



## FC Boulder Off-Season Strength and Conditioning Program Summer 2014

**11-13 year olds ONLY**

### Overview

1. It takes a year round periodized program specific to an individual in order to truly be beneficial to long term success. However, it is possible maintain and/or make improvements in stamina, quickness, etc. using the below guide over the next 4-8 weeks.
2. **From the end of Rocky Mountain Cup, it is important to recover rest and just be a kid. Sleep in, play in the park, and go swimming. Too much, all the time can actually hurt you, decrease performance and minimize enjoyment.**
3. **This program is designed to begin July 7, 2014.**
4. We have built in a body only strengthening program since not all members have direct access to a professional health club.
5. It would be prudent for all competitive athletes to learn, participate and engage in year round strengthening programs. Contact a local professional for advice.
6. **Play soccer, futsal, small sided games, indoor, etc. whenever you can.** There is no substitute for actually playing the game **at an intensity replicated in the game.** Focus on quality touches and control.
7. Keep a daily log to track progress (page 7).
8. Encourage your friends to do it with you- keep it FUN!
9. In order to meet the needs of our entire membership, this program provides a solid foundation to build your own program with the help of a trained professional. This program is intended to be a guide only and is not the definitive resource for soccer fitness.
10. Videos of exercises will be posted at FC Boulder's You Tube site: FCBoulder

## **Liability**

*The undersigned participant, and his or her parents or legal guardian (collectively referred to herein as "Participant"), understands that the FC Boulder off-season work-out program ("Program") is designed to promote intense physical activity and will include physical exercise, contact with sports equipment, and contact with other persons (**list any other elements of the program here**). Participant understands that he/she could suffer injury or illness including, but not limited to, bruises, twisted joints, sprains, broken bones, and illness from stress, heat, or fatigue and that in extreme cases the injury or illness could result in death. Participant understands that these risks are inherent in sports activities and that it is impossible to list all the risks and dangers Participant might experience. Some risks and dangers cannot be anticipated. Participant represents that he/she is familiar with the nature of the sports involved in the Program and with the risks created by participation in those sports. By signing below, Participant assumes all risks associated in any way whatsoever with the Program.*

*Participant hereby waives, releases and holds harmless FC Boulder, its board members, officers, agents, employees, and authorized volunteers from any and all liability, claims, demands, actions, or causes of action whatsoever arising from participation in the Program, including, without limitation, injury, illness or acts, which may occur as a result of (a) equipment, (b) instruction or supervision, or (c) contact with other persons while in the Program. Participant further agrees to indemnify and hold harmless FC Boulder, its board members, officers, agents, employees, and authorized volunteers with respect to any claim asserted by or on behalf of the Participant as a result of injury or illness, and with respect to any claim asserted by a third party as a result of the Participant's activities.*

**PARTICIPANT ACKNOWLEDGES THAT HE/SHE HAS CAREFULLY READ THIS WAIVER AND RELEASE AND FULLY UNDERSTANDS THAT IT IS A RELEASE OF ALL LIABILITY AND A WAIVER OF ANY RIGHT THAT PARTICIPANT MAY HAVE TO BRING LEGAL ACTION OR ASSERT A CLAIM FOR INJURY OR LOSS OF ANY KIND AGAINST FC BOULDER.**

**PARTICIPANT AFFIRMS THAT HE/SHE HAS HAD SUFFICIENT OPPORTUNITY TO READ THE ABOVE, BEEN GIVEN THE OPPORTUNITY TO ASK QUESTIONS, CONSIDER ITS EFFECTS, UNDERSTAND THIS ENTIRE DOCUMENT AND AGREES TO BE BOUND BY ITS TERMS.**

## Dynamic Warm-Up

Performed over 15 yards, 10-15 minutes in length, *BEFORE EACH ACTIVITY*- so ideally 3-5x a week

<b>Perform in order, down then over</b>	
Shoulder Reaches x 5 each side	Squat matrix:
Arm circles, neck rolls x 5	Open feet (right foot lead) x 3
Jog frontwards	Open feet (left foot lead) x 3
Jog backwards	Closed feet angled in (left foot lead) x 3
Side Shuttle- good athletic stance, both directions	Closed feet angled in (right foot lead) x 3
Shuffle at an angle frontwards and rotate 180 ° to go backwards, then forwards	Sumo Squat x 3
Carioca – good hip and arm movement in opp direction	Double Leg Lateral Hops x 5
Inchworms/Hand Walks x 5	Double Leg Forward/Backward Hops x 5 each
Skip with arms crossing body	
Kicking to toes x 5 each side	
Knee hug to lunge, elbow to instep, and arm opener or overhead with bend x 5 each side	
Skaters (Opposite Arm to foot, bend from hips) or ankle swipes x 5 each side	
Single toe raises (opposite knee up, arms at side) x 10 each leg	
Russian hamstrings 30 sec	
Scorpions on back, shoulders on ground x 5 each side	

