

"A Chain is As Strong As The Weakest Link"

St. Cloud Cathedral Soccer Team



2022 Summer Training Program

"Two are better than one because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up. Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken."

- Ecclesiastes 4:9-12 -



Notes from the coaches:

Summer Practice will begin June 7th. All summer practices are Tuesdays and Thursdays from 8:30 to 10:30.

MSHSL no contact period is July 4-8th.

Captain's practices are on August 2nd, 4th, 9th, and 11th. (MSHSL no contact period)

Start of Fall season.

- First week it will be two-a-days. 8:30 – 9 AM for the first session. 3:30 – 5 for the second.
- The morning sessions on Monday, Tuesday, and Thursday will focus on fitness, while Wednesday and Friday will focus on yoga and recovery.
- Starting the second week, we will hold our practice time of 3:30 to 5:30 for the rest of the season.

Summer Scrimmage dates. Time: 8:30 arrive. 9:00 kickoff. Local opponents TBD

In-season scrimmages are on August 20th and 22nd.

Look to page 9 regarding the day-to-day fitness calendar explanations.

*Keep in mind, none of this is required. It is just a tool for players that are interested in being in top shape for the season ahead. *

Working out together is a way to hold each other accountable, get the most out of your teammate, form a strong team bond, and create chemistry.



What are your goals for this season:

Individual Goals:

- 1.
- 2.
- 3.

Team Goals:

- 1.
 - 2.
 - 3.
-



June 2022

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			<i>1</i>	<i>2</i> <i>Last day of school</i>	<i>3</i>	<i>4</i>
<i>5</i>	<i>6</i>	<i>7</i> <i>First Day of Summer Practice</i>	<i>8</i>	<i>9</i>	<i>10</i> <i>Scrimmage</i>	<i>11</i>
<i>12</i>	<i>13</i> <i>1 Mile Run Spring Series (Day 1)</i>	<i>14</i> <i>Strength Training Ball Work</i>	<i>15</i> <i>Cooper Test Sprint Series (day 2)</i>	<i>16</i> <i>Strength Training Ball Work</i>	<i>17</i> <i>5 Mile Run</i>	<i>18</i>
<i>19</i>	<i>20</i> <i>1 Mile Run Spring Series (Day 3)</i>	<i>21</i> <i>Strength Training Ball Work</i>	<i>22</i> <i>Cooper Test Sprint Series (day 4)</i>	<i>23</i> <i>Strength Training Ball Work</i>	<i>24</i> <i>Scrimmage Box Test</i>	<i>25</i>
<i>26</i>	<i>27</i> <i>1 Mile Run Spring Series (Day 5)</i>	<i>28</i> <i>Strength Training Ball Work</i>	<i>29</i> <i>Cooper Test Sprint Series (day 6)</i>	<i>30</i> <i>Strength Training Ball Work</i>		



July 2022

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					1 <i>Scrimmage</i> <i>5 Mile Run</i>	2
3	4 <i>1 Mile Run</i> <i>Spring Series</i> <i>(Day 7)</i>	5 <i>Strength</i> <i>Training</i> <i>Ball Work</i>	6 <i>Cooper Test</i> <i>Sprint Series</i> <i>(day 8)</i>	7 <i>Strength</i> <i>Training</i> <i>Ball Work</i>	8 <i>Box Test</i>	9
10	11 <i>1 Mile Run</i> <i>Spring Series</i> <i>(Day 5)</i>	12 <i>Strength</i> <i>Training</i> <i>Ball Work</i>	13 <i>Cooper Test</i> <i>Sprint Series</i> <i>(day 6)</i>	14 <i>Strength</i> <i>Training</i> <i>Ball Work</i>	15 <i>Scrimmage</i> <i>5 Mile Run</i>	16
17	18 <i>1 Mile Run</i> <i>Spring Series</i> <i>(Day 7)</i>	19 <i>Strength</i> <i>Training</i> <i>Ball Work</i>	20 <i>Cooper Test</i> <i>Sprint Series</i> <i>(day 8)</i>	21 <i>Strength</i> <i>Training</i> <i>Ball Work</i>	22 <i>Box Test</i>	23
24	25 <i>1 Mile Run</i> <i>Spring Series</i> <i>(Day 9)</i>	26 <i>Strength</i> <i>Training</i> <i>Ball Work</i>	27 <i>Cooper Test</i> <i>Sprint Series</i> <i>(day 10)</i>	28 <i>Strength</i> <i>Training</i> <i>Ball Work</i>	29 <i>Scrimmage</i> <i>5 Mile Run</i>	30



