

Summer Conditioning/Workout Suggestions

I have put together a summer workout program that you may wish to use during your summer vacation. By touching the ball everyday, you will become better. I have put together a sample workout program for you to try. This ball work out should be done everyday except for your one day off that you take for the week for relaxation.

Ball Workout

You should do something with the ball for about 35-40 minutes a day.

1. 100 touch-ups. Go as fast as you can with your head up.
2. 100 bells-Fast, knees bent, head up. Progress to moving forward and backward.
3. 100 pulling the "V"-Head up.
4. 50 juggles-right foot only.
5. 50 juggles-left foot only.
6. 50 juggles-both feet
7. 25-50 juggles with thigh
8. 25 juggles with head
9. Around the World-Foot-Thigh-Head-Thigh-Other Foot-10-20 Times.
10. Figure 8 dribbling- 3-5 minutes. Go sideways and forward/backward.
11. Running and Juggling-Start at a line and run and juggle the ball at the same time for about 25-30 yards. When ball drops-do 5 push-ups and continue where you left off. Challenge yourself to go a little farther everyday.
12. Throw a ball in air-receive with feet and dribble off in a direction-25 times.
13. Throw a ball in air-receive with thigh/chest-bring down and dribble off in a direction-25 times.
14. Throw a ball in air-jump up and receive with feet or chest and dribble off in a direction-25 times.
15. If you have access to a wall, work on striking a ball up against the wall:
 - work on your shooting technique with both feet-50 times each foot.
 - work on your passing technique with both feet-50 times each foot.
 - work on chipping balls with both feet-50 times each foot.

This is just a sampling of what you can do. Try it to music. Feel free to modify this to fit your needs. In addition to this, I have also put together what I feel you should be doing as far as running this summer.

Aerobic Workout

This is a fairly painless program to get in condition by the start of the season. Pick four days a week. Example: Mon, Tues, Thu, Fri. Hint: To keep you motivated write what you have done in a log.

Week 1 Run 5 min. walk 4 min. repeat 5 times

Week 2 Run 5 min. walk 3 min. repeat 5 times

Week 3 Run 6 min. walk 3 min. repeat 4 times

Week 4 Run 7 min. walk 3 min. repeat 3 times

Week 5 Run 8 min. walk 2 min. repeat 3 times

Week 6 Run 9 min. walk 2 min. repeat 2 times then run 8 min.

Week 7 Run 13 min. walk 2 min. repeat 2 times

Another alternative to this workout is to simply run for about 15-20 minutes three times a week. Try and run at least 2 miles. To make it interesting, run fast for a little bit, then slow, then fast and slow. Run to a spot, then jog to another spot on your running course. It would probably be best if you ran in the early morning or in the evening when it is cooler.

Anaerobic Workout

Along with your long distance running, you should try to develop an anaerobic base as well. This is when you sprint for a certain amount of time, then rest, then sprint again. You should try to be able to build up to a work/rest ratio of 1:1.

Example: Sprint for 1 minute, rest for 1 minute then repeat.

(Times X Yards)

Week 1	Week 2	Week 3	Week 4
1 time per week	1 time per week	1 time per week	1 time per week
8 X 20 Yards	10 X 20 Yards	12 X 20 Yards	14 X 20 Yards
8 X 40 Yards	10 X 40 Yards	12 X 40 Yards	10 X 40 Yards
6 X 60 Yards	8 X 60 Yards	10 X 60 Yards	12 X 60 Yards
5 X 80 Yards	7 X 80 Yards	8 X 80 Yards	10 X 80 Yards
4 X 100 Yards	5 X 100 Yards	6 X 100 Yards	6 X 100 Yards

Weeks 5 & 6

Weeks 7

2 times per week	2 times per week
14 X 20 Yards	15 X 20 Yards
14 X 40 Yards	15 X 40 Yards
12 X 60 Yards	13 X 60 Yards
10 X 80 Yards	11 X 80 Yards
6 X 100 Yards	6 X 100 Yards

I would advise you to schedule your time to make these workouts a part of your weekly routine. Remember what's important. First and foremost is that you play the game as much as you possibly can! The running and conditioning are only suggestions for you to come in maybe a little more fit for the season. Please do not over do it! Use common sense when you do the running activities. Run in the mornings and evenings when it is cooler. Remember to take one day off every week! Don't do anything but relax!

“The harder you work, the harder it is to surrender”.

