Coaching Notebook

Cameron Perron

"To be as good as it can be, a team has to buy into what you as the coach are doing. They have to feel you're a part of them and they're a part of you."
Bobby Knight

"A coach should never be afraid to ask questions of anyone he could learn from."
Bobby Knight

"Be more concerned with your character than your reputation. Because your character is what you really are, while your reputation is merely what others think you are."
John Wooden

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Philosophy Statement

To be a coach is to be a teacher and a learner. As a coach you must expect to teach your athletes and grow with them as they teach you. In order to be successful, striving to become more educated and well-rounded is the key. By representing a figure your athletes come to respect and admire, you will become influential in the development of the whole athlete.

My Coaching Philosophy

The ever changing landscape of sports requires coaches to continuously adapt their style and philosophy while simultaneously furthering their own personal education. With changing aspects, such as social norms and behaviors, technology, and advancements in rules and regulations, it is of dire necessity for coaches to be flexible and striving to advance themselves and their players in both knowledge, ability, and passion for the game as well as building strong morals and character for life itself. As sports continues to grow as an integral part of our culture, it is even more important to instill a strong sense of good, moral character in order for your athletes to be able to make connections throughout their time as an athlete. This paper will detail my own coaching philosophy, expectations, core beliefs, and style as I continue to pursue further education and grow in my understanding of what makes a great coach and what gives a great coach the ability to teach and inspire great character in their athletes.

In the essence of coaching, it is of dire necessity to implement your core beliefs into your style, philosophy, and expectations. The core beliefs will shape the way you treat your athletes, the tone of voice you use, the standards you set for your players, and your overall treatment of the athletes as fellow beings. Personally, my core belief is “I do not care what race, gender, sexuality, or personal religion you follow, as long as you are a good human and hold high morals, I will hold you in the highest of regards.” For myself, the only two parts of a person that truly matters is who they are when nobody's watching and how they treat others.

As a coach, I will follow my own standards and expectations as well as the standards and expectations my team has for myself. I see that the only way to have the athletes bought in to my

standards is to have them set their own for me to follow. As leadership does not entail participating from the sideline, I will portray my core beliefs and follow the standards my team and myself set in order to become a true coach and leader. The core expectations I will implement for my team will be to keep above the academic cut-off, participate in community service, communicate with myself and the team when a challenge or issue arises, and to remain in good moral standing with a high showing of good character. While I expect my athletes to follow my rules and expectations, I also expect them to communicate their expectations for myself in order to hold high accountability.

Studying the three styles of coaching, I find that the greatest, generational coaches employ a combination of commanding and cooperative coaching styles in order to allow input and feedback from their players while also keeping the power and control of the team to themself. I would like to employ this strategy in order to develop my athletes' understanding of the tactics, allow for feedback on my own coaching decisions, and to allow the team to have a sense of input for the direction the team takes. However, while I want to allow the athletes to have input and feel as though they are involved, I will remain in control of the final decision and will not allow input for decisions on who gets playing time. By allowing players to control playing time, I would open the door to ruining team morale as well as becoming a submissive coach. Although my style will continue to evolve, my stance on developing the full person will not. I find that my beliefs and morals will also adapt and change to the life experiences and coaching challenges I encounter.

In addition to my own thoughts and beliefs when it comes to coaching, I would also like to include two ideologies presented by Matt Dyment. As coaching and teaching are inseparable,

there is also room to say that understanding one's plights and hardships will allow a better understanding of the individual. In my coaching style, I would aspire to develop a culture in which each individual has the support needed to voice their concerts, hardships, and prior experiences to either myself, the team, or a close teammate. In doing such, I will have created a trusting culture that will see the team benefit going into the season. Additionally, as Matt Dyment stated, each person develops trust differently and it is the duty of the coach to find the way to build that trusting relationship. Therefore, in my coaching philosophy I find utmost importance in discovering the interests, personalities, and past experiences of my players. In doing such, I will be able to develop an understanding of how the individual allows themselves to trust.

As the term, coaching philosophy includes the combination of the prior mentioned topics of style, beliefs, and expectations as well as the purpose and reason to why you choose to coach. For myself, the reasoning behind my choice to become a coach involves my love for the game of soccer and sports in general, my will to become a more educated and well rounded person, and my desire to pass on my love, knowledge, and beliefs to a younger generation. In my ideology the goal of my coaching is not to have my athletes become as good as myself, but to far surpass my own knowledge, ability, and character. With this belief, I want to develop my athletes in all aspects of life, not just athletic ability, and instill strong self expectations to allow my athletes to always have the desire to strive to want, learn, and obtain more knowledge. This involves my coaching style of combining commanding and cooperative in order to allow my athletes to grow in

understanding of the game and in life. In addition to my coaching style, I expect my athletes to strive to be better in all aspects of life and have them set expectations for myself in order to create trust and accountability.

Although I currently have my coaching philosophy set in mind, I understand the need to adapt and stay with the current social, political, and sport ideology. As I continue to grow and gain experience, I plan to change my coaching philosophy and style to meet the needs of the athletes and parents in order to aid in the growth and development in the character, morals, and athletic ability of my players.

Contact Information

Personal Contact Information

Email:

Phone Number:

Administration Contact Information

Athletic Director

Email:

Phone Number:

Faculty Representative

Email:

Phone Number:

Principal

Email:

Phone Number:

Other Contact Information

Team Doctor

Email:

Phone Number:

Terminology Page

Term:_____
Definition:_____
_____
When to Use:_____
Possible Questions/Issues:_____

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Job Description: Head Coach

POSITION SUMMARY:

The Head Coach position manages all aspects of the program as overseen by the Director of Athletics. The Head Coach works independently but is also responsible for communicating with athletic staff to manage all practice and game preparation and logistics, hiring of assistant coaching staff, season administration, athletic training, travel and recruitment of new players for the program. Recruitment and retention of players are both key and priority aspects of this position.

ESSENTIAL RESPONSIBILITIES:

The candidate must demonstrate a strong professional work ethic and unwavering commitment to the academic success of students and mission of the program/

QUALIFICATIONS:

• Bachelor's degree is required
• Qualified candidates will have previous coaching experience with preference given to collegiate level experience.
• Candidates should have strong interpersonal and leadership skills, proven ability to recruit quality student-athletes, a commitment to building a strong program, and a working knowledge of USCAA rules and regulations.
• Must be able to work evenings and weekends throughout the season and off-season in regards to recruitment and recruiting/admissions events.
• Must have a current/valid NYS driver's license and an acceptable driving record.

ESSENTIAL FUNCTIONS:

Professional business office setting with heavy computer use, as well as athletic/fitness setting. General environment requires employees to be flexible. This work includes time standing and walking, including up and down stairs, moving up to 25-pound boxes, etc. Evening and weekend hours will be required to perform work associated with this position.

Job Description: Assistant Coach

POSITION SUMMARY:

The assistant coach aids the head coach in the development of the athletes within the program. Assistant coaches may be asked to work with small groups during practice and help with the setup of drills. Assistant coaches may be asked to aid in the recruitment of athletes and develop personal relationships with the players.

