



# **STYSA ODP Summer Conditioning Guide**

## **2004**

**Memorial Hermann  
Sports Performance  
713-448-8088**

## **Preface**

The South Texas Youth Soccer Association and the Memorial Hermann Sports Performance Program are pleased to offer you a comprehensive conditioning guide to better prepare you for ODP camp this year. By following this program you will give yourself a chance to perform at a high level and an even better chance of finishing the camp injury free.

In the past we have worked with thousands of athletes from across a broad spectrum of sports and while most of them are highly skilled in their sport, a truly fit and well-conditioned athlete sets his or herself apart from the rest.

The program is designed for everyone apparently fit and healthy and does not require an expensive gym membership or a lot of specialized equipment. For the most part, all that is needed is a large grass field, a running track and a dedicated athlete.

### **The program includes the following components:**

Running, agility and sport-specific drills

Aerobic and anaerobic training

Strength training and core work

Flexibility ( stretching )

Nutrition.

**Please note: If you have any questions about the information contained in this packet, please contact us at 713-448-8088.**



# Flexibility

## Introduction

Proper stretching and flexibility exercises will keep the body in proper muscular balance and should be incorporated into each of your training sessions.

Techniques to increase flexibility must facilitate three components of muscle: the individual muscle fibers or contractile component, the connective tissue, and the nervous system.

**NEVER STRETCH COLD MUSCLES!** It is important to elevate the muscle temperature so that the muscle fibers and connective tissue will be more pliable.

During the stretch, slowly lengthen the muscle groups involved. If too much tension is developed too soon, the safeguards of the nervous system will be activated and the benefits lost. The proper procedure is to develop slight tension, let it fade, and then continue to a greater range. A tight muscle will not become flexible if proper techniques are not followed.

## Stretching Technique

1. Elevate the temperature of the muscles with at least ten minutes of low intensity aerobic exercise.
2. Slowly stretch to increase range. Do not bounce or create too much tension.
3. Always stretch before and after each training session.

## **Running Drills and Agilities**

### Introduction

The running drills are designed to improve speed, quickness and movement relative to the game of soccer. Listed below are the drills, which will be done throughout the program.

### **Speed & Agility Drills**

Marching	Jump rope
High knees	20-yard shuttle
Butt kicks	60-yard shuttle
Skipping	Cone drills
Power skip	
“Deion Sanders” toe flips	
Carioca, quick feet	
Carioca, high crossover with knee	
Lateral shuffle	
Back pedal, quick feet	
Back pedal, reach back	
Lunge walk	

To perform these drills you need twenty yards of field space.

# Aerobic and Anaerobic Training

## Introduction

The preferred activity for this type of training is running. It is sport specific. Other exercise modes can also be utilized and be productive. ( treadmill, stationary bike ).

The program has two main objectives:

1. **Aerobic Endurance.** This will improve your ability to use oxygen for energy production for prolonged periods. This sets the base for future demands of training as well as increasing your general level of fitness.
2. **Anaerobic Training.** This type of training gradually becomes more specific to the intensity level associated with soccer. This is the ability to endure and produce energy when the body cannot meet the oxygen demands of the cells. This program incorporates two forms of anaerobic training. One consists of short bursts of activity with lengthy rest periods. The other helps you deal with Lactic Acid. In this training the short bursts are followed by a short recovery time causing muscle fatigue and increases in Lactic Acid.

Aerobic and anaerobic training are a key component of each daily workout. It is important that you try to perform these activities outside so your body is better acclimated to the heat and humid summer conditions.

Make sure water is readily available and you stay hydrated throughout each training session.

## **Strength Training / Core Conditioning**

### Introduction

The purpose of strength training is to achieve muscular development to improve performance and help alleviate the potential for injury. Although strength gain is one of the priorities all movements and exercises must be done slowly and safely.

Remember this program is designed for those athletes that do not have access to a weight training facility. If you have access to a high school weight room or health club make sure you utilize it.

