



**SUMMER WORKOUT AND  
CONDITIONING BOOK**

## INDIVIDUAL TRAINING BALL WORKOUTS

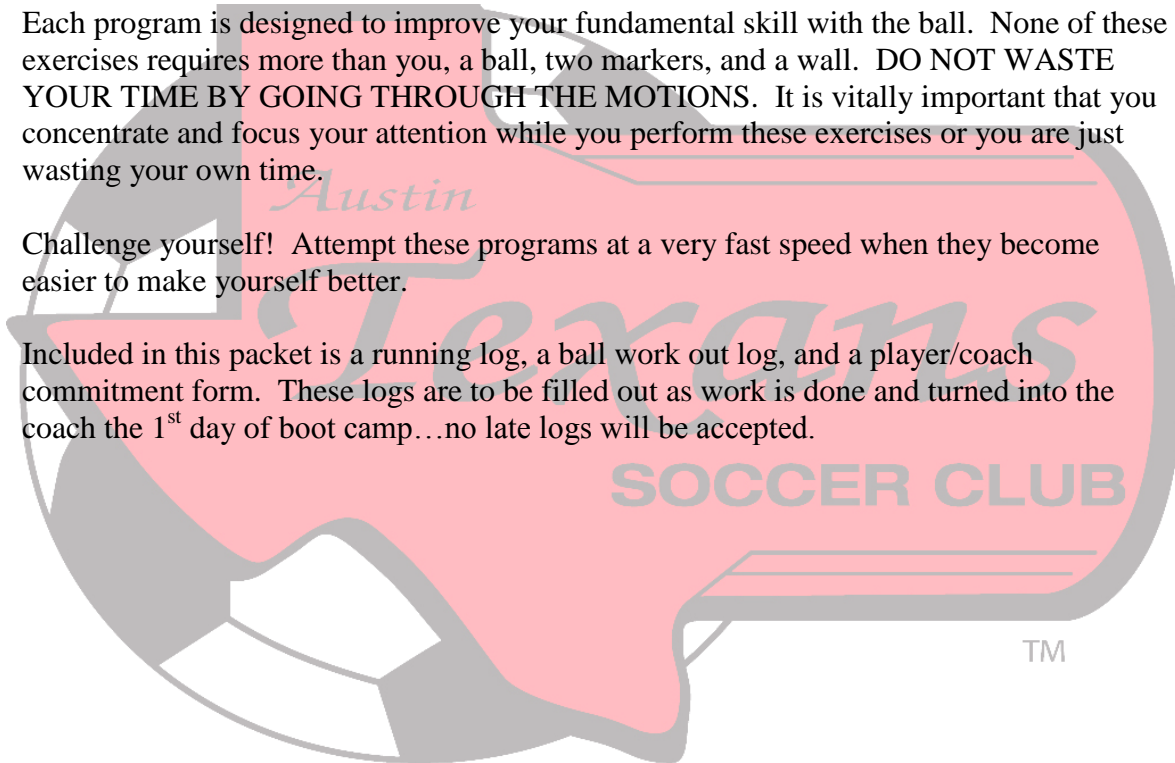
This book contains 6 different ball exercises that vary in length from 6 minutes to 9 minutes. These programs are designed to supplement your team's training schedule. In order to ensure you are incorporating these workouts into your training regimen, your coaches will administer various tests that highlight these particular skill sets.

After the warm-up listed in the book, pick any 2 ball workouts and complete them both at least 2 times a week on days your team does not have a training session.

Each program is designed to improve your fundamental skill with the ball. None of these exercises requires more than you, a ball, two markers, and a wall. **DO NOT WASTE YOUR TIME BY GOING THROUGH THE MOTIONS.** It is vitally important that you concentrate and focus your attention while you perform these exercises or you are just wasting your own time.

Challenge yourself! Attempt these programs at a very fast speed when they become easier to make yourself better.

Included in this packet is a running log, a ball work out log, and a player/coach commitment form. These logs are to be filled out as work is done and turned into the coach the 1<sup>st</sup> day of boot camp...no late logs will be accepted.





