



ROSLYN HIGH SCHOOL
GIRLS' SOCCER

July, 2018

Dear Parent & Athlete,

Thank you for attending the pre-season meeting of the Roslyn High School girls' soccer team. I would like to inform you that tryouts will begin on Monday, August 27th at 8:30AM and again on Monday at 5:00 PM on the turf. Please remember to bring sneakers and cleats, shin-guards, comfortable practice clothing, and your own water bottle. Once school starts, practice will be on Monday through Friday from 3:30-5:30 PM and Saturdays from 9:00 AM to 11:00 AM. All players are expected to be at all practices and games. **Any player who must miss a practice due to medical, educational, or religious reasons must notify me as soon as possible. Athletes will lose playing time for missed practices and games. Please, schedule your personal appointments around practice times.** We need you every day.

Soccer is a running game. This summer, in order to be physically prepared for tryouts and games, try to maintain a consistent training schedule. I have enclosed a fitness program that will help to prepare you.

During try-outs, you will be evaluated on you're:

**Endurance
Physical Fitness
Effort**

**Attendance and Behavior
Mile and Quarter Mile
Soccer Skills**

CLEARANCE PROCEDURE FOR ALL SPORTS

1. Completed registration through FamilyID.
2. Current physical on file with the school nurse, must be on a Roslyn physical form. You can upload the physical form directly to your FamilyID account.
3. Valid ImPACT concussion test
4. Completed self-medicated form, if applicable.

Pre-Season Practice schedule:

Monday- 8/27- 8:30-10:30am and
5:00-6:00pm

Tuesday 8/28- 8:00-10:00am and 4:30-
5:45pm

Wednesday 8/29- 8:00-10:00am

Thursday 8/30- 8:00-10:00am and
5:00-6:15pm

Friday, 8/31 and Saturday, 9/1
8:00-10:00am

Monday September 3rd- 8:00-10:00am

Sincerely,

Andrew Demakopoulos, Varsity Coach
Lauren Lopez, Varsity Coach

SPEED & FITNESS EXERCISES

GENERAL MOVEMENT ANALYSIS

- Less than 2% of total distance covered during a game is *with* the ball.
- 1000 to 2000 “bursts” of action incorporating rapid changes of pace and direction as well as execution of game skills.
- Change of activity every 5 - 6 seconds with rest pauses of 3 seconds every 2 minutes
- Sprints average 15 yards and occur once every 90 seconds.
- Up to 8km covered in a match with up to 20% at top speed.

So, what does all this tell us? Firstly, that **98% of the game is played without the ball**, defending and chasing and covering, so if we improved reaction time and speed, we would have more success in winning the ball. Secondly, as most sprints average 15/20 yards, this is the range we need to focus on in training – between 10 to 30 yards. Thirdly, there are many “bursts” of activity, many changes of activity, all including the ability to change pace and direction. Therefore, this is what we need to work on in training. Lastly, the total distance covered during a game is high, the general fitness level, aerobic fitness, needs to be able to match that. Distance running performed in training, needs to match this – runs up to 10km, or for more than 90 minutes.

The aerobic fitness is something that you all need to work on in your own time: it is too time-consuming for us to do it as a group. It is every player's responsibility to be physically able to cope with the demands of the game, so adjust, or build up your running, so that you are able to run up to **5 to 6 miles at a good pace, 6 to 7 minute miles**. Aerobic fitness, speed and recovery time, soccer-related fitness, is what we can work on together and what these drills are focused upon. You can perform these drills very easily, they do not require anything more than a strong and mature mental approach. Some of these drills may look a little funny if you are seeing them for the first time, but if they are performed properly they will work wonders on your speed and soccer fitness. If you have ever wondered what regional / college coaches look for in players, what separates good players from great players, this is it – **SPEED!**

Try to do the exercises at least 3 times a week, more if possible. It is ideal to do them every day; don't perform them all, put together your own session. Mix the work up, this will help to build all-around fitness, as well as keeping the sessions fresh and challenging. Always remember to get plenty of rest, as it is during periods of rest that the body adjusts to the extra demands being placed upon it, grows stronger, etc... (five days on, one off). These drills will work on acceleration, speed, lateral speed and agility, recovery time, and general sprinting technique. ***Only if they are done correctly!***

VERY IMPORTANT

You will get out of these exercises what you put into them. This work has to be approached as the opposite of distance running; it cannot be performed at a steady pace; you cannot just plod through it!

