

Calvary Christian Spartans

Offseason Program



“Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever. Therefore I do not run like a man running aimlessly; I do not fight like a man beating the air. No, I beat my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.”

-- 1 Corinthians 9:25-27

PURPOSE

DISCIPLINE

INTENSITY

COMMUNITY



Members of Calvary Christian Soccer:

This year we want you to do EVERYTHING in the packet. If you do, you will return quicker, faster, stronger, fitter and more skillful for the fall. Be committed to this.

Being a part of a successful team requires commitment and dedication year round, not just the months while we are in season. The off season is when teams separate themselves and players experience the most growth.

The three critical qualities to reach your potential are:

Self Discipline

Competitive Fire

Self Belief

In my experience the players that put the most work in have the best seasons. For those of you with self-discipline challenges, find a solution. Have people close to you help keep you accountable. Find ways to stay active in the off-season. Go above and beyond what is required of you in all areas of your life.

Fitness Expectations

- Mile Test: It is expected that you will be fit when we begin pre-season in the beginning of August. The first thing you will do is run a timed mile. The expectation for the boys will be 5:30 and the expectation for the girls will be 7:00

Other Details

- Players need to be in touch over the off-season. We have a unique challenge of having members that attend CCS and others that are home schooled. You need to find ways to stay in touch. Try to create opportunities to hang out and do stuff together. You are able to share in the joy of the work of the workouts together. This is part of our identity as a team.
- Commit to the core values of Calvary Christian Soccer
 - **PURPOSE** We play, train and work hard because of the gifts God has given us.
 - **DISCIPLINE** Commit to workouts and training
 - **INTENSITY** We give everything we have in order to give God the glory.
 - **COMMUNITY** The commitment to every player on this team. It is key to our success and can be developed even when you are not together – call, text, email, pray
- Progress in your Walk
 - Live daily for Christ
 - Pray without ceasing
 - Stay in the Word constantly

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OFFSEASON WORKOUT

“The more effort you put forth – the harder it is to surrender”

Week 1

1 Mile Road Run	Push yourself during this run. If you are comfortable then you are not training or doing your body any good. This is not a just a jog. Make sure you finish strong – last ¼ mile should be your best and strongest.
Ball Work	Ball Striking
Sprints/ Ball Work	Week 1 sprints (see attached), Juggling/MBD (see attached)

Week 2

15 Minute Fartlek Run	3:1 Ratio. This is a road run. Run easy 3 minutes, then 1 minute very hard... 3 easy/1 hard... repeat for 24 minutes.
Sprint Workout/Ball Work	Week 2 – 6-120s’/Juggling/Ball Striking (see attached)
2 Mile Run	The goal is to be under 20 minutes. Push yourself. Finish Strong.

Week 3

¾ mile or 1200 Time Trial	This is a track workout/ball set can be done on track or grass. Run a 1200(3 laps on track) as hard as you can and record time _____ MCD/MBD (see attached)
2.5 mile run	Record your time _____. Go as fast as you can.
Ball Work	Juggling, MCD

Week 4

Week 2 Sprint Workout	
Ball Work	Ball Striking, Juggling
3 mile run	Record your time _____

Week 5

Track Workout	2x600 (each in 2:30; slow 400 jog to rest) 2x400 (each in 2:30; slow 400 jog to rest) 2x200 (both all out; slow 200 jog to rest)
Ball Work	Juggling, MBD, MCD
3.5 mile Run	Record your time _____

Week 6

Sprint/Ball Work	Week 3 sprints (see attached), Juggling/MCD (see attached)
3.5 Road Run	Push your pace. <u>THIS IS NOT JUST A JOG</u> . Finish Strong.
8x400@1:15/1x200	all out Track workout. Run 400 in under 1:30. Jog 400. Repeat.

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Week 7

4 Mile run Push Yourself. Record time here _____
Ball Work Juggling, Driven balls
Week 4 sprint workout Cones, 8 sets. see attached sprints

Week 8

1.5 mile timed test 6 laps. Record time here. _____
Ball work MCD, MBD
Track Workout. 4x800 Run your 800's in 3:10 or under. SLOW jog 400 between reps.

Week 9

2 Mile Run Record time here _____
Ball Work Ball Striking
Sprint workout Week 5

Week 10

3 Mile Road Run Under 25 min. Push your pace. **THIS IS NOT JUST A JOG.** Finish Strong.
Ball Work Juggling/MBD/Ball Striking
Track Workout. Run your 1st 3 600's in 2:15 (1:52 is 5:00 mile pace).
Run your 4th 600 all out. Finish with one all out 200 at end. 400 SLOW jog recovery between 600's.

