



**Champlin Park Girls Soccer  
Preseason Workout Packet**

Soccer Players,

Welcome to another year of Champlin Park High School Soccer. I'm super excited for the year to start, and I'm looking forward to working with you all in practices and games. Although the season may seem far away right now, we need to ensure that your preseason goes well in order to start the season strong. I wouldn't recommend waiting until right before tryouts and pre-season to begin working on your conditioning and sharpness. If so, you will be left behind. Injury prevention is very critical in our environment. Weightlifting is a key factor in injury prevention. Doing so is **required** to be part of the CPHS Girls Soccer Program. This is very crucial, and I cannot stress how important weightlifting will be in both your development as a soccer player, and more importantly the injury prevention aspect.

This packet gives you workouts that will work on conditioning as well as your skills. I cannot stress how important conditioning is, and if we can start ahead of opposition teams, it will hugely benefit us through the season. This workout program should last for the 6 weeks prior to tryouts, and if stuck to consistently, you will see obvious improvement and progress.

**Helpful tips:**

- You don't need to work alone! If you are someone that struggles to workout alone, that is fine! These workouts are designed so you can work with a partner or a small group if that's what you desire.

- Don't give up! If you are struggling to keep up with the workouts at the start, please don't give up! I am confident that by the end, you will see how beneficial they have been.

- Be consistent – to continue being a successful program like previous years, It is essential we are dedicated and hardworking in the off season. Sticking to a consistent routine in the off season is not only going to benefit yourself, but it will benefit the program throughout the short season. I'm looking forward to working with everyone this year!

**The 2023 Captains are as listed.**

**Carissa Brue  
Amara Easley  
Kyla Keding  
Olivia Mehl**

I hope everyone is ready to meet the standards of Champlin Park High School soccer. By sticking to this packet, not only will you prepare yourself for top level soccer. You will also develop skills such as consistency and discipline. Both of which are very critical to the modern-day soccer player. Please don't hesitate to reach out if you have any questions. I look forward to what the year has to offer!

**Coach Alex Alvarez**

**"I am only a guide. I allow others to express what they have in them. I have not created anything. I am a facilitator of what is beautiful in people." -Arsene Wenger**



## **CHAMPLIN PARK GIRL'S SOCCER 2023- SUMMER PLAN**

Every week, we will focus on six key components during our workout and training sessions for the summer to build our bodies to become a complete athlete:

1. Proper Warm-up
2. Agility
3. Speed and Explosion
4. Multi-Joint Ground Based Movements
5. Core Strength
6. Mobility & Recovery

Come preseason, we will do the following fitness test to measure your fitness level: Gasser's. This fitness test will be held by going sideline to sideline x2 and that counts for 1 gasser. This fitness test will require you to take these next few months seriously as completing these tests is a requirement to be on the first team. You will be expected to complete 4 of the 6 gassers in a specified time.

Second, we will have a 2-mile run. This run must be completed in 16 minutes.

Additionally, we will have a final test called the 300 tests. It is a series of sprints that need to be completed in a specified period. There are six sets of these sprints, and a player must complete five of those sets in the specified time in order to pass.

Everyone is being held to the same standards and the expectations are that you will need to be able to complete the fitness test in full. The program provided will prepare you for the rigors of a Highschool season.



The rest of the summer will be broken down in nine weeks. Develop an athlete mentality to work hard and train 6 days out of the week on both fitness and ball work. Please understand that training with the ball is the utmost important factor to aid in your development and skill as a player. The anaerobic/aerobic conditioning, agility drills, and speed training are programmed to be completed before, after, or on the same day as your strength training. If done in the same session, prioritize which one you do first based on your strengths and weaknesses. If you're naturally strong in the gym but your cardio is lacking, do cardio first, and vice versa. One day out of the week, you can choose to take "off" or complete a 20-30min run at a very leisurely pace to flush out the lactic acid from your legs. Towards the end of the summer, we will be tapering the weeks into preseason so you can come in ready and fresh for the fall. This is just a rough schedule you can follow, but it is important that you adapt the calendar to your work schedule so that you can maximize your time.