August 2022

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
31	1 <i>1 Mile Run Spring Series (Day 7)</i>	2 <i>Strength Training Ball Work</i>	3 <i>Cooper Test Sprint Series (day 8)</i>	4 <i>Strength Training Ball Work</i>	5 <i>5 Mile Run</i>	6
7	8 <i>1 Mile Run Spring Series (Day 9)</i>	9 <i>Strength Training Ball Work</i>	10 <i>Cooper Test Sprint Series (day 10)</i>	11 <i>Strength Training Ball Work</i>	12 <i>Box Test</i>	13
14	15 <i>8:30-9 am 3:30-5 pm</i>	16 <i>8:30-9 am 3:30-5 pm</i>	17 <i>8:30-9 am 3:30-5 pm</i>	18 <i>8:30-9 am 3:30-5 pm</i>	19 <i>8:30-9 am 3:30-5 pm</i>	20 <i>Tech Scrimmage</i>
21	22 <i>Hosting Scrimmages</i>	23 <i>3:30-5 pm</i>	24 <i>3:30-5 pm</i>	25 <i>First Game * Subject to change</i>	26 <i>3:30-5 pm</i>	27
28	29	30	31			



30 Minute Individual Ball Work Program

Basic Ball Touches Warm-up – 40 seconds each (6 min):

1. Quick Feet
2. Backwards Quick Feet
3. Quick Feet w/sole roll
4. Alternating Toe Touches Stationary
5. Inside Outside One Foot
6. Stationary V-Cuts
7. Stationary Stepoever Push Side
8. Continuous Cruyff's

Basic Roll Touch Series – 30 seconds each (3 min):

1. Pull backwards with sole – one foot
2. Pull backwards with sole – alternating
3. Left foot roll to the side
4. Right foot roll to the side
5. Alternating feet moving forward
6. Pull Back Sole, Inside Touch right foot, inside touch left foot – Repeat and go back the other way.

Figure 8 Wrap Series: (two discs ten to fifteen yards apart) 30 seconds each (3 min.).

1. Tight Space Grid Freelance – Use of all surface touches (inside, outside, sole, laces)
2. Inside of Foot Only
3. Outside of Foot Only
4. Sole Only
5. Laces Only (be sure toe pointed down)
6. Freelance – be creative!

Weave Series - Dribbling: four surfaces (laces, inside, outside, sole) (7 min):

1. Three to Five Discs/Cones Weave –
 - a. Just outside
 - b. Just inside
 - c. Just sole
 - d. Just laces
 - e. Freelance/combine – anything goes, tricks, spins, backward, etc.
 - f. Quick feet weave
 - g. Juggle while weaving between discs

UNC Ball Proficiency Series: (8 min.)

No rest between.

1. Jog while dribbling with quick touches. Change direction and speed. Do this in a confined space where many changes and touches are necessary (Attempt moves, turns – BE CREATIVE!) – 1 min.
2. Head Juggling – 1 min.
3. Throw ball up, jump, and while you are in the air trap the ball with your head, settle ball to your feet, and move off quickly. Repeat. – 1 min.
4. Thigh Juggling – 1 min.
5. Throw ball up, jump, and while you are in the air trap the ball with our chest, settle ball to your feet, and move off quickly. Repeat. – 1 min.
6. Foot Juggling with no spin on the ball. – 1 min.
7. Starting in a sitting position, throw ball up, get up and stop ball before it hits the ground, settle it to your feet, and move off quickly. Repeat using head, chest, each thigh, each foot – in that order – to trap the ball. – 2 min.