## PROGRAM 2

### BALL CONTROL

- 1 minute Juggle using only your feet. Use any surface of your foot. Use both feet.
- 1 minute Pick up the ball with your foot (alternate feet), pop it up into the air (a bit over your head), control with the **INSIDE** of your foot (alternate feet), dribble the ball with either foot as fast as you can (at least 5 touches), stop and repeat.
- 1 minute Juggle the ball with your feet only, laces only, **NO** backspin on the ball.
- 1 minute Pick up the ball with your foot (alternate feet), pop it up into the air (a bit over your head), control with the **OUTSIDE** of your foot (alternate feet), dribble the ball with either foot as fast as you can (at least 5 touches), stop and repeat.
- 1 minute Juggle with your feet and thighs, create a pattern and repeat. (example: pick up the ball with either foot, juggle with your right foot, left foot, right thigh, left thigh, etc.)
- 1 minute Juggle with your feet, thighs, shoulders, and head, create a pattern and repeat (example: pick up the ball with either foot, juggle with your right foot, right thigh, right shoulder, head, left shoulder, left thigh, left foot, etc.)
- 1 minute Juggle with all surfaces. Walk as you juggle.

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## PROGRAM 3

### 1 v 1

For all these activities work on picking your head up frequently to see what's going on around you. For activities 3, 4, 5, 6, 7, 8, and 9. You should aim to get 6 quality repetitions in. Do the move at speed, (attacking a cone or passive defender if possible), accelerate at your highest speed after doing the move for at least 4 touches. What you do after you beat someone is vital to your success as a 1 v 1 artist. Alternate which foot you accelerate with.

- 1 minute *Dribbling* – Touch the ball every time your foot comes down (alternate feet). Try to touch the ball with as many different surfaces of your feet as possible: Sole, laces, inside, outside, heel, etc. Keep the ball moving. Pick up speed as you go. The last 15 seconds you should go as fast as possible.
- 1 minute *Push Ball out with Laces* – Pull ball back with the sole of your foot. Make sure you keep your ankle locked as you push the ball out. Hop a bit each time you push the ball out. 30 seconds with the right foot, and 30 seconds with the left foot.
- 1 minute *L Cut* – Dribble, cut the ball towards your body with your laces and push the ball forward with the inside of the opposite foot. (Both touches should be quick.) Accelerate (Make an “L” shape with the ball)
- 1 minute *Double Touch* – Push the ball with the inside of your foot, push it with the outside of your foot without putting your foot down in between. Stop the ball after each repetition. It helps if you hop a bit on your non-kicking foot in the direction you are playing the ball as you push the ball to the inside.
- 1 minute Feinting without touching the ball. Let the ball stand still. You can shoulder fake, hip swivel, fake kick, step-over, or anything else you can think of that would fake out a defender without actually touching the ball. Be creative and make sure to keep moving your feet behind the ball at the very least.
- 1 minute Dribble, feint anyway you want without touching the ball, accelerate. Make sure you alternate which foot you accelerate with. When you accelerate, accelerate for at least 4 touches.
- 1 minute Feinting without touching the ball and NO step-overs. You may only fake behind and to the side of the ball. Shoulder fakes, hip swivels, quick feet movement, other body fakes.
- 1 minute Dribble, feint with NO step-overs, accelerate. Make sure you alternate which foot you accelerate with. When you accelerate, accelerate for at least 4 touches.

## PROGRAM 4

### TURNING

- 1 minute      From a distance of 15 to 20 yards knock the ball against the wall. Move towards it to receive it with the **INSIDE** of your foot, turn with the ball and dribble at speed away from the wall with the ball under the control. Strive to turn the ball with one touch. Repeat alternating feet.
- 1 minute      From a distance of 15 to 20 yards knock the ball against the wall. Move towards it to receive it with the **OUTSIDE** of your foot, turn with the ball and dribble at speed away from the wall with the ball under the control. Strive to turn the ball with one touch. Repeat alternating feet.
- 1 minute      From a distance of 15 to 20 yards knock the ball against the wall. Move towards it to receive it with the **OUTSIDE** of your foot, turn with the ball and pass to another target 10 yards away (Can be a person, wall, bag, jag, etc., Don't count the time you jog to get the ball towards your minute) Strive to turn the ball with one touch. Repeat alternating feet.
- 1 minute      From a distance of 15 to 20 yards knock the ball against the wall. Move towards it to receive it with the **INSIDE** of your foot, turn with the ball and pass to another target 10 yards away (Can be a person, wall, bag, jag, etc., Don't count the time you jog to get the ball towards your minute) Strive to turn the ball with one touch. Repeat alternating feet.
- 1 minute      From a distance of 15 to 20 yards knock the ball against the wall. Move towards it and receive it across your body (open up your body side on and let the ball roll from the side closest to the wall to the side farther away from the wall), Once you have gotten yourself turned and faced up away from the wall, dribble at least 4 touches as fast as you can. Pull the ball back behind your leg with a Kruyff, step over, or another method. Dribble back towards the wall until you get 15-20 yards away and repeat. Strive to turn the ball with one touch. Repeat alternating feet.
- 1 minute      From a distance of 15 to 20 yards knock the ball against the wall. Move towards it and receive it across your body (open up your body side on and let the ball roll from the side closest to the wall to the side farther away from the wall), Once you have gotten yourself turned and faced up away from the wall, dribble at least 4 touches as fast as you can towards an imaginary defender. Perform a move (scissors, body feint, Matthews etc.) and accelerate past the defender and pass to a target 10-15 yards away. Can be a person, wall, bag, jag, etc. (Don't count the time you jog to get the ball towards your minute)

