

**FSU WOMEN'S SOCCER**  
**FITNESS & CONDITIONING PROGRAM**

*“You will get out of your college soccer experience exactly what you put into it”*

*Conference Regular Season Champions*  
2003-2004-2005-2006

*Conference Tournament Champions*  
2001-2002-2003-2004-2005-2009

*NCAA Tournament Appearances*  
2001-2002-2003-2004-2005-2009

*ECAC Tournament Appearances*  
1998-2006-2007-2008-2010-2011

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***“The only thing you ever have total control over is your fitness”***

### ***The Ultimate Challenge***

Soccer is a game that contains much of the drama of real-life in many respects: frustration, joy, uncertainty, pain, and feelings of intense accomplishment are all there. As you participate in competitive sports, you soon realize there is more to it than just mastering physical skills. It is the ability to utilize those skills when it counts that matters the most - when the game is on the line or when you are faced with an opportunity to directly influence the outcome. To that end, the game becomes an ultimate challenge of self-control - of mind over matter. It is that struggle to control our own performance that reveals so much about us - our doubts, our fears, our insecurities - but that also makes athletic competition so rewarding (when you do produce an outstanding performance). Mastering this struggle is a continuous process that involves courage, commitment, and discipline.

### ***The “Self Coach”***

One of the key requirements of a good soccer team is conditioning and the key to any conditioning program is the ATHLETE. No matter how good the program may be, nothing is truly accomplished unless the athlete actually DOES the workouts and develops good personal fitness habits. There is a significant difference between making a decision to get fit today and making a commitment to being a fit person over the entire off-season or even for a lifetime.

Any soccer training program should be based on one simple observation: soccer is a game that requires you to run, run a lot, and run and move in many different ways. Any time you are focusing on soccer-specific fitness, you should be doing one of two things - either 1) playing a lot or 2) replicating the physical demands of soccer in your training routine. Since you will not likely be able to play at a high level regularly in the summer, this program is your guide and a resource in preparation for the fall season and throughout the year. You are being challenged to make a personal commitment to being as physically fit as you have ever been in your life so you can accomplish your individual and our team goals this season with no regrets.

**Do you want to be on an average team or a championship team?**

***The answer will largely be determined by you over the summer!***

## What should I do?

### Play, Play, Play!

- Play competitive games whenever you can find them (even if you have to play with boys)
- When you get together to run or train, bring a ball to knock around or play a game afterward
- Try to work summer camps if possible. There are lots of options in and around our area. I have information on lots of summer camps and can contact people for you if you like.
- Watch Soccer on TV- MLS, English games, etc. - and go see professional games- DC United locally

### Interval Sprint Workout:

- Always start with a 3-5 minute dynamic stretching routine and end with a 5-minute jog and some stretching
- Sprint 100% on every stint, don't pace yourself and follow the set/rep sequence
- Take the full rest period, not less (if it seems too long, jog back & run in one direction)
- Focus on getting explosive starts- starting low, driving knees, pumping arms, keeping strides smooth and powerful

Early Summer-to July 20		Late Summer-to Aug 15	
<i>Reps x Yards</i>	<i>Rest in secs</i>	<i>Reps x Yards</i>	<i>Rest in secs</i>
5 x 20	20	8 x 20	20
5 x 40	30	8 x 40	30
4 x 60	45	6 x 60	45
4 x 100	60	6 x 100	60

### “SAQ” Workout:

See the included Speed, Agility, and Quickness workout page. We do elements of this throughout the year:

- 1 - Ladder (or line of 10 cones) - maximum speed through the course while maintaining good form  
16 Total Repetitions (different running patters)
- 2 - Hurdles (or 4 tall cones/boxes/hangers) - maximum height over hurdles with explosive acceleration/change of direction  
12 Total Repetitions (facing, side-on, and one footed)
3. Strength - Standing plyos for leg strength and core body exercises should always be included

### 40-Minute Pulse Run:

*This is a long run with "pulses" or short sprints to get your heart rate up:*

- Always start with a 3-5 minute dynamic stretching routine (patterned running: skipping, shuffling, and crossovers)
- Push yourself and do pulses (every 2-3 minutes sprint or run hard for 20-30 seconds)
- End Slow - your last 3-5 minutes should be nice and slow with a big stretch afterward

### Weight/Strength Training:

Lift with a purpose! If you don't use the FSU program, use one that does two critical things:

- 1) varies the intensity levels or loads of the workout in a logical sequence and
- 2) includes lifts that balance the muscle groups (quads AND hams, biceps AND triceps, etc.)