ESSENTIAL RESPONSIBILITIES:

The candidate must demonstrate a strong professional work ethic and unwavering commitment to the academic success of students and mission of the program.

QUALIFICATIONS:

• Bachelor's degree is recommended
• Qualified candidates are recommended to have previous coaching experience or time spent participating in the sport.
• Candidates should have strong interpersonal and leadership skills, proven ability to recruit quality student-athletes, a commitment to building a strong program, and a working knowledge of USCAA rules and regulations.
• Must be able to work evenings and weekends throughout the season and off-season in regards to recruitment and recruiting/admissions events.
• Must have a current/valid NYS driver's license and an acceptable driving record.

ESSENTIAL FUNCTIONS:

The primary function for the assistant coach to serve is to aid in the development of players following the guidelines the head coach sets forth. General environment requires employees to be flexible. This work includes time standing and walking, including up and down stairs, moving up to 25-pound boxes, etc. Evening and weekend hours will be required to perform work associated with this position.

Team Rules

As a player I will:

- Do my best to respect the game and play to the best of my ability at all times.
- Promise to work hard at practice and games to improve my soccer skills and my understanding of the game. I understand the amount of playing time I receive in games will be based on my skills, determination in practice, punctuality, and attitude. I know that I may receive more or less playing than other team members and playing time is not guaranteed and should not be expected.
- Attend all games and practices with proper preparation (i.e., mental, physical and nutritional, even if injured).
- Inform coach if I am unable to attend a game, training session, or team meeting.
- Lose playing time or be removed from the team if I fail to attend practices.
- Abide by my coach's decision regarding playing time and positioning.
- Have a positive and never quit attitude.
- Exemplify and demonstrate sportsmanship at all times.
- Commit to my team the entire season and playoffs.
- Communicate, Communicate, Communicate!
- Conduct myself with class and dignity.
- Give maximum effort in the classroom and maintain eligibility.
- Participate in all fundraiser activities.
- Respect all referees and coaches and accept their decisions without question.
- Give encouragement to my fellow teammates. I understand that we as players must respect each other. This is essential for effective teamwork. It is not necessary that players are good friends off the field, but on the field, everyone must work toward the common goal
- Immediately report any injury to my coach or trainer

- Respect my coach & my opponents
- Learn and obey the laws of the game
- Stay Fit
- Practice my individual techniques at home each day that I do not have training
- Learn the rules, policies & procedures of the team
- Approach the Coach with any personal soccer related problems
- Respect the Captain at all times
- Be the BEST that I can be at all times; for myself, my team, and my family

As a player I will never:

- Engage in dissent toward an official or coach nor use profane or vulgar language.
- Engage in a physical altercation on or off the field during a game or at practice. Violation of this policy may be the basis for suspension or dismissal from the team.
- Leave a game field or practice without the permission of my coach.
- Use a controlled substance (drugs), tobacco products, or drink alcoholic beverages. Eastlake soccer policy is no drugs, no alcohol, and no destructive behavior. We will involve ourselves with the player and parents any time that a situation has an impact on our soccer team or our school. Violation of this policy may be the basis for suspension or dismissal from the team.
- Forget that I represent the program and school

Practice Schedule

Equipment Manager Schedule and Responsibilities:

The challenges of the responsibilities of being an equipment manager would include:

- Setting up the goals and fields to the specifications of the practice session (this would involve communicating with the coaches in order to find the needs for practice that specific day)
- Finding the correct days to mow in order to keep the grass at a manageable level
- Have a plan in place to paint the practice fields and game fields (this would need to include weeks which it rains)
- Make sure all the equipment is set up for the days practice (Once again communication with the coach and getting to the field early is required)
- Have a blood bag ready for each game in case a jersey switch is needed (having two or more in case of a worst case scenario)
- Picking up the uniforms for away games and bringing all the required equipment on the trip
- Laundry pick up and actually doing the laundry
- Replacing nets and flags as needed

Schedule for Equipment Manager:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
-Game Day Setup (As Needed) -Do Laundry (Jerseys and Pennies) - Store Equipment and Inventory	-Mow the Practice Fields -Paint Practice Fields -Set Up Practice	-Get New Gear as Needed - Set Up Practice	- Lay out Jerseys -Get Blood Bag Ready -Set Up Practice	-Mow the Game Field -Paint Game Field -Set up Practice	-Get Equipment Ready (Away Games) -Get Jerseys to Bus(Away Games) -Set Up Practice	-Game Day Setup - Have Blood Bag Available - Laundry After Game

Athlete Practice Schedule

Macro Schedule:

Off-Season Monthly Focus:

December: Cross Training
January: Cross Training
February: Cross Training
March: Strength Building
April: Speed and Agility
May-July: Fitness

Season Monthly Focus:

August: Fitness and Strength
September: Agility and Fitness
October: Fitness and Recovery
November: Fitness and Recovery

Micro Schedule:

Pre-Season:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
- Recovery Day	-Practice -Lifting Day (Low Strength Building) -Tactics and Set Pieces	-Practice -High Fitness Building	- Practice -Lifting Day (High Strength)	-Practice -High Fitness Building	-Practice -Low Fitness Building -Recovery and Rest Day	-Position Session (morning) -Classroom Meeting

In Season:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
-Game Day -Post Game Recovery Session at Pool	-Practice -Lifting Day (Low Strength Building) -Tactics and Set Pieces	-Practice -High Fitness Building	- Practice -Lifting Day (High Strength)	-Practice -High Fitness Building	-Practice -Low Fitness Building -Recovery and Rest Day	-Game Day -Post Game Recovery Session at Pool

Season Practice Schedule: (Home)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
-Game Day -Post Game Recovery Session at Pool	-No Practice -Lifting Day (Low Strength Building) -Focus on Recovery	-Practice -High Fitness Building -Tactics and Set Pieces	- Practice -Lifting Day (High Strength)	-Practice -Mid. Fitness Building	-Practice -Low Fitness Building -Recovery and Rest Day	-Game Day -Post Game Recovery Session at Pool

Season Practice Schedule: (Away)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
-Game Day -Travel	-Practice -Lifting Day (Low Strength Building) -Tactics and Set Pieces	-Practice -High Fitness Building	- Practice -Lifting Day (High Strength)	-Practice -High Fitness Building	-Travel -Walkthroughs for set pieces in Hotel -Pool Session at Hotel	-Game Day - Travel -Post Game Recovery Session at Hotel

Example Practice Schedule: Attacking Focus

Practice Time: 4:00-6:30pm

3:45pm: Players should have arrived and begun warming up

4:00pm: Team Warmup

- 4 Lines split evenly
    1. Leg Dynamic Stretches and Calf Dynamic Stretches
    2. Arms and Lunges
    3. Side Shuffles
    4. Skips (One for Height and One for Distance)
    5. Build up Runs (50%,75%,90%,100%)