Weeks 1,2,3 May 30 – June 18:

- Technical Ball Work (at least 2 times per week)
- Lateral Speed and Agility – 1<sup>st</sup> Block (1 time per week)
- Anaerobic/Aerobic Conditioning (1 time shuttle style, 1 time covering more ground)
- Agility Drills (1 time per week)
- Weight Training (4 times a week)

Weeks 4,5,6 June 19 – July 9:

- Technical Ball Work (at least 2 times per week)
- Speed Training (1 time per week)
- Lateral Speed and Agility – 2<sup>nd</sup>/3<sup>rd</sup> Block (1 time per week)
- Anaerobic/Aerobic Conditioning (1 time shuttle style, 1 time covering more ground)
- Agility Drills (1 time per week)
- Weight Training (4 times a week)

Weeks 7,8,9 July 10 – August 1:

- Technical Ball Work (at least 2 times per week)
- Speed Training (1 time per week)
- Lateral Speed and Agility – 4<sup>th</sup> Block (1 time per week)
- 120's (1 time per week, starting July 6)
- 200yd Shuffle (1 time per week, starting July 20)
- Weight Training (4 times a week)

## Sample Week

Day:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Workout 1:	Rest	2-mile run	Speed/agility One speed One agility	Rest	Core/Strength workout	LSA workout 2	Ball work
Workout 2:	Rest	LSA workout 1	Core/Strength workout	Rest	2.5-mile run	Core/Strength workout	Speed/agility One speed One agility



### Lateral Speed and Agility Development

#### General Information:

1. Working on your ability to decelerate, stop momentarily, and re-accelerate will be critical to your success in the field.
2. At each block interval, you should be monitoring your progress by timing yourself on the drills. Adjust your training if necessary.
3. Perform a proper warm-up

#### LSA – Dynamic Warm-Up (20–30-yard distance on field) (1/2)

##### Active Warm-up (10 minutes):

- a) "S" run (forward/backward) across the field varying distances you change directions in the s pattern \*run with arms in overhead, across your body, or alternating swinging fashion as you move
- b) Carioca
- c) Skip (Forward/Backward)
- d) Forward lunge and touch foot with opposite hand each step
- e) Diagonal plant and cut (jog at a 45-degree angle, plant outside foot, stabilize and cut to run in opposite direction, repeat)
- f) 360 runs (turn while you run)
- g) Sprint (10 yards) to Backpedal
- h) Backpedal to Sprint
- i) Lateral Shuffle to Sprint
- j) Carioca to Sprint

(5 minutes) Footwork Drills with Speed Ladder/Line on ground  
Do single/double foot movements. 4-5 drills repeat each twice.



## Active Warm-up: 20 yards (2/2)

1. Jog and Twist (forward and backward)
2. Skip (forward/backward)
3. Carioca
4. Power skip (for height)

Starts: 10-yard accelerations working fast hands and feet. Explode off the line, gradually slow down, then walk back to reset for the next repetition. Repeat each start twice (in both directions when applicable)

1. Lean-Fall-Go – Stand with feet together, body tall and arms are relaxed and hanging down the side of your body. Start by raising heels off ground as if doing a calf raise. At the top of the raise, begin to fall forward by bending at the ankle. Lean to about a 45-degree angle before stepping out, keeping your body in position to push your feet down and behind your hips. Start by walking out as you fall and progress to full speed takeoffs.
2. Staggered Stance (a) – Stand with one foot in front of the other in an athletic stance (knees bent opposite arm up to starting front leg)
3. Lateral Start (b) – Stand parallel to the starting line. Step with lead foot first
4. Diagonal Step (c) – Use a staggered foot position, drive off back foot and step in a short diagonal step either to the right or left.
5. Reverse Drop Step (d) – Stand facing away from starting line and accelerate by dropping the right or left foot, opening your hips and using your arms to get moving



## Anaerobic / Aerobic Fitness

The following conditioning drills are aimed to increase your VO2 max and speed endurance by improving your ability to withstand fatigue while training at a high intensity. These drills are meant to push your anaerobic and aerobic thresholds so make sure you take advantage of your rest time by stretching and drinking fluids. Stay relaxed while performing the drills and remember to keep breathing and maintain good form with your arms to help you move. You may choose between 1 or the other.

