*Hey Boys! Here is the start to having a great season this next year. You will get out of it only what you put into it. I guarantee that it if you follow it you will be in great shape headed into the season. If you are already doing a Soccer Fit program continue to follow that and add in the running as best you can. In the program you will see barefoot running as part of it. This is the best way to strengthen your feet, knees and ankles and prevent injury. Do it on soft grass, play frisbee, juggle but have fun while you do it.*

*See ya in a month!! Do your best to hit the times noted, but don’t quit if you aren’t there yet.*

***Core 6***

**Belly to Spine**

1.) Begin from a bent-over position with your hands resting on your knees.

2.) Slowly exhale all air from your lungs.

3.) Once all has been exhaled, do not inhale right away. Rise slightly instead and lift diaphragm, pulling your stomach in.

4.) Hold for six seconds or longer.

5.) Inhale through your mouth.

6.) Catch your breath and repeat.

**Soccer Twist**

1.) Stand in a relaxed position with your feet about shoulder-width apart. Allow your hands to hang freely

at your sides.

2.) Without trying to move your arms, begin turning your body from side to side. As you turn, let the centrifugal force swing your arms from side to side.

3.) Each time you have turned as far as you can go, your hand gently slaps your back in the kidney area..

4.) Breathe naturally as you turn from side to side.

5.) Do 25-50 repetitions build to 50-100

**Back Arch with Forward Bend and Squeeze**

1.) Place hands on hips. Feet are spaced about shoulder-width apart.

2.) Inhale deeply and lean back as far as possible.

3.) Pause for a moment and then bow forward.

4.) As you bend forward, exhale vigorously and squeeze your abdominal muscles.

5.) Repeat for 10-20 repetitions.

**Dynamic Side Bend Stretch (and Isometric Squeeze)**

1. Start with your feet shoulder-width or wider apart.

2.) Extend your left hand so that your bicep is nearly touching your ear.

3.) Inhale deeply, then bend to the right as far as possible and slowly move back and forth.

4.) Stretch as far as you can but only move back and forth about a half inch. This is a dynamic stretch.

5.) After 50 repetitions, you can also hold and do an isometric stretch contraction for 6-8 seconds.

6.) Repeat on the other side.

**Hands Overhead Side Bend**

1.) Stand with feet comfortably spaced.

2.) Interlock the fingers of your hands and reach to the ceiling with your palms facing upward.

3.) Inhale deeply and stretch to the right as far as you can.

4.) Squeeze all the muscles of the upper back as well as those along the sides.

5.) Hold for six to eight seconds, and then exhale.

6.) Repeat for six repetitions then switch sides.

**Trunk Rotators**

1.) Begin with your feet comfortably spaced

1. Place your hands on your hips and inhale deeply.
2. Bend sideward and then begin tracing a clockwise circle with your head and shoulders leading the way.
3. Concentrate on your obliques as you rotate.
4. Exhale when you reach the starting position. Inhale and repeat nine more times in the same direction.
5. Then switch directions and do 10 more repetitions

***Strength***

**The Soccer Squat** is a deep, upright squat done on the toes with help from the arms; the arms come down and behind the body as you lower yourself, and then swing up as you rise. Build to 100 or even more, but start with about 20-25 and try to increase the number each time

1. Start feet shoulder width apart, feet straight ahead, arms extended.
2. Pull arms straight back to chest and INHALE.
3. Keep your back straight and sit down until your things are parallel with the ground and EXHALE.
4. As you are sitting extend arms behind back.
5. As you are sitting your heels should raise off the ground.
6. Swing arms upward in front of your body and stand up.
7. Once up pull arms in as if rowing and INHALE and start again.

**Back Bend**

One of the best overall body strengthening exercises is the back bend. It promotes overall strength and flexibility from head to toe.

1. Lie down on your back
2. Bend your legs and place your palms of your hands by your shoulders
3. Drive off your legs and push off with your hands until you are extended and in a semi-circle.
4. Hold as long as you can. Do 5 sets.

**Hand stand**

Exactly what it sounds like. Use a wall if you must but kick up into a handstand and hold for 30 seconds to start. After the first week start trying to flex your arms and push against the floor as if doing a push up. If you can do one great if not hold for longer than 30 seconds. 3 sets.

July 2017

| ◄ [Jun 2017](http://www.wincalendar.com/June-Calendar/June-2012-Calendar.html) | **~ July 2012 ~** | | | | | [Aug 2017](http://www.wincalendar.com/August-Calendar/August-2012-Calendar.html) ► |
| --- | --- | --- | --- | --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
| **1**  Rest | **2**  **WU** – Juggle 5 min  Light Jog 5 min  **TM**-8x 100m @ 18 sec.  1min rest b/w each | **3**  **Core 6 and Strength**  5-10 min Barefoot jog on grass  Juggle 5 min | **4**  Rest | **5**  **WU**- Juggle 5  20 min Run as you feel.  **Core 6 and Strength** | **6**  **WU**- Light Jog 5 min  Jump Rope 5 min or 5 shuffle/skip/jog  **TM**-2 x 400 @ 1:15  2:30 rest between | **7**  Rest |
| **8** Rest | **9**  **WU**- Juggle 5  20 min run as you feel  Core: 3 x 1 min plank | **10**  5-10 min Barefoot jog on grass  **Core 6 and Strength**  Juggle 5 min | **11**  **TM**-6 x 200 @ 36 sec.  1:30 rest b/w | **12**  Rest | **13**  **WU**-5 min shuffle/skip/jog  **TM**-2x 800 @ 3 min  5 min rest b/w | **14**  **Core 6 and Strength**  5-10 min Barefoot jog on grass  Juggle 5 min |
| **15**  Rest | **16**  **WU**- Juggle 5  20 min intervals of sprint 30 seconds walk 1 minute Jog 1 minute | **17**  **Core 6 and Strength**  5-10 min Barefoot jog on grass  Juggle 5 min | **18**  20 min jog as you feel | **19**  **WM-** 5 min shuffle/skip/jog  20 second fast run on, 10 seconds rest x 10 reps or exhaustion. | **20**  **Core 6 and Strength**  5-10 min Barefoot jog on grass  Juggle 5 min | **21** |
| **22** | **23**  Juggle 5 min  **TM- 10 x 100m @ 18 sec**  **45 sec rest b/w each**  **Core 6 and Strength** | **24**  5-10 min Barefoot jog on grass  Juggle 10+ | **25**  **Core 6 and Strength**  **TM- 2 miles**  **sub 13 min= A**  **sub 14 min = B** | **26**  Rest | **27**  Juggle 5 min  4 x 400 @ 1:13  2:30 rest between  **Core 6 and Strength** | **28**  Rest |
| **29** | **30**  Practice Starts | **31**  **Core 6 and Strength** | ***Notes:* WU = Warmup**  **TM = Timed (need a stopwatch)**  **Core 6 = The 6 core exercises. Continue through the season on MON/WED**  **Strength = The 4 power exercises. Continue on MON/WED through season** | | | |
|  |  |  |  | | | |