Continue onto next page...



30 Minute Individual Ball Work Program continued...

BONUS

If you have a partner, go through the following as well....

Pele Series: w/partner- partner lobs ball (15 min.)

1. Take w/foot to ground, playback - a. laces b. inside of foot
2. Volley back laces
3. Two touch foot volley – no ground
4. Thigh w/volley
5. Thigh to ground
6. Chest w/volley
7. Chest to ground
8. Head w/volley
9. Head to ground
10. Head to partners mid section
11. Receive w/ inside and move off in that direction – go both ways
12. Receive w/ thigh and move off in that direction – go both ways
13. Receive w/ chest and move off in that direction – go both ways
14. Serviced flighted ball (can be a thrown ball) Take out of air with foot
15. Juggle through discs

Partner Series (6 min.):

1. Sprint to – receive a pass – turn and accelerate off in opposite direction 15 yards – turn and playback to partner. REPEAT 10 times
2. Inside foot passing, a. two touches set up b. one-touch BOTH FEET
3. Moving close together /Back Away - 1 touch – repeat continuously

1v1 To Line (4 min.)



Adapted UNC Sprint Series

Notes about this activity:

- Sprint all out on every sprint! - do not pace yourself
- Take full rest periods! - Rest periods are listed below!
- Concentrate on explosive starts! (Driving knees, leaning forward, pumping arms) keep stride smooth and powerful throughout the sprints

<u>Sprint Day #1:</u> 6 x 20 yards 4 x 40 3 x 60 2 x 80 1 x 100	<u>Sprint Day #2</u> 7 x 20 5 x 40 4 x 60 3 x 80 1 x 100
<u>Sprint Day #3</u> 8 x 20 6 x 40 4 x 60 2 x 80 2 x 100	<u>Sprint Day #4</u> 10 x 20 8 x 40 6 x 60 4 x 80 2 x 100
<u>Sprint Day #5</u> 10 x 20 10 x 40 6 x 60 4 x 80 2 x 100	<u>Sprint Day #6</u> 12 x 20 10 x 40 6 x 60 4 x 80 3 x 100
<u>Sprint Day #7</u> 14 x 20 10 x 40 8 x 60 6 x 80 4 x 100	<u>Sprint Day #8</u> 14 x 20 14 x 40 8 x 60 4 x 80 4 x 100
<u>Sprint Day #9</u> 16 x 20 12 x 40 8 x 60 4 x 80 4 x 100	<u>Sprint Day #10</u> 18 x 20 10 x 40 6 x 60 5 x 80 4 x 100
<u>Rest Periods (in seconds) Weeks 1-5:</u> 25 40 50 75 90	<u>Rest Periods (in seconds) Weeks 6-10:</u> 20 30 40 60 75



Fitness Runs Calendar Explanations

1 Mile Run:

Run one mile...time yourself. Try to beat your previous time.

Box Test:

Down and back across the width of the penalty box in 15 seconds or less.

One minute is given for each run...for example - if you run down and back in 14 seconds you have 46 seconds to rest.

You will go until you drop out or do not make the 15 seconds. If your foot does not touch both lines (down & back) - you will be disqualified and the score you have at that point will be recorded.

Cooper Test:

Find a track. Run for 12 minutes and see how many laps you can get in during that time.

5 Mile Run:

Run five miles...time yourself. Try to beat your previous time.

Sprint Series:

A detailed explanation is listed on the previous two pages.

Strength Training: Performed as superset doing 3 sets/30-second rest in between each exercise. Complete red first before moving onto blue, then to green, then to purple.

Squat Jumps 15

Pistol Squats 15 each leg (if you cannot do pistol squats, to one leg squats with other leg on a bench)

Pushups 15

Sit-ups 20

Plank 1 minute

Triceps Dips 15

Superman 20

Mountain Climber 15 each leg



Training Camp Fitness Tests/Expectations

Understand that these fitness tests will be conducted during the first couple of days of practice. We will consider your times while coaching and selecting varsity and Junior Varsity Squads.