### 40-Yard Shuttles

- two markers 40 yards apart
- up and back three times (total of 240 yards)
- work interval 45 seconds
- rest interval 45 seconds
- start at 6 sets work up to 10
- extra rest every three (15 seconds extra rest) so after 3, 6 and 9

### Full Field Sprint

- 5 120-yard sprints
- 120 yards sprint in 30 seconds
- 120 yards jog back in 48 seconds
- rest interval on the line 45 seconds
- Extra 15 seconds rest at #2 and #4
- Cannot miss any time on the sprint up or jog b

## Instructions

### 50-yards

- Sprint from Cone 1 to 2
  - Jog from 2 to 3
  - Sprint from 3 to 4
  - Jog from 4 to 5
  - Sprint from 5 to 6
  - Jog from 6 to 1
- Rest two minutes; progress to 100-yards

### 100-yard

- Sprint from Cone 1 to 3
  - Jog from 3 to 4
  - Sprint from 4 to 6
  - Jog from 6 to 1
- Rest two minutes; progress to 150-yards

### 150-yards

- Sprint through cones from 1 to 4
  - Jog from 4 to 6
  - Walk from 6 to 1
- Rest two minutes; progress to 200-yards

### 200-yards

- Sprint through cones from 1 to 5.
  - Jog from 5 to 6
  - Walk from 6 to 1
- Rest two minutes; progress to 250-yards

### 250-yards

- Sprint through cones from 1 to 6
  - Walk from 6 to 1
- Rest

**Other Comments:** Perform the drill on a grass field (e.g., football, lacrosse, soccer, etc.)



The following progressions to the left are meant for you to choose a distance and progression that meets your current fitness level. For instance, you could choose to run the *50-yards* and *100-yards* distances for a select number of repetitions (e.g., 6 and 4 respectively) and you will still be provided with a solid speed endurance training stimulus. As you start to get in better shape, you can choose the right progressions and distances that provide a worthwhile physical and mental challenge, so that you arrive for your fall season fit and prepared!





Figure 8s

### Instructions

- Place cones down, forming the letter, “T”; distance between cones: 5-yards
- Stand on either the right-or-left side of the Start cone.
- Sprint around the middle cone, turning right or left; continue sprinting the next outside cone; wrap around the outside cone and back around the middle cone; sprint back to the Finish
- Perform 3 to 6 repetitions on each side

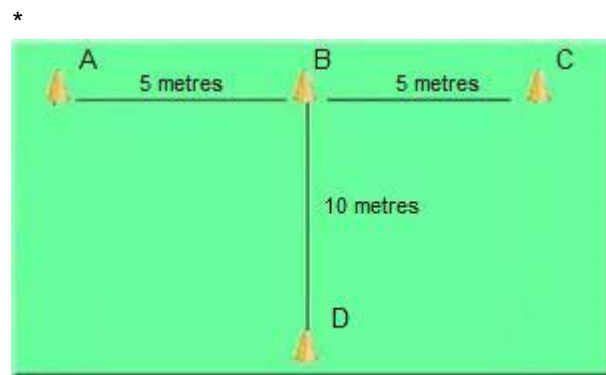
**Other Comments:** Practice planting either the inside or outside foot to cut around and accelerate to the next cone.

\*Example of starting on the left side of the Start cone and sprinting around to the outside right cone

### T-Drill

#### Instructions

- Place cones down, forming the letter, “T”; distance between cones: 5-yards
- Stand on either the right-or-left side of the Start cone.
  - Sprint forward to the middle cone; lateral shuffle to the outside cone; lateral shuffle to the opposite outside cone.
  - lateral shuffle back to the middle cone; backpedal to the to the Finish.
- Perform 3 to 6 repetitions on each side



### Sprints

Once we have developed a good anaerobic and aerobic base level of fitness during the first three weeks, we will continue improving our anaerobic fitness base even further as well as our speed development with our sprint workout. The sprint workout does not help with your aerobic base, so it's important to keep up with the conditioning program to avoid injury. Make sure to take the FULL REST PERIOD (not less) and go as explosively and as fast as you can go to improve your sprint recovery period and speed throughout the summer. Sprinting is a critical part of the game but should not be the only emphasis of your summer. If you do not continually train with the ball and other conditioning, speed training alone can hurt your strength of cutting and overall agility.

