



Pleasant Valley High School Boys' Soccer

Vision Statement – I, and the PVHS soccer coaches, want to provide an environment and experience which allows for the development of character as a person and athlete, the chance to foster strong relationships amongst teammates/coaches and the chance for student athletes to develop their abilities a footballer. We want every player that is involved with this program to develop the mindset of pushing yourself as a person and a player every day. This is not just a mindset that will help you find great success as an athlete but also as a person moving forward in life. These values take a certain attitude of working hard, making sacrifices, being committed and disciplined, being a great teammate and most importantly to me being a good person which we expect a high standard in. The coaches have been working and will continue to work very hard in the spirit/values I have just mentioned. Therefore, we expect those values to be mirrored and reciprocated by the players we coach. This season is an opportunity for us to all be involved in something extremely unique. Let's take the opportunity we have this season to be part of something really special, compete very strongly and create memories that will last the rest of our lives.

Values

- 1) Personal responsibility for growth as an athlete and person.
- 2) Unwavering commitment to the team during season. Beside your academics, this is your foremost priority during season.
- 3) We will embody a culture of trust, diversity and encouragement. These are the types of aspects that make you a better person; and executing these values makes you a much better player individually and for the team.
- 4) Integrity. I expect all the players to display this quality when you are with the team and when you are not with the team. Working hard, being a leader, and especially showing respect for others.
- 5) Quality and excellence. Our goal as a team is to produce amazing people that are simultaneously amazing athletes. This does not happen by accident. It takes the willingness to do things that most people are not willing to do. Being part of a team is a special privilege, not a right, and it must be earned. You must embrace the idea that it is your responsibility to make yourself better every day and no one else's. Imagine what we will be able to work with in 6 weeks' time with a group of players that works with this attitude from this day forward?
- 6) Teamwork. We will work together as a team to obtain the best results possible. This means we expect you to display excellent traits as a teammate at all times. The team always comes before any person as an individual.

Rules and Procedures

1. All athletes must have all paperwork in before being allowed to participate.
2. All athletes must bring water, running shoes, cleats, and shin guards to each training session. This is your responsibility.
3. Parents must pick up athletes at the scheduled time. I always start and end on time. I do not want athletes calling parents after practice.
4. Cell phones are to be turned off at all times during practices and games. If I see a cell phone used inappropriately during a practice or a game, you may sit out the next scheduled game.
5. I expect all soccer players to be role models on and off the field. Teachers should not be telling me that an athlete is disrespectful. If this happens, the student may be written up for insubordination, which will result in an after-school detention. Being late or missing practice due to a detention may result in sitting out the next scheduled game.
6. During the season, soccer comes before other non-academic activities. (work, etc.)
7. If an athlete is late for practice, they will be reprimanded. If they are more than 30 minutes late for any reason, they will sit out the next scheduled game. *If there is a reason you need to miss training or be late you must communicate with me, otherwise the above discipline applies.*
8. If an athlete goes home from school early due to illness, please leave a message on my cell phone. Make sure to take down the contact information.
9. I will not tolerate any berating of teammates, officials etc. Athletes need to be positive to one another, I do not expect everyone to be best friends, but do expect them to respect each other on the field. Cheer each other on, but leave the disciplining to me. If any athlete crosses the line here, they will sit the rest of the game or practice.
10. All soccer players are expected to be at every practice. If an athlete misses a practice without any communication they will sit out the next scheduled game.
11. Playing time is not guaranteed at any level. Parents are not to discuss playing time with coaches. Athletes are encouraged to ask what they need to do to improve.

Conditioning Packet

The following conditioning regiment is designed for you to be able to organize your own workouts, target areas of your game/fitness that need the most help and to help your overall progress toward your peak potential. The idea is for you to be in your best shape possible so we as a team do not have to spend any unnecessary time getting you to where you should be on your own come the start of pre-season. In order for any of this conditioning program to actually help, you have to consistently do these work outs and follow these guidelines. I understand many of you are playing club right now which is awesome. I want those of you who are currently playing to challenge yourself to go to another level by putting in the extra work and completing at least 4 of these workouts with the ball and/or with our fitness packet a week. Those who are not playing

club soccer or any other sport I expect you to complete 1 ball work session and 1 fitness session a day, taking 1 day within a week of 7 to rest.

Nutrition and diet are a huge part of your performance as an athlete. Pay close attention to what you are putting into your body. Those who are willing to make the commitment to proper nutrition will feel benefits past anything you might ever expect. I really encourage you to be mindful about what you eat and drink it has changed my life and it can change yours too. I will be providing more info on this soon via our communication networks.