4:10pm: Position Drills

-Goalkeepers off in goal working with the Goalkeeper coach
-Defense and Midfield working on possession games with pressure
-Attackers working on positioned runs and finishing

4:35: Transition and Water

4:37: Large Possession Games

-Three teams, one defending, two possessing
-Goal is to keep possession under pressure and connect passes
-10 Passes in a row is a point
-40yard by 40yard grid
-First team to 5 points wins

4:55: Transition and Water

4:57: Attacking Pressure

-Goalkeepers in Goal Rotating
- Full Defense and midfield on defensive side and Full Attack and midfield on the other
- Game will have 8 defending plus a keeper and 6 attacking
-Defense Goal is to build up out of the back in order to find the two small (3 foot) goals on either side
-Attacking Goal is to pressure and win the ball back to make a quick counterattack

5:20: Transition and Water

5:22: Flying Changes

-Two full size goals 30 yards apart, Goalkeepers in each goal

-Two teams split evenly, with lines on each post

-The game is 2v2 to goal with keepers, quick shots and attacks are the goal

-Ball out of play on the endline is the new attacking 2 in, ball out of play on the sides is a new ball played in to the team that did not touch the ball out

-First team to 7 goals wins

5:50: Water and Transition

5:52: Team Fitness: 3 Sub 60s

-Two groups split evenly.

-Each group must make under the time in order to not have one additional run

-Cone lines set 22 yards apart

-Players run to opposite side and back four times to finish

6:10: Team Cooldown

- Cooldown Jog and Stretching
- During stretching, coach will discuss plans for the next day and rest of week

6:28: Final Comments on Practice and Week

6:30: Practice Ends

- Gear put away

Example Practice Schedule: Defending Focus

Practice Time: 4:00-6:30pm

3:45pm: Players should have arrived and begun warming up

4:00pm: Team Warmup

- 4 Lines split evenly
    6. Leg Dynamic Stretches and Calf Dynamic Stretches
    7. Arms and Lunges
    8. Side Shuffles
    9. Skips (One for Height and One for Distance)
    10. Build up Runs (50%,75%,90%,100%)

4:10pm: Position Drills

-Goalkeepers off in goal working with the Goalkeeper coach
-Defense and Midfield working on possession games with defensive pressure
-Attackers shifting to cover gaps

4:35: Transition and Water

4:37: Large Possession Games

-Three teams, one defending, two possessing
-Goal is to keep possession under pressure and connect passes
-10 Passes in a row is a point
-40yard by 40yard grid
-First team to 5 points wins

4:55: Transition and Water

4:57: Defending On Top of 18 Yard Box

-Goalkeepers in Goal Rotating
- Full Defense and two midfielders on defensive side and Full Attack and midfield on the other
- Game will have 6 defending plus a keeper and 7 attacking
-Defense Goal is to defend the 18 yard box and deny the attack opportunity to shoot the ball
-Attacking Goal is to get the ball to the inside of the 18 yard box and score

5:20: Transition and Water

5:22: Off Set Flying Changes

-Two full size goals 30 yards apart, Goalkeepers in each goal

-Two teams split evenly, with lines on each post

-The game is 2v3, 3 attackers and two defenders, to goal with keepers, quick shots and attacks are the goal

-Ball out of play on the endline is the new attacking 3 in, ball out of play on the sides is a new ball played in to the team that did not touch the ball out

-First team to 7 goals wins

5:50: Water and Transition

5:52: Team Fitness: 3 Sub 60s

-Two groups split evenly.

-Each group must make under the time in order to not have one additional run

-Cone lines set 22 yards apart

-Players run to opposite side and back four times to finish

6:10: Team Cooldown

- Cooldown Jog and Stretching
- During stretching, coach will discuss plans for the next day and rest of week

6:28: Final Comments on Practice and Week

6:30: Practice Ends

- Gear put away

Example Practice Schedule: Competition Day

Practice Time: 4:00-6:30pm

3:45pm: Players should have arrived and begun warming up

4:00pm: Team Warmup

- 4 Lines split evenly
    11. Leg Dynamic Stretches and Calf Dynamic Stretches
    12. Arms and Lunges
    13. Side Shuffles
    14. Skips (One for Height and One for Distance)
    15. Build up Runs (50%,75%,90%,100%)

4:10pm: Position Drills

-Goalkeepers off in goal working with the Goalkeeper coach
-Defense and Midfield working on possession games with pressure
-Attackers working on positioned runs and finishing

4:35: Transition and Water

4:37: Large Possession Games

-Three teams, one defending, two possessing
-Goal is to keep possession under pressure and connect passes
-10 Passes in a row is a point
-40yard by 40yard grid
-First team to 5 points wins

4:50: Competition Time

- 4 Teams of 5 players
- Two minute games, first goal wins or winner stays
- 25 by 40 Grid with full size goals
- Two teams off have fitness (1)3 60 yard sprints (2) 10 push ups and 10 sit ups

6:10: Team Cooldown

- Cooldown Jog and Stretching
- During stretching, coach will discuss plans for the next day and rest of week

6:28: Final Comments on Practice and Week
6:30: Practice Ends

- Gear put away

Example Workout Packets

Preseason:

UNFIELD UNIVERSITY
ATHLETIC PERFORMANCE
MEN'S SOCCER FALL 2020

PRESEASON PERIOD 1

MOVEMENT PREPARATION EXERCISES - Choose 2 as the Warm-Up
Lying Hamstring Stretch: 30 reps per leg
Walking Lunge (with twist): 6 reps per lead side
Multiplanar Lunge with Reach: 5 reps per lead side
Lateral Lunge with Reach: 5 reps per lead side
Leg Cradles: 10 reps per leg
Curtsy Lunge: 10 reps per leg
Side Plank: 3 sets of 10 second holds on each side

PILLAR ACTIVATION EXERCISES - Choose 2 as the Warm-Up
Front Planks: 3 sets of 30 second holds, squeeze glutes HARD
Deadbugs: 10 reps per side, push palms to knees HARD while other limbs reach and return
Bird Dogs: 10 reps per side, push heel away as far as you can and keep it there
Band Hip Walks: 3 sets of 10 steps with a band around ankles at all times
Band Crawl Holds: 3 sets of 10 second holds, knees barely off ground, back flat
Side Plank: 3 sets of 10 second holds on each side
Bird Dogs: 10 reps one side, reach to toe done slowly

MOBILITY EXERCISES - Choose 2 as the Warm-Up
Deep Squat with Reach: 10 reaches to each side
Downward Dog: 10 reps
Spiderman with Rotation: 10 twists to each side
Half Kneeling Hip Flexor: 60 second stretch on each leg
Side Bending Level 1: 15 to each side
Side Bending Level 2: 10 to each side
Assisted Leg Lowering: 12 on each leg