Always include sets of “core” exercises - lateral, abdominal, and back exercises. The use of dumbbells or resistance bands can be very effective. For Leg Strength, sets of standing plyometrics can be easily done on your own in a small space. See the SAQ program later in this packet or ask for our specific weight training program.

## How much should I do?

**Prioritize your efforts.** There are a limited number of weeks until the start of preseason in August and there is only a certain amount of time in each day. Please organize your time and activities this summer so you will be able to dedicate yourself to training and preparing for the season.

Playing the game itself in competitive situations is the most effective way to develop as a player and stay “soccer fit”. Unfortunately, many of you will not have opportunities to play as often as you like or at a high enough level of play, so you must run and do the skills program on your own or with teammates consistently. Playing a competitive game of soccer can always substitute for or be added to any of your normal workout routines.

**Your preparation for the fall season should contain all 5 of the core components:**

- 1. Playing/Ball Work:** from juggling to full-sided matches, you should get touches as much as possible
- 2. Sprinting:** Do the sprint workouts! Just jogging will not increase your soccer fitness or speed
- 3. “SAQ” or Speed Workouts:** The speed ladder/hurdles are crucial to improving your speed, agility, and quickness
- 4. Running:** regularly visit a track or do 40-minute pulse runs in your neighborhood
- 5. Strength Training:** You do not *need* to go to a gym to get stronger. But if you have access to weights, use our program or one you have confidence in

Below is an example of a typical week of summer training for a committed college level athlete preparing for the fall season. You should be able to run a timed-mile near your personal best and do the interval sprint workout without significant fatigue when you arrive for preseason at FSU.

Strength: 2x, Running: 2x, Speed: 2x, Sprinting: 2x, Play/Skill Work: 4x

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
-Strength Circuit -Skills Workout	-Sprint Workout -Play 1v1 to 4v4	-SAQ 40-Minute Run	-Strength Circuit -Cross Training Aerobic	-Sprint Workout -Skills Work	-SAQ -40 Minute Run (timed mile run) -Play 1v1 to 4v4	-OFF

*\*Playing competitively should always be a priority whenever you have the option*

*\*Cross Training = roller blading, swimming, cycling, hiking, or playing volleyball, basketball, or tennis*

## **Ball Skills Workout:**

The Ball Control/Turning part of this workout is designed to get you "1,000 Touches a Day" and should take no more than 15-20 minutes. It's fine to change the sequence of activities or add/change things to emphasize a weak area or a particular skill but don't hide! Don't avoid a particular turn or move because it's not comfortable. Challenge yourself to do many of these activities at speed and with both feet. Always stretch a bit first and between sections as needed.

### **I. Ball Control:**

Warm up for 5 minutes by dribbling the ball with quick touches changing direction and speed. Use all parts of the foot and stay in a small space where lots of touches and turns are required.

**Do each of these touches and turns for about 1 minute each:**

#### **1. Inside Roll:**

-- Roll the ball across your body from outside one foot with the sole of that foot and stop the ball with the inside of the other foot. (think "roll and stop")

#### **2. Outside Roll:**

-- Roll the ball across your body by reaching across your body with the outside and sole of one foot and stop the ball with the inside of the same foot. (think "reach and stop")

#### **3. Side to Side Push-Pulls:**

-- Tap the ball back and forth with inside of feet. Push ball forward with one foot and pull it back the sole of the opposite foot. (Alternate dragging the ball straight back with one foot then across your body with the other foot.)

#### **4. Pull-Push:**

-- Pull the ball back with the sole, then tap ball forward with the instep or top of the same foot. You can turn a slow circle and alternate feet and direction.

#### **5. Pull a V:**

-- Pull the ball back the sole of the foot while turning, then take the ball away with the inside of the same foot.

#### **6. Pull a V (Opposite foot):**

-- Pull the ball back with the sole of one foot, then push the ball diagonally forward with the other foot.

#### **7. Zig Zags:**

-- Chop or cut the ball back and forth with your front foot as you jog forward using the inside then outside of the front foot. (Think: "inside/outside" or "big toe/little toe")

### **II. Turns:**

*After you walk through each turn at the start, try to get the ball moving across a 5-10 yard space as you start the turn so you can explode out of the turn toward a line or marker. (Think: "slow-in, fast-out" of each turn)*

#### **1. Inside of Foot Chop:**

-Chop down on the ball with the inside of the foot (big toe) taking the ball away in the opposite direction. (Use 2 chops with the same foot or push the ball away with the outside of your other foot.)

#### **2. Outside of Foot Chop (or Cup):**

-Same as 11 but chop the ball with the outside of the foot (little toe).