**Tuesday, Friday and Sunday**

***FOLLOW THE SPECIFIC PATTERN, REST for 3x as long as it takes you to complete the sprint***

<b>Sprints:</b>	<b>Tues</b>	<b>80 yd shuttle</b>
		10 yds up and back, 30 yds up and back
	<b>Fri</b>	<b>85 yd modified ladder</b>
		10 yd sprint up, 5 yd jog back, 15 yd sprint up, 5 yd jog back
		20 yd sprint up, 5 yd jog back, 25 yd sprint up
	<b>Sun</b>	<b>15 yd repeats</b>
		Sprint 15 yds, rest 6X longer than it takes to sprint, repeat
		<b>Ex. If it takes 3sec to sprint 15 yds, rest 18sec between</b>

<b>Week #</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Tue	X3	X4	X6	X8	X10	X12	X10	X8
Fri	X3	X4	X6	X6	X8	X10	X12	X8
Sun	X12	X14	X18	X14	X18	X22	X26	X22

**Saturday** Play the game, futsal, etc.

## **Suggested Core Work**

*Perform each on in order, then rest for 1-2 minutes and repeat 2-3 times*

- Glute Bridges on ball x 10
- Side plank 30 sec each side x 4
- Front plank 30 sec x 4, work up to 1 min
- Jumping Jacks x 15
- Split Jacks x 15 (jumping jacks where you cross your arms and legs)
- Mountain climbers x 10 each side (in plank position, slowly reach right knee to right elbow, repeat on left side)
- Single leg RDL's (Romanian dead lifts) x 6 each leg
- Body squats x 10
- Pull ups x 6-10

## **Cool Down/Recovery**

- The most important thing to do is to drink/ingest some form of carb/protein (4:1 ratio) mix within 30 minutes after completing the workout. Take a shower, bath, relax. Eat a good, solid meal within 1.5-2 hours after the workout. Enjoy the day off. Truly relax and have fun!

## **Nutrition**

Proper nutrition is not just about drinking water and eating a salad with chicken every day, it's about maintaining healthy habits day in and day out, such as limiting sugars and processed foods. Like a good strength program, a good nutrition program has a solid foundation, but over time needs to be individualized. FC Boulder is fortunate to have a great resource in the club with Curt Thompson, Certified Nutritionist. For those seeking more information, reference his book *The Soccer Nutrition Handbook* or contact him at: [info@nutritioncoaches.com](mailto:info@nutritioncoaches.com)

Read this article on [10 Things for Optimal Nutrition \(hyper link to PDF\)](#)

## **Suggested Ball Work**

Perform each move for 60 seconds. Ball work can include any number of exercises- try to include 360° directional movement, such as:

- Coerver Moves
- Toe taps
- Rolling sideways, dragging, cuts, Cruyff, Scissors, Matthews, push pulls using only one foot (laces, instep)
- Juggle the ball often, use both feet and challenge yourself to get as many touches as possible in 60 seconds at varying heights (below knee, above knee, above head, etc.)

### **Example #1:**

- Foundations: quick feet
- Foundations: quick feet with a roll inside
- Foundations: quick feet with a touch outside foot
- Inside/Outside across your body switch feet
- Pull Push Inside foot: using same foot but switch feet
- Pull Push Laces: using same feet but switch feet

### **Example # 2:**

Find a wall where you can strike a ball against: start 5-7 feet away from the wall. Go as fast as you can while in control of the ball while attempting as many touches as possible. Repeat 4 times. Change distance to make it harder and faster.

- 1 minute two touch against wall
- 1 minute 1 touch only using the inside of your foot
- 1 minute 1 touch using outside of the foot only
- 1 minute 1 touch using lace only

### **Example #3: Juggling**

- 1 minute dominate foot only: below knees, then only above knees
- 1 minute non dominate foot only: below knees, then only above knees
- 1 minute both feet : below knees, then only above knees
- 3 minute- 2 touches with feet and then 1 thigh. Record how many series you get
- 1 minute heading
- Repeat this juggling progression twice