## PROGRAM 5

### MORE BALL CONTROL

- 1 minute Pick the ball up with your foot (alternate feet). Juggle below your knee alternating feet. Don't use the same foot 2 times in a row. (right, left, right, left, right, etc.)
- 1 minute Pick the ball up with your foot (alternate feet). Knock the ball slightly above your head, juggle using only your head. (Juggle 10 times, start over with the other foot)
- 1 minute Pick the ball up with your foot (alternate feet). Juggle the ball above your knees, but below your chin. Go three with the right foot, two with the left. Then go 1 with the right, then begin three with the left, two with the right.
- 1 minute Pick the ball up with your foot (alternate feet). Juggle the ball with the right foot, then the right thigh, right foot, right thigh, etc. Do 5 repetitions, start over and do the same pattern with the left foot.
- 1 minute Pick the ball up with your foot (alternate feet). Juggle the ball above your head with your feet only. Alternate feet every juggle.
- 1 minute Pick the ball up with your foot (alternate feet). Juggle below your knee with the right foot, then above the knee with your right foot for 5 repetitions. Start again and use the left foot for 5 repetitions.

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## PROGRAM 6 STRIKING THE BALL

*Alternate feet for all these exercises!*

- 2 minutes      Get 5-7 yards from the wall and strike the ball first time at the wall making sure your ankle is locked (curl your toes down toward the sole of your foot to experience a locked ankle), you strike the ball with the large hard bone that runs up from your big toe, keep you knee over the ball, center of your foot is striking the center of the ball, and that all the power is derived from extending your hip back, pulling it through, and making a quick snapping motion of the lower leg. Keep your toe pointed towards the ground through out the action (don't relax your ankle and pick your toes up towards your knee cap).
- 2 minutes      Back off the wall 20 yards and strike the ball at the wall. Strike the ball **AS HARD AS YOU CAN** regardless of the bounce off the wall, height of the ball flight, speed, etc. that the ball comes back to you after striking it at the wall. Pick a spot on the wall to shoot at each time and keep the ball low. (Don't count the time it takes to go chase the ball after it comes off the wall away from you.)
- 2 minutes      Trapping and shooting from 20 yards away. Strike the ball with power and as it comes off the wall, trap it cleanly at an angle away from your body, and quickly fire another shot at the wall. The point of the drill is to develop a sound trap and quick hard shot. If it is bouncing back at you, clean up the touch with as few touches possible before you strike it again. (Don't count the time it takes to go chase the ball after it comes off the wall away from you.)
- 2 minutes      Get 20-25 yards from a wall or 20-25 yards away from another person. Strike a lofted ball against the wall, or to your partner as it comes back to you to trap it cleanly and quickly fire another shot at the wall. The point of the drill is to develop a sound trap and quick hard shot.

# BALL WORKOUT

This workout is designed to help you get 1500 touches on the ball in 30 minutes.

You will be alternating between 100 repetitions of a certain type of passing and 200 repetitions of various types of juggling.

100 passes inside of the foot passing 1 touch against the wall from 4-5 yards away.  
(alternate feet every pass)

200 juggles below the knee, alternate 10 right, 10 left, 10 right, 10 left, etc.

100 2 touch passes, control with inside of 1 foot across your body, pass with the other.  
10 receive with the right/pass with the left, 10 receive with the left/pass with the right,  
repeat.

200 juggles with the laces alternate feet above the knee, below the chin with your feet  
only.

100 1 touch passes with laces about 6-7 yards away from a wall. 50 right/50 left

100 juggles in pattern. Foot, foot, thigh, thigh, foot, foot, thigh, thigh, etc.

100 juggles with your feet anyway you want (no thighs)

100 2 touch passes, control with 1 foot, pass with the laces on the other foot. 10 receive  
right/pass left, 10 receive left/pass right/ repeat.

