

SAN JOSÉ STATE WOMEN'S SOCCER



2008

**SPARTAN SUMMER
WORKOUT PROGRAM**

**CHAMPIONSHIPS
ARE WON IN THE
OFF-SEASON!!!**

Spartan Summer Workout Program

The Spartan Summer Workout Program is designed to develop a strong fitness base along with a fundamental ball awareness, that will prepare us for the great challenges that lie ahead of us! Our job is to win WAC Championship crown. With an incredibly challenging schedule ahead of us, we must each do our part in making certain that we achieve the highest degree of success as a team.

The summer workout program has been broken down into different sections. Each section has a different type of fitness or technical training. We have prioritized them for you to maximize your ability to grow as a player. Each of you may have different needs to properly develop, so we have taken the time to tailor separate workouts and priorities for each of you to meet your individual needs as a player. All of you will be doing most of the same exercises, but with different frequency. If you are diligent and disciplined in your training, you will see tremendous results on the field this fall.

There are seven sections in the summer workout program, ranging from playing in games, to aerobic fitness, to anaerobic fitness. You will have five days where you will combine an exercise from different sections to complete your workout for the day. In addition, you will have an extra day to workout where you have the freedom to cross-train (i.e. swimming, rollerblading, basketball, etc.) And you should always take one day off. All of the components can be completed by yourself, but your workout will be greatly enhanced if you find a partner to push you to your physical and mental edge.

It is important to develop a “training mentality” in your workouts. You should train 5-6 days a week, take one day off where you literally do nothing physical. On days in which you feel energetic, train twice (morning and evening) but never train for longer than 1 1/2 hours in a row - DO NOT BURN OUT!!! There is only a certain amount of time in each day so organize your time properly to achieve peak performance in your training. Understand what is critically important and what is less important. Determine what you can do in the morning and then still be able to train with intensity in the evening. Envision that you are a coach trying to get you, as a player, to be the best that you can be. **REMEMBER, IT IS NOT WHETHER OR NOT YOU WORKOUT, BUT HOW HARD YOU PUSH YOURSELF IN YOUR WORKOUT THAT MAKES ALL THE DIFFERENCE.**

CHAMPIONS ARE BUILT IN THE OFF-SEASON

Summary of Workouts

Each of the five days of the summer workout program you will complete three exercises. We will assign what group you will choose your exercises from and you will pick one thing from each group. For example, if on a certain day you have Group E, Group A, and Group B, you will do the juggling warm-up or equivalent from Group E, then you can do twelve 120's from Group A, and finally you can do a 30 minute hard run from Group B. In other words, you choose one exercise from each group you have to complete for the day.

Here are the groups and different exercises in each group to choose from. These groups and exercises are described in greater detail in each section of this packet. Also, the groups have been ranked in order of importance so that you can help decide how much better you want to be.

Group A
Sprint Component
12 - 120's
12 - Cones
17's
Triple Sprints
Super Sets
Hills

Group B
Aerobic Fitness Component
3-5 mile hard run
30 minute hard run
30 minute Interval hard run
Ovals
8 - Crazy 8's
10 - Sections
10 - X's
8 Suicides
Swedish Cooper
Around the Box - 10 minutes
each way

Group C
Ball Skill Component
Coerver Workout
Summer Skill Program
Wall Ball Workout

Group D
Anaerobic Speed Component
Anaerobic Fitness - 20s, 40s,
60s, 80s, 100s
Plyometric Workout
Pro Agility

Group E
Juggling Warm-up
Juggling Warm-up
Other ball related warm-up

Group F
Game Component
11 v. 11
1 v. 1
2 v. 2
4 v. 4
7 v. 7
etc.

Group G
Fitness Test Component
Cooper
SebCoe
Gauntlet
Danish Beep Test

Groups A - G
Importance Level

1. **Sprint Component**
Group A
2. **Aerobic Fitness**
Group B
3. **Game Activity**
Group F
4. **Technical Development**
Group C & Group E
5. **Anaerobic Speed Training**
Group D
6. **Fitness Testing**
Group G

Championships are not won..
They are earned!