“Failure to prepare is preparing to fail” ~ John Wooden

One Mile Run: (test #1)

Players should run a mile in 7:00 minutes or less. We prefer 6:30. Players will be ranked in order of finish.

Cooper Test: (test #2)

Players must complete 14 laps or more around the soccer field in 12 minutes. We prefer 17. Players will be ranked in order of finish. (Please note that the field we are testing on is not the size of a normal outdoor track, which is why these numbers are so high) Whitney field 10 is the field we will be testing on.

Box Test: (test #3)

Players should complete 14 runs. We prefer 17. Players will be ranked.



Agility Series (Great for Goalkeepers and field players)

Series Total Time: 10 minutes

This series should be completed each time it is listed on the calendar in order listed below.

1. 30- Second Endurance Jump

Total Time: 2 minutes

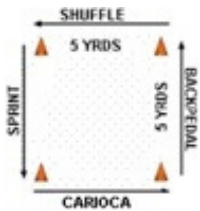
30 seconds jumping X 30 seconds rest. Repeat once.

The 30 Second Endurance Jump is a test of agility and lower body strength endurance

Stand comfortably with both feet flat on the ground, perpendicular to the hurdle (1ft tall). You can also use a size 5 soccer ball or any other object that is at least 1 ft tall. The timing starts from the first movement. The athlete jumps off both feet and lands on both feet on the other side of the hurdle, then back again. The test continues for 30 seconds, with the total number of jumps counted.

2. Square Drill

Total Time: 3 minutes



- In this drill, the coach will set up 4 cones in the shape of a square with sides of about 10 yards in length. The players will line up facing one of the cones and in line with a side. The first player will backpedal from the first cone to the second. There, they will shuffle sideways to the next cone. When they reach the third cone, they will quickly sprint to the fourth cone. There they will karaoke to the first cone.
 - Alternate starting cones each time through.
-



Agility Series (continued)

T-Test

Total Time: 3 minutes.

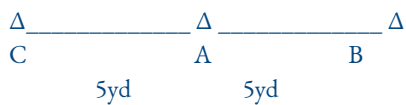
The test should be repeated continuously on alternating sides

- The T-Test is a test of agility for athletes, and includes forward, lateral, and backward running.
- Set out four cones as illustrated in the diagram above. The subject starts at cone A. On the command of the timer, the subject sprints to cone B and touches the base of the cone with their right hand. They then turn left and shuffle sideways to cone C, and also touch its base, this time with their left hand. Then shuffling sideways to the right to cone D and touching the base with the right hand. They then shuffle back to cone B touching with the left hand, and run backwards to cone A. The stopwatch is stopped as they pass cone A.

20 yd Agility

The test is repeated continuously for 2 minutes with a 10-second rest after each sprint.

- The 20-yard agility run is a simple measure of an athlete's ability to accelerate, decelerate, change direction, and to accelerate again.
- Set up three marker cones in a straight line, exactly five yards apart - cones B, A (center), and C. At each cone place a line across using marking tape. The timer is positioned at the level of the center A cone, facing the athlete



- The athlete straddles the center cone A with feet an equal distance apart and parallels to the line of cones. When ready, the athlete runs to cone B (touching the line with their hands), turns and accelerates to cone C (touching the line), and finishes by accelerating through the line at cone A. The stopwatch is started on the athlete's first movement and stops the watch when the athlete's torso crosses the centerline.
- When turning, the athlete must turn facing timer (turn to the inside)

Ladder Work (create your own ladder using various items or cones)



Speed, Agility, Plyometrics

Plyometrics Exercises

1) Start with 2 discs about 1 ½ to 2 yards apart. The person is jumping laterally with both feet from one disc to the other while catching a medicine ball from a partner or holding the med ball. After all the sets are completed reverse the discs from 3 and 9 to 12 and 6 and the person is jumping forward and back.

