 60 yd sprints, 1 min rest after each sprint

### **Saturday, July 4:**

OFF

### **Sunday, July 5:**

Speed Endurance and Conditioning Test Attachment C

## **WEEK 6**

### **Monday, July 6**

LIFT

Sprints:

8 x 20yd sprints, 30 sec rest after each sprint

6 x 40 yd sprints, 30 sec rest after each sprint

4 x 60 yd sprints, 45 sec rest after each sprint

### **Tuesday, July 7:**

Pick 2 Speed/ Agility x4 Attachment A or B

### **Wednesday, July 8:**

LIFT

Bike 45 min

**Thursday, July 9:**

Treadmill Run: 10 degrees Incline

- First 5 minutes: Speed 6.5, 0 degrees incline
- 5:00 – 10:00 min: Speed 7.0, 0 degrees incline
- 10:00 – 20:00 min: Speed 7.0, increase incline by 1 degree every minute till 20min. If you become fatigued, grab the bars, or step off and set incline back to 0 and speed back to 6.0 till 20min.
- 20:00 – 25:00 min: Speed 6.5, 0 degrees incline
- 25:00 – 30:00 min: Speed 7.0, 0 degree incline

**Friday, July 10:**

Recovery – 20 minutes bike

**Saturday, July 11:**

On a track or field:

8 x 20yds

6 x 30yds

4 x 40yds

2 x 50yds

- 30 seconds rest between each

**Sunday, July 12:**

OFF

**WEEK 7****Monday, July 13:**

After a 10 min warm up: 3 x 6 min runs

1<sup>st</sup> 6 min run @ 150bpm (MODERATE)

2<sup>nd</sup> 6 min run @ 170bpm (HARD)

3<sup>rd</sup> 6 min run @ 190bpm (MAX EFFORT)

**Tuesday, July 14:**

(On a Treadmill - :30 ON, :30 OFF)

6 min warm up

- Set incline to 5 degrees, Speed at 9.5

- 10 intervals of :30sec at 9.5 speed, stand for :30sec as recovery

**Wednesday, July 15:**

Sprint Workout-

8 x 10yd sprints, 30 sec rest after each sprint, 1 min rest after set

6 x 20yd sprints, 30 sec rest after each sprint, 1 min rest after set

4 x 40yd sprint, 45 sec rest after each sprint, 1 min rest after set

2 x 60yd sprint, 1 min rest after each sprint

**Thursday, July 16 \*(Begin Unloading)**

Recovery – 25 minutes on elliptical

**Friday, July 17:**

LIFT

OFF No Running!

**Saturday, July 18:**

Easy 30 minute run

**Sunday, 19: Off**

**WEEK 8**

**Monday July 20:**

LIFT

35 min run: 4 min @ 175 – 185bpm (Hard)

3 min @ 145 – 155bpm (Easy/Cruise)

7 min total x 5 = 35 min

**Tuesday July 21:**

Interval Training

Warm Up 160bpm for 8 minutes, dynamic stretching

(rest 30 sec in between each sprint/ rest 2 min after set complete)

- 5 x 20yd sprint

- 5 x 40 yd sprints

- 5 x 60 yd sprints

- 3 x 1 lap sprints around soccer field, with 1 min rest between laps

**Wednesday, July 22:**

LIFT

Speed/ Power

10 minute warm up, dynamic stretch

- Select 2 different exercises from the Speed/Agility section

- Rest 3 minutes between each exercise, and 4 min before starting plyometrics

-Pick at least four different exercises for a total of 80 touches/ foot contacts per session.

**Thursday, July 23:**

Bike Workout

30 minute total

**Friday, July 24:**

OFF (LIFT)

**Saturday, July 25:**

30 minute run: increase speed every 10 minutes

**Sunday, July 26:**

Active Recovery Day: you choose (basketball, tennis, swim, bike, elliptical, hike, etc).

**WEEK 9**

**Monday, July 27:**

LIFT

40 min run: Start slow and increase your speed every 10 minutes. Last 2:00 min should be as hard as possible

**Tuesday, July 28:**

4x 2- Speed & Agility activities from attachment A

**Wednesday, July 29:**

LIFT

3x 6 min runs: each 6 min should be faster – 2 min easy job in between each 6 minutes (7.5, 8.0, 8.5 if you do it on a treadmill)

**Thursday, July 30:**

4x 2- Speed & Agility activities from attachment B

**Friday, July 31:**

LIFT

35 min run @ 150 - 160bpm

**Saturday, August 1:**

OFF

**Sunday, August 2:**

Slow 2 mile Run

**WEEK 10**

**Monday, August 3:**

LIFT

6 min Warm up

20 min run:

5 min jog, 5 min @170/180 (HARD), 5 min jog, 5 min @ 170/180 (HARD)

= 20 min

cool down and stretch after

**Tuesday, August 4:**

LIFT

Interval Training

Warm Up for 8 minutes, dynamic stretching

(rest 30 sec in between each sprint/ rest 2 min after set complete)

- 5 x 20yd sprint

- 5 x 40 yd sprints

- 5 x 60 yd sprints

- 3 x 1 lap sprints around soccer field, with 1 min rest between laps

**Wednesday, August 5:**

LIFT

Pick 2 Speed/Agility from attachment A

**Thursday, August 6:**

Warm Up

40 min run: 2 x 20 min with 4 min rest in between

Increase speed every 10 min. Last 2 min should fast as you can

**Friday, August 7:**

LIFT

Speed Endurance and Conditioning: Attachment C

**Saturday, August 8:**

OFF

**Sunday, August 9:**

Active Recovery Day: you choose (basketball, tennis, swim, bike, elliptical, hike, etc).

**(WEEK 11)****Monday, August 10**

25 minutes elliptical

**Tuesday, August 11**

Warm Up for 8 minutes, dynamic stretching

(rest 30 sec in between each sprint/ rest 2 min after set complete)

- 5x 300m sprint

- 1x 1 lap cool down around soccer field.

**Wednesday, August 12**

1 mile run under 7min.

5x 100m backward run

**Thursday, August 13**

Warm Up for 8 min, stretch

8x 30yd sprint, rest 20 sec between each sprint, rest 1 min after set

6x 40yd sprint, rest 20 sec between each sprint, rest 1 min after set

3x 80 seconds sprint around soccer field or track, with 90 sec rest in between.

**Friday, August 14**

Warm Up

2x 20 min run with 5 min rest in between

Increase speed every 10 min. Last 2 min should fast as you can

**Saturday, August 15:**

OFF

**Sunday, August 16:**

Active Recovery Day: you choose (basketball, tennis, swim, bike, elliptical, hike, etc).

**Monday, August 17**

On a track or field:

Warm-up with 1 mile

8x 30yds

6x 50yds

4x 60yds

2x 80yds

- 30 seconds rest between each

**Tuesday, August 18**

Warm Up for 8 minutes, dynamic stretching

(rest 30 sec in between each sprint/ rest 2 min after set complete)

- 5x 350m sprint

- 1x 1 lap cool down around soccer field.

**Wednesday, August 19**

2x 1 mile run under 7min. each rest 10 min. between each

4x 100m backward run

**Thursday, August 20**

Warm Up for 8 min, stretch

8x 60yd sprint, rest 30 sec between each sprint, rest 1 min after set

6x 80yd sprint, rest 30 sec between each sprint, rest 1 min after set

3x 65 seconds sprint around soccer field or track, with 90 sec rest in between.

**Friday, August 21**

Warm Up

2x 20 min run with 5 min rest in between

Increase speed every 10 min. Last 2 min should fast as you can

**Saturday, August 22:**

OFF

**Sunday, August 23:**

Active Recovery Day: you choose (basketball, tennis, swim, bike, elliptical, hike, etc).

**Monday, August 24:**

LIFT

35 min run: 4 min @ 175 – 185bpm (Hard)

3 min @ 145 – 155bpm (Easy/Cruise)

7 min total x 5 = 35 min

**Tuesday August 25:**

Interval Training

Warm Up 160bpm for 8 minutes, dynamic stretching

(rest 30 sec in between each sprint/ rest 2 min after set complete)

- 5 x 20yd sprint

- 5 x 40 yd sprints

- 5 x 60 yd sprints

- 3 x 1 lap sprints around soccer field, with 1 min rest between laps

**Wednesday, August 26:**

LIFT

Speed/ Power

10 minute warm up, dynamic stretch

- Select 2 different exercises from the Speed/Agility section

- Rest 3 minutes between each exercise, and 4 min before starting plyometrics

- Pick at least four different exercises for a total of 80 touches/ foot contacts per session.

**Thursday, August 27:**

Bike Workout

30 minute total

- 5 min warm up

- Minutes 5-30:

o 3 minutes hard resistance

o 2 minutes easy

Go through 5 times



**Friday, August 28:**

OFF (LIFT)

**Saturday, August 29:**

30 minute run: increase speed every 10 minutes

**Sunday, August 30:**

Active Recovery Day: you choose (basketball, tennis, swim, bike, elliptical, hike, etc).