DAY 1	WEEK 1		WEEK 2		WEEK 3		WEEK 4	
POWER LIFT - PAIR 1A	VOL	LOAD	VOL	LOAD	VOL	LOAD	VOL	LOAD
TALL-KNEELING MED BALL OVERHEAD THROW	15	6 to 8	15	6 to 8	15	6 to 8	15	6 to 8
THROW HARD!	15	6 to 8	15	6 to 8	15	6 to 8	15	6 to 8
"Blow" the wall during follow-thru	15	6 to 8	15	6 to 8	15	6 to 8	15	6 to 8
6-8 lbs. med ball								
Rest: 60 sec								
POWER LIFT - PAIR 1B	VOL	LOAD	VOL	LOAD	VOL	LOAD	VOL	LOAD
BROAD JUMP	8		8		8		8	
Jump as far as you can and	8		8		8		8	
stick the landing.	8		8		8		8	
Rest: 60 sec	8		8		8		8	
HIP HINGE - PAIR 2A	VOL	LOAD	VOL	LOAD	VOL	LOAD	VOL	LOAD
TRAP-BAR DEADLIFT	12		12		12		12	
	12		12		12		12	
Total Body Tightness	12		12		12		12	
1sec down, 1 sec up	12		12		12		12	
Rest: 60sec								
UPPER BODY PUSH - PAIR 2B	VOL	LOAD	VOL	LOAD	VOL	LOAD	VOL	LOAD
DB BENCH PRESS	15		15		15		15	
1sec down, 1 sec up	15		15		15		15	
Rest: 60 sec	15		15		15		15	
UPPER BODY PULL - PAIR 3A	VOL	LOAD	VOL	LOAD	VOL	LOAD	VOL	LOAD
1-ARM DB ROWS	15		15		15		15	
Flat and stiff torso	15		15		15		15	
Rest: 60 sec	15		15		15		15	
SQUAT - PAIR 3B	VOL	LOAD	VOL	LOAD	VOL	LOAD	VOL	LOAD
GOBLET SPLIT SQUAT	15		15		15		15	
	15		15		15		15	
1sec down, 1 sec up, reps per leg	15		15		15		15	
Rest: 60 sec	15		15		15		15	
UPPER BODY PULL	VOL	LOAD	VOL	LOAD	VOL	LOAD	VOL	LOAD
BARBELL INVERTED ROWS	MR		MR		MR		MR	
PERFECT posture, TEST	MR		MR		MR		MR	
Do as many as you can in a row.	MR		MR		MR		MR	
Rest: 60 sec								

DAY 2	WEEK 1		WEEK 2		WEEK 3		WEEK 4	
POWER LIFT - PAIR 1A	VOL	LOAD	VOL	LOAD	VOL	LOAD	VOL	LOAD
BOX JUMPS	10	BW	10	BW	10	BW	10	BW
	10	BW	10	BW	10	BW	10	BW
20" box or higher; but don't go	10	BW	10	BW	10	BW	10	BW
overboard with height.	10	BW	10	BW	10	BW	10	BW
Jump higher than the box and land								
soft, strong, and athletic								
Rest: 60sec								
POWER LIFT - PAIR 1B	VOL	LOAD	VOL	LOAD	VOL	LOAD	VOL	LOAD
JUMPING MED BALL SLAMS	12	8 to 10	12	8 to 10	12	8 to 10	12	8 to 10
	12	8 to 10	12	8 to 10	12	8 to 10	12	8 to 10
Big jump, big hulk-slam down!	12	8 to 10	12	8 to 10	12	8 to 10	12	8 to 10
Rest: 60 sec	12	8 to 10	12	8 to 10	12	8 to 10	12	8 to 10
SQUAT - PAIR 2A	VOL	LOAD	VOL	LOAD	VOL	LOAD	VOL	LOAD
GOBLET REAR-FOOT ELEVATED SPLIT SQUAT	15		15		15		15	
	15		15		15		15	
Reps per leg	15		15		15		15	
1sec down, 1 sec up	15		15		15		15	
Rest: 60sec								
UPPER BODY PUSH - PAIR 2B	VOL	LOAD	VOL	LOAD	VOL	LOAD	VOL	LOAD
DB INCLINE BENCH PRESS	15		15		15		15	
1sec down, 1 sec up	15		15		15		15	
Rest: 60 sec	15		15		15		15	
UPPER BODY PULL - PAIR 3A	VOL	LOAD	VOL	LOAD	VOL	LOAD	VOL	LOAD
BAND-ASSISTED CHIN-UPS	MR		MR		MR		MR	
Do as many as you can in a row.	MR		MR		MR		MR	
Total Body Tightness	MR		MR		MR		MR	
Rest: 60 sec	MR		MR		MR		MR	
HIP HINGE - PAIR 3B	VOL	LOAD	VOL	LOAD	VOL	LOAD	VOL	LOAD
BARBELL RDL	15		15		15		12	
	15		15		12		12	
1sec down, 1 sec up	15		15		12		12	
Rest: 60 sec	15		15		12		12	
UPPER BODY PUSH	VOL	LOAD	VOL	LOAD	VOL	LOAD	VOL	LOAD
TALL-KNEELING DB OVERHEAD PRESS	15		15		15		15	
	15		15		15		15	
	15		15		15		15	
Rest: 60 sec								

SPEED AND CHANGE OF DIRECTION	WEEK 1	WEEK 2	WEEK 3	WEEK 4
TALL AND FALL STARTS	5@yd	10@yd	10@yd	10@yd
	10@yd	10@yd	10@yd	10@yd
Feet together, tall posture,	10@yd	10@yd	10@yd	10@yd
lean and fall into sprint	10@yd	10@yd	10@yd	10@yd
Go hard on every sprint!		10@yd	10@yd	10@yd
Rest: 60 seconds				
HALF-KNEELING ROLLING STARTS	20@yd	20@yd	20@yd	20@yd
	20@yd	20@yd	20@yd	20@yd
Rest: 90 seconds	20@yd	20@yd	20@yd	20@yd
	20@yd	20@yd	20@yd	20@yd
FLYING 20's	20@yd	20@yd	20@yd	20@yd
20yd "flying" zone	20@yd	20@yd	20@yd	20@yd
10yd 10-15 yards to build into "flying"	20@yd	20@yd	20@yd	20@yd
zone. Run through zone fast!	20@yd	20@yd	20@yd	20@yd
Rest: 120 seconds				
COD LADDERS	4	4	4	4
10yd increments	4	4	4	4
Mix up the route to each ladder	4	4	4	4
(sprint, shuffle, etc.)	4	4	4	4
Down and back = 1 rep	4	4	4	4
Stop on a dime after last run		4	4	4
Rest: 90 seconds				

Season:

PRE-SEASON 2020: BLOCK 1
GOAL: AEROBIC CAPACITY

LINFIELD UNIVERSITY
ATHLETIC PERFORMANCE
WILDCAT MEN'S SOCCER - SUMMER 2020

MOBILITY EXERCISES - Choose 2 as the Warm-Up

- Seal Squat with Reach: 10 reaches to each side
- Downward Dog: 10 reps
- Quadruped T-Spine Twists: 10 twists to each side
- Half-Kneeling Hip Flexor Stretch: 60 second stretch on each leg
- Shin Boxing Level 1: 15 to each side
- Shin Boxing Level 2: 10 to each side
- Assisted Leg Lowering: 12 on each leg

