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| --- | --- | --- | --- | --- | --- | --- |
| **May 2013** | | | | | | |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| Description: C:\Users\gw42\Desktop\Logo\flyer logo 2.png |  | **i** | 1  **w** | 2  **i** | 3  **l** | 4  **l** |
| 5  **Gi** | 6  **ve** | 7 | 8  **my** | 9 | 10  **be** | 11  **st** |
| 12  **e** | 13  **f** | 14  **f** | 15  **o** | 16  **r** | 17  **t** | 18  **!** |
| **19** | **20**  8 Doggies | **21**  2.0 Mile Run at 7:30 min/mile pace  Ball Work | **22**  T Drill- 6 runs  Sprint work | **23**  2.0 Mile Run at 7:30 min/mile pace  Ball Work | **24**  120s -  2 sets of 4 sprints | **25**  Plyometrics  Agility Run 1 |
| **26**  Off Day | **27**  8 Star Runs | **28**  2.0 Mile Run at 7:30 min/mile pace  Ball Work | **29**  Pro Agility -6 runs  Sprint work | **30**  2.0 Mile Run at 7:30 min/mile pace  Ball Work | **31**  Diagonals -  4 runs | **JUNE 1**  Plyometrics  Agility Run 2 |

 2013 UE WOMEN’S SOCCER WORKOUT CALENDAR

*GREAT EFFORT SPRINGS NATURALLY FROM A GREAT ATTITUDE*

 **2013 UE WOMEN’S SOCCER WORKOUT CALENDAR**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **June 2013** | | | | | | |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **2**  Off Day | **3**  10 Doggies | **4**  1.0 Mile Timed Run (7:15 min or under)  6 min active recovery Repeat  Ball Work | **5**  T Drill - 8 runs  Sprint work | **6**  1.0 Mile Timed Run (7:15 min or under)  6 min active recovery Repeat  Ball Work | **7**  120s -  2 sets of 5 sprints | **8**  Plyometrics  Agility Run 1 |
| **9**  Off Day | **10**  10 Star Runs | **11**  Beep Test  Ball Work | **12**  Pro Agility - 8 runs  Sprint work | **13**  1.5 Mile Timed Run (10:30 min or under)  6 min active recovery Repeat  Ball Work | **14**  Diagonals -  5 runs | **15**  Plyometrics  Agility Run 2 |
| **16**  Off Day | **17**  12 Doggies | **18**  1.0 Mile Timed Run (7:00 min or under)  6 min active recovery Repeat  Ball Work | **19**  T Drill- 8 runs  Sprint work | **20**  1.5 Mile Timed Run (10:00 min or under)  6 min active recovery Repeat  Ball Work | **21**  120s -  2 sets of 6 sprints | **22**  Plyometrics  Agility Run 1  ***Add 1 run per set*** |
| **23**  Off Day | **24**  12 Star Runs | **25**  1.0 Mile Timed Run (6:30 min or under)  6 min active recovery Repeat  Ball Work | **26**  Pro Agility - 8 runs  Sprint work | **27**  1.5 Mile Timed Run (10:00 min or under)  6 min active recovery Repeat  Ball Work | **28**  Diagonals -  6 runs | **29**  Plyometrics  Agility Run 2  ***Add 1 run per set*** |
| **30**  Off Day | **a c** | **e s** | Description: U:\Everyone\Athletics - For Athletics Use ONLY\A-Star Logos\SECNDRY_a_2C.jpg | **s o** | **c c** | **e r** |

