

**Steamboat
High School
Women's Soccer
2016**



**Pre-season Training
Challenge & Log**

It is our mission to be the most prepared team in our league. That preparation begins now, January 4th, eight week prior to the official start of our season. A big part of the preparation is conditioning, but that is only one piece. It is honing in on a mentality and developing your personal DNA. Who are you? What are you made of? What is your mission? Do your actions, thoughts, words, and deeds parallel? There is only a certain amount of time in each day. Organize your time to achieve peak performance. Understand what is important, what is not. What to do first, what to do last. What to do every day, what to do once a week. What things you can do in the morning and then still be able to train with intensity in the evening with something else. **Envision that you are a coach trying to get you, as a player, to be the best you can be.**

Everyone's path to the start of the season will be different. Many of you are currently involved in you winter sport. We do not want to take away from that focus. However the most successful people in the world balance to living in the present, and preparing for the future.

Again, it is our mission to be the most prepared team in the league. It is not rocket science - in life and sports - **the most successful teams are the ones that are the best prepared! We hope that this log will help you tract your individual preparations.**

SSHS Pre Season Training Chart:

Steamboat Soccer Club Summit Training =3 points
Pio Workouts = 3 points
Futsal/Indoor Soccer Games = 3 points per game
Cross Fit Workouts =3 points
Personal/small group training activities/workouts =1 point per ½ hour including warm up and cool down
Training/Practice in your winter sport =1 point per ½ hour
Game/Competition/Race with winter sport = 4 points

The pre-season challenge

An ideal individual target range for weekly points **12-16 points**.

Each player is responsible for keeping a personal training log.

Training logs are due on Feb. 29th

The program pre-season training goal is to meet a target of an average of **15 points** for the entire 8 weeks. This is everyone committing to 5 days of 1.5 hours of workout time per week. (Keep in mind that there will be times when people get sick or injured so we all need to make up for any lost time that individuals miss). **This is a fantastic challenge for our soccer program that will begin to separate us from the rest.**

Tips/Suggestions

- Work together in pairs and groups to map out your workouts. What programs are you going to take part in? What are you going to do on your own? This will help to be accountable and plan full.
- Seniors will be paired and assigned a group for everyone to check in from time to time.
- Focus on the following 3 areas – conditioning, skill, and strength. **Soccer is a speed endurance sport**. What you do on the field involves making repeated sprints over relatively short distances. Being able to maintain your speed **throughout** the game will give you an advantage over other players. Keep in mind that speed endurance training will also train the aerobic system, providing you with very effective training. Just running at one speed does not do you any good!
- Customize your schedule to make things work best for your present, and what you will need most for the start of the soccer season. I.e. – if you are a Nordic Skier then you are getting plenty of endurance work; focus on a finding time for skill, speed, agility, and quickness training.

SSHS Women's preseason training log

NAME:

Week 1; Jan 4-10

MON	TUES	WED	THUR	FRI	SAT	SUN	Total Pts.

Week 2; Jan 11- 17

MON	TUES	WED	THUR	FRI	SAT	SUN	Total Pts.

Week 3; Jan 18- 24

MON	TUES	WED	THUR	FRI	SAT	SUN	Total Pts.

Week 4; Jan 25-31

MON	TUES	WED	THUR	FRI	SAT	SUN	Total Pts.

Week 5; Feb 1- 7

MON	TUES	WED	THUR	FRI	SAT	SUN	Total Pts.

Week 6; Feb 8- 14

MON	TUES	WED	THUR	FRI	SAT	SUN	Total Pts.

Week 7; Feb 15- 21

MON	TUES	WED	THUR	FRI	SAT	SUN	Total Pts.

Week 8; Feb 22- 28

MON	TUES	WED	THUR	FRI	SAT	SUN	Total Pts.

Individual/Small Group Training Ideas/Options

Conditioning work out ideas/options in the high school indoor track:



- Warm up and dynamic stretching
- Run 1 mile (14 laps) at moderate pace
- 2 minute rest
- 7 sets of 1 lap in 25 seconds immediately followed by a 35 second recovery (after each lap)
- 2 minute rest
- 7 sets of 1 lap in 25 seconds immediately followed by a 35 second recovery (after each lap)
- Cool down and stretching



- Warm up and dynamic stretching
- 1 mile run (14 laps) at 7:30-8:00 min pace
- 3 minute break
- 10, 20, 30, 40 yd shuttle x 2 – 1 minute break in between
- 3 minute break
- 1 mile run (7:30-8:00 min pace)



- Warm up and dynamic stretching
- ½ mile run (7 laps)
- 3 minute break
- 10, 20, 30 yd shuttle
- 2 minute break
- 10, 20, 30, 40 yd shuttle
- 3 minute break
- 10, 20, 30, 40 yd shuttle
- 2 minute break
- 10, 20, 30, 40 yd shuttle
- 2 minute break
- ½ mile run (7 laps)

Ideas for technical ball work ideas and SAQ work you can visit the following web sites for plenty of ideas. Get creative for training space - the high school indoor track; your garage or driveway.

1. <https://www.youtube.com/user/beastmodesoccer>
2. <https://www.youtube.com/watch?v=u6XIIrYPtuY>
3. https://www.youtube.com/watch?v=B_bbBglPGHA
4. Create your own personal soccer work out.