Soccer Fitness Guidelines

1. Always warm up properly before any workout
2. Always keep a written record of your workouts
3. The best way to stay on track with a workout program is to work out with a motivated partner/group
4. Push Yourself – especially on the days you don't feel energetic
5. Avoid back-to-back days for workouts of the same type or using the same muscle groups; give yourself time to recover
6. Listen to your body. Take care of any injuries
7. Fitness levels develop gradually over time, not in peaks and valleys
8. Playing soccer is the best way to get soccer fit
9. Vary your workouts so your work remains fresh.

Fundamentals and Ball Work

The coaches and I want fundamentals and ball work to be an essential part of your game as a footballer. This time to work for you individually before we start as a team is going to be essential in determining our success this season

- 1) <https://www.youtube.com/watch?v=8C1P1AIKvkE> Soccer Drills - 5 Soccer Training Drills To Improve Fast
- 2) https://www.youtube.com/watch?v=JbOwpq_8CeM 5 Essential First Touch Drills (*requires partner*)
- 3) <https://www.youtube.com/watch?v=xvaD2AamMpU> 5 Essential Passing Drills for Soccer Players (*requires a partner*)
- 4) <https://www.youtube.com/watch?v=jwIHc9rz7yo> 5 Essential Dribbling Drills
 - a. Check out this Become Elite soccer channel on YouTube. There is a ton of great information and has a lot of stuff you can check out and maybe choose to work on. Give it a look!

- 5) <https://www.youtube.com/watch?v=z7jP3moQi9c> 100 Individual Soccer Training Drills
- 6) <https://www.youtube.com/watch?v=8DVYmjioJvQ> Interesting Video to get you thinking about good habits to develop right now
- 7) Juggle with the ball for 20 mins (*do this every day!*). It is a lot of fun, it's simple and it's a great way to take your mind off of everything else.
- 8) Find a space to play and just juggle, dribble, etc. have fun with the ball!
 - a. Free dribbling ideas for fun
 - i. Use outside and inside on both feet, keep the ball close to your body
 - ii. Toe taps on the ball (do this in sets of 10); toe taps on the ball, the ball stays in place and you complete a full 360 around the ball as your doing toe taps.
 - iii. Pendulums. Keeping the ball under control, tap the ball quickly in between your feet using the inside of your foot. Do a set of 15 in place, 15 going forward, 15 going backward, and 15 going L then R. Make sure the ball is controlled first worry about speeding up after you established good control
 - iv. Roll ball with sole. Using the bottom of your foot, pull/roll the ball forward for 10 reps then use the other foot. After doing sets on both feet individually, do sets where you roll the ball forward using both feet. You can also go backwards and sideways with this once you have gotten comfortable with the skill.
 - v. Pull backs. Dribble forward 5-10 yards then, using the sole of your boot, put your foot on top of the ball and pull it straight back behind you as you turn with it. If you are pulling back with your right foot then your body should turn to the right as well in one sequential motion. Vice versa for the left side.
 - vi. Scissors. If you are unaware what scissors are you can look it up on YouTube. This is a fun skill to work on. Start by doing a single scissor and then taking the ball the other way. Progress to double scissors if you master a single scissor.
 - vii. Outside turns/inside turns. Dribble for 5-10 yards, then using the outside of your foot turn the ball back directly the way you were coming and accelerate 2-3 dynamic steps. Use both feet. Then do the same thing except you will use the inside of your foot to turn the ball and therefore your body will turn to the inside.

Strength and Fitness

I wanted to give some type of small regiment that really should be fairly simple for each player receiving this package to complete every day.

Daily Habits

- Push ups (2x 25)
- Sit ups (2x 50)
- Planks 1 min, side planks both sides 1 min
- Ride bike/go for run at least 2 miles (2 days on 1 day off for this one)

Below I have provided workouts in two different categories: aerobic and anaerobic. Aerobic fitness deals with exercising for a longer, sustained period of time while anaerobic fitness deals with short bursts of power and speed. I have provided different categories and options for both types of exercise. My expectation upon you receiving this packet is that you will choose one category per day and complete one of the workouts within that category per day. Ideally you will do aerobic one day and anaerobic the next. For those of you who want to be at another level than most when you come in I recommend completing 2 of these workouts a day. Complete your strengthening/gym workouts before you do your cardio stuff/ball work if you choose to do 2 workouts in a day.