100 juggles (below the knee), alternate 10 right, 10 left for 100

100 juggles above your head (can't use your head). 50 right/50 left

100 1 touch passes inside of the foot from about 2-3 yards away from a wall. Alternate  
feet

200 juggles anyway (no thighs), work on keeping the ball in the air as long as possible.

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# DYNAMIC WARM UP

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## WARM-UP (5 MINUTES)

Start with basic, active movements such as jogging, jump rope or light sport skills. Perform for 5 minutes

## HEEL WALKS ( 20 YARDS)

Walk on heels with toes pointing up for 20 yards

## TOE WALKS (20 YARDS)

Walk on toes for 20 yards

## ANKLE FLIPS (20 YARDS)

Keeping your knees stiff, move forward by bouncing on your toes for 20 yards

## STANDING LEG SWINGS FORWARD ( R&L X 12 EACH)

Stand next to a wall and stabilize yourself. Swing one leg forward through a full range of motion  
Perform 12 repetitions and repeat with opposite leg

## SUPINE LEG SWINGS (R&L X 8 EACH)

Lie on your back and swing your right leg over your body & towards your left shoulder  
keep your foot close to the ground while swinging  
Alternate right and left legs.  
Perform 8 repetitions on each leg

## PRONE LEG SWINGS (R&L X 8 EACH)

Lie on your stomach and swing your right leg over your body & towards your left shoulder  
keep your foot close to the ground while swinging  
Keep shoulders on the ground throughout the entire movement  
Alternate right and left legs  
Perform 8 repetitions on each leg

## LUNGE & TWIST (R&L X 8 EACH)

Take one step forward (lunge), keeping chest up and hips down.  
The front knee should not pass over the toe of the front foot  
While holding this lunge position rotate the trunk in the same direction as the leg you just lunged out with  
Rotate as far as you can and hold for two seconds  
Alternate right and left legs. Complete 8 on each leg

## RUSSIAN MARCH (20 YARDS)

Using a marching action and keeping swing leg straight, swing right leg up to above shoulder height  
Alternate right and left legs  
March for 20 yards

## LATERAL LUNGE (R&L X 8 EACH)

Take a big step laterally with right leg and get in a deep squat stance  
Bring left leg in and repeat  
Perform 8 repetitions on each leg

## HIGH KNEE RUNS ( 2 x 20 YARDS)

Drive knees high and forcefully  
When you lift one leg, the other should be fully extended  
Bend forward slightly at the waist; while keeping the back straight  
Drive elbows vigorously  
take short, quick steps  
perform for 20 yards

## BUTT KICKS ( 2 x 20 YARDS)

Alternately swing heel of each foot up to buttocks  
Swinging motion is produced at the knee joint  
Maintain good forward lean  
Stay on toes while performing the drill  
Arms should hang relaxed at the sides  
perform for 20 yards

## CARIOCA (R&L 2 x 20 YARDS)

Get into a ready stance with knees flexed and shoulders facing squarely forward  
Move laterally to your left, crossing the right foot over in front of the left  
and then bring the right foot behind on the next step  
Keep shoulders square and get good hip rotation  
Perform to right and left for 20 yards each

# Coerver Moves

**Matthews** - inside foot drag, outside foot push away

**Beckenbaver** - side of foot stop, turn 180 opposite direction, carry away with outside of second foot.

**Scissors**, (Van Basten, Stepover) - stepover ball from inside to outside, then take ball away with inside of other foot.

**Revelino** - stop-over from outside to inside, take ball away with outside of same foot.

**V-move** - pull ball back with sole of foot and push it away with inside of foot (making a V).

**Double Scissors** - two scissors moves in succession with alternating feet.

**Double Touch** - inside of foot touch across body to other foot to inside of second foot past defender.

**Cryuff** - fake kick, pull back behind planted leg with inside of kicking foot.

## Monday/Thursday Conditioning Schedule

### Monday:

#### Warm-up:

1. Jog **slowly** for approximately 5 minutes.
2. Stretch quads, hamstrings, and calves
3. Dribble fast with your small Brazilian ball for 3 minutes.
4. Stretch groin, back, and whatever else you need.

#### Main Activity:

1. Run 1 mile against the clock, try to better your time every time, and keep track in a journal.
2. 4 sets of 25 crunches. Total of 100!
3. 2 sets of 15 regular push-ups. Total of 30!
4. 2 sets of 15 push hands off the ground push-ups. Total of 30!
5. 4 sets of 25 foot raises. 6 inches to 1 foot off the ground. Total of 100!
6. 4 sets of 25 lunges! Total of 100!
7. Run 1 additional mile against the clock, try to beat your time from your last 2<sup>nd</sup> mile time.

