

Fitness Training

These are general ideas about the kind of things that will help players get fit for the upcoming season(s). They are guidelines for non-practice days. Listen to your body. Don't overdo it, but don't wuss out either. The fitter you are, the more comfortable you will be on the field during games, and the less frustrated you will be. Fitness is a tool for players.

Stamina

Run three 7 minute miles per day. If you can't go at that pace, start slower and build up to it.

Speed

Wind sprints are the most common technique for building speed. Start with 4 or 5 sprints of 50 yards out at full speed, then jog back to the starting line to recover. Add one more sprint per day until you get up to 10. Then add distance to the sprints: go to 60 yards, then 70, etc. up to 10 sprints of 100 yards. If you can do that after you've run three 7 minute miles, you're in good enough shape to play a full game of soccer.

Quickness

See the small space plyometric exercises distributed at the beginning of the indoor season. If you don't have them anymore, find them here: <http://www.kyrl.com/#!blank/xnofb>