

Madison West Soccer

2020 Summer Fitness Guide



Varsity Fitness Expectations

All potential varsity players are required to enter tryouts at an exceptional level of fitness. You need to be match fit right away. We cannot spend the opening weeks of the season building towards match fitness. Early season matches have conference title and playoff seeding implications. What you do early has an impact on the end of the season as far as who we play and our ability to host or select a venue and playing surface that best suits us. Put us in the best possible position to play high level soccer and win championships.

You should be hitting 4-5 **training days** each week all summer, with 1-2 days of **active recovery** and 1 day of **rest**. It is important that you understand how to push your body while not doing it damage. Your body needs well placed active recovery and occasional total rest days to recover and allow you to have quality training days. If you are very sore or nursing a minor injury take a day of total rest. Be smart, but think - **at least 90 challenging minutes of training, 4 to 5 days each week**. Waiting until mid summer to start this schedule will not work and only training light a couple times a week will lead to overuse injuries once you are playing 120 minutes 6 times a week this fall.

2020 Varsity Tryouts - Potential Fitness Tests

The following fitness tests may be used at varsity tryouts. Your scores will be recorded and will be a part of the evaluation process. All those attempting to play varsity need to demonstrate their fitness is at the level required to meet team goals.

I. 20 Meter Beep Test

The 20 Meter Beep Test, or “pacer test” is used by college and professional teams to test a player’s match fitness level. Players repeatedly run a 20 meter section back and forth with the speed intervals “the beeps” at each end gradually getting faster as the test goes on. The player’s goal is to keep up by reaching the line before the beep sounds for as long as possible.

Here is the audio link to practice: [20 Meter Beep Test](#), What it looks like: [Beep Test Demo Sporting KC](#)
The completion of Level 11 is the minimal requirement for all varsity players.

II. Timed 200s

III. One & a half mile timed run

IV. Timed half mile run

Sample Workouts

These are effective and challenging workouts you should use several times a week throughout the summer to build your fitness to the level expected at tryouts. The possibilities are endless and you are probably familiar with other workouts that will also help you prepare for the fall. The key is to incorporate a strong variation of sprinting, cutting, longer running stamina, strength work, and ball touches into your weekly fitness schedule. The following should be done **in addition to** regular ball skill drills, small sided games, captains practices, soccer camps, club training, etc.

***30-30 Run:** Stamina and change of pace work

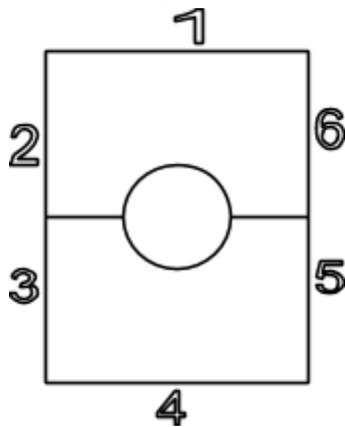
Find a flat route you can run for a long time without stopping, Lake Shore Path, UBay Field, Hamilton, city bike path, etc. Alternate running for 30 seconds at 75% of full effort, then 30 seconds of relaxed recovery jog. Complete this pattern for 20 minutes. As your fitness improves throughout the summer make one or more of the following adjustments to continue to grow your stamina and speed:

- Increase total time to 30 minutes
- Increase the speed of your fast sections
- Do 40 seconds fast, 20 seconds recovery
- Do while dribbling a ball under control

Use the 30-30 as a great way to warm up before structured ball drills, small sided games, or many of the following speed or strength workouts in this guide.

***6-Sider:** Stamina, sprinting, change of pace work

Use a full size soccer field. Divide the perimeter of the field into six sections(2 endlines, 4 sections of the touch line)



1. Start at corner of field
2. Jog 1 section
3. Sprint 1 section
- 4 Jog 1 section
5. Sprint 2 sections
6. Jog 1 section
7. Sprint 3 sections
8. Jog 1 section
9. Sprint 4 sections
- 10 Jog 1 section
11. Sprint 5 sections
- 12 Jog 1 section
13. Sprint 6 sections(the entire perimeter of the field)
14. Rest 3 minutes
- 15 Repeat

This can be modified to smaller areas, by setting up a mini field with cones marking 6 sections. If you use a smaller field, complete the pattern 4 times with 2 minutes rest between rounds. Once again, you are encouraged to juggle with a teammate or get light touches on a ball during rest periods. This can also be done dribbling a ball under control as you run. The jog should be very slow, so you can sprint other sections, there should be a **clear change of speed between jog and spring sections.**

***100 & 10:** Builds strength and stamina

Use a full size field. Move from each step without rest, try to hit the following lap time goals. Build up through the summer so that you can eventually do the quality push ups sets without stopping.