CONCENTRATE ON EXPLOSIVE STARTS! (Driving knees, leaning forward, pumping arms) keep stride smooth and powerful throughout sprint.

## Strength Training:

Here are examples of core strength training in case you do not have access to a gym.

### Legs

Squats: 3 Sets of 12 reps

Split Squats: 3 sets of 8 each leg

Wall sit: 3 reps, 45 seconds each

Calf raises: 5 sets of 15

Glute bridges: 3 sets of 12 reps

### Core:

Russian twists: 5 sets of 10 each side

Sit ups: 3 sets of 20

Bicycle kicks: 3 sets of 15 each leg

Plank: 3 reps, 1 minute per rep. 1 minute rest in between

### Upper Body:

Pushups: 5 sets of 10

Triceps dips (can be done up against a bed, a chair, a step, etc.): 5 sets of 10

Burpees: 5 reps, 1 minute per rep

Complete circuit 2-3 times



Technical (Figure 8)

### TECHNICAL WORK: (Figure 8, Coerver Work, Coerver Speed):

MONTH	Work/Rest
MAY 26 <sup>th</sup> - JUNE 7 <sup>th</sup>	1:30 Work/1:45 Rest
JUNE 8 <sup>th</sup> -21 <sup>st</sup> JUNE 22 <sup>nd</sup> - July 5 <sup>th</sup>	SAME AS ABOVE 1:30 Work/1:30 Rest
JULY 6 <sup>th</sup> -19 <sup>th</sup>	1:30 Work/1:15 Rest
JULY 20 <sup>th</sup> -August 2 <sup>nd</sup>	1:30 Work/1:05 Rest

**Figure 8: These types of sessions should not exceed 20min including warmup and cooldown**

- **Inside the foot-** Dribbling around two cones in a figure 8 direction, use only the inside of your left and right foot, exploding out of each turn.
- **Outside the foot-** Dribbling around two cones in a figure 8 direction, use only the outside of your left and right foot, exploding out of each turn.
- **360 turn-** Using any part of your foot, dribble in a figure 8 direction, but this time at each cone, dribble 360 around the cone and then explode to next cone.
- **Sole of the foot-** Dribbling around two cones in a figure 8 direction, use only the sole of your left and right foot, exploding out of each turn.

**Technical (Wall Work)**

**A) Wall Work- Passing Series (15 min)**

Inside a gym working with one of the walls, pick a combination of the series below to allow you to practice passing with every part of your foot and different distances. Make sure you are challenging yourself to become a better player by passing a well weighted ball every time.

If you do not have access to a gym, find a wall outside or a bench. For the driven and whipped balls, find a goal on the field and practice hitting the balls into the net so you do not have to go and chase.

**Wall Work- Passing Series (Choose 3 out of 4)**

- **One touch 5 yards-** Stand 5 yards away and as quickly as possible pass against the wall one touch, alternating feet. Challenge yourself and play the ball with pace.
- **Inside the foot pass 10-20-30 yards-** Working end line to end line, start out passing a ball 10 yards with pace. Move back to 20 yard and 30 yards. The ball should stay on the ground at all times, and everything should be done in a two-touch sequence, alternating feet.
- **Driven balls 30 yards-** Working end line to end line drive a ball with your laces to the opposite wall in the gym, alternating feet. Really concentrate on hitting a line drive. If you can, put an "X" on the wall and hit your target.
- **Whipped balls 30 yards-** Working end line to end line whip a ball with the inside of your foot to the opposite wall in the gym alternating feet. Really concentrate on the bend of the ball. It is important to hit the ball directly off of your big toe.

**Wall Work - Turning Series (Choose 3 out of 4)**

Pass the ball with the inside of the foot and with enough pace to allow you to practice all of the turns below. If you turn using your left foot, work on passing with your right foot. Concentrate and perform the turns with good technique.

**Turns:**

- **Self-pass-** As a ball is being played into your feet, create separation by touching the ball backwards which will allow you to square up to the defender.
- **Half-Turn-** As the ball is being played into your feet, you receive the ball side on with your one foot only slowing the pace of the ball down enough to turn out with your other foot. Never slow the ball down and dribble out with same foot and ball should never stop moving.
- **Inside the foot turn-** As the ball is being played into your feet, be side on and with the inside of your foot turn with the ball towards your opposite shoulder. The tighter the turn the better.