Week 11

1 Mile timed run Record your time _____
Ball Work Ball Striking/MCD
24 Minute Fartlek 4:2 Ratio. Run easy 4 minutes, then 2 minute very hard... 4 easy/2 hard... repeat for 24 minutes.

Week 12

Track Workout 4x600's, 1x200
Small Ladder 200@:40, 400@1:25, 800@2:40, 400@1:25, 200@:40 – rest in between for the same length that your ran – ex: 400 in 1:15, rest 1:15.
Ball Work Juggling/Ball Striking

Week 13

Off Week Enjoy

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Week 14

Ball Work	MBD/Juggling
Sprint Workout	Week 6, 8-120's
2 Mile Timed Test	This workout is to be done on a track. 8 laps as fast as you can. Record time here _____

Week 14

8x400@1:15/2x200	all out Track workout. Run 400 in under 1:25. Jog 400. Repeat. Run 200 as fast as you can. Don't slow down at the end of the workout.
Ball Work	Jugling/MCD

3 Mile Run	Record time here _____
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Week 15

5x400	Run each 400 faster than the last. This is a must. 1:15, 1:13, 1:10, 1:05, 1:00. FINISH STRONG.
Sprint/Ball Work	Week 7a sprints (see attached), MBD
3x800	Each 800 is to be faster than the last. 2:45, 2:40, 2:30. Work to find the pace and hit the times. This isn't mean to be an easy workout and some of you will miss the times. Don't be OK with that.

Week 16

3 Mile Road Run	Record time here _____. Push yourself!
Sprint Workout/Plyos	Week 7b cones (see attached) Plyo set 1
Ball Work	Driven Balls/ MCD

Week 17

10x200 All Out	Run 200 as fast as you can. Walk 200. Repeat.
PLYOS	Set 2
Big Ladder	Track Workout. 800@2:30, 600@2:00, 400@1:25, 600@2:15, 800@2:40. 2:30 recovery time in-between

Week 18

Sprint Workout/Ball Work	Week 8 10-120's (see attached), Ball Striking/MCD
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4x600/2x200@100%	Reach each 600 faster than the last. Run 600. Jog 400. Repeat.
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Ball Work	MCD/MBD
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Week 19

20 min. Fartlek Run 2:1 Ratio.

Run easy 2 minutes, then 1 minute very hard. 2 minutes easy/1minute hard. Repeat for 20 minutes.

Ball Work
Gauntlet Test

Striking/Juggling

Track Workout. 1 mile@5:30, 3 minute rest. 800@2:40, 2 minute rest. 400@1:15, 1 minute rest. 200@:34, 1 minute rest. 100@:15.

*Do not give up if you miss one run. Brush it off and hit the rest of the times. Each run matters

Week 20

6x400@1:15/2x200@100%

Track workout. Run each 400 in under 1:10. Jog 400 in-between. Run each 200 as fast as you can. Jog 200 in-between.

3.5 Mile Road Run
Ball Work

Push your pace. THIS IS NOT JUST A JOG. Finish Strong. Crossing

Week 21

8x400/2x200@100%

Track workout. 1:15, 1:15, 1:15, 1:15, 1:15, 1:12, 1:10, ALL OUT. Jog 400 in-between.

Ball Work
3.5 Mile Road Run

Crossing/Juggling
Push your pace. THIS IS NOT JUST A JOG. Finish Strong.

Week 22

Big Ladder

800@2:30, 600@2:10, 400@1:15, 600@2:15, 800@2:30. 2:30 recovery time in-between.

Sprints/Ball Work
2 Mile Run/Plyos

Week 9 sprints, (see attached) MCD (see attached)
Plyo set 3

Week 23

4x600/2x200@100%

Track Workout. 600's in 1:52, 1:48, 1:45, 1:40. 200's run as fast as you can.

Sprints/Ball Work
Off

Week 10 sprint workout. MCD/Ball Striking

Week 24

Track Workout

1x400@1:15, 1x400@1:15, 1x600@1:52, 1x800@2:25. Slow jog 400 in-between runs.

3.5 Mile Road Run

Push your pace. THIS IS NOT JUST A JOG. Finish Strong. Record your tie here _____

Ball Work

Crossing/MCD

Week 25

6x300

3x300@:55, 3x300@:50

2 Mile Moderate Run

1 Mile timed run

Record your time here _____.

Coming into August pre-season, men must run below 5:45 and women below a 7 minute mile.