1. 3 laps around perimeter of field (completed in under 4 minutes and 30 seconds)
2. 33 quality [push-ups](#)
3. 3 laps around perimeter of field (completed in under 4 minutes and 30 seconds)
4. 33 quality push-ups
5. 3 laps around perimeter of field (completed in under 4 minutes and 30 seconds)
6. 34 quality push-ups
7. 1 lap around perimeter of field(sprint pace)

***Strength & Speed Circuit:** Agility, explosiveness, and speed work

Perform on large field. Set two cones or mini hurdles approximately 60 yards apart.

1. Complete twenty side to side [lateral jumps](#) over cone #1 as quickly as possible
2. Immediately full sprint 60 yards to cone #2
3. Slowly back pedal to cone #1
4. Do 5 [burpees](#)
5. Repeat 1-4 without rest 5 times
6. Slow recovery jog, or juggling for 3 minutes after 5 reps

Do 3 rounds of this pattern. As your fitness increases modify the workout by increasing the distance between cones to full field, increasing the speed of your recovery back pedal. When working out with a group, pass and move during recovery time. Do a 6 sider workout following this for a intense full conditioning session.

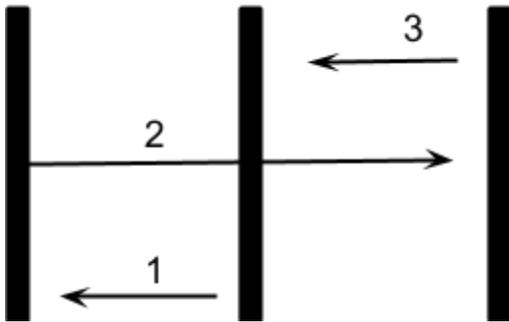
***Sledding Hill:** Leg and core strength, improve your speed, jumping, & explosiveness.

Hills = power. Do this at Shorewood or Cherokee school.

1. Sprint from the bottom of the hill to the top
2. Return to the bottom of the hill and complete 15 quality push-ups or 7 [burpees](#)
3. Sprint again to the top of the hill immediately
4. Once at bottom again, dribble a ball at an easy jog pace across the field practicing changing directions and maximizing quality touches
5. Turn around at far end of field and dribble the ball under control back towards the hill while running at 75% of full speed, leave the ball at the bottom of hill.

Complete this pattern 5 times without rest. If working with a teammate pass and move across the field and back in place of solo dribbling. Increase your push up reps to 25 or your burpees to 11 and number of rounds to 7 throughout the summer.

***10-20-10 Acceleration:** Increase small area quickness and explosiveness changing direction
Set up 3 lines/cones 10 yards apart.



1. Start by straddling the centerline/cone
2. Turn and sprint left 10 yards and touch line
3. Turn and sprint 20 yards and touch far line
4. Turn and sprint 10 yards across centerline.
5. Immediately reset and repeat in opposite direction.
6. 2 minute recovery jog

Complete 5 rounds. You can also replace the recovery jog with solo or group juggling, or passing.
Complete this speed workout directly following a 20 minute 30-30 run, or a strength circuit workout, to improve your explosiveness and speed when fatigued.

***Strength Circuit:** Full body strength, agility, explosiveness

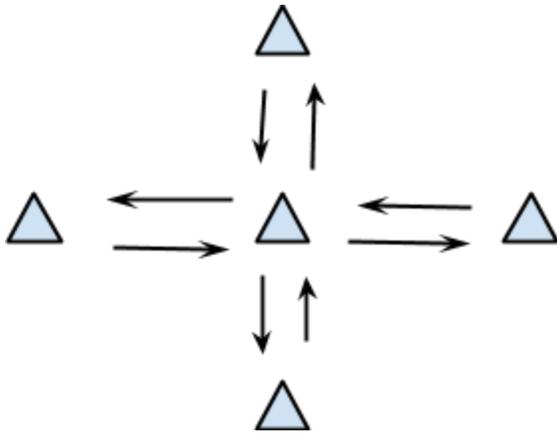
1. 15 [box Jumps](#) (two footed jumps onto a platform 1.5 to 2 feet above ground)
2. 15 quality push-ups
3. 20 [sit-ups](#)
4. 75 [hops with jump rope](#) or 50 lateral cone jumps if you do not have a rope
5. 60 yard sprint to cone, jog slowly back

Repeat circuit exercises 5 times, using the slow 60 yard jog back as your active rest. Move between exercises as quickly as possible to increase strength and stamina. Do a 15 minute steady pace run before and after completing the 5 rounds of the strength circuit. Slowly increase your reps in each exercise through the summer.