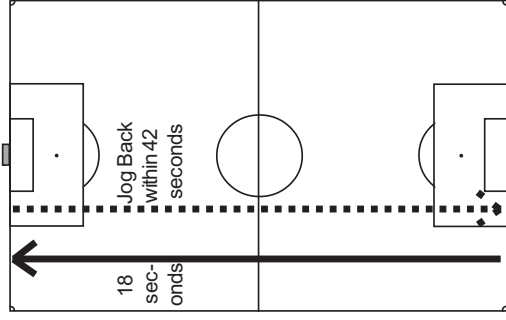


GROUP A
SPRINT
COMPONENT

Sprint Fitness Exercises

120's

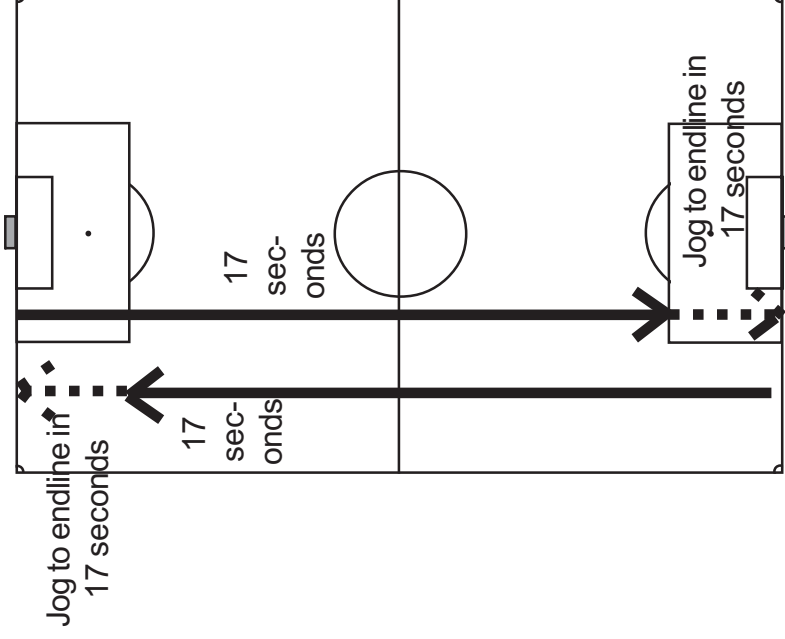
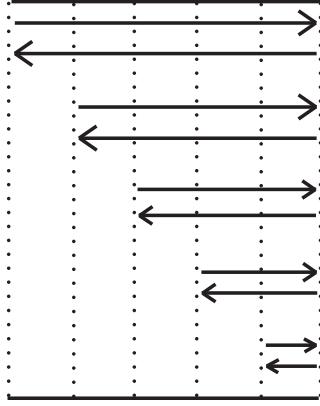
All out sprint for 120 yards in under 18 seconds. Place cones every 5 yards from the endline to 25 yards out. You now have 42 seconds to jog back to the starting line for the next sprint. You will do 12 the second cone and back, then the third cone and 120's total. Insert a 30 second extra rest after back, then the fourth cone and back, then the fifth number 4, 7, and 10. Push yourself to even take cone and back. You should finish the series in 35 out the extra rests to maximize your fitness goals. seconds with a 25 second rest in between. You will do 12 cones total. Insert a 30 second extra rest after number 4, 7, and 10. Push yourself to even take out the extra rests to maximize your fitness goals.



Cones

17's

All out sprint from endline to far 18 yard box in 17 seconds. When you get to 18 yard box slow to a jog and you have 17 seconds to get to the endline before the next sprint starts. Then all out sprint back to the other 18 yard box in 17 seconds and slow to a jog to endline in 17 seconds before start of next sprint. Repeat for 17 minutes.



Super Sets

Supersets are essentially alternating 120's and cones. Start with a 120 and sprint in 18 seconds with 42 seconds to jog back to the starting line to begin the next cone. Run the cone in 35 seconds and then rest for 25 seconds until you start the next cone. Basically each time you complete a 120 and a cone in 2 minutes is counted as one superset. In the beginning of the summer start with 6 super sets with an extra 30 second rest after 2 and 4. As your fitness level improves, challenge yourself by having only one extra rest after 3 and increase to 7 super sets.

Hill Sprints

If you have a good hill near your practice I would suggest that you use it. Running hills are an excellent workout. You can do sprinting up and down the hill, skipping, running backwards, etc. It is critical to stay balanced with this workout (i.e. run as many down the hill as up the hill to develop good muscle balance). Serious muscle imbalance can lead to severe health problems, including ACL tears.



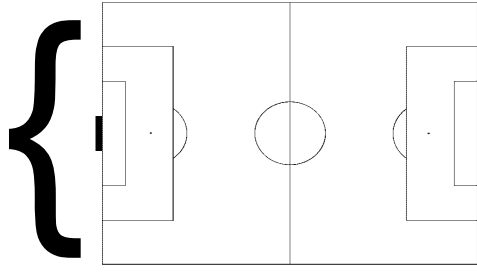
GROUP B
AEROBIC
COMPONENT

- Aerobic Fitness -

Introduction

In soccer, fitness is one of the most important factors in success. At any level of soccer proper conditioning may be the key difference between victory and defeat. Here are some fitness drills.

One Leg



Sections

To start sprint 1 leg then jog 1 leg; sprint 2 legs then jog 2 legs, sprint 3 legs then jog 3 legs, etc. up until you reach 10 jogs and 10 sprints.

One leg is either an endline, or a sideline from the midline to an endline (see Figure 1).

Figure 1

Around the Box

Start, facing in one direction and sprint around the penalty box and jog the goal box. As you sprint, stay facing in the one direction so that you sprint forwards, backwards, and to each side. Switch direction you are facing in order to balance the drill (see Figure 2).

