

## Salem Hills Soccer Part II

Gentlemen,

I am pleased out how much off-season work a number of you have put in to the future of our soccer program. I tried to keep pace, but even I fell out of the top five towards the end. So that we might reach our goal for next season, to be in the top of Region 8, we need to continue working in the off-season.

I have restructured the point values below and added an emphasis on weight lifting with the attached weight program. I do not expect you to join a gym—any sort of weights will do. Find a comparable exercise or lift as needed—take advantage of the weight rooms at your respective schools.

Prizes for the top person and the next five will still exist in this competition. We will compete for the next three months September-November. For a number of you the challenge is to keep track of your points and email me each week ([lee.gillie@nebo.edu](mailto:lee.gillie@nebo.edu)).

Team Goal: \_\_\_\_\_

Personal Goal: \_\_\_\_\_

<u>Activity</u>	<u>Points/Quantity</u>
<input type="checkbox"/> Pushups	10 pts/25 pushups
<input type="checkbox"/> Sit-ups	10 pts/30 sit-ups
<input type="checkbox"/> Running	30 pts/1 mile
<input type="checkbox"/> Swimming	30 pts/½ mile
<input type="checkbox"/> Biking	30 pts/3 miles
<input type="checkbox"/> Weight Lifting	30 pts/30 minutes
<input type="checkbox"/> Other Exercise	15 pts/30 minutes
<input type="checkbox"/> Athletic Competitions	30 pts/1 hour
<input type="checkbox"/> Soccer Practices	45 pts/1 hour
<input type="checkbox"/> Soccer Matches	90 pts/1 hour
<input type="checkbox"/> Team sponsored exercise activities	Point value above x 3

## Soccer Off-Season Program Endurance and Power Cycle

### Weeks 1-4 Endurance Training

*Days 1 & 3*

Muscle group	Exercise	Sets	Reps
Chest	Barbell bench press	3	20,20,20
Shoulders	Barbell military press	3	20,20,20
Back	Bent-over dumbbell rows	3	20,20,20
Bi's/forearms	Hammer curls	2	20,20
Shoulders/tri's	Dips	2	failure
Back	Wide-grip pull-ups	2	failure

*Days 2 & 4*

Muscle group	Exercise	Sets	Reps
Legs	Squats	3	20,20,20
Legs	Leg press	3	20,20,20
Legs	Calf raises	3	20,20,20
Legs	Lunges	2	20,20
Legs	Leg extension	2	20
Legs	Leg curls	2	20

### Weeks 5-8 Power Training

*Days 1 & 3*

Muscle group	Exercise	Sets	Reps
Legs	Jump squats	3	10,10,10
Legs	Power cleans	3	12,12,12
Legs	Squats	3	8,8,8
Legs	Lunges	3	10,10,10
Legs	Box steps	3	12,12,12
Legs	Calf raises	3	20,20,20

*Days 2 & 4*

Muscle group	Exercise	Sets	Reps
Chest	Barbell bench press	3	10,10,10
Shoulders	Push press	3	12,12,12
Back	Wide-grip pull-ups	2	failure
Bi's/forearms	Reverse curls	3	15,15,15
Shoulders/tri's	Dips	2	failure
Back	Bent-over dumbbell rows	3	12,12,12

### Weeks 9-12 Endurance Training

*Days 1 & 3*

Muscle group	Exercise	Sets	Reps
Chest	Dumbbell bench press	3	25,25,25
Shoulders	Dumbbell military press	3	25,25,25
Back	Bent-over barbell rows	3	25,25,25
Bi's/forearms	Reverse curls	2	25,25
Back	Close-grip pull-ups	3	failure
Biceps	Dumbbell curls	2	25,25

*Days 2 & 4*

Muscle group	Exercise	Sets	Reps
Legs	Squats	3	25,25,25
Legs	Leg extensions	2	25,25
Legs	Leg Curls	2	25,25
Legs	Calf raises	3	25,25,25
Legs	Lunges	2	25,25
Legs	Leg press	3	25,25,25

## September 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

## October 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## November 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					