

Simley Girls Soccer Fall 2020

Core Values

full effort	open communication	positive attitude	respect	sportsmanship
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Program Objectives

- The Simley girls' soccer program strives to achieve the following for each participating student-athlete to
 - develop & maintain the highest level of sportsmanship
 - become a better overall athlete by improving each athlete's understanding, skills, & love of soccer in a positive, safe & fun environment
 - work each day to become a better athlete, person, & student than the day before
 - educate our student-athletes on life lessons through the game of soccer

What does the coaching staff look for in prospective players?

- We want players who
 - work hard in the off-season,
 - come into each season stronger & fit, &
 - exhibit good sportsmanship & character in all they do.

The off-season starts now!

- This is an important time for you to get mentally & physically prepared for the upcoming high school season. Playing on a summer soccer team is not required, but the coaches recommend getting out to get touches on the ball (juggling or passing with a buddy) a few times each week.
- A fitness calendar is available with some suggested activities for you to complete during the summer so you can come into the first day of preseason fit. Use this as a guide.
- Preseason is designed to add additional fitness to an already established fitness level. The high school soccer season is too short for us to spend a lot of time on building up fitness levels. If you build up your fitness level over the next four months, you will be ready for preseason which will also help reduce injuries.

Important Dates

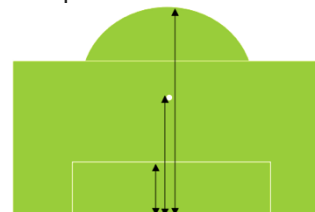
- Summer Soccer Camp: IMPORTANT CHANGE – there are 2 weeks offered for the high school camp. Players are welcome to attend one or both weeks of the camps & the fee is a one-time payment of \$80.
 - Week 1: Monday June 22 – Thursday June 25 from 10am – noon on the turf at Simley
 - Week 2: Monday July 13 – Thursday July 16 from 10am – noon on the turf at Simley
- Captains Practices August 3 – August 14 (Monday – Friday both weeks)
 - Specific time is to be determined, practices will be held at Simley on the turf or grass fields
- Preseason Player & Parent Meeting:
 - Date: Thursday August 13 (the player/parent meeting will start promptly at 6pm)
- Preseason Practices Begin Monday August 17th at 8am – please make sure you have the necessary forms turned in & you are signed up with the activity's office!
 - **BE ON TIME!!** 😊
- Scrimmages @ Hastings High School: Saturday August 22nd
 - This will be for 20-22 athletes selected by the coaching staff. Athletes will know by the end of the training session on Thursday August 20th if they have been selected to attend the scrimmages.
- Teams will be announced Monday August 24th prior to practice.
- First game for
 - Varsity & JV is Thursday 8/27 at HOME vs Trinity, time TBD.
 - C-squad is Friday 8/28 AWAY at Apple Valley (JV also has an away game this day)

Communication – NEW REMIND GROUP! Please join!

- Throughout the pre-season, season & post-season it is important to maintain communication with student-athletes & parents/guardians.
- The coaches will be using Remind (a free service that allows participants to receive information via text message or email) as our primary form of communication.
 - There are 2 ways to sign up:
 - send a text message to the number 81010 with @20simgsoc as the message
 - go to the website www.remind.com/join/20simgsoc
- Twitter Account: @Sim_G_Futbol
- Instagram Account: simleygirlsfutbol

Preseason: What you need to know

- Dates
 - Monday 08/17/2020 – Friday 08/21/2020
- Times are TBA, but plan for
 - two-a-days (morning & evening session) on Monday, Tuesday, Wednesday, & Thursday
 - only the morning session for Friday (8/16)
- Open to all incoming 8th through 12th grade girls.
- Fitness Tests – there will be three fitness tests completed during the 1st week of preseason.
 - **120s** – sprint all out for 120 yards (the length of the varsity field) in 22 seconds or less, jog back to the starting point in 38 seconds or less, rest for 30 seconds. Repeat 10 times. (after the 5th cycle, take 60 seconds rest)
 - The expectation is for players to complete all 10. It is not acceptable to sit out one & then run the next one. If you need to sit out one run you will be done. When you get tired you need to do your best, even if that means not making one on time. Players will be scored on how many they complete on time.
 - **Penalty Box Sprints** – start on the goal line, sprint out to the 6-yard box & back, sprint to the penalty spot & back, sprint to the top of the half-circle & back.
 - Continue that pattern for 60-seconds, rest for 60 seconds & then repeat for a total of 3 times. Rest for 2 minutes (this is one set).
 - You will complete 3 sets.
 - 40-yard dash
- Skills Based Tests
 - **Juggling** –
 - you will have 3 minutes to get 30 consecutive juggles. Ball has to start at on the ground at your feet & touches must be consecutive. You may only count the touches using your feet, but you will be allowed to use your thigh/chest/head to keep the ball in air.
 - **Ball Control / Touches** – Here's a video demonstrating the basic movements (tinyurl.com/urb7no4)
 - 3 cones will be set in a "V" formation, 5 yards apart from the point of the "V". Person being tested will start at the point while there is 1 distributor 5 yards out at the top of the "V".
 - The tester will sprint forward to the cone on the right, volley the ball back to the distributor using all of the right side of the body. They will then back pedal to the start & sprint toward the cone on the left performing the same volley using only the left side of the body.
 - The tester will continue sprint > backpedal> sprint from side to side until they have consecutively completed all of the volleys successfully on each side. The ball must return to the distributor's hands to count.
 - The order is: inside foot volley, laces foot volley, thigh to foot volley, chest to foot volley, & header
 - You will have 2 minutes to complete the test accurately & consecutively. You may start over as many times as needed within the 2 minutes.



