

South High Women's Soccer

2018 Weight Lifting/Fitness Program



Off season:

"The principle is competing against your-self. It's about self-improvement, about being better than you were the day before." – Steve Young

As we gear up for the 2018 Fall Soccer season, we must work to maximize your athletic ability in the off season so you are already fully fit and ready to play throughout the season. This lifting program will focus on strengthening important muscle groups for playing soccer as well as building in preventative exercise to our daily routines to minimize risks of injuries.

Keys to a successful 2018 soccer season means each and everyone one of you has to put in hard work and commitment in the off season. As individuals and as a program you have to push and challenge each other in a competitively healthy manner.

If you have any questions about any aspect of the off season training program please do not hesitate to ask your coaches.

Now it the time to build, to continue our momentum and pride in this program!

Expectations:

- Lifting program is mandatory for all returning varsity players and high school freshman Girls should try and attend 2 sessions a week (morning or afternoon sessions available). Attendance will be taken during session to ensure participation
- Cardio will happen once a week and will be led by captains
- Any girls playing a winter high school sport are exempt from lifting and cardio until their sport has ended

Strength, speed, agility and cardio measurements will be taken and tested during tryouts:

Max Bench Press (max weight, 5 reps)	Max Dips (90 degrees)	Pro Agility (Dot Drill Timed)	Max Squats (max weight, 5 reps)	Core (Crunches in 2 minutes)	Cardio (mile run, 120's)

2018 MARCH

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

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3/1 – Lifting Program Meeting

3/6 – Lifting starts (7:10 AM)

3/8 – Lifting AM Session

*Christina and Brandon will be leading the AM sessions – use them and their knowledge as a resource!

2018 MARCH

2018 APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

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2018 MAY

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

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5/18 – Lifting Program Ends for School Year

2018 JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

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6/18 – Lifting Program Starts for Summer

South High Women's Soccer
Strength Training
2018 Weight Lifting/Fitness Program
(Individual & Group Training)

2018 JULY						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

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7/30 – 7/6 – Off season Training with coaches

7/20 – Lifting Program Ends for Summer

Strength Training

Per session: (3 legs, 3 arms, 1 cardio, 4 injury prevention)

Legs	Set 1	Set 2	Set 3	Set 4
Squats	10 reps	10	10	10
Scissor Lunges	5	5	5	
Dead Lifts	10	10	10	10
Calf Raises	20	20	20	
Chest/Arms				
Bench Press	8	8	8	8
Dips	8	8	8	8
Bicep Curls	10	10	10	
Arm Extensions	10	10	10	
Back				
Extensions	10	10	10	
Core				
Crunches	1 min or 100	1 min or 100	1 min or 100	
Plank	1 min			
Flutter Kicks	1 min			
Side touches	1 min			
Agility				
Ladders				
Dot Drill	Timed	Timed		
Cone Drill	1 min	1 min		
Cardio 30 – 45 min	Running Intervals Jump Rope Biking	30 – 45 min		
Injury Prevention	Box Jumps Ball Balance Dead Bugs Airplanes Crab walk Nordic Hamstring		Ball Balance to add dips Airplanes with weight Crab walk with bands	