Anaerobic Workouts:

Sprints (if you choose this workout for the day complete all the bullet points)

- 10-yard sprints - 5x, 60 seconds rest
- 25-yard sprints - 5x, 60 seconds rest
- 50-yard sprints - 4x, 60 seconds rest
- 80-yard sprints - 4x, 60 seconds rest

Strength and Weight Training Exercises (choose 1 of the days to follow if this is your chosen workout for the day)

- Sets/Reps: 4sets/6reps with 90 seconds rest
 - Day 1
 - Squat Jumps (straight up jump, landing in squat position)
 - Box Jumps
 - Dumbbell Single Leg Lunge (use very low weight)
 - Split Jumps w/ Dumbbells

- Pull Ups
- Burpees
- Day 2
 - Pull Ups
 - Reverse Pull Ups
 - Dips
 - KB Swings
 - Calf Raises
 - Bench press (Low weight)

Core exercises (choose 3 of these exercises to complete if you choose this as your workout for the day)

- Abs- crunches x25, left side x25, right side x25, legs crossed in the air x25 complete this circuit 2x
- Partner up sit-ups- Pass a medicine ball/tennis ball (50 reps x2)
- Leg lifts (on back, hold legs 6” off the ground and hold for 30 secs x5)
- Mountain climbers: start in plank position; for 30 secs hold your upper body in place, engage your core and alternate kicking your knees to your chest as if you are scaling a mountain. 3x
- Superman lifts: lay on your stomach. Set up by extending your arms in front of you on the ground and your feet behind you on the ground. On your go engage your core and lower back and lift all your limbs (arms and legs) at the same time as if you are flying like superman. Hold the pose for 6 secs and slowly return your limbs back down to the ground (controlling your limbs back down is just as important as holding the pose for 6 secs) x6
- Planks: *(should already be done daily)* for extra plank work do a regular plank for 1 min x2, side plank on each side, R & L, 1 min x2

Aerobic Workouts/Fitness Tests

Choose 2 of these tests to complete every week; do not worry if your starting times are poor just complete the tests even if you have to jog and work on them each week. The results will show if you do this

- Two laps around the track, use a soccer field or a like sized area if a track is not available (800 m) in 3:15 (Three minutes, fifteen seconds); Rest 2:00 then go again, x4
- Cooper Test
 - Run 2 miles (under 7:15 mile) > Progress to 2 miles (under 6:15 mile) by the time tryouts start on Nov 5
- Overtimes
 - Full field liners; start at one end line and go near 18 and back, half field and back, far 18 and back, full field and back, Rest 1:30. Finish in 2:05 (2 mins, 5 seconds) x4
- 120s

- Start on one end line, sprint to the other end line in 20 seconds and immediately turn around and jog back to the start in 40 seconds. 30 seconds rest then you go again x7
- 240s
 - Start on one end line and sprint to the other end line of the field and back within 40 seconds. Rest 40 seconds then go again; x7
- Liners
 - Use an end line on the field as a starting point and have 7 cones set up in front in 10 yard intervals; start off using just 2 cones (run to the first cone and back to the starting point, then run to the second cone and back) do this x2 repetitions; then you progress by including the 3rd cone in your next x2 repetitions. Keep doing this and progress to 7 cones (that is a total of only 12x reps; but I want you prepared for 14x reps so choose to do 3x reps on two of your progressions instead of 2x). You can do the cones in order 1,2,3, etc. for some of your reps and do the cones in a random order, 2,6,3,5 etc. for some of your reps. This is how I will be administering this test when we do it. Going in a random order when your body and mind are tired is very applicable to game situations. Those who can display they can handle this type of thinking while tired will be the ones that will be playing, contingent on your soccer skills being up to the standard we want.
- Game play
 - The best way to get fit for our soccer season is play soccer! Play/train by yourself, play/train with your friends, find a team to play on, etc. Do anything you can in your power to get as much actual soccer game play under your belt as possible before coming in for pre-season. If you are regularly finding game play do not think this will substitute for the extra ball work/fitness tasks that we have laid out here. We still expect you to be completing those workouts on your own as well. Like we mentioned some of you are playing club or other sports and some are not. If you keep the mindset that it is up to you and you alone to get yourself ready for the season you will find great success. But you won't be alone, hopefully you will work with your current/future teammates to train; that mindset, though, will go a very long way for your success as a person and athlete. And I will have a group chat to communicate with and push you guys to make sure we are meeting our goals

You will be tested on 2 of these fitness tests within the 1st week of tryouts which starts on Nov 5. You are expected to be able to pass whichever 2 tests they may be and then be able to have a good, hardworking 1 hour ½ - 2 hour training session afterward. If your fitness is an issue coming into the season this will affect your chances of getting a spot on the team and getting game time.

The coaches and I are really looking forward to this season working with you guys. Our hope is not for you to be overwhelmed by the goals we have set here but to be excited about being part of a really good team. Don't look at this packet as some type of homework that you have to complete, but rather guidelines to help you get to be the best you can be by the time we meet for pre-season. Looking forward to it boys, let's get it rolling!