**Monday, August 31:**

**Summer Weight Training**

Below is a four-day workout. Every week you will be training the entire body twice. This means that every two days you will be working every major muscle group in the body. There is one day of rest before you work the entire body again mid week and a two-day rest period is then taken on the weekends.

**Day One**

Back Squats 4x 10,8,6,6...start at 90lbs add 10lbs ea. Set.

MB Jump Squats 3x6

BB Lunge W/Bar only 3x8ea.

DB High Pulls 3x10...10-12lbs

Tricep Push downs 3x10

Clap Pushups 3x 8

Strength Ball Hypers 3x10

**Day Two**

Incline Bench Press 3x10

DB single arm bench press 3x8

Bench Dips 3x12

Lat Pulldowns 3x10

One Arm DB Rows 3x8

DB RDL's 3x8

DB Bicep Curls 2x10

Bear crawl 2x 20meter

**Day Four**

Single Leg Bench Squats 3x8ea.

DB Step-ups 3x7

Flat Bench Flyes 3x 10

DB Shoulder Press 3x10 (alternate)

DB Plank Rows 3x8

Hip Raises 3x10

MB Slams 3x 15...12-15lbs

**Day Three**

Leg Press 4x 12,10,10...start 100lbs. Add 25lbs ea. Set.

Leg Extension 3x10 (single leg)

Leg Curls 3x10 (single leg)

Box Jumps 3x 6...18in. Box, WK 1-4, 24in. Box, WK 4-8, increase if need to.

DB Front Raises 2x10

45 Degree Lunge 3x5 w/MB press

MB side throws into wall 2x10 (rt/lt)

\*(DB dumbbells, BB Barbell, MB medball, SL single leg)



## **CORE WORK**

At the base of every good soccer player is a solid foundation in the mid-section. Without a strong midsection the transition of power from your hips to your legs and arms may not be as effective when trying to run up the field or take a shot. Core work can be done at any time during the workout. Preferably it should be done after the warm up and before plyometrics. Core work can be done every day of the week but a minimum of three days is optimal for core strengthening. Below is a core strengthening workout that will aid in developing your mid-section.

### **Core Workout: (3x)**

1. Crunches x50
2. Leg Raises x30
3. Superman's x20
4. Elbow Planks x 1 min
5. Push-ups 15
6. V-Sit-up twist x25

### **Core Work Explanation**

**Crunches** – Lying flat on your back on a padded surface. Bend your knees keeping your feet flat on the floor and bring them close to your butt. Place your hands either across your chest or behind your head. At that point contract your abdominal muscle so you are bringing your chest towards your knees. Make sure you rise up enough that your shoulder blades come up off the ground. Once you feel them come up off the ground return to your starting position and repeat for the desired number of repetitions. Exhale on the contraction portion of the exercise and inhale when you return to the starting position.

**Leg Lifts** – Lying flat on your back on a padded surface. Place your hands under your butt, elbows out so the small of your back is pressed against the floor, head up shoulder blades off the floor. Then extend your legs straight out, heels resting on the floor. Use the muscles of your lower AB's to raise your legs until they are perpendicular to the body. Then lower the legs in a controlled motion and repeat for the desired number of repetitions.

**Superman's** – Lie facedown flat on the floor, leaving your arms at your side. Slowly raise your chest and feet off the floor as high as you comfortably can. Hold for two seconds and come back to the floor slowly and repeat for the desired number of repetitions.

**Bridges Core Stabilization** – Lie on the floor (on your back) hands at your sides. Push with your feet and shoulder blades to lift your butt off the ground and make a shoulder bridge. Your back should not be overly arched but in a flat neutral position. Hold this position for the desired amount of time.

**Planks-** Lie face down on the floor. Position your elbows at your sides with arms bent. Rise up on your forearms so that the only thing touching the floor is your toes and your forearms. Keep your body in a fairly rigid position keeping the but down. You should look like a flat board from the side not an A frame. Hold for the desired amount of time. A towel or cushion under the arms will aid in the pressure from a hard floor.

**V-Sit Twists** – Lie flat on your back, legs extended straight (knees unlocked), heels resting on floor, arms extended overhead. Use AB's to simultaneously raise your torso and legs together so you are in a V position balancing on your butt. Rotate your torso to the right and touch the floor beside you while still balancing with your torso and feet in the air. Once you touch one side immediately repeat to the other side. Once you complete both sides that is two repetitions.