**YOU MUST DRIVE YOURSELF TO WORK AT MAXIMUM SPEED.
YOU CANNOT GET FASTER IN THE GAME UNLESS YOU PRACTICE
BEING FASTER FIRST.**

Take good rest periods, explode through the work, just as you would in the game, and then do more. Perform them right, be strict, and don't let yourself slip. They may seem a little weird, and you may not feel too fatigued, but you are working on muscle explosions, not endurance.

YOU MUST EXPLODE! YOU MUST WORK AT MAXIMUM SPEED.

Don't forget to warm up and cool down properly; you are putting the muscles and joints through extreme stress.

STRETCH THOUROUGHLY BEFORE AND AFTER!!

DRILLS

GENERAL

These four exercises work by breaking down the specific movements of the legs while running. They will also help improve breathing and correct sprinting technique. Learn to use your arms, drive with them, and use them to help drive you forward. Keep them close to the body and push them through a full range of motion.

Perform these exercises over about 20 yards. Speed...Speed...Speed

1. **High Knees** – Use fast feet, not looking to move forward with any speed, just pump the legs. Plant only the forefoot, heel off the ground, then drive the knee up to over 90 degrees, quickly down and then spring back up off the floor. Really pump the arms on this one, body upright.
2. **Heel Kicks** – Knees stay down while flexing knee and kicking heel to bum. Again use fast feet, don't worry about forward speed. Start by holding hands against bum for heels to kick, progress to using them to drive as you feel more comfortable.
3. **Straight Leg Sprints** – Legs out in front, body leaning back slightly, driving with arms. Forefoot plants and then spring forward, keeping legs straight out in front. Hard plant and spring.
4. **Bounding** – Just like power skipping, drive off left leg thrusting right knee up and left arm, right arm up behind. Get maximum height, land on same foot, stride and then take off on other leg. Always land on the same leg, height, not distance.

ACCELERATION AND SPEED

Straight ahead speed.

PAL – Posture, Arms, Legs

Create a positive shin angle, keeping the body leaning forward.

Speed requires full triple-flexion and extension (ankle-knee-hip); any failure along this chain will adversely affect overall speed. (Use above drills to help with this)

Length of the first step; use all the gears, don't start in high!

Maximum effort is required; you must practice at being faster.

5. **Gradual Starts** – Five cones (bags, water bottles, sneakers, balls, etc) in a straight line about 15 yards apart (about 15 good strides). Build up speed as you pass each cone. Start at 50%, a jog, then 75%, then 100%, and then gradually slow down. Same on the way back; 50% to 75 % to 100% with a gradual slow down. Three sets of ten, five minute rests between sets. Don't go too soon, remember, we are working on speed, not endurance. Relax, and stretch between sets.

6. **Soccer Starts** – Varied starts as required during a game. Sprint for 10 yards.

- Walking off left foot sprinting upon hitting a mark, walking off right foot.
- Jogging off left foot, right foot.
- Side step and go.
- Crossover step and go.
- Drop-step and go (Step back)
- Jump and go.
- Turn and go.
- 180 degree jump and go.
- Plant right drive left, and reverse.

7. **Hill Sprints** – If you have a hill, use it. I know it is tough but well worth it. Do three or four sets, about 10 reps. (More if hill is not too challenging)

LATERAL SPEED AND AGILITY

FOOTWORK, BALANCE, AND CENTER OF GRAVITY CONTROL

If half of the game is about force production, the other half has to be about force reduction. (Stopping and turning)

Stay close to the ground. Control your center of gravity; lean into the direction you are moving.

Learn quickly by practicing slowly. Build to maximum.