*WE ARE WHAT WE REPEATEDLY DO. EXCELLENCE, THEN, IS NOT AN ACT, BUT A HABIT.*

 **2013 UE WOMEN’S SOCCER WORKOUT CALENDAR**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **July 2013** | | | | | | |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| Description: Description: https://encrypted-tbn0.google.com/images?q=tbn:ANd9GcTwUmwzzRB0M0rreCtdtScksArAq6SJ5wmxyIAcRyN-nvwO_MPz | **1**  13 Doggies | **2**  1.0 Mile Timed Run (6:30 min or under)  6 min active recovery Repeat  Ball Work | **3**  T Drill- 10 runs  Sprint work | **4**  OFF DAY  MC900285664[1]  Happy 4th of July! | **5**  120s -  2 sets of 7 sprints | **6**  Plyometrics  Agility Run 1  ***Add 1 run per set*** |
| **7**  Off Day | **8**  13 Star Runs | **9**  Beep Test  Ball Work | **10**  Pro Agility –10 runs  Sprint work | **11**  1.5 Mile Timed Run (9:30 min or under)  6 min active recovery Repeat  Ball Work | **12**  Diagonals -  7 runs | **13**  Plyometrics  Agility Run 2  ***Add 1 run per set*** |
| **14**  Off Day | **15**  14 Doggies | **16**  1.0 Mile Timed Run (6:00 min or under)  6 min active recovery Repeat  Ball Work | **17**  T Drill - 8 runs  Sprint work | **18**  1.5 Mile Timed Run (9:00 min or under)  6 min active recovery Repeat  Ball Work | **19**  120s -  2 sets of 8 sprints | **20**  Plyometrics  Agility Run 1  ***Add 1 run per set*** |
| **21**  Off Day | **22**  12 Star Runs | **23**  1.0 Mile Timed Run (6:00 min or under)  6 min active recovery Repeat  Ball Work | **24**    Pro Agility –8 runs  Sprint work | **25**  1.5 Mile Timed Run (9:00 min or under)  6 min active recovery Repeat  Ball Work | **26**  Diagonals -  5 runs | **27**  Plyometrics  Agility Run 2  ***Add 1 run per set*** |
| **28**  Off Day | **29**  10 Doggies | **30**  1.0 Mile Timed Run (6:00 min or under)  Ball Work | **31**  T Drill - 8 runs  Sprint work | logo |  |  |

*SUCCESS IS WHERE PREPARATION AND OPPORTUNITY MEET*

 **2013 UE WOMEN’S SOCCER WORKOUT CALENDAR**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **August 2013** | | | | | | | | **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | |  |  |  |  | **1**    1.5 Mile Timed Run (9:00 min or under)  Ball Work | **2**  120s -  2 sets of 6 sprints | **3**  Off Day | | **4**  Off Day | **5**  Off Day | **6** REPORT DATE  Physicals &  Meetings | **7** Practice  Begins! | **8** | **9** | **10** | | **11** | **12** | **13** | **14**  EXHIBITION  @ Austin Peay | **15** | **16**  EXHIBITION  vs Morehead St | **17** | | **18**  EXHIBITION  @ Wright State | **19** | **20** | **21** | **22** | **23**  **1st GAME**  **vs Murray St** | **24** | | **25**  **GAME**  **@ Tn Tech** | **26** | **27** | **28**  Classes Begin | **29** | **30**  **GAME**  **vs UT-Martin** | **31** | | | | | | | |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| the reward for work  well done is the opportunity to do more! |  |  | Description: C:\Users\gw42\Desktop\Logo\flyer logo 2.png | **1**    1.5 Mile Timed Run (9:00 min or under)  Ball Work | **2**  120s -  2 sets of 6 sprints | **3**  Off Day |
| **4**  Off Day | **5**  Off Day | **6** REPORT DATE  Physicals &  Meetings | **7** Practice  Begins! | **8** | **9** | **10** |
| **11** | **12** | **13** | **14**  EXHIBITION  @ Austin Peay | **15** | **16**  EXHIBITION  vs Morehead St | **17** |
| **18**  EXHIBITION  @ Wright State | **19** | **20** | **21** | **22** | **23**  **1st GAME**  **vs Murray St** | **24** |
| **25**  **GAME**  **@ Tn Tech** | **26** | **27** | **28**  Classes Begin | **29** | **30**  **GAME**  **vs UT-Martin** | **31** |

*A DREAM DOESN'T BECOME REALITY THROUGH MAGIC; IT TAKES SWEAT, DETERMINATION AND HARD WORK*

**The Training Program – Summer 2013**

**DOGGGIES:**

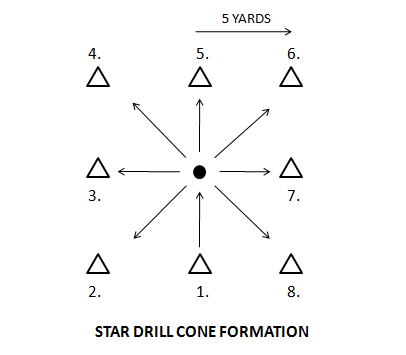
Cones at 5yd (#1), 10yd (#2), 15yd (#3), 20yd (#4), & 25yd (#5).

