

GOAL: Be fit enough to help my team in attack and defense



Things to consider:

- Every game has physical demands. Soccer includes running long distances at different speeds.
- Men's professional players run between 5.7-6.5 miles in a 90-minute game. These players also average between 96 and 211 sprints a game. ([Source](#))
- Increasing levels of fitness comes from hard work, resilience, and consistency. Keep improving.

Things you can do outside of practice	Things you can do at practice	Things you can do to help with games
Warmup: Always warmup properly <ul style="list-style-type: none"> • FIFA 11+ Warmup – (Click Here for Video) Strength exercises: <ul style="list-style-type: none"> • Cristiano Ronaldo bodyweight circuit – (Click Here for Video) Cardiovascular Exercises <ul style="list-style-type: none"> • With the ball – (Click Here for Video) • Pro fitness test – (Click Here for Video) Agility Exercises: <ul style="list-style-type: none"> • Balloon drill – partner or solo (Click Here for Video) • 4 cone agility – (Click Here for Video) Nutrition <ul style="list-style-type: none"> • Click Here for presentation from US Youth Soccer Recovery: After workout, practice, or games <ul style="list-style-type: none"> • Stretches – (Click Here for Video) 	Attitude: <ul style="list-style-type: none"> • Come to practice to improve and have fun. How can you improve your fitness at practice? • Growth mindset: your fitness can always improve, especially if we're focused on learning and putting in our best effort. Focus: <ul style="list-style-type: none"> • On the process of improving your fitness. It's sometimes slow, but you can always improve. • On technique with drills and exercises. It's okay to start slow with good technique and build up speed. Effort: <ul style="list-style-type: none"> • You can gain a lot of soccer-specific fitness in training sessions if you put in maximum effort, especially when you scrimmage. Can you help your team in attack and defense in practice? 	Before Game: <ul style="list-style-type: none"> • Mental repetition: Visualize an example of when you showcase good fitness in helping the team attack (like running past a defender) or defend (running back to win a tackle). Replay that moment in your mind 5-10 times. Instead of just "seeing" the moment in your mind, focus on how it felt. Find another example and repeat. In warmups: <ul style="list-style-type: none"> • Focus on warming up properly so your body is ready to play. Once the game begins: <ul style="list-style-type: none"> • Trust yourself and your preparation. GO ENJOY IT! After the game: <ul style="list-style-type: none"> • Recover with good nutrition and taking care of your body.

Short Term Goals: *Note these are just examples. Feel free to come up with different ideas you can do consistently throughout the season that will help you achieve your goal*

- Outside of practice: Spend (your choice) of minutes doing one (or more) of the exercises. Do these exercises (your choice) days a week.
- At practice: Rate yourself on a 1-10 scale (1 being your worst 10 being your best) on your attitude, focus, and effort after every practice. Can you consistently be at an 7-10?
- Games: Try mental repetitions before each game (night before, car ride, etc.). After the game, did you think it worked? Why or why not?