1. Both feet 2. Right foot 3. Left foot *Emphasize staying on balls of feet

Duration: 30-45 seconds

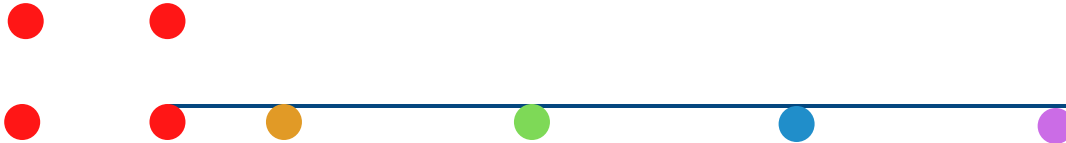
Sets: 2-3

O-----O

2) Start with the person jumping in a square pattern with both feet 5x within the box setup by the red discs. Then the person POWER JUMPS from one disc to the other gradually increasing the amount of distance between each disc. The person jogs back and repeats. After the sets are completed, the exercise is repeated with the right and left foot only. (May have to decrease the distance between the discs for the right and left foot)

Duration: 3-4x

Sets: 1-2



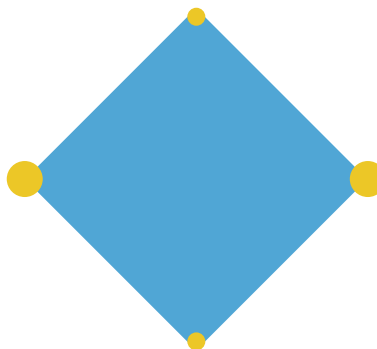
3) This agility exercise is in the shape of a diamond and there are commands that each person should adhere to while performing this exercise. The person is in the diamond either on one or the other rows of discs doing quick fire. When a command is called out the person must stop the quickfire and perform the command. Discs are about 5-6 yards from the center of the diamond.

Duration: 1 minute

Sets: 2 (2nd time the person must do the opposite command)

Commands:

- Left=Shuffle left
- Right=Shuffle right
- Turn=Turn directions and face the other way
- Jump=Knees to Chest
- Drop=Fall on stomach and recover and continue quick-fire
- Forward=Sprint forward and back to center
- Back=Backpedal return to center.





Plyometric Core Training

Each exercise should be done for 45 seconds at least 2 times a week

<u>Drill Name</u>	<u>Explanation</u>
Quick feet 2 legged in place	Athlete starts with one foot on each side of the cone, then chops feet as fast as possible (almost vibration like) while staying in the same spot (straddling the cone)
Quick feet 1 leg in place	Athlete starts in a balanced stance behind cone, then jumps quickly back and forth laterally (width of the cone) as quickly as possible, trying to land in the same place each time, (should try and keep the foot as close to the ground as possible so as not to waste time moving vertically)
Quick feet 2 legged around the cone	(Athlete starts just like Drill 1) then performs this chopping (quick vibration like movement of the feet) around the cone, the athlete should focus on being in an athletic stance and moving the feet as quickly as possible
Quick feet 1 leg around the cone	(Athlete starts just like Drill 2) then by continuing to move laterally (right to left) in quick jumping type motions, the athlete will move around the cone continuing to face in the same direction the entire time, thus moving in all 4 directions (forward, left, backward and right) with quick, lateral jumps
Step over - 1 cone (Quick)	Standing to the left of the cone and facing forward, the athlete will quickly step over the cone laterally by crossing the left leg across the body (and the cone) and landing on the right side of the cone with the left leg first pointed straight ahead, then the right leg lands, pointed straight ahead so the athlete is now standing on the right side of the cone and still facing forward - repeat as quickly as possible without losing technique or rhythm.
Step over - 1 cone (Long)	With the same technique as described in Drill 5, have the athlete move across the cone, but now try to get a little more distance without losing speed back across the cone (working on a quicker transition laterally)
Step over - 2 cones	As the athlete steps over the first cone they are preparing to run to the second cone (depending on the distance you use this could be quick step, long step or a run to the second cone), when they get to the cone perform the step over with the same technique as described in Drills 5 and 6 then back to the first cone as quickly and possible without losing rhythm or technique