

2018 RED LAND HIGH SCHOOL SUMMER BOYS SOCCER WORKOUT

8 WEEK SUMMER PROGRAM



Forge Yourself Mentally and Physically

Coach Arvey

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Team Remind <https://www.remind.com/join/rlbs>

Week 1

Warmup/Cooldown! 9AM-11:30AM Meet at Track

Monday June 11	-3 Mile Road Run (push and time yourself) -Weight Room -Sprint/Ball Workout (See Attached)
Tuesday June 12	-Soccer either on your own or with teammates
Wednesday June 13	-Ladder Workout (100-200-400-800-400-200-100) 100: 15-17 sec 200: 28-35 sec 400: 1:20-1:30 800: 2:20-2:30 -Weight Room -2 Agility Drills (See Attached) -7s League Game (if signed up)
Thursday June 14	- Soccer either on your own or with teammates
Friday June 15	-Manchester United Test (See Attached) -Weight Room/Core Circuit (See Attached) -Sprint/Ball Workout (See Attached)
Saturday June 16	Rest or Club Ball
Sunday June 17	-Alumni 7's 6:00PM @ RL field

Week 2

Warmup/Cooldown! 9AM-11:30AM Meet at Track

Monday June 18	-Campus Run (including woods) 2 laps *remember the order you finish in because the place you finish in is how many 18yd sprints you do ex. 3 rd place is 3 18yd sprints down and back -Weight Room -Ball Workout (See Attached)
Tuesday June 19	-Soccer either on your own or with teammates
Wednesday June 20	-8 X 200 @35 seconds (45 second rest) -Weight Room -2 Agility Drills (See Attached) -7s League Game (if signed up)
Thursday June 21	- Soccer either on your own or with teammates
Friday June 22	-1 Mile Time Test *REPORT TIME TO COACH ARVEY -Weight Room/ Core Circuit (See Attached) -Sprint/Ball Workout (See Attached)
Saturday June 23	Rest or Club Ball
Sunday June 24	-Alumni 7's 6:00PM @ RL field

Week 3

Warmup/Cooldown! 9AM-11:30AM Meet at Track

Monday June 25	-30 Minute Fartlek Run (Road) *Run easy for 2 minutes, run hard for 1 minute) repeat 10 times -Weight Room
Tuesday June 26	-Body Weight Circuit (See Attached) -Sprint/Ball Workout (See Attached) -2 Agility Drills (See Attached)
Wednesday June 27	-4 X 400@1:20 (90 second rest) 1 X 200@ 100% -Weight Room -7s League Game (if signed up)
Thursday June 28	- Soccer either on your own or with teammates
Friday June 29	-Partner Field Workout *one partner is doing the exercise of the round while the other is running down the field and back twice and then switch Rd 1-push-ups Rd 2- jumping jacks Rd 3-one leg hops Rd 4-elbow to push-up plank Rd 5- Burpees *Coach Arvey will explain more -Weight Room/Core Circuit (See Attached)
Saturday June 30	Rest or Club Ball
Sunday July 1	-Alumni 7's 6:00PM @ RL field

Week 4

Warmup/Cooldown! 9AM-11:30AM Meet at Track

Monday July 2	-3 Repeat Miles@6:30 pace (rest 6:30 in between each) -Weight Room
Tuesday July 3	-Sprint/Ball Workout (See Attached) -Core Circuit (See attached)
Wednesday July 4	-Happy July 4 th ! -2 Mile Road Run (15 minutes or less) -Weight Room -7s League Game (if signed up)
Thursday July 5	- Soccer either on your own or with teammates
Friday July 6	-6 X 400@1:20 (1:30 recovery) -Body Weight Circuit (See Attached) -Weight Room
Saturday July 7	Rest or Club Ball RLBS CAR WASH!
Sunday July 8	-Alumni 7's 6:00PM @ RL field

Week 5

Warmup/Cooldown! 9AM-11:30AM Meet at Track

Monday July 9	-Power 300s X 6 *Run a 200@85% then run the last 100@100% -Weight Room
Tuesday July 10	-Sprint/Ball Workout (See Attached) -Core Circuit (See Attached)
Wednesday July 11	-Weight Room First -Pickup Soccer -Team run to Patriot Pizza for lunch *Possible Fundraiser -7s League Game (if signed up)
Thursday July 12	- Soccer either on your own or with teammates
Friday July 13	-Reverse Ladder Workout (800-400-200-100-100-200-400-800) 100: 15-17 sec 200: 28-35 sec 400: 1:20-1:30 800: 2:20-2:30 -2 Agility Drills (See Attached) -Weight Room
Saturday July 14	Rest or Club Ball
Sunday July 15	-Alumni 7's 6:00PM @ RL field

