

Training Philosophy

L-S Boys Soccer Summer Training Program

This program is designed to motivate all L-S Soccer players to improve upon all qualities of fitness and sport performance during the Summer of 2011. **Strength, Flexibility, Cardiovascular Endurance, Speed, Power, Coordination, Agility, and Balance** are the foundation of any high performing athlete. In order to gain these qualities to improve performance, an athlete must take time to breakdown, and isolate each quality in the off-season and during the regular season. This program will outline and highlight very specific movements and training principles that will support the growth and improvement of these qualities which will transfer to the athletes performance in the Fall of 2011. Our ultimate goal is to prepare every player so they can perform at their highest potential with less risk of musculoskeletal injury and keep them healthy for a lifetime of soccer.

L-S Warrior Performance Principles

1. Sport-Specific Training

The purest form of training for any activity is the activity itself. To be effective, a training program must reproduce the functional movements and metabolic demands of the sport being trained for. Sport-specific training challenges athletes' to perform specific movements and patterns safely, efficiently and subconsciously; develops the appropriate energy systems; and promotes muscular adaptations that lead to superior sport performance.

2. Multiple Joint Movements

No single body part works in isolation during sport. The body works synergistically (with muscles, joints and proprioceptors all working in an integrated fashion) to produce complex movements. Running, jumping, skating, tackling and throwing all require multiple joint actions timed in the proper neuromuscular recruitment pattern. Therefore, integrated movements should be trained, not individual muscles, if the goal is to maximize function and performance.

3. Multiple Plane Movements

Movement in sport occurs in three planes: linear (forward-backward), transverse (up-down) and sagittal (side-to-side). Training should incorporate exercises and movement patterns that develop efficiency in each plane. Only free weights allow movement in these three planes simultaneously. Machines isolate muscles and work single joints in single planes of movement. Movement training should emphasize agility, in addition to straight-ahead speed, since this is the factor that has the greatest impact on sport performance.

4. Ground-Based Movements

Most sport skills are initiated by applying force with the feet against the ground. The more force an athlete can apply against the ground, the faster they will run, the higher they will jump and the more effective they will be in sport. Thus, lifting exercises and conditioning drills should be chosen which enhance this ability. The squat and the Olympic movements (hang clean, hang snatch, push jerk) are recognized as the best movements for increasing force output. Plyometrics and sport-specific agility drills are also important.

5. Explosive Training

The ability to generate force rapidly is crucial in sport. Power production is the result of motor unit recruitment. There are two types of motor units- fast twitch and slow twitch- that vary greatly in their ability to generate force. Training explosively, using ground-based, multiple joint movements allow more fast twitch motor units to be recruited and in return improves performance potential.

6. Periodization

Performance gains will eventually plateau and even diminish if the same training prescription is continually followed. Periodization is a scientifically proven model, which uses different combinations of volume and intensity to progressively overload the body and bring about specific adaptations. A program generally begins with a base phase, progresses to a developmental (or strength) phase and ends with a peak (or power) phase.

7. Nutrition and Recovery

No training program can be successful without a commitment to good nutrition and rest. Usually a decrease in performance can be traced to a poor diet and/or a lack of sleep. Before, during and after exercise athletes must understand what needs to be done nutritionally. Getting enough sleep must also be a priority. The body cannot recover between workouts and overtraining becomes a concern when sleep is compromised.

8. Character

To be the best athlete you can be requires more than raw talent, a sound training program and good nutrition. A foundation that includes resolve, discipline, courage, perseverance and selflessness is essential for true success. These attributes must be emphasized, developed and rewarded during training.

L-S Boys Soccer Summer Training Program

Training Schedule

Week 1 Prep Phase- Monday June 27- Sunday July 3

Day 1 Monday: Functional Mobility/Strength Training/Endurance Run
Day 2 Wednesday: Functional Mobility/Body Plyometrics/Speed Intervals
Day 3 Friday: Functional Mobility/Strength Training/Endurance Run
Day 4 Sunday: Functional Mobility/Agility/Bounding

Week 2 Prep Phase- Monday July 4- Sunday July 10

Day 1 Tuesday: Functional Mobility/Body Plyometrics/Speed Intervals
Day 2 Thursday: Functional Mobility/Strength Training/Endurance Run
Day 3 Saturday: Functional Mobility/Agility/Bounding

Week 3 Strength Phase- Monday July 11- Sunday July 17

Day 1 Monday: Functional Mobility/Controlled Fatigue Strength Training
Day 2 Wednesday: Functional Mobility/Box Jumps/Endurance Run
Day 3 Friday: Functional Mobility/Controlled Fatigue Strength Training
Day 4 Sunday: Functional Mobility/Agility/Speed Intervals

Week 4 Strength Phase- Monday July 18- Sunday July 24

Day 1 Tuesday: Functional Mobility/Box Jumps/Endurance Run
Day 2 Thursday: Functional Mobility/Controlled Fatigue Training
Day 3 Saturday: Functional Mobility/Agility/Speed Intervals

Week 5 Strength Phase- Monday July 25-Sunday July 31

Day 1 Monday: Functional Mobility/Controlled Fatigue Strength Training
Day 2 Wednesday: Functional Mobility/Box Jumps/Endurance Run
Day 3 Friday: Functional Mobility/Controlled Fatigue Strength Training
Day 4 Sunday: Functional Mobility/Agility/Speed Intervals

Week 6 Power Phase- Monday August 1- Sunday August 7

Day 1 Tuesday: 5 Dot Drill/ Power Training/ Dynamic Stretching
Day 2 Thursday: Functional Mobility/Agility/Speed Intervals
Day 3 Saturday: 5 Dot Drill/ Power Training/ Dynamic Stretching

Week 7 Power Phase- Monday August 8- Sunday August 14

Day 1 Monday: 5 Dot Drill/ Power Training/ Dynamic Flexibility
Day 2 Wednesday: Functional Mobility/Agility/Speed Intervals
Day 3 Friday: 5 Dot Drill/ Power Training/ Dynamic Flexibility
Day 4 Sunday: Functional Mobility/Endurance Run

Week 8 Recovery Phase- Monday August 15 - Sunday August 21

Day 1 Tuesday: Functional Mobility/Endurance Run/Dynamic Flexibility
Day 2 Thursday: Functional Mobility/Speed Endurance/Dynamic Flexibility
Day 3 Saturday: Functional Mobility/Endurance Run/Dynamic Flexibility

Week 9 Recovery Phase- Monday August 22 - Wednesday August 24

Day 1 Monday: Functional Mobility/Speed Endurance/Dynamic Flexibility
Day 2 Wednesday: Functional Mobility/Endurance Run/Dynamic Flexibility

Thursday August 25th First Day of Tryouts !!!