

CCCHS Mens Soccer Off-Season Conditioning

1. Participation in off-season conditioning is MANDATORY to provide the team with the most tactical options and to prevent future injuries
 - a. Endurance
 - b. Agility
 - c. Strength
 - d. Flexibility
 - e. Balance
2. Coaches will begin hosting after school team conditioning sessions during the fall semester, and will continue until the start of training in February
 - a. Weight training
 - b. Distance running
 - c. Sprints
 - d. Agility training
 - e. Competitive non-soccer games (Ultimate Frisbee, etc.)
3. Participation in other activities that prohibit attending team conditioning sessions will be excused at player's discretion
 - a. Player not participating in team conditioning sessions should make commitment to themselves and to the team to train in all aspects of item 2 above
4. Player will keep an individual training log
5. Friday sessions will be player led
6. All players will be expected to be in good physical condition by the first practice date in February, in order to:
 - a. Pass team fitness criteria (e.g. 2.5 miles in 17 min; 100-yard sprints)
 - b. Devote more time to work with ball rather than conditioning during practice

Calendar:

September 23, 2008 (Tuesday): Team conditioning begins
First session will be held at Dave King soccer fields 3:30-4:30.
Future sessions will also be held at middle school, high school, etc. Watch website for current schedule. Running/tennis shoes required. Cleats optional.

October 26, 2008 – November 17, 2008: Soccer Dead Period (no team conditioning)

February 9, 2009: Practice Begins

“Even in professional soccer, players are only in possession of the ball for around 2% of the game duration. Most efforts are off the ball; e.g. support runs, contesting possession, etc. On average, players only have a short rest for about 3 seconds every two minutes showing the constant effort required over 90 minutes. We must not forget that top-level players also move in different directions such as backwards and sideways running. Studies have shown that Professionals spend 7% of their time moving backwards (e.g. centre-halves retreating to challenge for a long high pass) and that this type of movement actually requires more energy expenditure.”