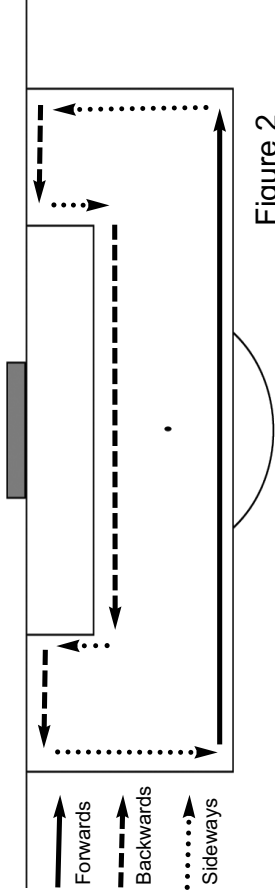


Figure 2

Partner Runs

Choose a partner with one partner on one side of the field at the mid-field line and the other partner on the other side of the field at the mid-field line. The first player sprints around half the field and touches their partner. That partner sprints around the other half of the field while the first player jogs across the midfield line to their original starting position (see Figure 3).

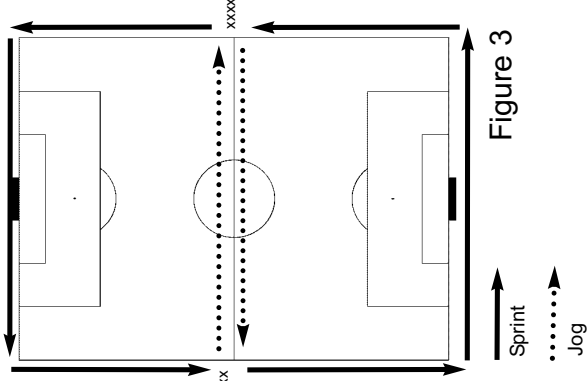


Figure 3

Crazy 8's

Start at one corner flag and sprint across the endline to the other corner flag. Then jog up the touchline to midfield. Turn and sprint along the midfield line to the other touchline. Turn again and jog to the corner flag. Turn and sprint back across the endline to the corner flag. Turn and jog up the touchline to midfield. Turn and sprint across the midfield line to the other touchline. Now jog back to the corner that you started from (see Figure 4).

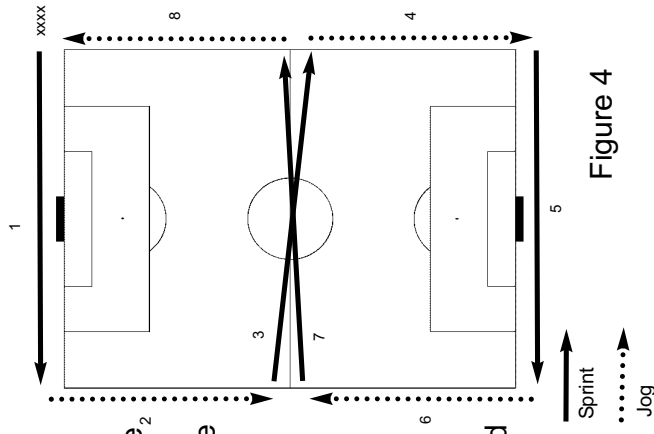
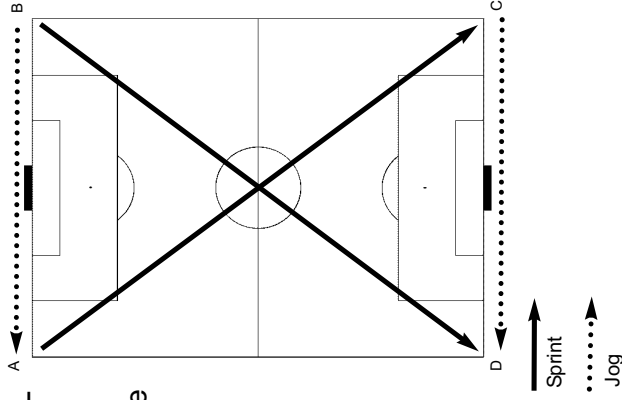


Figure 4

X's

Start at one corner. Sprint diagonally from corner A to the opposite corner C of the field. Once you get to corner C, jog across the endline to corner D. Sprint diagonally from corner D to corner B. Once you get to corner B, jog across the endline to corner A. You have just completed one "X".



Swedish Cooper

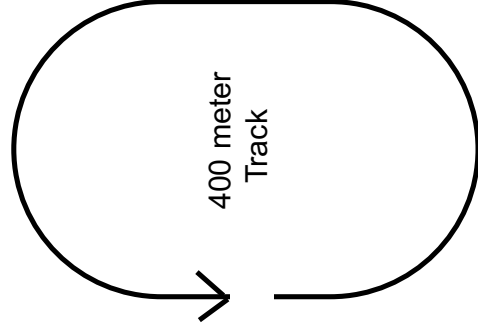
Go to a 400 meter track. You will run for 12 minutes same as the regular Cooper. This variation, however, you sprint the straight-aways and jog the corners. Go as far as you can don't just stop at laps!