### **Basic Strength Exercises and Core Movements**

Body weight squats

Single leg squats

Chin ups

Parallel bar hangs

Push-ups

Crunches

Reverse crunches

Hip crossovers

Straight leg crunches

Leg in / outs

Back / crunch / twist

## **Flexibility / Stretching**

### **Jog Ten Minutes**

**( 30 seconds each rep )**

- Standing Hamstring – Feet together, down grasp ankles and hold X 2
- Standing V – Feet slightly wider than shoulders, down right knee and hold, left knee and hold, middle and hold.
- Hindu Groin – Squat down, use elbows to press out gently and hold.
- Prone Back – Lay on back pull right knee to chest and hold, left knee and hold, both knees and hold.
- Prone Hamstring – Lay on back, keep leg straight, pull to chest and hold.
  
- Inverted Hurdler – Seated, pull your heel to groin, keep foot straight out in front, hold, switch and repeat.
  
- Seated Groin – Pull both heels in, gently push down with elbows and hold.
  
- Prone Quad – Lay face down, pull heel to butt and hold, switch and repeat.
  
- Calf – push up position, put right leg over left and hold, switch and repeat.

## **Program Progression**

### **Week 1**

Aerobic Training – Twenty minutes at least 2 miles

Agilities – Jump rope 10 sets, 30 seconds each set  
Short Shuttle 10 sets  
Three cones 5 yards apart. Start in the middle, go to right cone change direction go to the left cone and back through the middle cone.

Anaerobic – 5 x 200 yard sprints, 3-minute recovery

10 x 100 yard sprints, 1-minute recovery

### **Week 2**

Aerobic Training – Thirty minutes at least 2.5 miles

Agilities – Jump rope 10 sets, 30 seconds each set

Short shuttle 5 sets

60 Yard shuttle 5 sets

Fifteen yard course. Go 5 yards touch cone return to start, go ten touch cone return to start, go fifteen touch cone and return to start.

Anaerobic – Interval training on a running track

Jog 100-meter curve, sprint 100 meter straight, jog 100-meter curve, and sprint 100 meter straight.

4 sets, 5 minutes recovery between each set.

### **Week 3**

Aerobic Training – Thirty minutes at least 3 miles

Agilities - Jump rope 10 sets, 30 seconds each set

Short shuttle – 10 sets

60-yard shuttle – 5 sets

Anaerobic Training

6 x 100 yard sprints, 1minute recovery

6 x 80 yard sprints, 45-second recovery

6 x 40 yard sprints, 30-second recovery

6 x 20 yard sprints, 15-second recovery

### **Week 4**

Aerobic Training – Thirty minutes at least 3.5 miles

Agilities - Jump rope 10 sets, 30 seconds each set

Anaerobic Training

Interval training on a running track  
( Same as week 2 )

4 sets, 5 minutes recovery between each set.

6 x 100 yard sprints, 45-minute recovery

6 x 80 yard sprints, 30-second recovery

## **Week 5**

Aerobic Training – Thirty minutes at least 3.5 miles

Agilities - Jump rope 10 sets, 30 seconds each set

### Anaerobic Training

Short shuttle – 5 sets

60-yard shuttle – 5 sets

### Anaerobic Training

4 x 200 yard sprints, 3 minute recovery

4 x 100 yard sprints, 1minute recovery

4 x 80 yard sprints, 45-second recovery

4 x 40 yard sprints, 30-second recovery

4 x 20 yard sprints, 15-second recovery

## Strength and Core Work

Squats	2 sets, 5 seconds up, 5 seconds down.
Single leg squats	1 set each 5 seconds up, 5 seconds down.
Chin ups ( boys )	2 sets as many as you can do.
Parallel bar hangs ( girls)	2 sets 30 – 60 seconds.
Push-ups	2 sets as many as you can do.
Crunches	1 x 30, Hold lower legs parallel to ground
Reverse crunches	1 x 30, Squeeze butt off ground using lower abs.
Hip crossovers	1 x 30, Form a T with arms and rotate knees side to side touching ground.
Straight leg crunches	1 x 30, hold legs up, pointing toes to the ceiling.
Leg in / outs	1 x 30, Hold lower legs parallel to ground, fully extend legs back and forth.
Back / crunch / twists	1 x 30, Lay face down with hands behind your head, squeeze chest off ground and rotate side to side.