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SPRINT WORKOUT

20s/40s/60s/80s/100s

SPRINT ALL OUT ON EVERY SPRINT! – Do not pace yourself

TAKE FULL REST PERIOD! (not less)

CONCENTRATE ON EXPLOSIVE STARTS! – driving knees, leaning forward, pumping arms) Keep stride smooth and powerful throughout sprint.

WEEK 1
8x20 yds
6x40 yds
4x60 yds
2x80 yds
1x100 yds

WEEK 3
12x20yds
10x40yds
6x60yds
4x80yds
3x100yds

WEEK 5
16x20yds
10x40yds
8x60yds
6x80yds
4x100yds

WEEK 7(a)
18x20yds
10x40yds
8x60yds
6x80yds
4x100yds

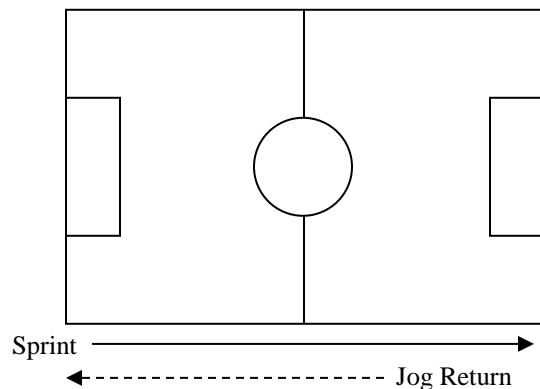
WEEK 9
20x20yds
10x40yds
8x60yds
6x80yds
4x100yds

WEEK 10
18x20yds
10x40yds
8x60yds
6x80yds
4x 100yds

Rest period wks 1,3,5
20 seconds for 20's
30 seconds for 40's
45 seconds for 60's
60 seconds for 80's
75 seconds for 100's

Rest period wks 7(a),9,10
15 seconds for 20's
20 seconds for 40's
35 seconds for 60's
50 seconds for 80's
65 seconds for 100's

120's WEEK 2, WEEK 6, WEEK 8



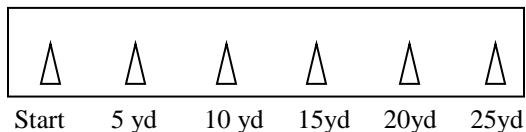
Set up: Use a 120 yards long field or two cones placed 120 yards apart.

Running: Sprint 120 yards to end of field, turn around and jog 120 yards back to the start line.

Timing: Sprint 120 yards all out, 30 seconds return jog back to the starting line, 30 second rest. Extra 15 second rests are injected according to the following chart:

6 120s – extra rest after #3
8 120's – extra rest after #3 and #6
10 120's – extra rest after #4 and #7

CONES WEEK 4, WEEK 7(b)



Set up: Six cones place in a line 5 yards apart

Running: Sprint out to the 5 yard cone, back to the start. Sprint out to the 10 yard cone, back to the start... all the way until you have completed up to 25 yard cone and back = 1 set.

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Timing: Sprints are ALL OUT. 25 second rest between each set. Extra 15 second rests are injected according to the following chart:

8 sets – extra rest after #3 and #6

10 sets – extra rest after #4 and #7

PLYO SETS

Set 1:

- Side Ball Hops (3 x 30 seconds) - Stand with a ball to your side on the ground, with both feet hop over the ball in a side to side motion, explode off of the ground over top of the ball and land on the other side, immediately jump back to the other side. Continue for 30 seconds.
- Jump Ups (3 x 12 each leg) – find a secure surface to jump on to that is approximately 12-24 inches off of the ground (bench, stair, box step). Jump with one leg onto the surface, then jump back down. Complete 12 with each leg for 1 full set.
- Long Jumps (3 x 7 jumps) – With both feet together, bend at the knees, use your arms, and explode forward to gain as much distance as possible. Land on both feet, stay balanced, and repeat for 7 consecutive jumps – this equals 1 set.

Set 2:

- Power Hops (3 x 12 hops) – Forward jumps, feet together, bend at the knees and use your arms to explode up and out – focusing on the height of the jump. Land on two feet, stay balanced, and continue for a total of 12 hops – this equals 1 set.
- Leg Bounding (3 x 10) – Assume a comfortable stance with one foot slightly ahead of the other. Begin by pushing off the back leg and driving the opposite leg to the chest. You are attempting to gain as much height and distance as possible before landing. Bounding is exaggerated running, but with explosion off each step. Use arms – opposite arm, opposite leg, continue for 12 jumps – this equals 1 set.
- Up-downs (3 x 10) – Start on your stomach in a push-up position, *quickly* get up onto your feet in a squat position and *quickly* explode upwards with both hands above your head to reach your maximum height. Land on both feet and get back into the push-up position, continue for a total of 10 jumps – this equals 1.