Hard Long Distance Running

A good tool for endurance is to use long-distance running as a form of fitness training. In general, a 3-5 mile run at a good hard pace is beneficial for soccer training. On the long run, make sure to push yourself. Try to run close to 3/4 speed. Your pace should be strong enough so that you are winded during and after your run. Your distances should increase as your summer progresses (i.e. your first 30 minute run may be 4 miles, your second run may be 4 1/4 miles, your third 30 minute run may be 4 1/2 miles, etc.) The only way to deepen your fitness base is to get out of your comfort zone and push yourself past your current limits.

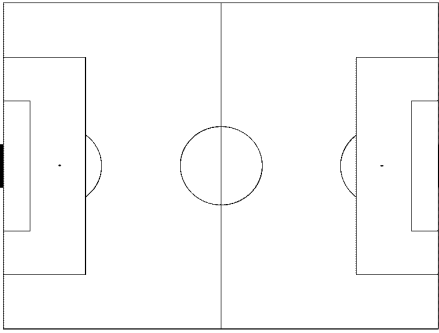
Oval's

Go to a 400 meter track. Start by sprinting around the track once in 1 minute 40 seconds. Take a 2 minute rest. Complete the next lap in 1 minute 39 seconds. Take a 2 minute rest. Complete the third lap in 1 minute 38 seconds. Take a 2 minute rest. Complete the fourth lap in 1 minute 37 seconds and so on. On the 10th lap, you must finish in 1 minute 30 seconds. As you are going each lap, you must hit the time allotted. If you miss the time, you repeat that lap until you get it before you move on to the next level.



Interval Long Distance Run

Another good tool for endurance is to use long-distance interval running as a form of fitness training. Similar to above, you will go on a long hard run. Interval training is basically the alternating of sprinting and jogging. You can vary how to do the intervals, but it will be important to be somewhat consistent. You can decide that you will sprint for 30 seconds and then jog for 30 seconds and then sprint for another 30 seconds and jog for 30 seconds for the whole time of the run. Or you can use landmarks (i.e. telephone polls, sidestreets, etc.) to mark your changes of pace. Your pace should be strong enough so that you are winded during and after your run and that you don't get full recovery during your jog phase.



Suicides

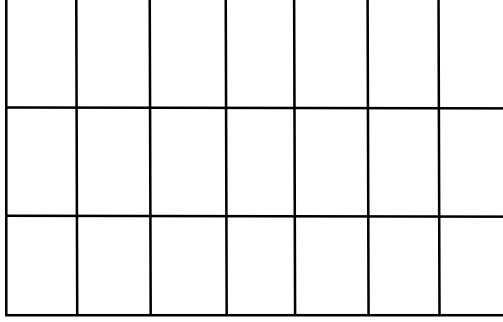
Start at one endline. Sprint to the 6-yard line and back, the 18-yard box and back, midfield and back, the far 18-yard box and back, the far 6-yard line and back, the far endline and back.

If you want to add more, once you reach the far endline and back, you go to the far 6-yard line and back, the far 18-yard box and back, midfield and back, the near 18-yard line and back, and the near 6-yard line and back.

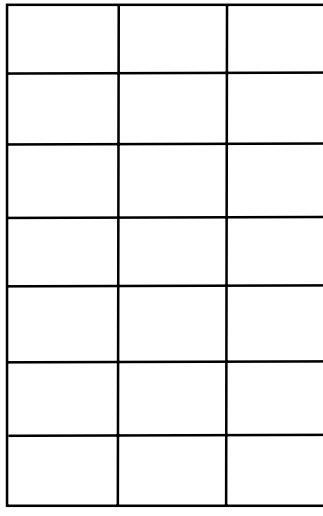
Grids

Set up 10x10-yard grids either way shown below. If you are using set-up A then sprint to the 6th line and back, the 5th line and back, the 4th line and back, the 3rd line and back, the 2nd line and back, and the 1st line and back. (You can have them jog back instead)

If you are using set-up B then sprint to the 1st line and back, the 2nd line and back, the 3rd line and back, the 3rd line and back, the 2nd line and back, the 1st line and back. You can time them the first trial and have them repeat trials until they beat their first time.



Set-up A



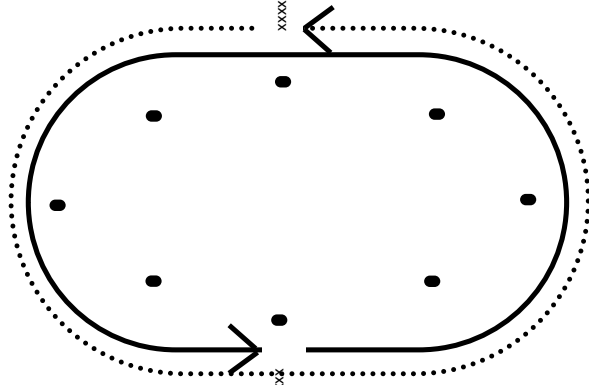
Set-up B

Diamond Relay

Break up into two groups and set up cones in a diamond as shown. Start with each group opposite each other.