8. **Wheel drill** – Form circle with cones (bags, water bottles, you get the idea) about 15 yards apart. Cone in center. Run patterns from center cone to outside ones and back at full speed. Sharp turns around center cone, cut and turn at outside cones, don't run around them. After a few weeks include ball. Vary patterns, i.e., 0-1-0-2-0-3-0-4-0-5-0-6, 0-2-0-4-0-3-0-5-0-6-0-1, etc., or have someone call out as you return to center. Work for 1 minute, five sets.
9. **Obstacle course** – Use your imagination, and all those bags and bottles and sandals, to build an obstacle course over about 15 / 20 yards. Run through it cutting and turning at obstacles, build up to using the ball.
10. **Dot/Hexagon drill** – Start on center spot and jump with both feet to all dots, vary sequence, or, start in center and jump to sides of hexagon and then back to center. Work at maximum speed for 5 sets of 30 seconds, build to 1 minute.

SOCCER STRENGTH

Most of these are basic exercises that you may already know; the trick is to do them right. You can do them separately, but it is better to do them in a circuit. Mix upper and lower body, or work them on separate days. Progress them over weeks, for example, **week one** = 3 times through the circuit, 1 minute between exercises, 3 minute recovery between circuits. **Week two** = 4 times through circuit, 45 seconds between exercises, 2 minute recovery. Up to week six, 6 times through circuit, no rest between exercise and no recovery between circuits.

Do **10 – 30 reps for each exercise** (ie, 10 for push-ups, 30 for sit-ups, step ups).

Exercises:

Sit-ups – Vary the style, they all work different muscles within the group in different ways.

Push-ups – Use correct form, use fist if wrist hurts!

Abductor lifts – Lie on side, hip at right angles to ground. Slowly raise and lower top leg, but do not let it rest on ground. Use ankle weights to increase resistance.

Abductor lifts – Lie on side, drop top leg over bottom leg to ground. Make sure knee is on the ground; slow steady lifting of lower legs. Just a small movement.

Hip flexor – Lie on back. Support upper body on elbows, one leg with 45 degree bend at knee and foot flat on ground. Slowly (3 count) raise and lower other leg, keeping it straight and moving it from an inch off the ground to level with the other leg.

Squats – The biggie for the quads (thighs). Feet just over should width, from standing (slight bend in knee) to sitting position. **IMPORTANT!** Never go beyond sitting position (45 degree angle of legs) as this will open up the knee joint too much and expose tendons to extreme stress, and always position feet so that your knees naturally go over them, or you will expose ligaments – Very dangerous.

Ball squats – As above, but squeeze ball (fully inflated) between knees. This helps to tone/strengthen inner thigh.

Jump squats – Sit down and then explode up into air, control landing and then go down again.

Lunge – From standing, step forward with right foot, 45 degree angle of right leg, knee directly over foot, left bent behind. Don't let it touch the ground. Push back up to original position; alternate or work legs separately (30 total, or 15 left & 15 right). Be careful to get the stride right – too far and over stress hamstring, too close and over bend the knee. Hand on hips for balance, or hold weights (any heavy objects balanced R-L) to increase resistance.

Step-ups – There are many variations, all good, but my favorite is...R up, L up, L down, R down, L up, R up, R down, L down. This helps to balance the overall work load and is a very good way of developing foot speed. Use fast feet.

Burpies – From crouch, extend legs out, spring back (squat thrust), jump in air, land and back down to repeat.

Split leg squats – Squats thrust but with alternating legs, get full range of motion. Full squat thrusts are not very good for the back and are best avoided. These are better at improving leg speed and drive.

Ball jumps – Two footed jumps over the ball, keep legs together. Find center of gravity and push legs for speed. Explode off the ground every time.

Ball touches – On toes, knees bent, move ball between feet as fast as possible using inside of feet. HEAD UP.

Happy feet – Stand on one foot with the other on top of ball. Switch feet as fast as possible. Gently move ball with sole of foot to help improve touch HEAD UP.

**** DO NOT WASTE ALL YOUR TIME IN THE WEIGHT ROOM / GYM****

**** YOU NEED TO WORK ON SOCCER SPECIFIC EXERCISES****