Set 3:

- Knee Tuck Jumps (3 x 10) – Standing with both feet on the ground, jump upwards as high as you can and tuck your knees up to your chest, land on both feet, stay balanced, and continue for 10 jumps – this equals 1.
- Power Skips (3 x 15 total skips) – This is done in a regular skipping motion, only with each skip get maximum height off of a one-legged jump. Land and continue with the other foot, continue for 15 total skips – this equals 1 set.

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- Side Line Hops (2 x 30 sec) – Find a line drawn on the ground, with both feet together hop from side to side quickly over the line. Stay balanced, quickly hopping on both feet from side to side – focus on the quickness of both feet hopping over the line. Proceed for a full 30 seconds and rest – this equals 1.

BALLWORK

Find a place to play soccer this off season. Be creative if you have to. There are parks with goals, friends with big backyards, possibly schools that are open. Find times to get together and work on these together.

Juggle: 9 minutes juggling:

- I. 3 minutes juggle with feet, thighs, chest, and head, keeping control in the air.
- II. Move to 3 minutes of running/jogging while juggling, traveling the length of the field (and back again) as you juggle.
- III. Finish with 3 minutes of high juggling, control the ball in the air for 5 touches, then play the ball high in the air and control it on the juggle, 5 more controlled close touches, then play it back up high in the air and repeat. As you have more control, play the ball higher in the air.

For this section of exercise, if you do not have a partner, a soccer wall, side of a gym, a tennis wall, racquetball court, etc will be necessary.

Ball Striking

- I. **Shooting**
 - (1) If working with 10 balls, line them up on the 10 yard line, and crack them. Work on your technique: focusing on a small, compact swing. Hit a clean ball, trying to get it to knuckle. Try to hit middle bottom part of goal, with ball 1 yard above ground and not rising.
 - (2) Hit 50 with right foot, 50 with left foot
 - (3) (if 1 ball and a wall, do the same, but be close enough to the wall that it is difficult for you to receive it... try to clean it up with 1 touch)
- II. **Crossing**
 - (1) Get out wide, play ball out of feet and cross it. Close hips, side spin, whip ball in accelerate through ball.
 - (2) 25 from right side, 25 from left side.
- III. **Passing**
 - (1) 100 passes: Get 5 yards (no more) from a partner or wall. Pass 100 balls back and forth 2 touch. Play balls as fast as partner can handle it. Receive and play with same foot. Everything is technique. Keep your ankle locked. After you play each ball, swivel head and look behind you (like your scanning the field).
 - (2) 100 passes: same thing, only one touch- not possible to take look over shoulder here
- IV. **Driven Ball**
 - (1) Get a partner or a lot of space and a target, have them start 30+ yards from you. Play a ball back and forth with them hitting a driven ball. If you do not have a partner, use a wall, or the crossbar of a goal.

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- (2) Make sure you have 100% backspin, no side. Ball should not be heavy. Try to get to the point where the ball is always landing where you want it to (normally players foot without bouncing, can also go for chest)
- (3) Variable to play with: hit a moving ball, have partner be moving, drive ball low and hard or very high; also try to hit some with non-dominant foot (very challenging with this ball)

Moves to change direction (MCD): Perform each of the moves listed below in the following format: perform each move 10 times at a dribbling distance of 5 yards and 10 yards. Mark out 5 yards, dribble out and cut back, repeat going back and forth until the move has been done 10 times. Increase the distance to 10 yards and do the same (so each move will be done 20 times). Set a marker at each point in order to keep accountability for sharp, 180 degree turns.

1. Inside cut (inside Beckenbauer) – while dribbling, cut or chop the ball across the body with the inside of the foot taking it away in the opposite direction – 180 degree turn
(for proper technique coerver #2 - <http://www.youtube.com/watch?v=aQc2HVWoLn4>)
2. Outside cut (outside Beckenbauer) – while dribbling, cut or chop the ball with the outside of the foot taking it away in the opposite direction – 180 degree turn
(for proper technique coerver #1 - <http://www.youtube.com/watch?v=aQc2HVWoLn4>)
3. Cruyff (Similar to the inside cut) – while dribbling, but instead pull the ball behind the standing foot and change direction – 180 degree turn. Best when used as a fake shot to change direction.
(for proper technique coerver #9 - http://www.youtube.com/watch?v=c7jEelA6_94)
4. Stepover Turn (Rivelino Turn) – while dribbling, step around the ball with one foot, turn toward the ball and take it in the opposite direction – 180 degree turn
(for proper technique coerver #10 - http://www.youtube.com/watch?v=c7jEelA6_94)

Moves to beat a defender (MBD): Perform the next 5 moves in the following format: set 3 markers/cones in a straight line, five and ten yards out. Take two touches toward the middle marker and perform the move, quickly accelerating past the marker, travel to the opposite cone and get back into a starting position. Perform each move 10 times. Next, move the markers out to 10 and 20 yards away in order to increase the speed of the approach, dribble to the marker and explode past the “defender,” travel to the opposite side marker and repeat. Perform each move 10 times.