The first person from each group sprints around the cones counterclockwise and hands-off a baton to the next person in their group.

The race keeps going until a person from one group catches a person from the other group. You can change the drill, varying the number of times around before you hand-off to the next person. You can also vary the size of the diamond.





GROUP C
BALL SKILL
COMPONENT

Ball Control and Agility

- 1 minute- Jog while dribbling ball with quick touches, changing direction and speed. Do this in a confined space where many changes and touches are necessary.
- 1 minute- Head juggling
- 1 minute- Throw ball up, jump and while you are in the air prepare the ball with your head, settle the ball to your feet, and move off quickly - repeat.
- 1 minute- Thigh juggling
- 1 minute- Throw ball up, jump, and while you are in the air prepare the ball with your chest, settle the ball to your feet, and move off quickly - repeat.
- 1 minute- Foot juggling with no spin on the ball.
- 2 minutes- Starting in a sitting position, throw ball up, get up and stop the ball before it hits the ground, settle to your feet, and move off quickly - repeat using head, chest, each thigh, each foot in that order to prepare the ball.

Technical Speed, Pure Speed and Endurance

1. Dribble in a figure "8", use just the inside of your feet for 6 figure "8's", then use the outside of both feet for 6 more. The markers you dribble around should be 15 yards apart. As you dribble around one marker, accelerate to the other as if you were beating an opponent. As you round the marker, use quick touches to improve technical speed.
2. Rest by walking for 30 seconds
3. Set a marker out about 25 yards from a starting point.
 - a. Sprint dribble to marker
 - b. Sprint backwards to starting point
 - c. Sprint to ball
 - d. Collect ball and sprint dribble back to starting point
4. Rest by walking for 30 seconds
5. Set ball on the ground to your left and set a marker out to your right about 10 yards. Move 10 times from side to side, using the slide method of moving, without crossing legs. Move as quickly as you can.

6. Rest by walking for 30 seconds
7. To ten yard marker and back: two leg explosive jumps To marker and back: single leg explosive hopping. Left foot first, then right, out and back.
8. Rest by walking for 30 seconds
9. Karioka (lateral running crisscrossing legs) to ten yard marker and back. Move 10 times from side to side as quickly as possible.
10. Rest by walking for 30 seconds
11. From the starting point:
 - a. Pass the ball to the 25 yard marker
 - b. Sprint to the ball
 - c. Collect ball and accelerate to starting line
 - d. Make 3 passes

Strength and Flexibility

- 60 jumps- Two foot jumping forward and backward over the ball.
- 15 Rose "8's"- Standing position with legs spread and knees straight, roll the ball with your hands in a figure "8" pattern around your legs.
- 60 jumps- Two foot jumping side to side over the ball.
- 15 roll arounds- Sitting position with legs extended, roll the ball with your hands around the soles of your feet and then back around your back.
- 60 jumps- Throw the ball up in the air, jump, and catch the ball and throw it back up before you hit the ground. Remember to "hang" in the air.
- 30 sit-ups- Touch the ball on the ground over your head and back up and touch your toes.
- 60 touch and jumps- Start in a standing position with the ball in your hands, touch ball on the ground by bending at the knees so thighs are parallel to the ground and then vigorously extend jumping high with ball over your head. Don't just bend over and touch the ground, get your rear end as low as possible.

30 push-ups

Shooting and Heading

For this section of the exercise, a soccer kick wall, the side of a gymnasium, a tennis wall, racquetball court, etc., will be necessary.

1. **Technique work:** Get 5 to 7 yards from the wall and shoot the ball first time at the wall making sure the foot is pointed down, knee is over the ball, center of your foot is striking the center of the ball, and that all the power is derived from a quick snapping motion of the lower leg. (2 minutes)
2. **First time shooting with power:** Back off 20 yards and shoot the ball first time at the wall. Strike the ball as hard as you can regardless of the bounce, height, speed, etc., that the ball comes to you. Pick a spot on the wall to shoot at each time and keep the ball low. (6 minutes)
3. **Preparing and shooting:** again at 20 yards, strike the ball with power, and as it comes off the wall prep it cleanly and quickly fire another shot at the wall the point of the drill is to develop a sound clean prep and quick, hard shot. (6 minutes)
4. **From one to two yards away, first time head juggling against the wall.** (1 minute)
5. **Back off between 5 and 7 yards, throw the ball up against the wall and as it comes off head with power getting your entire body into the heading motion.** (2 minutes)
6. **Get within 5 yards of the wall — toss the ball against the wall to force you to jump to head the ball back at the wall. Catch the ball after you have headed it each time. Make sure your toss forces you to the peak of your jump. Remember your technique and head with power.** (3 minutes)

This entire fitness program should take 45 minutes to an hour. It is important that you go through the entire program without pause other than at planned rest intervals.