Week 6

Warmup/Cooldown! 9AM-11:30AM Meet at Track

Monday July 16	-Stair/Hill Workout at RL@15:00 *Remember the order you finish in *Coach Arvey will explain how to do it -Weight Room/Core Circuit (See Attached)
Tuesday July 17	-Sprint/Ball Workout (See Attached) -Body Weight Circuit (See Attached)
Wednesday July 18	-City Island Run *Meet at RL and we will drive over to do the CI Run *Reminder will be going out ahead of time for permission and planned drivers *Will be returning to RL afterwards -7s League Game (if signed up)
Thursday July 19	-Weight Room -2 Agility Drills (See Attached) -Pickup Soccer
Friday July 20	-15 X 100 @15 sec (1 minute recovery) -Weight Room/Core Circuit (See Attached)
Saturday July 21	Rest or Club Ball
Sunday July 22	-Alumni 7's 6:00PM @ RL field

Week 7

Warmup/Cooldown! 9AM-11:30AM Meet at Track

Monday July 23	-3 Mile Road Run (Under 21 minutes) -Weight Room
Tuesday July 24	-15 hills (back of RL hill) *Do 5 burpees after each hill - Sprint/Ball Workout (See Attached)
Wednesday July 25	-Sprint Challenge 20 X 50s w/ 30 second recovery -Weight Room -7s League Game (if signed up)
Thursday July 26	-Body Weight Circuit (See Attached) -Ball Workout (See Attached) -Pickup Soccer
Friday July 27	-RL Campus Run including woods 2 laps -Weight Room/Core Circuit (See Attached)
Saturday July 28	Rest or Club Ball
Sunday July 29	-Alumni 7's 6:00PM @ RL field

Week 8

Warmup/Cooldown! 9AM-11:30AM Meet at Track

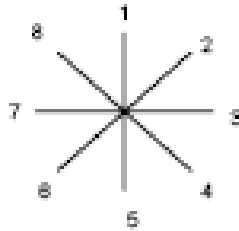
Monday July 30	-Manchester United Test -Weight Room
Tuesday July 31	-Sprint/Ball Workout (See Attached) -2 Agility Drills (See Attached)
Wednesday August 1	-6 X 200@ 35 seconds (45 sec recovery) -2 X 400@ 1:20 (1:30 rest) -Weight Room -7s League Game (if signed up)
Thursday August 2	- 1 Mile Run Test (for you to know how much you improved before preseason) -Sprint/Ball Workout (See Attached)
Friday August 3	-Weight Room/Core Circuit (See Attached) -Maple Donuts Run
Saturday August 4	Rest or Club Ball
Sunday August 5	-Alumni 7's 6:00PM @ RL field

**Congrats on completing the
RLBS Summer Program! Rest
up next week and stay loose so
you are ready for preseason.**

AGILITY

Drills

Agility Wheel



Place 8 cones 4yds out from the center cone

1. Start with your right hand on cone #1
2. Sprint into the center, touch center cone with left hand, quickly change direction, sprint to cone #2, touch it with right hand, quickly change direction etc...
3. End the exercise when you return to cone #1
4. Rest 2-3 minutes between sets. Repeat for total of 8 times
5. Try to record your times. You should aim for times below 14 seconds consistently

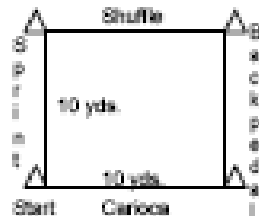
Plant & Cut



Place cones 5-10 yards apart (should be 25 yards from 1st cone to last cone)

1. Run at each cone, plant and change direction quickly
2. Accelerate out of each turn!
3. Change angle, and placement of cones
4. Rest 2 minutes in between each run
5. Repeat for a total of 6 runs

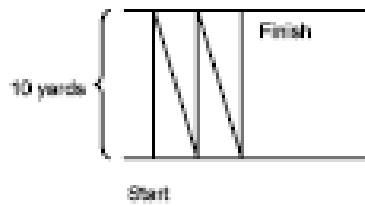
4 Cone Drill



Place 4 cones 10 yards apart in shape shown

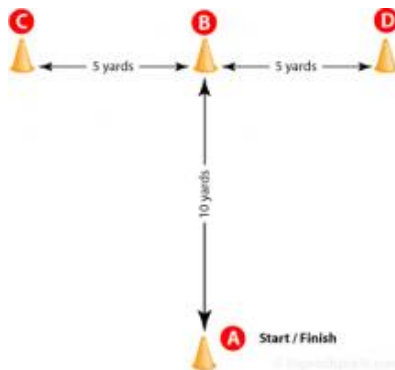
1. Sprint > Shuffle > Backpedal > carioca 4 times around box at full speed
2. Change starting point
3. Rest between each set two minutes and repeat for total of 4 repetitions

50 yard “Ajax” shuttle



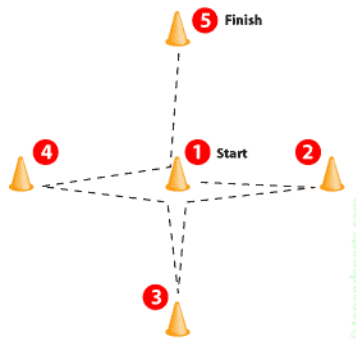
1. Perform 5 sprints in shuttle fashion, running out to a line 10 yards away, changing direction and sprinting back
2. Record the time it takes to complete these 5 sprints
3. Rest 2 minutes between each set of sprint.
4. Repeat for total of 4 times, and try to have less than 2 seconds difference between 1st and 4th

