



IRISH GIRLS SOCCER TRAINING PROGRAM



“WORK HARD AND GOOD THINGS WILL HAPPEN”

TOUCHES, TOUCHES, TOUCHES.....

This packet contains 5 months of training that will prepare you for the upcoming 2009 season here at Rosemount High School. Each day is planned out for you. As you can see, you will be touching the ball and running EVERY day (check schedule, running days vary). This training program will increase your endurance and make you a better player with the ball.

The total number of touches if you complete this program is over **40,000!**
A FREE T-SHIRT FOR ANYONE WHO COMPLETES 10,000 TOUCHES
AN ENGRAVED WATCH TO ANYONE THAT COMPLETES 30,000 TOUCHES

This summer we have decided to add a Weight Training program called Bigger, Faster, Stronger (BFS) to our outdoor training. During the months of June and July on Tuesday's and Thursday's from 8:00 a.m. to 10:00 a.m. the BFS program will improve all aspects of your athletic performance, including strength, power, speed, agility and flexibility. The BFS program is the most widely used and comprehensive high school weightlifting program in the United States. It also creates unbelievable intensity and progress in the weight room. The BFS Program is designed to increase athletic performance. It will make our athletes jump higher, run faster, shoot harder and be more explosive. BFS emphasizes athletes making small incremental gains every time they lift. RHS Coaches will lead this program. Girls looking to prepare for varsity level competition in the Lake Conference will benefit greatly from both elements of this program. Individual growth and improvement is emphasized in a fun yet challenging program.

After that intense training you will continue your training out on the soccer field from 10:00 – 12:00. The cost will be \$130 per player. This includes the \$70 fee for the BFS training and \$60 for the skills training. We believe that adding BFS to our training sessions this year will help prevent injuries and make YOU a stronger player. Our outside training will consist of working on a designated technical exercise (ex. dribbling, shooting, passing etc.). We will also have small field scrimmaging. The last 15 minutes of the training day you will be EXPECTED to complete a “TEAM” run.

You are strongly encouraged to participate both the weight training and outdoor training. If you choose not to participate in weight training the cost will be for the skills training \$70 and will run from 10:00 a.m. – 12:00 p.m.

All the different exercise you will be doing throughout the training program.

EXERCISES FOR THE SPRING AND SUMMER TRAINING: (DIRECTIONS)

1. **JUGGLING (EVERY WEEK # CHANGES)** – USING BOTH LEFT AND RIGHT FOOT, HEAD AND MIX.
2. **IN-BETWEENS (250)** – PASSING BACK AND FOURTH BETWEEN YOUR FEET.
3. **TOE TOUCHES (250)** – TAP THE TOP OF THE BALL WITH THE BOTTOM OF BOTH FEET, ALTERNATING FEET. 150 STANDING STILL, 50 MOVING TO BALL THE RIGHT, 50 MOVING THE BALL TO THE LEFT.
4. **TOUCH AND DRAG (INSIDE) (250)** – 2 TOUCHES IN BETWEEN BOTH FEET AND THEN DRAG ACROSS YOUR BODY. 125 RIGHT FOOT AND 125 LEFT FOOT.
5. **TOUCH AND DRAG (OUTSIDE) (250)** – 2 TOUCHES TO THE SIDE (USING OUTSIDE OF FOOT) AND THEN DRAG ACROSS BODY. 125 WITH THE RIGHT FOOT, 125 WITH THE LEFT.
6. **STEP OVER & TURN (100)** – DRIBBLE, STEP OVER (OUT TO IN) CUT BACK TO REVERSE DIRECTIONS. 50 TURNING RIGHT, 50 TURNING LEFT.
7. **PULL BACKS (100)** – DRIBBLE AND PULL THE BALL BACK USING THE TOP OF YOUR FOOT. (PIVOT THE DIRECTION YOU PULL BACK) 50 WITH THE RIGHT, 50 WITH THE LEFT.
8. **FIGURE 8'S (INSIDE) (100)** – SETTING UP 2 CONES (OR WHATEVER YOU CAN FIND THAT REPRESENTS CONES) 8 – 10 FEET APART. DRIBBLE USING ONLY THE INSIDE OF BOTH FEET. WHEN GOING AROUND CONES BALL SHOULD BE ON THE OUTSIDE FOOT (PROTECTING THE BALL FROM CONE).
9. **FIGURE 8'S (OUTSIDE) (100)** – SETTING UP 2 CONES (OR WHATEVER YOU CAN FIND THAT REPRESENTS CONES) 5 FEET APART. DRIBBLE USING ONLY THE OUTSIDES OF THE FEET WHEN GOING AROUND THE CONE. THIS SHOULD BE DONE WITH SPEED.
10. **STEP OVER (200)** – DRIBBLE, STEP OVER BALL (OUT TO IN) AND EXPLODED OUT. 100 RIGHT FOOT USING 50 INSIDE AND 50 OUTSIDE OF THE FOOT, 100 LEFT FOOT USING 50 INSIDE AND 50 OUTSIDE.
11. **SCISSORS STEP (200)** – DRIBBLE, STEP OVER BALL (IN TO OUT) AND EXPLODED OUT. 100 RIGHT FOOT USING 50 INSIDE AND 50 OUTSIDE OF THE FOOT, 100 LEFT FOOT USING 50 INSIDE AND 50 OUTSIDE.