Ideally, a short 4 a side game would be a fine way to finish your training. If you are alone, this will be impossible, and I would suggest working on a weak aspect of your game. Also never underestimate playing level there is nothing better and even a short series of 1 v 1 contests against anyone you are with will be very helpful. Three 4 minute 1 v 1 games with rest in between would be excellent. If your opponent is superior (an excellent male soccer player) make your goal small (a cone) and his large (a regulation goal). If you are superior, do the same in reverse or play 1 v 2. Playing males is why most women on the U.S. National team are as good as they are 1 v 1. Playing 1 v 2 is why George Best, in his day, was the best male dribbler in the world, he claimed 1 v 1 was too easy for him.

GOOD LUCK, YOU HARD WORKING SPARTANS!

SAN JOSE STATE UNIVERSITY WOMEN'S SOCCER
WALL BALL WORKOUT

STATIONARY BALL

- 15 - Right foot central prep touch and Left foot instep drive to wall. Concentrate on locking your ankle and bringing your knee through and landing on your kicking foot. Make sure you are throwing yourself through the ball.
- 15 - Left foot central prep touch and Right foot instep drive to wall. Concentrate on locking your ankle and bringing your knee through and landing on your kicking foot. Make sure you are throwing yourself through the ball.
- 15 - Right foot central prep touch and Right foot instep drive to wall. Concentrate on locking your ankle and bringing your knee through and landing on your kicking foot. Make sure you are throwing yourself through the ball.
- 15 - Left foot central prep touch and Left foot instep drive to wall. Concentrate on locking your ankle and bringing your knee through and landing on your kicking foot. Make sure you are throwing yourself through the ball.

MOVING BALL

- 10 - Drive ball into wall, settle (prep) touch central and instep drive ball back with right foot (two touches - Prep and shoot)
- 10 - Drive ball into wall, settle (prep) touch central and instep drive ball back with left foot (two touches - Prep and shoot)
- 10 - Chip ball into wall, go through the settle (prep) touch - chest, head, thigh, etc. and shoot ball with right foot volley.
- 10 - Chip ball into wall, go through the settle (prep) touch - chest, head, thigh, etc. and shoot ball with left foot volley.
- 5 - Drive ball into wall and off rebound prep ball to right with various surfaces. Then shoot the ball back to the wall with right foot.
- 5 - Drive ball into wall and off rebound prep ball to left with various surfaces. Then shoot the ball back to the wall with left foot.
- 5 - Drive ball into wall and off rebound prep ball to right with various surfaces. Then shoot the ball back to the wall with outside of left foot.
- 5 - Drive ball into wall and off rebound prep ball to left with various surfaces. Then shoot the ball back to the wall with outside right foot.

10 - Pass ball to wall, check to it (at an angle) and turn the ball using one of the following turns: self pass, flick, dummy (make sure the ball has pace on it), other turns, etc. Then step to the ball and shoot the ball to a target with your right foot.

10 - Pass ball to wall, check to it (at an angle) and turn the ball using one of the following turns: self pass, flick, dummy (make sure the ball has pace on it), other turns, etc. Then step to the ball and shoot the ball to a target with your left foot.

15 - Pass ball to wall, check to it (at an angle) and turn the ball using one of the following turns: self pass, flick, dummy (make sure the ball has pace on it), other turns, etc. Then step to the ball and make a penetrating move around a cone and crack a right footed shot. Do not slow down to make a move, go at speed and fire the ball.

15 - Pass ball to wall, check to it (at an angle) and turn the ball using one of the following turns: self pass, flick, dummy (make sure the ball has pace on it), other turns, etc. Then step to the ball and make a penetrating move around a cone and crack a left footed shot. Do not slow down to make a move, go at speed and fire the ball.

FINISHING AT SPEED

10 - Faced up and go at a cone and make one move *at speed* around it. The look up and either pass the ball to a target or shoot the ball with your right foot. Concentrate on going at speed!

10 - Faced up and go at a cone and make one move *at speed* around it. The look up and either pass the ball to a target or shoot the ball with your left foot. Concentrate on going at speed!

SERIES JUGGLING FOR TOUCH ON THE BALL

Do each one 5 times

1. Head - Right Thigh - Left Thigh
2. Chest - Right Foot - Left Thigh
3. Left Foot - Right Foot - Left Thigh - Right Thigh
4. Right Foot - Head - Left Thigh
5. 2 Touches with Right Foot - 2 Touches with Left Foot - Head

Bonus

***6. Christmas Tree - Right Foot - Right Thigh - Right Shoulder - Head - Left Shoulder - Left Thigh - Left Foot

STRETCH



GROUP D
ANAEROBIC
COMPONENT

SAN JOSÉ STATE UNIVERSITY

WOMEN'S SOCCER

SUMMER SPEED PROGRAM

This is our *anaerobic fitness base* (to be able to sprint for 90 minutes and still have your legs for a game the next day. This does not help your wind (aerobic base) but it is just as critical for the way we will play the next game (at a sprint). Remember this is just a part of what you have to do. You must continue training with the ball and playing small-sided games. This speed program will only work on outright speed and power, not on wind and changes in direction. It is important to be able to distinguish between the different programs.

