

BRACE YOURSELVES...



Hello, Falcons.

I am writing to say hello to returning players and to introduce myself to those of you looking forward to trying out. I am also assigning *everyone* some summer homework to get ready for soccer.

My name is Daniel Jones, and I am the Varsity Soccer Coach at SVF. I have coached a variety of sports including soccer at youth and high school level for over 15 years. I have also officiated soccer games for travel leagues and tournaments. I am looking forward to continuing the great success at SVF and feel privileged to be a part of the winning tradition that the returning players have worked so hard to build over the past several years.

Soccer tryouts and the season are quickly approaching. If you have taken a little time off from fitness activities, it is time to get back to it. If you have been keeping in shape, great, keep it up. I am assigning a weekly regimen to get in good shape for tryouts and to be as fit as possible for the season.

Soccer makes a variety of fitness demand, quickness, agility, power and speed. The foundation of all of these is a good aerobic capacity. In order to get in aerobic game shape, you need to run three times a week. These should be jogs of 2-3 miles for now and by mid August, you will need to jog 3 miles on two days and 5 miles the other day. Find a place where you can run, either on the streets or in a park.

Many of the city parks have paths with miles already calculated:

- the loop in Prospect Park is 3.35 miles.
- Central Park has loops of 4, five and 6 miles on the road, and the reservoir path is 1.6 miles.
- The Parade Grounds in Van Cortland Park in the Bronx is 1.3 miles.

If you have access to a treadmill, you can keep a steady pace and complete your runs indoors no matter what the weather (hot, muggy days or rainy days make running more of a challenge). Find a running path, a running partner, and get your runs in.

Three days a week, do series of runs on stairways. Run up two flights, walk back down. Rest for 20 seconds, then repeat. Do three reps 3x/week for two weeks, then 4 reps 3x/week. This will help build sprinting fitness and power running strength.

In addition to running, the following routine should be done 3x/week on days you do not run. It will build core strength, balance and power. You can use water bottles for weights or no weights. The workout is 15 minutes and will quickly build core strengths as well as aerobic capacity. The workout has two phases, one is AMRAP (as many reps as possible) in a minute. The other is Tabata, a High Intensity Interval Training (HIIT). It will help build aerobic fitness and quick recovery necessary for the sprinting/stopping/sprinting in soccer. If it is difficult at first, do the AMRAP portion only once rather than repeating. If you get too fatigued and push through with bad form, you risk injury. So if you start less intense, you can have a goal to build to. Also modify what you need to do if it is too difficult at first, e.g. the pushup portion is very challenging. You do them on your knees.

http://www.huffingtonpost.com/2013/10/27/15-minute-workout_n_4037290.html?utm_hp_ref=mostpopular

It is important to stretch after your runs and after this routine especially. There are a number of squats that will leave your legs sore. When you run the next day, the slow run will help you loosen up and recover even though your legs will tell you they don't want to go out for a jog. You will feel better afterwards.

Finally:

Three days a week do these two ab/core routines:

<https://www.youtube.com/watch?v=O-NKhBarAcc>

followed immediately by this:

<https://www.youtube.com/watch?v=Fug9yABC60g>

The second video shows variations to make it more challenging. You don't need to do that. Just the five moves, 20 reps per move

If doing both is too difficult, do the first video three days a week and build in the second in a week or two. See what works best for you, to do abs on the run days or the 15 minute work out days. I find first thing in the morning is a good time.

One day per week, relax and stretch. If you have a smart phone, please download a free *yoga app*, find a 15-20 beginner stretch and do the routine, focusing on legs and lower back. Make sure you give yourself a rest day.

Tryouts are the week of August 21 (***Monday morning*** for incoming ***Freshmen and Seniors***, ***Monday afternoon*** for ***Sophomores and Juniors***, **Tuesday for final cuts**). In order to be not too fatigued, give yourself some recovery time from the above workouts. Stop the training the Wednesday before (August 17). Do a short slow run over the weekend before tryouts. **Practices begin immediately after final cuts, so there will be practices everyday after tryouts. Also – we are going to play a preseason kickoff tournament Labor Day weekend. You will need to be available to play that weekend.**

Finally (or actually first), *get all your summer reading assignments finished on time for school*. You are students playing soccer, not soccer players going to school. Part of preparing is making sure you're physically in shape, but also academically you will want to be in the best shape to participate in school sports.

I look forward to getting started with the season. Your commitment to getting ready for the tryouts and season will have the biggest impact on your personal success and our team's success.

Enjoy the rest of your summer

Sincerely,

Coach Jones