

FHS Girls Soccer
Summer Workouts
2019

Lunge Series

This is for your muscle development and conditioning. If done properly and consistently, you overall leg strength will improve.

1. Regular Lunges - 30 reps
2. Backwards Lunges - 30 reps
3. Side Lunges - 30 reps
4. Extended Lunges - 30 reps
5. Jumping Lunges - 30 reps

Wind Sprints

This is for your speed development and muscle conditioning. If done properly and consistently (explosively and as fast as you can go) this will improve your speed through the summer.

- Sprint all out on every sprint! - Do not pace yourself
- Take full rest period! Not less!
- Concentrate on explosive starts! (Driving knees, leaning forward, pumping arms) keep stride smooth and powerful throughout sprint.

Week #1 6 x 20 yards 5 x 40 yards 4 x 60 yards 2 x 80 yards 1 x 100 yards	Week #2 6 x 20 yards 6 x 40 yards 4 x 60 yards 2 x 80 yards 2 x 100 yards	Week #3 8 x 20 yards 6 x 40 yards 4 x 60 yards 3 x 80 yards 2 x 100 yards
Week #4 8 x 20 yards 7 x 40 yards 6 x 60 yards 3 x 80 yards 3 x 100 yards	Week #5 8 x 20 yards 8 x 40 yards 6 x 60 yards 4 x 80 yards 3 x 100 yards	Week #6 8 x 20 yards 8 x 40 yards 8 x 60 yards 4 x 80 yards 4 x 100 yards
Week #7 10 x 20 yard 8 x 40 yards 8 x 60 yards 6 x 80 yards 5 x 100 yards	Rest 30 seconds for 20 yard 45 seconds for 40 yards 60 seconds for 60 yards 75 seconds for 80 yards 90 seconds 100 yards	

Superwoman

- 120 yard sprint in 25 seconds
- 120 yards back in 50 seconds
- Rest interval on the line of 1:00 minute
- 10 complete sets

Full Body Workouts

This workout should take between 30 - 45 minutes and should be done when assigned on the calendar, but it could be done more often if you would like to. Focus on technique and increasing muscular endurance (i.e. you should push yourselves through the soreness and every time it will get easier.) To ensure proper technique, try to work out with a partner.