SPRINT ALL OUT ON EVERY SPRINT (DO NOT PACE YOURSELF)

TAKE THE FULL REST PERIOD (NOT ANY LESS)

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

Weeks 1 and 2

10 x 20 yds.
 10 x 40 yds.
 8 x 60 yds.
 4 x 80 yds.
 2 x 100 yds.

Weeks 3 and 4

12 x 20 yds.
 12 x 40 yds.
 10 x 60 yds.
 6 x 80 yds.
 2 x 100 yds.

Weeks 5 and 6

14 x 20 yds.
 14 x 40 yds.
 10 x 60 yds.
 6 x 80 yds.
 3 x 100 yds.

Weeks 7 and 8

16 x 20 yds.
 14 x 40 yds.
 12 x 60 yds.
 6 x 80 yds.
 4 x 100 yds.

Weeks 9 and 10

16 x 20 yds.
 14 x 40 yds.
 12 x 60 yds.
 8 x 80 yds.
 4 x 100 yds.

Weeks 11 and 12

20 x 20 yds.
 16 x 40 yds.
 12 x 60 yds.
 8 x 80 yds.
 6 x 100 yds.

Rest Periods

(Take full time)

20 seconds for 20's
 35 seconds for 40's
 45 seconds for 60's
 65 seconds for 80's
 75 seconds for 100's

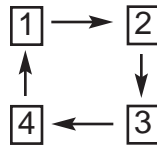
SAN JOSE STATE UNIVERSITY WOMEN'S SOCCER

PLYOMETRIC WORKOUT

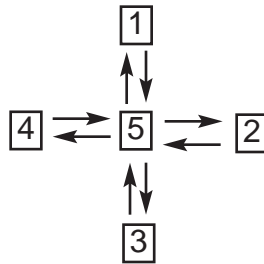
Quick Feet Drills (10 minutes)

Quick feet drills are designed for quickness and agility. Find a line to work with and try to as quickly as possible jump just over the line. The ideal is to not jump high, but to just jump over the line as quickly as possible so that your feet are on the ground the least time possible.

1. Front/Back - Find a line and jump over and back for 30 seconds (4 times)
2. Side/Side - Find a line and jump side-to-side over it for 30 seconds (4 times)
3. Box - Now you are going to jump in a box shape going one direction for 30 seconds and then switch. (2 times in each direction)



4. Plus Sign - Start in the middle (5), jump forward (1) then back to the middle (5), then jump to the side (2) then back to the middle (5), then backward (3) then middle (5), then to the other side (4) then to the middle (5) for 30 seconds. (2 times in each direction)



Power Skipping (5 minutes)

Use the normal skipping motion, but explode upwards, trying to achieve maximum height on every jump. (About 20-25 yards each time for 10 sets)

Jumping over Ball(s) (15 minutes)

These jumps are designed to get more height and explosiveness as opposed to quickness. Try all three sets with both two-foot and one-foot technique.

1. Front/Back - Jump forward and back over a ball (or other obstacle) for 30 seconds. (3 times)
2. Side/Side - Jump side-to-side over a ball (or other obstacle) for 30 seconds. (3 times)
3. Diagonals - Jump forward and to the side (a diagonal) over a ball (or other obstacle) for 30 seconds. (2 times for each diagonal)

Step-ups (10 minutes)

Find a bench or sturdy box and step up with one foot and drive the other knee to the sky. (2 sets of 5 minutes, alternating legs)

Lunges (10 minutes)

With or without a weight, lunge out with one leg so that your knee is bent at about 90 degrees and your thigh is parallel to the ground. Your back knee should almost scrape the ground. Alternate legs. (20-25 yards, 10 sets)

Calf Raises (5 minutes)

With or without a weight, stand with your feet together and raise your heels off the ground. Hold that position for a full second and then go back down. (4 sets of 50)

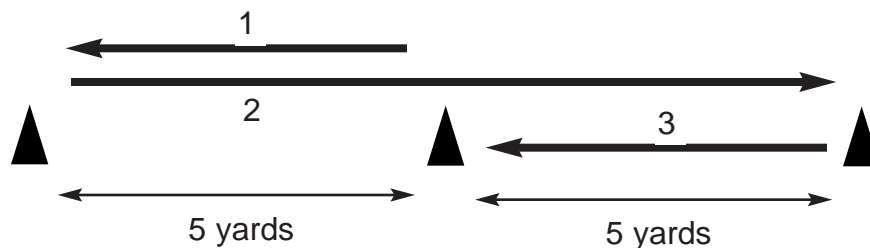
Bleachers Jumps (5 minutes)

Find a set of bleachers or a wall or something that is approximately 3-6 feet off the ground. Climb up and jump off it. Land with both feet hitting at the same time and allow your legs to absorb the impact. Then try landing on one foot and allowing only the one leg to absorb the impact (only trying this at lower heights). (Do 20 two-legged jumps at the lower height, and 10 at a higher height. Do 10 one-legged jumps only at a low height.)