(150yd--Doggies)

start #1 #2 #3 #4 #5

* Sprint out to cone #1 and back to the start, then to the cone #2 and back to the start, keep going in the same pattern until you hit cone #5. The cones are 5 yards apart so you will cover a total of 150 yards.
* **Complete 1 Run in 30-33 seconds. Rest for 35 seconds. Repeat**
* **GO AS FAST AS YOU CAN ON EACH RUN!**

**Star Run:**



Distance from center (start) to all cones is 10 yds.

1. Start in center and sprint to cone (#1) and back to start
2. Repeat until you have run to each cone (1-8)

All running is **MAX EFFORT (speed)**

Work to Rest Ratio is 1:1

Complete 1 run in less than 40 seconds

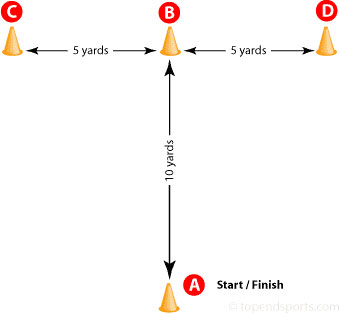
Rest for 40 seconds and repeat

\*Set up will look more like a rounded diamond

than it will a square

**The Training Program – Summer 2013**

**T Drill:**



1) Sprint to cone B,

2) lateral shuffle to right and touch cone D

3) lateral shuffle to far left and touch cone C

4) lateral shuffle back to the middle cone B

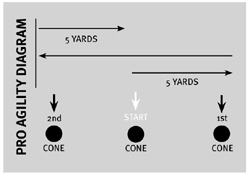
5) then backpedal back to start

Alternate left and rights

All Movements are **MAX EFFORT (speed)**

Rest long enough for max effort on each run

**Pro Agility:**



Sprint and touch each cone/line with hand.

Make sure you touch first cone with right hand and second cone with left hand.

Try to eliminate turning the body to use the dominant hand

Alternate starting directions

All Movements are **MAX EFFORT (speed)**

Rest long enough for max effort on each run

**Sprint Work:**

**SPRINT WORK MUST BE SPRINTED WITH MAX EFFORT**

**1:3 WORK TO REST RATIO. Extend rest period if needed to ensure maximal effort.**

**10 x 10yd sprint-complete in 2 sec or less**

**8 x 20yd sprint-complete in 3.2 sec or less**

**6 x 40yd sprint-complete in 5.6 sec or less**

**The Training Program – Summer 2013**

**120s:**

**EACH 120 SPRINT TAKES ONE MINUTE TO COMPLETE**

**4 MINUTES REST BETWEEN SETS**

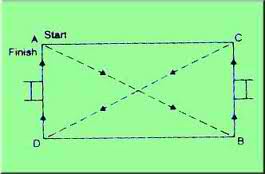
Example: One120: sprint down in 18sec then back in 42sec--- go on every min

**Diagonals:**

Start on corner of field, sprint to diagonal corner, jog to opposite corner, repeat (should work your

way around the field in the shape of an hourglass or X).

**1:1 WORK TO REST RATIO. SPRINTS SHOULD BE ALL OUT!**



**PLYOMETRICS:**

ALL JUMPS/HOPS SHOULD BE PERFORMED TO ACHIEVE MAXIMAL HEIGHT/DISTANCE

TAKE APPROPRIATE REST TO PERFORM AT MAXIMAL EFFORT

Weeks 1-6 are 2 x 10 Weeks 7-12 are 3 x 10

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Weeks 1 to 3** | **Weeks 4 to 6** | **Weeks 7 to 9** | **Weeks 10 to 12** |
| **1** | Tuck jump | Squat jumps | Split squat jump | S/L bounding |
| **2** | D/L lateral jump | D/L broad jump | Alt lateral S/L jump | S/L skier |
| **3** | Power skips | D/L skier | S/L broad jump | Cycle split squat jump |

D/L – double leg **Video examples of all plyometric exercises can be found on You Tube -**

Alt – alternating [**Evansville Strength**](http://www.youtube.com/user/wallybeckerstrength)

S/L – single leg

**The Training Program – Summer 2013**

**AGILITY RUNS:**

**Agility Run #1**

5 cones in shape of a diamond with start cone in the middle. Each outer cone is 10 yds from center/start cone (1)

1 run = hitting all the cones (example start at 1, run to 2, then to 3, then 1, then 4, then 5, and back to 1…so you will run 10 yds, 20 yds, 10 yds, 10 yds, 20 yds, 10 yds consecutively).