PILLAR ACTIVATION EXERCISES - Choose 2 as the Warm-Up

- Front Planks: 3 sets of 60 second holds; squeeze hold; body is tall
- Superhero: 10 reps per side; push palm to knee HARD while other limbs reach and return
- T-Leg Hip Bridges: 60 reps with a 5-second hard squeeze at top with each leg
- Band holds: 3 sets of 10 second holds on each side
- Bear Crawl Holds: 3 sets of 10 second holds; knees barely off ground, back flat
- Side Plank: 3 sets of 10 second holds on each side
- Bird-Dogs: 10 reps per side; mean to be done slowly

MOVEMENT PREPARATION EXERCISES - Choose 2 as the Warm-Up

- Slow Walks: 10 reps per leg
- Walking Lunge (with twist): 6 reps per leg/side
- Lateral Lunges: 10 reps per leg/side
- World's Greatest Stretch: 8 twists on each side
- Lax Crad/Jax: 10 reps per leg
- Cyclist Lunge: 60 reps per leg
- High Knee Skips: 3 sets of 15 seconds or 3 sets of 15 yard skips

DAY 1

	WEEK 1		WEEK 2		WEEK 3		WEEK 4	
DATE:	5/4/2020		5/11/2020		5/18/2020		5/25/2020	
POWER LIFT	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**
JUMP ROPE	2min		2min		2mir		2min	
	3min		2min		2mir		2min	
	2min		2min		2mir		3min	
	3min		2min		2mir		3min	
60sec rest between sets					2mir		3min	
Write down how many you get in 2 minutes.								
HIP HINGE	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**
1-LEG RDL	2S	BW	2S	BW	2S	BW	2S	BW
Use stick, bat, foam roller to	2S	BW	2S	BW	2S	BW	2S	BW
connect hand to back foot. Reps per leg	2S	BW	2S	BW	2S	BW	2S	BW
Rest: 3Osec					2S	BW	2S	BW
UPPER BODY PUSH	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**
PUSH-UPS	MR		MR		MR		MR	
If you can't do >30 reps properly with	MR		MR		MR		MR	
hands on ground, elevate hands.	MR		MR		MR		MR	
Elevated Push-Ups					MR		MR	
Rest: 3Osec								

DAY 2

	WEEK 1		WEEK 2		WEEK 3		WEEK 4	
DATE:	5/6/2020		5/13/2020		5/20/2020		5/27/2020	
POWER LIFT I	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**
5-YARD SPRINTS	1	BW	1	BW	1	BW	1	BW
	1	BW	1	BW	1	BW	1	BW
	1	BW	1	BW	1	BW	1	BW
Rest 30sec between sprints	1	BW	1	BW	1	BW	1	BW
POWER LIFT II	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**
10-YARD SPRINTS	1	BW	1	BW	1	BW	1	BW
	1	BW	1	BW	1	BW	1	BW
Rest 1min between sprints	1	BW	1	BW	1	BW	1	BW
	1	BW	1	BW	1	BW	1	BW
	1	BW	1	BW	1	BW	1	BW
POWER LIFT III	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**
25-YARD SPRINTS	1	BW	1	BW	1	BW	1	BW
	1	BW	1	BW	1	BW	1	BW
Rest 2min between sprints	1	BW	1	BW	1	BW	1	BW
	1	BW	1	BW	1	BW	1	BW
	1	BW	1	BW	1	BW	1	BW
HIP HINGE	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**
RDL	2S		2S		2S		2S	
Use bag full of books, laundry detergent,	2S		2S		2S		2S	
bands, some sort of resistance.	2S		2S		2S		2S	
					2S		2S	
Rest: 3Osec								
UPPER BODY PULL	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**
TOWEL INVERTED ROWS	MR		MR		MR		MR	
Tie a knot on one end of the beach towel.	MR		MR		MR		MR	
Place on top of door and close door.	MR		MR		MR		MR	
Rest: 3Osec					MR		MR	

DAY 3

	WEEK 1		WEEK 2		WEEK 3		WEEK 4	
DATE:	5/8/2020		5/15/2020		5/22/2020		5/29/2020	
POWER LIFT	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**
SQUAT JUMPS	1min		1min		1mir		1min	
	1min		1min		1mir		1min	
As many and as high as you can in	1min		1min		1mir		1min	
60 seconds.					1mir		1min	
Squat down low before jumping.								
Write down jumps in 1min								
Rest: 3Osec								
UPPER BODY PUSH	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**
HALF-KNEEL 1-ARM	2S		2S		2S		2S	
OVERHEAD PRESS	2S		2S		2S		2S	
Find some sort of resistance	2S		2S		2S		2S	
Rest: 3Osec					2S		2S	
HIP HINGE	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**
STRAIGHT-LEG	2S		2S		2S		2S	
HIP BRIDGE MARCH	2S		2S		2S		2S	
Back on bench/couch, find some sort	2S		2S		2S		2S	
of weight to place on hips. Reps per leg					2S		2S	
Rest 3Osec								

ENERGY SYSTEM WORK

THRESHOLD TRAINING

Interval run for 1C minutes on, 5 minutes off
Repeat this cycle 4 times in Weeks 1 and 2; 5 times in Weeks 3 and 4
Get your HR at 170+ beats per minute for the ENTIRE 10min of work
Just think: cover as much distance as you can in 10 minutes; it's a hard run
Do this 2 times per week, preferrably Tuesday and Thursday

CARDIAC OUTPUT METHOD

Moderate-intense run for 4C minutes
Keep your HR between 130-15C beats per minute for the entire session
Do this 2 times per week, preferrably after Monday's lift and either Sat or Sun
This is seen as a recovery workout

Post-Season:

PRE-SEASON 2020: BLOCK 1
GOAL: AEROBIC CAPACITY

LINFIELD UNIVERSITY
ATHLETIC PERFORMANCE
WILDCAT MEN'S SOCCER - SUMMER 2020

MOBILITY EXERCISES - Choose 2 as the Warm-Up

- Deep Squat with Reach: 10 reaches to each side
- Downward Dog: 10 reps
- Quadruped T-Spine Twists: 10 twists to each side
- Half-Kneeling Hip Flexor Stretch: 60 second stretch on each leg
- Shin Boxing Level 1: 15 to each side
- Shin Boxing Level 2: 10 to each side
- Assisted Leg Lowering: 12 on each leg