1. Step Behind – while dribbling, step hard behind the ball as if preparing to take it with the outside of one foot, then take it with the outside of opposite foot.
(for proper technique see coerver #4 - <http://www.youtube.com/watch?v=t75UGioAsz4>)
2. Scissors/Double Scissors – while dribbling, step behind ball as if preparing to take it with outside of one foot, then step around the front of the ball and take it with the outside of the other foot.
(for proper technique see coerver #2 - <http://www.youtube.com/watch?v=t75UGioAsz4>)

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3. Matthews (tap in tap out) – while dribbling, drag the ball diagonally forward with the inside of one foot (don't roll over the ball), hop on opposite foot then quickly push the ball past the defender with the outside of the same foot that was dragging the ball. Explode after you switch from inside of foot to outside of foot. (for proper technique <http://www.youtube.com/watch?v=4pdre0Ue79U&feature=related>)
4. Fake Matthews (Matthews-Scissors) – while dribbling, drag the ball diagonally forward with inside of one foot like the Matthews, then scissors around the ball with the same foot and take it away past the defender with the outside of the opposite foot. (for proper technique see <http://www.youtube.com/watch?v=espptvqY05k>)
5. Messi- Feint and go. Fake step to left or right, touch ball with foot you faked with over to other foot in one step and go with speed. For proper technique see <http://www.youtube.com/watch?v=R1awN01Fi5A&feature=fvwrel>

LIFTING

Some of you will have access to a weight room whether it's with a membership to a gym or lifting equipment at your house. I wanted to give you a generic guide to get you started. I don't care how much you bench compared to your fitness to play the game of soccer. Start with less weight and work your way up. Track the weight you are lifting for each exercise.

Workout Day 1

- Squats: 3 reps of 10
- Bench Press: reps of 12, 10, and 8
- Dips: 3 reps of 15
- Military Press (over the shoulder press): reps of 12, 10, and 8
- Leg Curls: reps of 12, 10, and 8
- Core and Abs – crunches (3 sets of 50), Planks, superman's, wall sits

Workout Day 2

- Squats: 3 reps of 10
- Bench Press: reps of 12, 10, and 8
- Leg Press: reps of 12, 10, and 8
- Bicep Curls: reps of 12, 10, and 8
- Lat. Pull Down: reps of 12, 10, and 8
- Core and Abs – weighted sit-ups (3 sets of 50), side bridges, forward lunges (optional hold)

Core Stability Definitions

- Front Bridges: In push up position on elbows – while in push up position, squeeze elbows back and toes forward, contract abs for 45 second hold. Repeat 3-4 reps.
- Side Bridges: Sideways on, holds-right and left side for 45-75 seconds, while maintaining excellent spinal column alignment from 2-3 reps each side. Goal to work up to 2 min.

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- Forward lunges – alternating right and left lead step out then back to starting point.
- Forward lunges with isometric hold – hold 30 seconds each leg
- Supermans – while laying flat on your stomach reach straining forward with right arm and left leg simultaneously and hold for 45 seconds each rep. Short rest, then switch.
- Wall sits – sit against the wall with back flat in squat position with emphasis on proper posture. 3-6 reps for 60 second holds.

Additional Exercises

- Incline Press or Incline Dumbbell/Decline Press or Decline Dumbbell
- Flys w/dumbbells
- Shrugs with dumbbells or straight bar
- Lying Triceps extension with broken bar or triceps pull down
- Chin-ups/Pull-ups
- Seated Row/Bent Over Row
- MANUAL RESISTANCE – Shoulder Lateral raises (arms straight out at side, partner pushes down) (10 reps), Front Raises (same as above, only arms out in front) (10 reps), Military Press (partner applies resistance to arms pressing toward the sky) (10 reps)
- MANUAL RESISTANCE – Hip Flexor (drive/lift knee to sky, partner applies resistance) (10 reps), Hamstring Negatives (lift heel toward butt, partner applies resistance) (10 reps)

“Therefore dear brothers, I urge you, in view of God’s mercy, offer your bodies as a living sacrifice holy and pleasing to God – this is your spiritual act of worship.” – Romans 12:1

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