<p>Full Body #1</p> <p><u>Legs</u> Squats: 3 sets - 10 reps Lunges: 3 sets - 8 reps per leg Jump Squats: 3 sets - 15 reps Wall-Sits: 3 sets - 1 minute Calf Raises: 2 sets - 30 reps</p> <p><u>Arms/Chest/Back</u> Push-ups: 3 sets - 10 reps Triceps Dips: 3 sets - 10 reps</p> <p><u>Abs/Back</u> Crunches: 60 reps Side Crunches: 30 per side Plank: 1 minute Bicycles: 2 minutes Leg Lifts: 30 reps</p>	<p>Full Body #2</p> <p><u>Legs</u> Squats: 3 sets - 15 reps Lunges: 3 sets - 10 reps per leg Jump Squats: 3 sets - 18 reps Wall-Sits: 3 sets - 1:30 minutes Calf Raises: 3 sets - 40 reps</p> <p><u>Arms/Chest/Back</u> Push-ups: 3 sets - 12 Triceps Dips: 3 sets - 12</p> <p><u>Abs/Back</u> Crunches: 80 Side Crunches: 40 per side Plank: 1 minutes Bicycles: 2:00 minutes Leg Lifts: 30 reps</p>	<p>Full Body #3</p> <p><u>Legs</u> Squats: 4 sets - 15 reps Lunges: 4 sets - 10 reps per leg Jump Squats: 4 sets - 18 reps Wall-Sits: 4 sets - 1:30 minutes Calf Raises: 4 sets - 40 reps</p> <p><u>Arms/Chest/Back</u> Push-ups: 3 sets - 12 Triceps Dips: 3 sets - 12</p> <p><u>Abs/Back</u> Crunches: 100 Side Crunches: 50 per side Plank: 1:30 minutes Bicycles: 2:00 minutes Leg Lifts: 40 reps</p>
<p>Full Body #4</p> <p><u>Legs</u> Squats: 4 sets - 20 reps Lunges: 4 sets - 15 reps per leg Jump Squats: 4 sets - 20 reps Wall-Sits: 4 sets - 2:00 minutes Calf Raises: 4 sets - 50 reps</p> <p><u>Arms/Chest/Back</u> Push-ups: 4 sets - 15 Triceps Dips: 4 sets - 15</p> <p><u>Abs/Back</u> Crunches: 110 Side Crunches: 60 per side Plank: 1:30 minutes Bicycles: 2:30 minutes Leg Lifts: 40 reps</p>	<p>Full Body #5</p> <p><u>Legs</u> Squats: 5 sets - 20 reps Lunges: 5 sets - 15 reps per leg Jump Squats: 5 sets - 20 reps Wall-Sits: 5 sets - 2:00 minutes Calf Raises: 5 sets - 50 reps</p> <p><u>Arms/Chest/Back</u> Push-ups: 5 sets - 15 Triceps Dips: 5 sets - 15</p> <p><u>Abs/Back</u> Crunches: 120 Side Crunches: 70 per side Plank: 2:00 minutes Bicycles: 2:30 minutes Leg Lifts: 50 reps</p>	<p>Full Body Challenge*</p> <p><u>Legs</u> Squats: 6 sets - 20 reps Lunges: 6 sets - 15 reps per leg Jump Squats: 6 sets - 20 reps Wall-Sits: 6 sets - 2:00 minutes Calf Raises: 6 sets - 50 reps</p> <p><u>Arms/Chest/Back</u> Push-ups: 6 sets - 15 Triceps Dips: 6 sets - 15</p> <p><u>Abs/Back</u> Crunches: 150 Side Crunches: 80 per side Plank: 3:00 minutes Bicycles: 3:00 minutes Leg Lifts: 80 reps</p>

Agility Series & Ball Control

1 minute - Jog while dribbling ball with quick touches, changing direction and speed. Do this in a confined space where many changes and touches are necessary. Be creative.

1 minute - Head juggling

1 minute - Throw ball up, trap the ball with your feet before it hits the ground, and move off quickly with a short burst of speed with the ball - repeat.

1 minute - Thigh juggling

1 minute - Throw the ball up, trap the ball with your chest, settle the ball to your feet, and move off quickly with a short burst of speed with the ball - repeat.

1 minute - Foot juggling with no spin on the ball.

2 minutes - Starting in a sitting position, throw the ball up, get up and stop the ball before it hits the ground, settle it to your feet, and move off quickly with a short burst of speed with the ball - repeat using head, chest, each thigh, each foot in that order to trap the ball.

Dribble in a figure "8", use the inside of your feet for 6 figure "8's", then use the outside of your feet for 6 more. The markers you dribble around should be 15 yards apart. As you dribble around one marker, accelerate to the other. As you round the marker, use quick touches to improve technical speed.

Set a marker out about 25 yards from a starting point.

- Sprint dribble to marker & leave ball
- Sprint backwards to starting point
- Sprint to ball
- Collect ball and sprint dribble back to starting point
- Repeat 5 times
- Rest by walking for 30 seconds.

Set ball on the ground to your left and set a marker out to your right about 10 yards. Move 10 times from side to side with the ball, without crossing legs do shuffles, toe touches, left foot sole rolls, right foot sole rolls, in that order.

- Rest by walking for 30 seconds.

60 jumps - Two footed jumping forward and backward over the ball without stopping.

- Rest for 30 seconds.

60 jumps - Two footed jumping from side to side over the ball without stopping.

- Rest for 30 seconds.

30 jumps - Throw the ball in the air, jump, catch the ball and throw it back in the air before you hit the ground. Do this continuously for 30 jumps. Try to jump high enough to catch and throw before you come back down.

- Rest for 60 seconds.