

October 2017

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---------------------------------|--|--|--|-------------------------|----------|
| 1 | 2 Practice 3-5pm | 3 Game vs Eatonville (Home) 7:30pm | 4 Practice 5:30-7pm JV GAME 7:30 vs Kentridge HS | 5 Game vs Tyee (Away) 3:30pm No JV Game | 6 Practice 3-5pm | 7 |
| 8 | 9 Practice 3-5pm | 10 Game vs Orting (Home) 7:30pm | 11 Practice 5:30-7:30pm | 12 Game vs River Ridge (Home) 7:30pm SENIOR NIGHT | 13 Practice 3-4pm | 14 |
| 15 | 16 Practice 3-5pm | 17 Game vs Clover Park (Away) 7:00pm | 18 Practice 5:30-7:30pm | 19 Game vs Steilacoom (Away) 7:00pm | 20 Practice 3-4pm | 21 |
| 22 | Game vs Renton (Away) 7:30pm | 24 Practice 5:30-7:30pm | 25 Practice 5:30-7:30pm | 26 Practice TBD | 27 Practice 3-5pm | 28 |
| 29 | 30 Practice 3-5pm | 31 Practice TBD | | | | |

November 2017 – Playoffs & State Tournament

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-------------------------|-----------------|-------------------|--------------------------|
| | | | Practice 5:30-7:30pm | Practice TBD | Practice 3-5pm | |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 State Championship |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | | |

Highline High School Pirates Girls Soccer **Commitment & Dedication Summer Plan**

For many young soccer players most of the strength and condition programs are either outdated or ignored altogether. The exception being at the professional level, but at every other level of the sport coaches focus on skills rather than endurance. Endurance is like owning a piece of real estate as opposed to renting, endurance may last for a long time.

Endurance in Soccer

Running is a key element of soccer and every player should develop a good aerobic base to start with. Soccer players can run anywhere between 5-8 miles during a game. That's hard on the cardiovascular system and your endurance. While this is one area that soccer players do train for, however running for an hour a couple of times per week doesn't really reflect the demands of a soccer game. In an actual game you sprint, jog, and you are constantly changing direction. The key to building match endurance is repeated fast runs with short rests.

Strength in Soccer

Strength is going to be key to how well you play. Many soccer players view strength training with very little importance but your speed and power come from how strong you are. You also need your strength to hold off your opponents when you want to keep them away from your ball. There are other benefits to improving your strength:

- Better able to resist injury
- Leaner body mass
- Better metabolism
- Improved flexibility and stability
- Greater bone density
- Faster recovery from injury

Your strength training needs to include functional exercises such as lunges, squats, pushups, chin ups and dips. Exercises that use opposing muscle groups and help with balance will do you the most good. Don't just rely on machines to train and don't waste time with machines like leg extensions that just exercise your quadriceps. You can train using your own body weight or some free weights or resistance bands, but try and involve the whole body.

Speed & Agility for Soccer

Speed and agility training should be another component of your off season training. Today's soccer games are quicker than they have ever been, while endurance is definitely important faster players will beat you every time. You may have better endurance than the guy on the opposing team but it doesn't matter if he/she can get to the other end of the field faster than you.

Practice sprints from a standing start over a distance of roughly 30 yards. Keep timing yourself; you should be able to do this in less than 5 seconds, while the pros can do it in about 4 seconds. Power will come from your strength and your speed and if you want to be a formidable opponent the improve your speed and explosiveness.

You can improve your explosiveness with jump squats, push presses and plenty of plyometric exercises. Plyometric exercises like box jumps, split lunge jumps and push presses should be part of your circuit training program.

TrainHeroic

It's the program that was selected as the program to be used for our district-wide strength and conditioning program.

- Access Code: *Highlineis*

Off-season Exercises

1. Strength Training TrainHeroic

- Follow the training plans on the app

2. Fat Burning Plyometric Workouts for Power - 5 plyometric exercises: 10reps – 2sets

- Broad jumps 10x2
- Knee tuck jumps 10x2
- Power jacks 10x2
- Jumping Lunges 10x2
- Box jumps 10x2

3. Speed & Endurance Exercise

- *Dribble and run (Beginner) x 6*

Start on the touchline with a ball at your feet and get set to run across the width of the pitch. Dribble the ball as fast as you can until you are parallel to the center spot, leave the ball there, run at 80 per cent speed to the opposing touchline, run back to the ball at the same pace and dribble it back to your starting position as fast as you can. Your rest time should be the time it takes to complete this cycle – so if it takes you 90 seconds there and back, take a 90-second break.

3X30m (45 second rest between reps)
3X60m (45 second rest between reps)
3X90m (45 second rest between reps)

- *Speed Endurance – (Intermediate) Part 1*

- *Speed Endurance – (Intermediate) Part 2*
Use a 3:1 Rest Ratio (ex. if it takes 30seconds to run 150m, then rest for 1:30 before the 200m)
50m-100m-150m-200m-150m-100m-50m
Repeat the pyramid one more time

- *Getting around the pitch (Advanced – increase slowly)*

Start at one corner flag and gently jog around the perimeter of the pitch until you're back to your starting point. Now run at 70 % of your top speed to the halfway line, before slowing down to a jog

for the rest of the lap. Once back at your starting point, run at 70 % for the full length of the pitch, slowing down to a jog at the opposing corner flag and making your way round to your starting point.