- **Outside the foot turn-** As the ball is being played into your feet, be side on and with the outside of your foot turn towards the same shoulder. The tighter the turn, the better.
- If you do not have access to a gym, find a wall or bench outside and complete the series below. Since you do not have two walls to work with, after turning the ball, sprint dribble 5-7 yards and return to play the ball against the wall or bench.

### **Wall Work- Receiving Series (Choose 3 out of 5)**

- **Left to Right/Right to Left-** Working with any wall, pass from 10-12 yards away, receiving with your right foot and playing it with your left or receiving it with your left foot and playing with your right. Remember when receiving you want the ball to be played across at a 45-degree angle.
- **Right to Right/Left to Left-** Working with any wall, pass from 10-12 yards away, receive the ball with your right foot and pass with your right or receive left and pass left. Really concentrate on touch-pass.
- **Right Inside to Right Outside/Left Inside to Left Outside-** Working with any wall, pass from 10-12 yards away, receiving the ball with inside of your right foot touching it across your body and playing the ball with outside of your right. Repeat the same pattern with your left foot. Touching the ball quickly across your body is key to making this series work.
- **Right Sole Roll to Left/Left Sole Roll to Right-** Working with any wall, pass from 10-12 yards away, receiving the ball with the sole of your right foot and rolling it to your left foot or receiving the ball with the sole of your left foot and rolling it to your right foot.
- **Right Outside to Right Inside/Left Outside to Left Inside-** Working with any wall, pass from 10-12 yards away, receiving the ball with outside of your foot and playing it with the inside of your same foot. Really concentrate on receiving this side on and pretending there is pressure on your back.

## Wall Juggling Series (15 min)

**Each body part should be used for 5 minutes each.**

**3 reps of CHEST, THIGH, VOLLEY BACK, TO WALL FOR 5 MINUTES**, (alternate left and right foot volleys back to wall...ball should not hit the ground. Any combination can be used, (i.e. chest to left volley, right thigh to left volley, etc.).

If you do not have access to a gym, find a wall outside do the same series' above. This session is about the combination of body parts so make sure to practice using all 3 surfaces evenly. If you do not have access to a wall or side of a building high juggle and receive with all the different body parts.

### Technical (Juggling)

**Warm-Up:** 50 Consecutive touches following the sequence of:

10 right foot juggles, 10 left foot juggles, 10 right thigh juggles, 10 left thigh juggles, 10 head juggles **\*ALL sequences start with ball on ground and you can use any move to get it to your feet!**

1. Head to right thigh and back to head continuously (5x)
2. Head to left thigh and back to head continuously (5x)
3. Right thigh to right foot, and back to right thigh continuously (5x)
4. Left thigh to left foot, and back to left thigh continuously (5x)
5. Right thigh to left foot, and back to left thigh continuously (5x)
6. Left thigh to right foot, and back to left thigh continuously (5x)
7. Chest to foot and back to chest continuously (5x)
8. Chest to left foot and back to chest continuously (5x)
9. Right foot to left foot then right thigh and back to right foot continuously (5x)
10. Left foot to right foot then to left thigh and back to left foot continuously (5x)
11. Head to right foot and back to head continuously (5x)
12. Head to left foot and back to head continuously (5)

### JUGGLING/SETTLING SERIES

**\*All series begin with four juggles then settle and carry in opposite direction than facing with two three sprint dribbles.**

1. Head to right thigh, head to left thigh take away with inside of right foot.
2. Chest to right foot, chest then left foot, take away with outside of right foot
3. Right thigh to left thigh, take away with inside of left foot
4. Right foot to left foot, take away with outside of left foot
5. Right foot to head, left foot to head, take away with inside of right foot
6. Right foot to right thigh, left foot to left thigh, take away with outside of left foot

\*These sequences are meant to challenge you once you feel comfortable juggling the ball. The goal of juggling is to help you with your first touch/settling the ball in both the air & the ground.

**SUCCESS IS NOT AN ACCIDENT, IT'S A CHOICE!**