

# **THE CATHOLIC HIGH SCHOOL OF BALTIMORE**

## **VARSITY SOCCER**

### **SUMMER WORKOUT 2022**



Congratulations on joining The Catholic High Cubs! We look forward to seeing you at preseason. Until then, a summer workout guide is provided below. This is designed to be manageable by yourself with mostly just a ball. If you do not have cones for exercises requiring them, use water bottles, t-shirts, keys, etc. Basically, anything that can simply be a place marker.

I want to first emphasize that getting up and moving to do anything is better than doing nothing at all. Some of these exercises and metrics will be tested during tryouts. Some of them, you will be expected to come competent with but will not be tested on. Some of them will not be used beyond summer but are useful for preparation.

This guide will be broken into three parts: fitness, technical, and tactical. Prioritize in that order. The more fit you come in, the less time we can spend on that during the season and the fewer injuries will be sustained. Before any physical activity, be sure to warm up to prevent injury and cool down to aid recovery. Stretching should be incorporated into both warming up and cooling down.

My recommendation is to pick two fitness activities and one technical activity to work on per day. Alternate throughout the week. Repeat the next week to improve what you started. Give yourself a minimum of one day of rest.

### **Warm Up and Cool Down**

Please refer to the document at the end of this packet.

## **Fitness**

### **Speed**

- 1) 6 x 40-yard sprints. Each sprint should take less than 6.7 seconds. Aim for less than 6.3 seconds.
- 2) 120's. You will sprint from one end line of the soccer field to the other. You will have 20 seconds to sprint the entire length. You will then have 30 seconds to jog back, followed by 30 seconds of rest. Do this 10 times. After the 4<sup>th</sup> and 7<sup>th</sup> sprint, you get 15 extra seconds of rest.

### **Endurance**

- 1) Be able to run 3 miles or 25 minutes at a steady pace without stopping.
- 2) Gauntlet. Run 1 mile as fast as you can. Rest 3 minutes. Run ½ mile as fast as possible.

### **Agility**

- 1) Ladders  
<https://youtu.be/tMY5Cj39xN8>
- 2) Drills  
<https://youtu.be/3ew2m3m5f0M>

### **Strength**

- 1) Exercise bands (Suggested but not mandatory). These workouts engage muscles to strengthen and prevent injuries. Do 10 per side/leg. Go through the circuit twice.  
<https://youtu.be/3uKrZCMhfTw>  
<https://youtu.be/ToF9oelegBg>  
<https://youtu.be/o1T4XRv1FU4>  
<https://youtu.be/mj8FITvNzFc>  
<https://youtu.be/ouaU8aG8owA>  
<https://youtu.be/OXLtUkuL2nU>

2) Core Work. Choose 1 exercise from each row. Do 20 reps of each or, for stagnant planks, hold for 45 seconds. For motions involving alternation between sides, right then left is one repetition (not two).



## **Technical**

- 1) Ball Mastery. Choose 10 of the skills shown to work on each time. Do each chosen skill 10 times before moving to the next for a total of 100 touches when finished.  
<https://youtu.be/ObncYq18IMw>
- 2) Cone Dribbling. Please ignore anything working the ball backwards. Otherwise, this is a good demonstration of techniques you can practice to improve touch and dribbling.  
<https://youtu.be/Nn6IBhDtHHY>
- 3) Passing. Find a wall (please ask before kicking a ball at someone's property) or another human to pass the ball with. Work on passing with two-touches, one-touch, using the inside of the foot, outside of the foot, laces, two-touch with outside then inside of the same foot, and two-touch with inside to inside of the other foot.
- 4) Shooting.
  - a. There is no better finishing exercise than repetition itself. Find a goal (or make one out of targets), and practice shooting from different distances and angles.
  - b. At the top of the 18-yard box, with back facing the goal, toss the ball up. Allow it to bounce, take a single touch, and shoot.

## Tactical

### 1) Numbering System

(We may not always use this formation but familiarize yourself with these numbers for these positions and we will adjust as needed)



- 2) Watch one game a week, preferably a professional game. Reflect on at least one specific strength and weakness of each team. Why is one team able to beat the other?

Finally, here are some contacts for additional private (or group if you arrange it amongst yourselves) training. This is by no means mandatory, but I wanted to provide trusted resources if you'd like to have that option.

### **Coach K**

Keysha Fearon is a regional director on the state committee for cross country. I have not only worked with, but I am currently coached by Coach K as well. Coach K is a good contact for strength and conditioning.

443-244-0104

### **Coach Mike Lookingland**

Coach Lookingland is a former professional player who now coaches youth academy as well as Christos F.C. I have previously coached under Coach Lookingland. He is a good contact for technical training

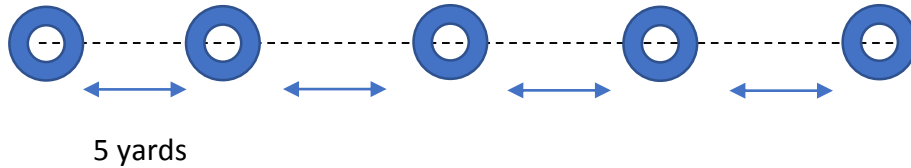
443-616-7813

Lastly, Notre Dame of Maryland is hosting a **clinic July 12-13** for \$75. Here is the registration link:

[www.ndm.edu/sportscamps](http://www.ndm.edu/sportscamps)

## **Warm Up**

Set up five cones, five yards apart, in a vertical line. Go through all 15 without breaking.



- 1) Jog through from cone 1 to 5. Jog back.
- 2) High Knees from cone 1 to 3. Butt kicks on the way back.
- 3) Grape Vines facing one direction from cone 1 to 3. Face the opposite direction on the way back.
- 4) Open the gate from cone 1 to 3. Close the gate close the gate on the way back.
- 5) Front lunge with torso twist from cone 1 to 3. Jog back
- 6) Side lunges from cone 1 to 3. Continue on the way back.
- 7) Bound from cone 1 to 3. Jog back.
- 8) Quad pulls from cone 1 to 3. Calf/Hamstring stretch on the way back.
- 9) Side shuffle from cone 1 to 3. Jog back. Repeat facing the opposite direction.
- 10) Backward Shuffle from cone 1 to 3. Jog back.
- 11) Jog from cone 1 to 3. Sprint cone 3 to 5. Jog back.
- 12) Side shuffle from cone 1 to 2. Sprint from cone 2 to 3.
- 13) Back shuffle from cone 1 to 3. Turn and sprint cone 3 to 5.
- 14) Interval sprint 1 to 2, jog 2 to 3, sprint 3 to 4, jog 4 to 5.
- 15) Pick up cones as you return

## **Cool Down**

Very light jog (almost a walk) around the half of the field. Stretch.