#### **3. Pull It:**

-Pull the ball back with one foot while turning toward new space at an angle pushing the ball with the same foot.

#### **4. Stop Turn:**

-stop the moving ball with the sole of your foot, run over the ball, then play it back in the opposite direction.

#### **5. Cruyff:**

-Fake kick with your instep, reach forward and chop the front side of the ball behind the standing leg.

#### **6. Stepmover Turn:**

-Step over ball with one foot faking an inside of foot pass, take the ball away with the outside of the same foot or spin and use the other foot.

### **III. Juggling:**

Do all touches with one surface: head, thigh, and feet only for 1 minute each. Always do some foot juggling with no spin on the ball. Then try to do juggling "ladders", go from feet to thigh to head, up then down each side of your body. How many ladders can you do? (foot-thigh-head-thigh-foot counts as 1)

### **IV. Passing/Shooting/Heading:** *(You will need to find a wall or a partner to complete this section.)*

Spend about 5 minutes passing against a wall or with a partner. Alternate feet and use outside and inside of both feet. One touch then two touch.

***Do each of these for about 3 minutes or 30 repetitions continuously:***

1. Technique: Get 5-7 yards from the wall (10-15 for a partner), shoot the ball at the wall making sure the toe is down, knee is over the ball, the center of your instep is striking the center of the ball, and that the power is coming from the quick snapping motion of the lower leg.
2. First time shooting: Get 10-15 yards from the wall or partner. Continuously strike the ball hard at the wall first time regardless of its height, speed, etc. With a partner, one of you can be a keeper who will try to catch (or trap) every shot and return it to the striker a different way each time (roll, bounce, toss it up, etc.)
3. Trap and shoot: Same as the exercise above except now take 2 touches. You should try to receive the ball cleanly and quickly and shoot as soon as you can back at the wall or your partner.
4. Heading: 2-3 yard from the wall or partner, try to keep the ball alive with just headers.
5. Power Heading: Back up to 5-7 yards and now try to powerfully head the ball back against the wall or at your partner. Vary the height of your target-high, med, low.
6. Jumping Headers: Same exercise as 5 but now get up in the air to head the ball for power. Focus on timing your jump so you are heading the ball at the height of your jump.

### **V. Speed with the Ball:**

*Rest by walking for 30 seconds between each exercise in this section*

1. Dribble in a figure 8 around markers 10-15 yards apart alternating with the inside and outside of both feet. As you dribble around one marker, accelerate to the next as if you were beating an opponent. (Do 8 figure 8's, 4 w/each foot - twice)
2. Put a marker about 20 yards from a starting point:  
-sprint-dribble to the marker and stop the ball, sprint back to the starting point, sprint back to the ball, collect it and sprint dribble back to the starting point (twice)
3. Toss the ball high up in the air. Collect it with different body parts (feet, thigh, or chest) and sprint away (10 times)
4. Put two markers down about 7 yards apart. Sprint from cone to cone using a specific turn or move (10 times with 4 different turns)

***\*\* Always try to end your workout by playing a small-sided game or even 1v1 against your partner with 2 small goals.***

## **“SAQ” - Speed, Agility, and Quickness Program**

*This program has four primary components and should take about 40 minutes to complete.*

### **I. Agility and Quickness:**

**(10 Cones one step apart or the Ladder - maximum speed through the course while maintaining good form)**

**16 Total Repetitions**                      **4 2-legs facing forward**  
**4 2-leg lateral/side-on**  
**4 single-leg**  
**4 with rotation**

### **II. Plyometric/Power Running:**

**(4/5 Cones or Hurdles - maximum height over hurdles with explosive change of direction or pace after the hops: sprint-aways (explosive take-off on last landing) - come-backs (sprint forward/backward back to start), lateral (zig zag with target cones)**

**12 Total Repetitions**                      **4 Facing Up – Single/Both Feet**  
**4 Lateral Hops**  
**4 Single-Leg or Turning**

### **III. Lower Body Strength:**

*20-30 Repetitions Each (pause at the bottom of each rep and use good form - knee over foot):*

**Standing Parallel Squat**  
**Single-Leg Lunges**  
**Lateral “or Side-On” Lunges**  
**Scissors Lunges**  
**High Knee Hops**  
**Kneeling Ham Falls**

### **IV. Core Body Strength:**

**Always - (60 Seconds or 30 reps of each)**

**“V-Sits” and “bows & toes”**

**Pass the Ball partner exchanges (Medicine Ball Twist)**

**Choice - (2 exercises - 20-30 reps each):**

**Partner Assisted Sit Ups, Crunches, Incline Sit-Ups, Hanging Knee Raises,**