PILLAR ACTIVATION EXERCISES - Choose 2 as the Warm-Up

- Front Planks: 3 sets of 10 second holds; squeeze hold body hard!
- Deadbugs: 10 reps per side; push palm to knee HARD while other limbs reach and return
- 1-Leg Hip Bridges: 10 reps with a 5-second hard squeeze at top with each leg
- Band holds: 3 sets of 10 second holds on each side
- Bear Crawl Holds: 3 sets of 10 second holds; knees barely off ground, back flat
- Side Plank: 3 sets of 10 second holds on each side
- Bird-Dogs: 10 reps per side; mean to be done slowly

MOVEMENT PREPARATION EXERCISES - Choose 2 as the Warm-Up

- Dino Walks: 10 reps per leg
- Walking Lunge (with twist): 6 reps per leg/side
- Lateral Lunges: 10 reps per leg/side
- World's Greatest Stretch: 8 twists on each side
- Leg Cradles: 10 reps per leg
- Curtsy Lunge: 10 reps per leg
- High Knee Skips: 3 sets of 10 seconds or 3 sets of 15 yard skips

DAY 1

	WEEK 1		WEEK 2		WEEK 3		WEEK 4	
DATE:	5/4/2020		5/11/2020		5/18/2020		5/25/2020	
POWER LIFT	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**
JUMP ROPE	2min		2min		2min		2min	
	2min		2min		2min		2min	
	2min		2min		2min		2min	
	2min		2min		2min		2min	
60sec rest between sets					2min		2min	
Write down how many you get in 2 minutes								
HIP HINGE	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**
1-LEG RDL	25	BW	25	BW	25	BW	25	BW
Use stick, bat, foam roller to	25	BW	25	BW	25	BW	25	BW
connect hand to back foot. Reps per leg	25	BW	25	BW	25	BW	25	BW
Rest: 30sec					25	BW	25	BW
UPPER BODY PUSH	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**
PUSH-UPS	MR		MR		MR		MR	
If you can't do >10 reps properly with	MR		MR		MR		MR	
hands on ground, elevate hands.	MR		MR		MR		MR	
Elevated Push-Ups					MR		MR	
Rest: 30sec								

DAY 2

	WEEK 1		WEEK 2		WEEK 3		WEEK 4	
DATE:	5/6/2020		5/13/2020		5/20/2020		5/27/2020	
POWER LIFT I	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**
5-YARD SPRINTS	1	BW	1	BW	1	BW	1	BW
	1	BW	1	BW	1	BW	1	BW
	1	BW	1	BW	1	BW	1	BW
Rest 30sec between sprints	1	BW	1	BW	1	BW	1	BW
POWER LIFT II	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**
10-YARD SPRINTS	1	BW	1	BW	1	BW	1	BW
	1	BW	1	BW	1	BW	1	BW
Rest 1min between sprints	1	BW	1	BW	1	BW	1	BW
	1	BW	1	BW	1	BW	1	BW
	1	BW	1	BW	1	BW	1	BW
POWER LIFT III	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**
25-YARD SPRINTS	1	BW	1	BW	1	BW	1	BW
	1	BW	1	BW	1	BW	1	BW
Rest 2min between sprints	1	BW	1	BW	1	BW	1	BW
	1	BW	1	BW	1	BW	1	BW
	1	BW	1	BW	1	BW	1	BW
HIP HINGE	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**
RDL	25		25		25		25	
Use bag full of books, laundry detergent,	25		25		25		25	
bands, some sort of resistance.	25		25		25		25	
					25		25	
Rest: 30sec								
UPPER BODY PULL	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**
TOWEL INVERTED ROWS	MR		MR		MR		MR	
Tie a knot on one end of the beach towel.	MR		MR		MR		MR	
Place on top of door and close door.	MR		MR		MR		MR	
Rest: 30sec					MR		MR	

DAY 3

	WEEK 1		WEEK 2		WEEK 3		WEEK 4	
DATE:	5/8/2020		5/15/2020		5/22/2020		5/29/2020	
POWER LIFT	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**
SQUAT JUMPS	1min		1min		1min		1min	
	1min		1min		1min		1min	
As many and as high as you can in	1min		1min		1min		1min	
60 seconds.					1min		1min	
Squat down low before jumping.								
Write down jumps in 1min								
Rest: 30sec								
UPPER BODY PUSH	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**
HALF-KNEEL 1-ARM	25		25		25		25	
OVERHEAD PRESS	25		25		25		25	
Find some sort of resistance	25		25		25		25	
Rest: 30sec					25		25	
HIP HINGE	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**
STRAIGHT-LEG	25		25		25		25	
HIP BRIDGE MARCH	25		25		25		25	
Back on bench/couch, find some sort	25		25		25		25	
of weight to place on hips. Reps per leg					25		25	
Rest 30sec								

ENERGY SYSTEM WORK

THRESHOLD TRAINING

Interval run for 10 minutes on, 5 minutes off
Repeat this cycle 4 times in Weeks 1 and 2; 5 times in Weeks 3 and 4
Get your HR at 170+ beats per minute for the ENTIRE 10min of work
Just think: cover as much distance as you can in 10 minutes; it's a hard run
Do this 2 times per week, perferrably Tuesday and Thursday

CARDIAC OUTPUT METHOD

Moderate-intense run for 40 minutes
Keep your HR between 130-150 beats per minute for the entire session
Do this 2 times per week, preferrably after Monday's lift and either Sat or Sun
This is seen as a recovery workout

Off Season:

SPRING 2021
GOAL: ANAEROBIC CAPACITY

LINFIELD UNIVERSITY
ATHLETIC PERFORMANCE
WILDCAT MEN'S SOCCER - SPRING 2021

MOBILITY EXERCISES - Choose 2 as the Warm-Up

- Deep Squat with Reach: 10 reaches to each side
- Downward Dog: 10 reps
- Quadruped T-Spine Twists: 10 twists to each side
- Half-Kneeling Hip Flexor Stretch: 60 second stretch on each leg
- Shin Boxing Level 1: 15 to each side
- Shin Boxing Level 2: 10 to each side
- Assisted Leg Lowering: 12 on each leg

PILLAR ACTIVATION EXERCISES - Choose 2 as the Warm-Up

- Front Planks: 3 sets of 10 second holds; squeeze hold body hard!
- Deadbugs: 10 reps per side; push palm to knee HARD while other limbs reach and return
- 1-Leg Hip Bridges: 10 reps with a 5-second hard squeeze at top with each leg
- Band holds: 3 sets of 10 second holds on each side
- Bear Crawl Holds: 3 sets of 10 second holds; knees barely off ground, back flat
- Side Plank: 3 sets of 10 second holds on each side
- Bird-Dogs: 10 reps per side; mean to be done slowly

MOVEMENT PREPARATION EXERCISES - Choose 2 as the Warm-Up

- Rino Walks: 10 reps per leg
- Walking Lunge (with twist): 6 reps per leg/side
- Lateral Lunges: 10 reps per leg/side
- World's Greatest Stretch: 8 twists on each side
- Leg Cradles: 10 reps per leg
- Curtsy Lunge: 10 reps per leg
- High Knee Skips: 3 sets of 10 seconds or 3 sets of 15 yard skips

