



RAHS Defenders Soccer Player Conditioning

A note from the coaches:

“Work beats talent...unless talent works”

A preseason training program will enable you to begin practice in good health and fitness in preparation for the Defender's Soccer Season. Varsity game time requires you to be healthy and have the stamina needed to run and run and run. It is in YOUR hands! It should be your goal to make the coach's job difficult.

We have identified two training activities that could significantly improve our program: Ball Control and Speed Burst. Two things you can do are to practice:

1. **Juggling** (maximum amount of touches before it hits the ground)
[Here](#) is a nice little video. (Search: “Juggling a Soccer Ball for Beginners - Tutorial”)
2. **Short Sprinting** (minimum time for 50 yard dash, for example)

The ultimate goal is for a player to be able to play a full half of soccer (40 minutes) comfortably.

To do that:

- Target running and exercising five days per week, until practice begins.
- The suggested start date to accomplish this is prior to first practice
- The team goal is to run a minimum of 100 miles*, with a goal of 2 miles per day or more.
- **You should be able to easily run 1 mile in under 9 minutes.**
- Your personal goal before you start this training is to run _____ total miles. (This is not turned in, it is only for your own goal setting)

You should do the following to help increase flexibility and prevent injury:

Calf stretch	Hamstring stretch	Lower back stretch
Ankle rotations	Neck stretch	Quad stretch
Shoulder stretch	Ball dribbling	Ball juggling

Each day you should incorporate the following (or variations) exercises and increase the number each week:

Push- ups	Sit-ups or Curl-ups	Pull-ups
Ball handling	Wind sprints	Plank (minutes)

Cross Training can be an effective way to increase endurance, avoid injury and provide additional strength and flexibility to your fitness program. Swimming and biking are two of the most beneficial athletic activities to add to your summer workout, but kayaking, canoeing, hiking and ultimate Frisbee are examples of other fun, aerobic workouts.

*New runners: begin with one mile and work up to two miles, for a total of 60 miles over the course of 6 weeks.
Conditioned runners: begin where you're at and shoot for 70+miles by late July.

See next page for log sheet

Printed Name	Date
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The coaches will trust you, the athlete, to be honorable with this sheet. Your parents do not need to sign this since they can't be on the soccer field with you and your teammates. You need to own your integrity and character in the effort. We promise your effort will be rewarded in ways greater than soccer. Good luck and enjoy!

For this sheet "Cardio Minutes" is how many total minutes you worked out or had your heart rate elevated. Talk to your mom and dad if you are unsure about this.

Date	Date	# Juggles (Maximum)	50m Dash (seconds)	# Miles	Cardio Minutes
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Good Job! You're over halfway there!