T-Test



1. Start at cone A, Sprint to cone B and touch cone
2. Slide to cone D and touch cone
3. Slide to cone C and touch cone
4. Slide back to cone B and touch cone
5. Run backwards through cone A to finish line
6. Repeat for a total of 5 times, rest 45 seconds between each set

Compass Drill



Each cone should be 7 yards apart

1. Start at cone 1 with left hand on cone, sprint to cone 2 and touch with right hand
2. Sprint back to cone 1 touch with hand, sprint to cone 3 touch with hand
3. Sprint back to 1 touch with hand, sprint to cone 4 touch with hand
4. Sprint to cone 1 touch with hand, sprint through cone 5
5. Repeat for total of 4 times, rest 1:00 between each set

MANCHESTER UNITED TEST (Set up 2 cones, 120 yards apart or use football field)

This will be a challenge for the most physically fit players. You will need to sprint from one length of the field and back. For the 1st 10 runs you will have to make it down in 25 seconds and back in 35 seconds. After the 1st 10 runs, the time down decreases and the time back increases, allowing a bit more rest.

15 minutes Warm-up

- | | |
|------------------|-----------|
| 1. 25-35 seconds | 11. 24-36 |
| 2. 25-35 | 12. 23-37 |
| 3. 25-35 | 13. 22-38 |
| 4. 25-35 | 14. 21-39 |
| 5. 25-35 | 15. 20-40 |
| 6. 25-35 | 16. 19-41 |
| 7. 25-35 | 17. 18-42 |
| 8. 25-35 | 18. 17-43 |
| 9. 25-35 | 19. 16-44 |
| 10. 25-35 | 20. 15-45 |

5 minutes cool down

BODYWEIGHT CIRCUIT.

Will only take 20 minutes total. Go through circuit 2x

1. Body Weight squats x 15
2. Pushups x 30
3. Forward alternating lunge x 15 each side
4. Forward Plank x 1:30 min
5. Wide pushup x 20
6. Side plank x 1:00 min each side
7. 1 leg calf raise x 15 each side
8. Triangle Push Ups x 15
9. Burpees x 20
10. Pulsing Squats 45 seconds
11. Shoulder Taps (Slowly) 10 per side

Rest & Repeat

Sprint / Ball Workout

1. Warmup: Give yourself an adequate warm up without the ball so you are ready to get after it.
2. Juggling: 2 minutes...Emphasis on non-dominant foot.
3. Plyometrics: 3 Sets of 20 “Leap Ups” (1/4 squat and Jump...Land gently...slowly recoil to 1/4 squat..repeat).
4. Dribbling:
 - Figure 8 (2 Cones 3yds Apart...2 Reps is a Set...2 Sets w/ Left...2 Sets w/ Right— All Outside of Foot)
 - Turning: With a wall or a partner get in 20 Half-Turns
5. Cutting: -Two Cones/Markers 8 yards apart
Dribble, Dribble...Cut...Explode out of cut!...Stop the Ball...repeat
Alternate feet each cut
Brief Rest after each set of 8
 - 2 x 8 Outside of Foot Cut (Each Foot)
 - 2 x 8 Cruyff (Each Foot)
 - 2 x 8 Stepover Turn (Each Foot)
6. Ball Striking: -Place Ball behind a goal with netting.
 - 8 Instep Drives—Right Foot
 - 8 Instep Drives—Left Foot
 - 8 Finesse Balls—Right Foot
 - 8 Finesse Balls—Left Foot
7. Sprint Set:
 - Place 5 cones/markers 10 yards (large steps) apart (10-20-30-40)
 - Recovery Time is walk back to starting line—Focus on explosive starts
 - 1 x 10 yd sprints
 - 2 x 20 yd sprints
 - 3 x 30 yd sprints
 - 4 x 40 yd sprints

Core Circuit

*These can be done in any order but **ALL** must be completed

1. 25 Toe Touches
2. 25 Bicycles
3. 50 Russian Twists
4. 50 Penguins
5. 60 Flutter Kicks
6. 60 Scissor Kicks
7. 35 Regular Crunches
8. 20 Suitcases
9. 25 Superman
10. 1 min elbow plank immediately followed by 1 min push-up plank

Weight Lifting

Monday- Chest/Back First 4 weeks 3 sets of 10, Last 4 weeks 3 sets 10-8-6

[illegible]

Weight Lifting

Wednesday- Shoulders/Legs First 4 weeks 3 sets of 10, Last 4 weeks 3 sets 10-8-6

[illegible]

Weight Lifting

Friday- Biceps/Triceps First 4 weeks 3 sets of 10, Last 4 weeks 3 sets 10-8-6

[illegible]