***Agility Cones:** Increase quickness and cutting ability

Place cones 10 yards apart.

1. Start with your foot on center cone
2. Sprint to 1st cone and touch with your foot,
3. Touch center cone with foot
4. Touch next cone with foot
5. Continue pattern around all four outer cones
6. Immediately reset and do same pattern in opposite direction



Complete this 5 times, resting for 1 minute between rounds. Mix in variations of always facing middle cone, and side shuffling. Perform this workout following a 6 Sider workout to improve agility and explosiveness while fatigued. If working out with teammates use a separate set of cones for each person and juggle or pass during recovery time.

***Deck of Cards:** Full body strength

Use standard deck of cards and spread them out face down on the ground. Randomly draw 1 card at a time and complete the exercise, then stack that used card off to the side. Move through whole deck as quickly as possible. Do a 15 minute 30-30 run before the deck, and a 15 minute 30-30 run after the deck, for a great workout.

-Red Cards = Push ups, do the amount of the card number, all jacks, queens and kings are 10

-Black Cards = Sit-ups/crunchies, do the amount of the card number, all jacks, queens and kings are 10

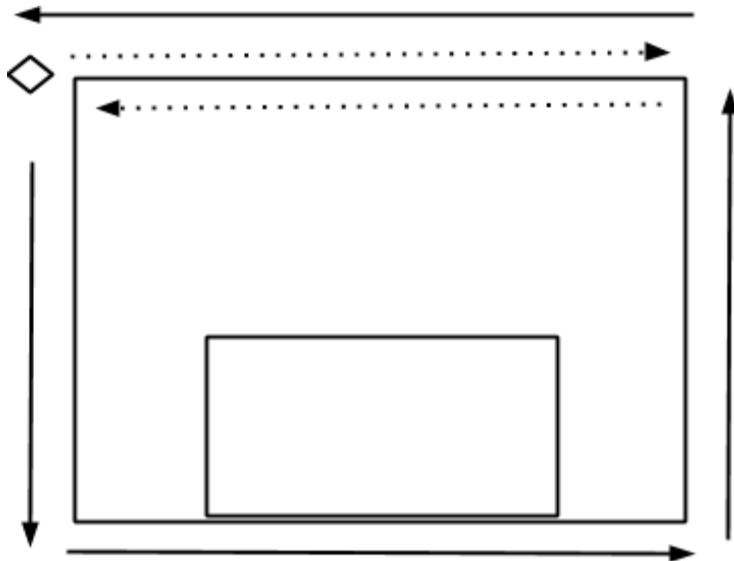
-Aces = 90 second [wall sit](#) and 90 second [plank](#). If doing the deck outside, substitute or add a full sprint around field or your neighborhood block for the Aces.

***Push-up Ladder:** Upper body and core strength

1. Begin by doing 1 quality [push-up](#), and 1 overhead shoulder press (on your knees, start with your hands just above your shoulders and then fully extend your arms above head)
2. Without rest add 1 of each per round until you are doing 10 push-ups and 10 shoulder presses
3. Begin subtracting 1 of each per round, until you are back down to 1 push-up, 1 overhead shoulder press.

Build up to being able to do the whole set without stopping, if your arms max out and you need rest - do sit-ups until your arms are ready to continue with quality push-ups. Complete with 30 minutes of conditioning(30-30 run, Agility Cones, Hill Sprints, 6 Sider runs, ManU test) before or after the push-up ladder.

*** Reggie:** Speed, strength, stamina, controlling the ball while fatigued



Using one half of a full size field, or marking a square area roughly that size:

1. From midfield (diamond) run at 75% of full speed around perimeter of half of field
2. Once back at diamond immediately dribble a ball across entire width of field and back moving as fast as possible while keeping the ball under close control.
3. Once back at diamond, leave ball and do 7 [burpees](#)
4. Complete this pattern continuously for 30 minutes

Throughout the summer look to build up this workout so that your run increases in pace, and look to slowly increase your burpee numbers, and mix in other exercises and ball touch drills, increase the length of this workout to 45 minutes.

***ManU 100 Yard Fitness Test:** Stamina and speed work

On 100 yard field, (or full field from endline to just before the far 18 line) get to other end in the run time, and return back to beginning in recovery time. New round begins every minute. Do not try to sprint the run, this starts slow and gradually gets harder. Try to set your pace to hit the target run times. It is helpful to have somebody that is not running time you, and call out the intervals during the workout. Do a deck of cards or a push up ladder workout after the ManU test for a great conditioning session.

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