#### Cool Down:

1. Jog **slowly** 2-3 minutes.
2. Stretch full counts of all the stretches in your warm up.
3. Walk and test your legs...if anything is sore, stretch again and ice at home.

### Thursday:

#### Warm-up:

1. Same as Monday.

#### Main Activity:

*\*note: Must use a track or a soccer field for these exercises!!!*

1. **Sprint** 20 yards 8 times with 30 seconds rest in-between.
2. **Sprint** 50 yards 6 times with 45 seconds rest in-between.
3. **Sprint** 100 yards 4 times with a 1 minute rest in-between.
4. 4 sets of 25 crunches. Total of 100!
5. 2 sets of 15 regular push-ups. Total of 30!
6. 2 sets of 15 push hands off the ground push-ups. Total of 30!
7. 4 sets of 25 foot raises. 6 inches to 1 foot off the ground. Total of 100!
8. 4 sets of 25 lunges! Total of 100!
7. Run 1 mile against the clock. Try to beat Monday's second mile time.

#### Cool-Down:

1. Same as Monday.

In addition, each player must complete at least 6 miles of distance running per week. There is a log included for keeping track of the miles. Include the time for each run. Minimum of 2 miles run each time.







# Fluid Guidelines For Young Athletes

By Suzanne Nelson, Sc.D., RD

Surprising, as it may seem, the most important part of an athlete's diet isn't what they eat, it is what and how much they drink. Hydration before, during and after exercise is especially important for preadolescent children because they have special fluid needs compared to adults, or even teenagers. As a parent or coach, you are responsible for taking precautions to prevent heat illnesses in exercising children and making sure they drink enough fluids.

One of the most important functions of water is to cool the body. As a child exercises, his muscles generate heat, raising his body temperature. When the body gets hot, it sweats. The evaporating sweat cools the body. If the child does not replace the water lost through sweating by drinking more fluids, the body's water balance will be upset and the body may overheat.

To keep from becoming dehydrated, your child must drink fluids before, during and after exercise. To promote fluid intake in kids, fluids containing salt (i.e. sports drinks) have been shown to increase voluntary drinking by 90% and prevent dehydration compared to drinking plain water. To ensure that your child is drinking enough, you should see that she drinks fluids according to the following schedule:

## Ages 6 to 12:

### Before Sports

Drinking fluids prior to exercise appears to reduce or delay the detrimental effects of dehydration.

- 1 to 2 hours before sports: 4 to 8 ounces of cold water
- 10 to 15 minutes before sports: 4 to 8 ounces of cold water

### During Sports

- Every 20 minutes: 5 to 9 ounces of a sports drink, depending on weight (5 for a child weighing 88 pounds, 9 ounces for a child weighing 132 pounds)

### After Sports

- Post-exercise hydration should aim to correct any fluid lost during the practice.
- Within two hours: at least 24 ounces of a sports drink for every pound of weight lost

# Ages 13 to 18:

## Before Sports

Drinking fluids prior to exercise appears to reduce or delay the detrimental effects of dehydration.

- 1 to 2 hours before sports: 8 to 16 ounces of cold water
- 10 to 15 minutes before sports: 8 to 12 ounces of cold water

## During Sports

- Every 20 minutes: Between 5 and 10 ounces of a sports drink, depending on weight

## After Sports

Post-exercise hydration should aim to correct any fluid lost during the practice.

- Within two hours: at least 24 ounces of a sports drink for every pound of weight lost

# **PLAYER'S COMMITMENT FORM**

I \_\_\_\_\_, have read and understand the items that are expected of me as a student, as a player, as a young lady, and as a representative of The Austin Texan's organization.

I will embrace the expectations laid out in this document, as well as any additional task my coaches ask me that they believe will help our team achieve its goals. I understand the opportunities associated with each expectation, and I will not make excuses to explain the reasons I did not meet the necessary expectations. I will take pride in my accomplishments, and learn from my mistakes. I will do all of the communications with my coaches, and not rely on my parents to speak for me.

I will give maximum effort in school, in training, in games, and in every activity my coaches ask me to participate in, and I will make a consistent effort to work with the ball at home.

I will take pride in wearing The Texans Crest, and always show good sportsmanship, class, and pride when representing the club.

By signing this paper, I adhere to the expectations and ramifications explained within this document.

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Player

Date

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Coach

Date