Change your initial starting direction and middle change of direction after each set (first time start going forward, 2nd time start going to the right, etc)

1st set = 3 runs without the ball, 2nd set = 3 runs with the ball, 3rd set = 3 runs without the ball, 4th set = 3 runs with the ball

**.2**

**.4 .1 .5**

**.3**

**Give yourself 1.5 rest; if it takes you 30 sec to run it you get 45 sec rest**

**DO EACH RUN ALL OUT!!!**

**Agility Run #2**

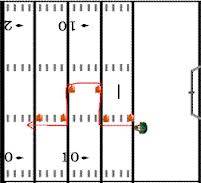
12 Cones (2 lines)- 10 yds apart

Sprint in numerical order (1 to 2 to 3 to 4 to 5, etc). When finished jog from 12 back to 1

Sprint around the outside of the cones to ensure a cutting motion toward the next cone

**1 MINUTE REST AFTER EACH RUN**

1st set = 3 runs without the ball, 2nd set = 3 runs with the ball, 3rd set = 3 runs without the ball, 4th set = 3 runs with the ball



**2 3 6 7 10 11**

**1 4 5 8 9 12**

**The Training Program – Summer 2013**

**BALL WORKOUTS:**

**3 options of ball workouts to rotate from, make sure you are doing all of them equally!**

**#1 JUGGLING**

1 min - juggle with your feet, any surface and use both feet

1 min - pick the ball up with your foot, knock it up over head height, settle it with the inside of your foot,

accelerate. Alternate feet.

1 min - juggle with your laces, with no backspin.

1 min - pick the ball up with your foot, knock it up over head height, settle it with the outside of your foot,

accelerate. Alternate feet.

1 min - juggle with your feet and thighs, make a pattern---right foot, left foot, right thigh, left thigh, etc.

1 min - juggle with your feet, thighs, and head---make a pattern

1 min - juggle and walk

1 min - juggle keeping ball as close to your foot as possible (30 sec w/each foot)

1 min - juggle keeping the ball low, every few touches hit ball high, and then resume with low juggle

1 min+ - juggle and keep it up for as long as you can (primarily use your feet)

**#2 BALL CONTROL**

**The Basics -**

Side to side (foundation)

Step on: step on ball and as foot rolls to outside push to other foot

Step Ups

Push – Pull: use instep to push fwd then pull back

Triangle

Roll Over (sole roll) – inside and outside

Outside touch: out of foundation take touch to outside

The V

Ouside – Inside – Outside

Step Over

Scissors

Cryuff

List could be infinite –

use your imagination/internet

Google Coerver moves to find moves/videos

**Spend 15+ minutes with the ball moving**

**Work for at least a minute with each skill**

**Work in a way that will improve your skill/challenge you to perform**

All moves should start in the side to side

After move use step on to get back to side to side

**Variations**

Link moves together / be creative

i.e. - Sole role to outside touch

Change moves to turns:

i.e. – pull back turn / step over turn

Practice moves that you want to use to beat an opponent with sharp changes in direction/accelerating after move

**The Training Program – Summer 2013**

**#3 DRIBBLING**

you will need 6 cones, markers, shoes…something to dribble around

---8yds--- 1.5yds between middle cones ------8 yds------

1. 2.

X X X X X X / X X X X X X

1. Start at left cone, dribble through middle cones and accelerate through far cone

**REST – 1:3 to 1:4 work rest ratio (recover enough to give maximal effort)**

2. Start at right cone, dribble through middle cones and accelerate through far cone

Do 4 repetitions in each direction for items below:

a) right foot

b) left foot

c) dribble through cones using inside of foot

d) dribble through cones using outside of foot

e) sole role

**TURNING –** same set up and execution as above activity

1. 2.

X X X X X X / X X X X X X

1. Start at left cone, turning 1 loop around all middle cones, and then accelerate through far cone

2. Start at right cone, turning 1 loop around all middle cones, and then accelerate through far cone

Do 3 repetitions in each direction for items below:

a.) right inside (b) left inside (c) right outside (d) left outside

**TURNING –** same set up and execution as above activity

1. 2.

X X X X X X / X X X X X X

1. Start at left cone, turn once around the last middle cone, and then accelerate through far cone

2. Start at right cone, turn once around the last middle cone, and then accelerate through far cone

Do 3 repetitions in each direction for items below:

a.) right inside (b) left inside (c) right outside (d) left outside