Questions / Comments / Concerns

- Please contact Nora if there are any questions (AustinN@isd199.org)

Summer Workout Program – 2020

- Saturdays & Sundays should be Active Rest – activities that help the body recover, but also helps get the heart rate going. Examples of active rest activities include playing another sport other than soccer, rollerblading, going for a walk, swimming, biking, yoga, etc.
- During the longer runs, you should be going at a pace slightly quicker than a jog. As summer progresses, you should be able to go further distances (run at a quicker pace) during the time.
- Use this as a guide. In week 2 I suggest running the two fitness tests so you have an idea on what to expect. As you progress through the summer the goal is to be able to complete all 10 of the 120 runs and the 3 sets of the Penalty Box Sprints.

Week	Mon	Tues	Wed	Thu	Fri
1) 6/8	Active Rest Week – Complete three runs of 20-25 minutes each before Saturday & complete three sets of the P/A* workout on 2 different days				
2) 6/15	120s test	Stretch or Yoga	Penalty Box (PB) Sprints	Stretch or Yoga	Active Rest
3) 6/22	(soccer camp) 120s x3 P/A x3	(soccer camp) 20 min run P/A x2	(soccer camp) PB Sprints, P/A x4	(soccer camp) 20 min run P/A x2	25 min run P/A x3
4) 6/29	120s x3 P/A x3	25 min run P/A x2	PB Sprints, P/A x4	25 min run P/A x2	30 min run P/A x3
5) 7/6	120s x4 P/A x3	30 min run P/A x2	PB Sprints, P/A x4	30 min run P/A x2	35 min run P/A x3
6) 7/13	(soccer camp) 120s x5 P/A x3	(soccer camp) 30 min run P/A x2	(soccer camp) PB Sprints, P/A x4	(soccer camp) 30 min run P/A x2	Active Rest
7) 7/20	120s x6 P/A x3	25 min run P/A x2	PB Sprints, P/A x4	30 min run P/A x2	Active Rest
8) 7/27	120s x7 P/A x3	25 min run leg circuit** x1 P/A x2	PB Sprints, P/A x4	20 min run P/A x 2	15 min run leg circuit x2
9) 8/3	120s x8 P/A x3	25 min run leg circuit x1 P/A x2	PB Sprints, P/A x4	35 min run	15 min run leg circuit x1
10) 8/10	120s x9 P/A x3	25 min run leg circuit x1 P/A x2	PB Sprints, P/A x4	Active Rest	Active Rest
11) 8/17	1 st day of preseason 120s	2 nd day of preseason juggling test	3 rd day of preseason Penalty Box Sprints	4 th day of preseason ball control/touches	5 th day of preseason cooper test

Remember to get touches on the ball! Juggling is a good way, pass with a friend or against a wall.

*P/A = pushups & abdominal workouts. For weeks 1, 3 & 4, athletes will complete Phase I. Phase II will be completed during weeks 5-7, & Phase III will be completed during weeks 8-10.

Phase I (weeks 1, 3, 4)	Phase II (weeks 5-7)	Phase III (weeks 8-10)
push-ups (15)	push-ups (18)	push ups (20)
v-ups (12)	side planks (35 seconds on each side)	single leg hip bridge (15 each leg)
Russian twist (40 total)	army crawlers (40 total)	front plank (85 seconds)
front plank (65 seconds)	bird dog ab (20 total)	toe touch crunch (20)
	straight leg raises (10)	

P/A – Video examples of some of ab exercises. If you are unsure of how to do any of them, please let one of the coaches or captains know! If you are unable to do a push-up, do a modified push up (with your knees on the ground). The videos below shows how to do both versions of push-ups.

v-ups:
tinyurl.com/NULM8QN

army crawlers:
tinyurl.com/YBN8WBEW

single leg hip bridge:
tinyurl.com/Y75YBAV2

Russian twist:
tinyurl.com/YATP2HWG

bird dog abs:
tinyurl.com/Y9YEK9PL

toe touch crunch:
tinyurl.com/YB8RSRP5

front plank:
tinyurl.com/YBTZGPAZ

push-ups:
tinyurl.com/LVBVF76

push-ups:
tinyurl.com/YCTWAYWF

Leg Circuit Video Examples:

<p>** One set of the leg circuit includes:</p> <ul style="list-style-type: none"> • 20 free squats • 20 alternating lunges • 10 squat jumps • 10 right leg step-ups • 10 left leg step-ups 	<p>20 free squats: tinyurl.com/YCVRCKTW</p>	<p>10 squat jumps: tinyurl.com/Z2S8OQP</p>
	<p>20 alternating lunges: tinyurl.com/YD7MGC9K</p>	<p>10 right / left leg step-ups: tinyurl.com/JC89FS2</p>

*Make sure you are staying hydrated during the workouts. If you feel dizzy or lightheaded, **STOP** the activity. Make sure you are warming up properly & stretching before & after your workout.*