Stretch (10 minutes)

It is important after a good plyometric workout to get a good quality stretch of you lower body muscles.

Pro Agility Sprints



Place two cones 10 yards apart from each other and one in the middle so you have it set up like above. Start in the middle by the center cone. Start by sprinting one way, touch the cone and quickly change direction. Then sprint the other way to the far cone, turn and sprint to the center cone. The next time, start going the opposite direction.



GROUP E
WARM-UP
COMPONENT

San Jose State University

Summer Workout

Juggling Warm-up

10 times - Keep the ball up in the air using any surface as long as you can

10 times - Keep the ball up in the air as long as you can using only your right foot

10 times - Keep the ball up in the air as long as you can using only your left foot

10 times - Keep the ball up in the air as long as you can using only your right thigh

10 times - Keep the ball up in the air as long as you can using only your left thigh

10 times - Keep the ball up in the air as long as you can using only your head

5 times - Keep the ball in the air as long as you can using only your right side

5 times - Keep the ball in the air as long as you can using only your left side

5 times - Keep the ball in the air as long as you can using only your feet

5 times - Keep the ball in the air as long as you can using only your feet with no spin on the ball

Christmas Tree - Right foot, Right thigh, Right shoulder, head, Left shoulder, Left thigh, Left foot

Any onther combinations you want to try!



GROUP F
GAME
COMPONENT

Spartan Summer Workout Program

Game Component

Obviously, the best way to prepare for the game is by playing the game. We encourage you to play competitively as much as possible this summer. You can play an 11 v. 11 full game with your club team or pick-up, a 7 v. 7 game, a 4 v. 4 game, or you can play a 1 v. 1 game against your friend or sibling. Anything that is game-like and competitive will be great for you. The more times as you play per week, the better you will get. This does not mean that you can neglect the other work that you need to do, but quality game experience is invaluable to your training as a player. Take advantage of every opportunity you get to play. Make it competitive. Keep score and whatever you do, **DON'T LOSE!!!!!!!**



GROUP G
FITNESS TESTS



San José State University Women's Soccer

"Perfection is the Goal... Excellence will be tolerated"

San José State University Women's Soccer SebCoe Fitness Test

1. Step-ups (30 x Left Foot and 30 x Right Foot)
2. 25 Sit-ups, 20 Push-ups
3. 4 Laps around a 120 x 75 yard field (sprint ~~side~~ side, drag the ball with the sole of the foot on the endlines)
4. 25 Sit-ups, 20 Push-ups
5. Chip the ball to the midfield line, collect ~~and~~ and jog back to start (4 times – 2 Left Foot and 2 Right Foot)
6. Jump over the ball - 40 times (using the ~~side~~ side technique, keeping both feet together)
7. 25 Sit-ups, 20 Push-ups
8. Jump over the ball - 40 times (using the ~~front~~ front technique, keeping both feet together)
9. 25 Sit-ups, 20 Push-ups
10. Make a driven pass to the midfield line, ~~roll~~ roll, and jog back to the start (4 times – 2 Left Foot and 2 Right Foot)
11. Total body juggle to midfield line and back (if ball drops do 5 sit-ups) GK's 2 fist boxing juggles to midfield and back
12. Side-to-Side shuffles – 10 times (15 yds) ~~slide~~ slide, do not criss-cross feet
13. Total body juggle to midfield line and back (if ball drops do 5 sit-ups) GK's single fist boxing juggles to midfield and back
14. 25 Sit-ups, 20 Push-ups
15. 120 yard sprint – 2 times

COUNT OUT LOUD FOR ALL ITEMS!

You should time yourself and try to complete the ~~whole~~ series as fast ~~possible~~ possible. The record is 16 minutes Passing is 22 minutes. Make sure ~~improve~~ improve your personal best every time you do the test. GOOD LUCK!



San José State University Women's Soccer

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San José State University Women's Soccer Fitness Tests

Danish Beep Test

If you want more information on this test, give us a call.

SebCoe Fitness Test

See Attached sheet.

120's Test

The 120's test is that you have to run ten 120's now with no extra rest in the times allowed. You must make every one in the correct time to pass the test.

Cooper Test

Go to a 400 meter track. Mark the track into 1/8 sections. Run for 12 minutes and see how many laps you completed. Passing is 7 laps, but don't stop at 7, keep going for the full 12 minutes to see how far you can get.

Gauntlet Test

Go to a 400 meter track. Mark the track into 1/8 sections. You must run 4 laps in under 6 ½ minutes. Stop and rest for 2 minutes. Then you must run 2 laps in 3 minutes. Stop and rest for 2 minutes. Then you must run one lap in 1 minute 30 seconds. You must complete all three sprints successfully to pass the test.

Swedish Cooper Test

Go to a 400 meter track. You will run for 12 minutes same as the regular Cooper. This variation, however, you sprint the straight-aways and jog the corners. Go as far as you can don't just stop at 7 laps!

