

BHS Soccer Summer Fitness Schedule: June 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7 Timed 1 Mile (rest) Timed 1 Mile Record your time	8 Change of Pace Run (2 miles)	9 Field Run (x2)	10 Shuttle Runs 20 yd x 8 40 yd x 6 60 yd x 4 80 yd x 4 100 yd x 1	11 Do another aerobic activity (biking, swimming etc...)	12 Do another aerobic activity (biking, swimming etc...)
13	14 100's x 10	15 Field Run (x4)	16 Steady Pace Run (2 miles)	17 Stadium Run (x2)	18 Change of Pace Run (2 miles)	19 Do another aerobic activity (biking, swimming etc...)
20	21 Track Sprints 400 x 4 200 x 6 100 x 8 (Rest between sprints)	22 Steady Pace Run (2-3 miles)	23 Do another aerobic activity (biking, swimming etc...)	24 Stadium Run (x3)	25 Steady Pace Run (3 miles)	26 30 min Interval Run
27	28 Change of Pace Run (2 miles)	29 Shuttle Runs 20 yd x 8 40 yd x 6 60 yd x 4 80 yd x 4 100 yd x 1	30 Steady Pace Run (2-3 miles)			

July 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Timed 1 Mile (rest) Timed 1 Mile Record your time	2 Field Run (x4)	3
4	5	6 BHS Soccer Team Camp @ Hiram Field Run (x4)	7 BHS Soccer Team Camp @ Hiram Shuttle Runs	8 BHS Soccer Team Camp @ Hiram Stadium Run (x3)	9 BHS Soccer Team Camp @ Hiram	10
11	12	13 Change of Pace Run (2 miles)	14 Steady Pace Run (2-3 miles)	15 Field Run (x4)	16	17
18	19	20 Change of Pace Run (2 miles)	21 Steady Pace Run (2-3 miles)	22 Field Run (x4)	23	24
25	26	27 Change of Pace Run (2 miles)	28 Steady Pace Run (2-3 miles)	29 Field Run (x4)	30	31 Canfield Soccer Tourney

Descriptions for Fitness on your Own:

Warm up –

Jog for at least 3-5 minutes and stretch before doing any day's activities. We do not need overuse injuries this early in the summer/season. Be sure to stretch adequately to help prevent shin splints, pulled muscles, etc.

Cooldowns –

On each sprinting day you should jog 1 mile following the sprint set and then stretch. On mile days take time following to stretch adequately.

Field Run –

Use the 18 marks, midfield marks and end line marks. Jog the sideline to the 18 mark and sprint across the 18 to other sideline. Jog the sideline up to the midfield line and sprint across to other sideline. Continue this pattern with the opposite 18 and the endline. Jog the full sideline to the start point.

Shuttle Runs –

Set up cones at 20, 40, 60, 80, and 100 yards. Sprint to all distances. Sets are listed on the day you are to run this. Take 3-5 minute breaks between sets.

30 Minute Interval Run –

This can be in the neighborhood, track, or treadmill. Run 3 minutes at a 50-60% pace. For 1 minute increase to 80-90% pace. For example, run 3 minutes at an 8:00 minute pace and 1 minute at a 6 minute pace and continue this for 30 minutes. This is a very good cardio workout.

Change of Pace Run –

Use landmarks in your neighborhood or wherever you may run or use time on your watch. If timing, (after warm up jog) jog for 3 minutes – sprint for 1 minute, jog for 2 minutes – sprint for 45 seconds, jog for 1 minute – sprint for 30 seconds, repeat the cycle for approximately 2 miles. If you are using landmarks you can use driveways, mailboxes, light posts as a guide for sprinting and jogging (ex: jog for 20 driveways – sprint for 10 driveways).

Stadium –

Run the full home side of the stadium (up a set of stairs across the top and down the next set of stairs across the bottom to the next set of stairs).

Track Sprints –

Sets are given on the calendar for the day listed. Plan to time yourself on each sprint. Work on maintaining the same time each sprint. Between 400's take a 3 minute break; 200's take a 2 minute break; 100's take a 1:30 minute break.

Ball Work

**Should be done on your own daily and if you get a chance to play / practice with others do so. Some examples of things to do are listed below.

1. Juggle – with all surfaces...you should be able to get at least 50 juggles with your feet.
2. Controlling the ball out of the air. Juggle the ball up and bring the ball down, carry into space. Use all surfaces of the foot to bring the ball down. Practice running through the ball ... get to it before it hits the ground.
3. Dribbling. At speed and with moves. Work on all kinds of moves...all surfaces of the foot and change of speed and direction. Figure 8's.
4. Shooting. Work on driving through the ball. Staying over it. Shooting from all over and shooting with accuracy.

5. Passing...long passes, short passes. Moving into space.
6. Free kick situations. Work on being able to take free kicks, corner kicks, goal kicks with accuracy.
7. Goalkeepers: Work on quick hands, reaction, catching balls thrown or kicked at you. Quick decisions, etc. and punting.