## **Huston-Tillotson University 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:**

- 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:**

- 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

- 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



## **Attachment A: Speed & Agility Drills**

### **Change of Pace Drill**

1. Six cones are set up as shown
2. The athlete starts at cone #1, sprints to cone #2, shuffles slides between cones #2 and #3 twice, sprints to cone #4, uses a cross-over run between cones #4 and #5 twice, sprints to cone #6 and sprints back to cone #1
3. Emphasis is on quick change of direction and maintaining low body position.

### **3-Cone Drill**

1. Cones are set up 5 yards apart as shown
2. Start at cone #1, sprint forward to cone #2, sprint back to cone #1 sprint around cone #2 and around cone #3, then sprint past cone #2
3. Emphasis is placed on quick change of direction and maintaining low body position

### **5-Cone Star Drill**

1. Cones are set up 5 yards apart as shown
2. Start at cone #1, shuffle laterally to cone #2, perform drop step and shuffle to cone #3, and continue in the same manner through all four of the outside cones
3. Emphasis is placed on quick change of direction and maintaining low body position

### **"V" Cone Drill**

1. Cones are set up 5 yards apart as shown
2. Start at cone #1, sprint around cone #2 to cone #3, then back around cone #2 to cone #1
3. Emphasis is placed on quick change of direction and maintaining low body position

### **"W" Drill**

1. Cones are set up 5 yards apart as shown
2. Start at cone #1, sprint forward to cone #2, backpedal to cone #3, sprint to cone #4, etc. through the series of cones
3. Emphasis is placed on quick change of direction and maintaining low body position and forward lean

### **"Z" Drill**

1. Cones are set up 5 yards apart as shown
2. Start at cone #1, shuffle slide to cone #2, use a drop step to change direction and slide to cone #3, etc. through the series of cones
3. Emphasis is placed on quick change of direction and maintaining low body position

### **Sprint Forward, Slide Behind Drill**

1. Cones are set up 5 yards apart as shown
2. Start at cone #1, sprint past cone #2, then change direction and shuffle slide to cone #3, repeating this sequence through the series of cones
3. Emphasis is placed on quick change of direction and maintaining low body position

## **Attachment B: Speed & Agility Drills**

### **Circle Drill**

1. Cones are set up 5 yards apart as shown
2. Start at cone #1, sprint to cone #2 and circle around it using quick, choppy steps, then repeat this sequence through the series of cones
3. Emphasis is placed on quick change of direction and maintaining low body position

### **4-Cone Four Corner Drill**

1. Four cones are set up 5 yards apart as shown
2. Start at cone #1, sprint to cone #2, carioca to cone #3, backpedal to cone #4, and shuffle slide back to cone #1
3. Emphasis is placed on maintaining low body position and a quick transition between stages

### **4-Cone Sprint-Shuffle Drill**

1. Four cones are set up 5 yards apart as shown
2. Start at cone #1, sprint to cone #3, shuffle slide to cone #2, drop-step and sprint to cone #4, and shuffle slide back to cone #1
3. Emphasis is placed on maintaining low body position and a quick transition between stages

### **4-Cone Sprint-Backpedal Drill**

1. Four cones are set up 5 yards apart as shown
2. Start at cone #1, sprint to cone #3, backpedal to cone #4, sprint to cone #2, and backpedal back to cone #1
3. Emphasis is placed on maintaining low body position and a quick transition between stages

### **4-Cone Sprint-Back shuffle Drill**

1. Four cones are set up 5 yards apart as shown
2. Start at cone #1, sprint to cone #2, back shuffle to cone #4, sprint to cone #3, and back shuffle back to cone #1
3. Emphasis is placed on maintaining low body position and a quick transition between stages

### **Side-Straddle-Side**

1. A row of barriers is set up end to end for a total distance of approximately 10 yards
2. Start with both feet on the right side of the barriers
3. While hopping in a forward direction, first straddle the barriers, then land with both feet on the left side of the barriers, straddle the barriers again and finally land with both feet on the right side of the barriers
4. Sequence is continued over all the barriers, maintaining rhythm, control and body balance

## Attachment C

### Speed, Endurance, Conditioning

#### Speed Endurance and Conditioning Test

Start at designated start line. *Cones are marked at 16, 18, 20, 22, 24, 26, 28, 30, 32, and 34* yards from start line. Begin run on the sound of the whistle. Run to the first level distance, touch line with foot, then return by crossing the start line with some part of body. Each interval must be completed in ten seconds and has a designated ten-second recovery to return to start position. Athlete progress through each interval level until they cannot finish in the designated time. The athlete is then scored by the level reached (1-9).