DAY 1

	WEEK 1		WEEK 2		WEEK 3		WEEK 4	
DATE	2/8/21		2/15/21		2/22/21		2/29/21	
POWER LIFT	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**
BANDED BROAD JUMP	10		10		10		10	
	10		10		10		10	
Band around the waist with partner	10		10		10		10	
holding other end. Partner resists while	10		10		10		10	
other does broad jump. SLIGHT								
resistance, not too much.								
Rest: 60sec								
SQUAT	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**
BAND SPLIT SQUATS	12		12		12		12	
	12		12		12		12	
Reps per leg	12		12		12		12	
Rest: 90sec	12		12		12		12	
UPPER BODY PUSH	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**
BAND PUSH-UPS	MR		MR		MR		MR	
	MR		MR		MR		MR	
Band looped around the back, both	MR		MR		MR		MR	
ends in the palms of your hands	MR		MR		MR		MR	
Rest: 90sec								
HIP HINGE	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**
BAND RDL	15		15		20		20	
	15		15		20		20	
	15		15		20		20	
Rest: 60sec	15		15		20		20	
UPPER BODY PULL	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**
BAND LOW ROWS	15		15		20		20	
Partner Paloff Hold (core)	15		15		20		20	
Other partner low rows	15		15		20		20	
Rest: 60sec	15		15		20		20	

DAY 2

	WEEK 1		WEEK 2		WEEK 3		WEEK 4	
DATE	2/10/21		2/17/21		2/24/21		3/2/21	
POWER I	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**
RESISTED BAND SPRINTS 20-YARDS	1		1		1		1	
	1		1		1		1	
	1		1		1		1	
	1		1		1		1	
	1		1		1		1	
Rest: 120sec	1		1		1		1	
POWER II	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**
BANDED VERTICAL JUMPS	10		10		10		10	
Partner anchors the band near groure	10		10		10		10	
Maximal jump against resistance	10		10		10		10	
Rest: 90sec	10		10		10		10	
HIP HINGE	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**
BAND 1-LEG DEADLIFT	15		15		20		20	
	15		15		20		20	
Reps per leg	15		15		20		20	
Rest: 60sec	15		15		20		20	
UPPER BODY PUSH	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**
BAND OVERHEAD PRESS	15		15		20		20	
	15		15		20		20	
Athletic stance, back straight	15		15		20		20	
	15		15		20		20	
Rest: 60sec								
UPPER BODY PULL	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**
BAND LAT PULLDOWNS	15		15		20		20	
Partner anchors band overhead.	15		15		20		20	
Other partner seated on ground	15		15		20		20	
Rest: 60sec	15		15		20		20	
SQUAT	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**
BAND FRONT SQUATS	15		15		20		20	
	15		15		20		20	
	15		15		20		20	
Rest: 60sec	15		15		20		20	

DAY 3

	WEEK 1		WEEK 2		WEEK 3		WEEK 4	
	2/12/21		2/19/21		2/26/21		3/4/21	
POWER I	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**
BANDED 1-LEG BROAD JUMP	10		10		10		10	
Sideways jump	10		10		10		10	
Partner holds band and adds resistance	10		10		10		10	
Reps per leg/side	10		10		10		10	
Rest: 90sec								
UPPER BODY PUSH	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**
HIP BRIDGE FLOOR PRESS	15		15		20		20	
Band looped around the back, both	15		15		20		20	
ends in the palms of your hands	15		15		20		20	
Rest: 60sec	15		15		20		20	
HIP HINGE	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**
KNEELING BAND HIP THRUST	15		15		20		20	
Partner: tall kneeling Paloff hold	15		15		20		20	
Other partner drive hips forward	15		15		20		20	
and squeeze glutes for 2-3 seconds	15		15		20		20	
Rest: 60 sec								
UPPER BODY PULL	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**
BAND HIGH ROW	15		15		20		20	
Elbows high like a face pull	15		15		20		20	
	15		15		20		20	
Rest: 60sec	15		15		20		20	
SQUAT	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**	**VOL**	**LOAD**
BAND BACK SQUAT	15		15		20		20	
Band behind neck, across shoulders.	15		15		20		20	
Hands hold band outside shoulders as if	15		15		20		20	
holding a barbell. Rest: 60sec	15		15		20		20	

ENERGY SYSTEM WORK

Team Situational Strategies

1. **Ahead End Offense**

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-
-
-

Overall Message to Team:

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2. **Ahead End Defense**

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Overall Message to Team:

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3. **Behind End Offense**

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-
-

Overall Message to Team:

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4. **Behind End Defense**

-

-
-
-

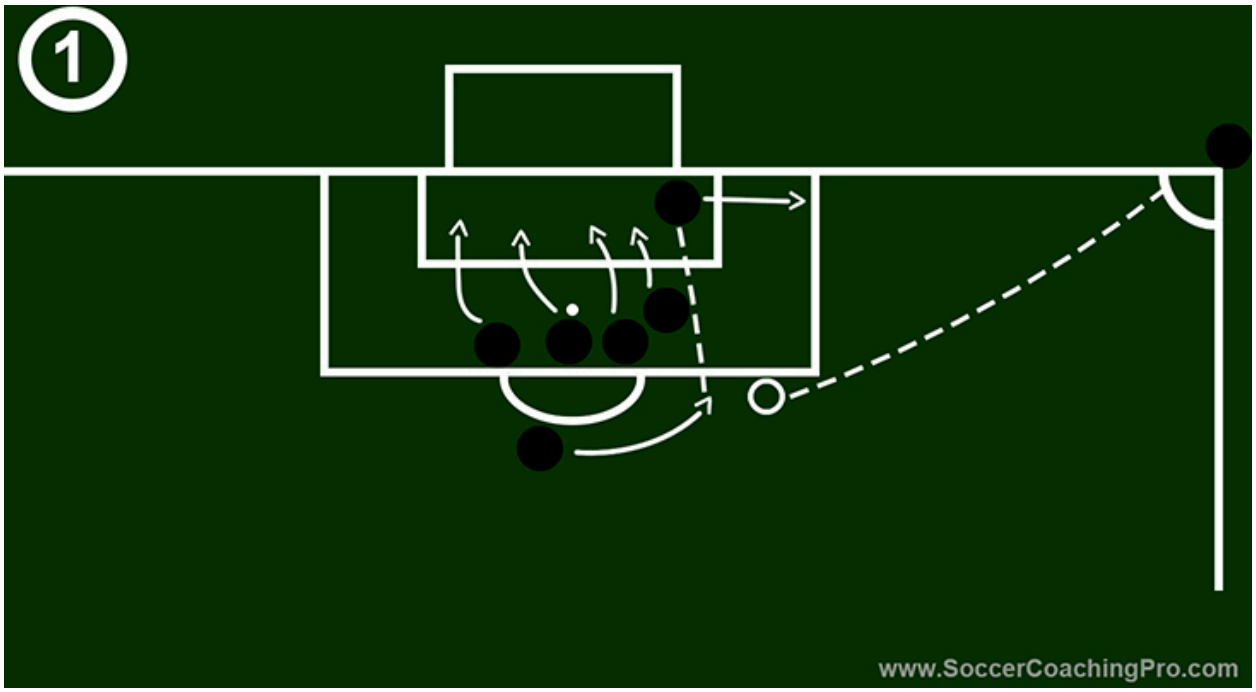
Overall Message to Team:

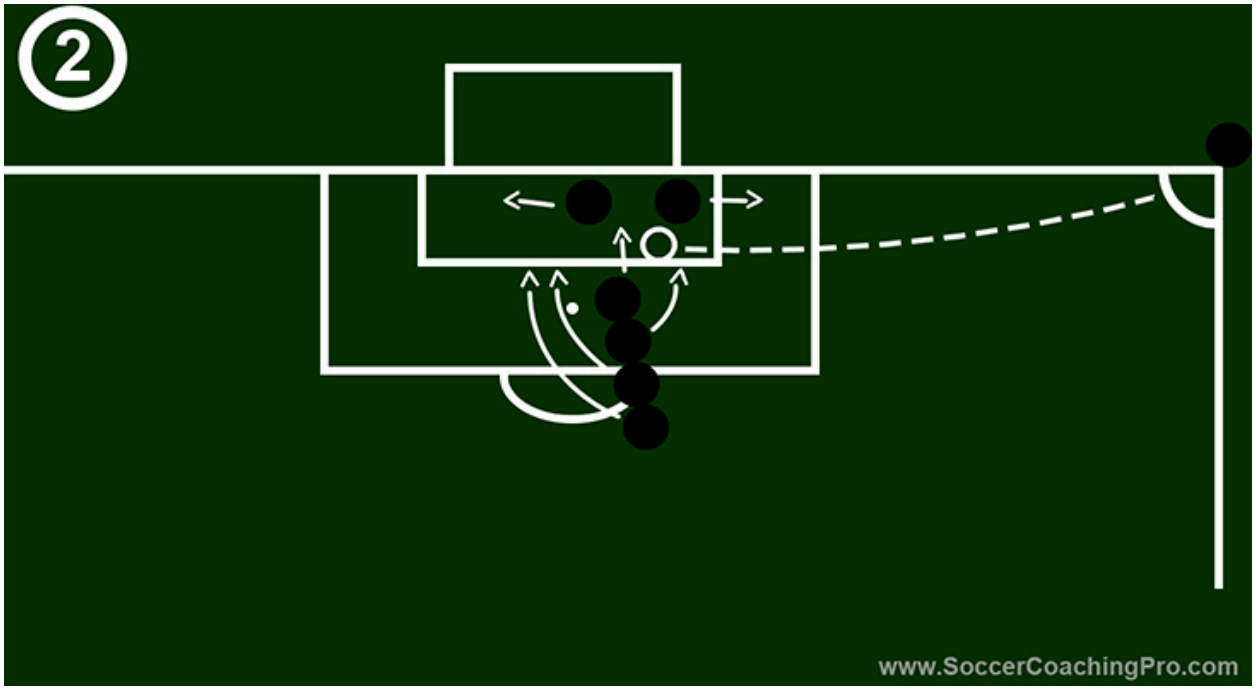
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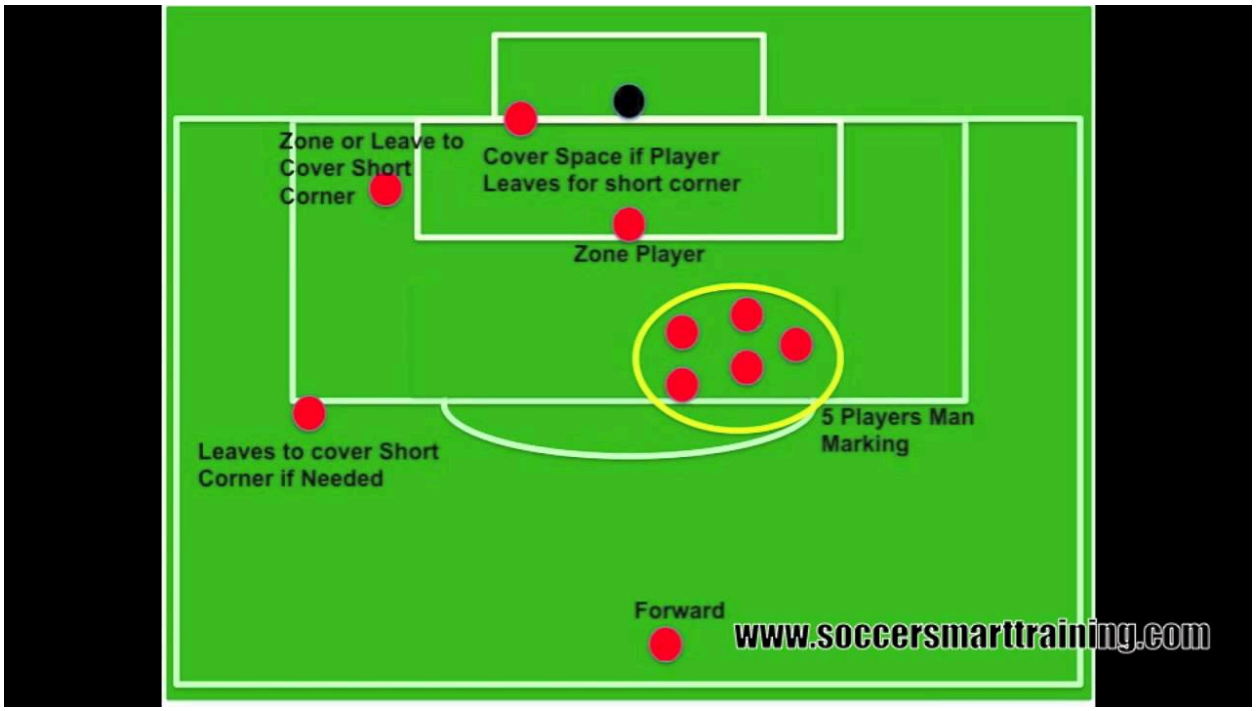
Tactical Pages

Attacking Corner Kick Plays:





Defensive Corner Tactic:



ATHLETIC INJURY REPORT FORM

1. School Name: _____ 2. Activity: _____ 3. Date of Injury: _____

4. Student's Name: _____ 5. Grade: _____ 6. Time of Injury: _____

7. Address: _____ Telephone: _____ [ ] Male [ ] Female

8. Location of Accident: [ ] Classroom [ ] Field [ ] Gym [ ] Locker Room [ ] Game [ ] Practice [ ] Other

9. Body Part Injured:

HEAD	TRUNK	EXTREMITIES		OTHER
__ Ear	__ Abdomen	__ Ankle	__ Lower Arm	
__ Eye	__ Back	__ Elbow	__ Lower Leg	_____
__ Face	__ Chest	__ Finger	__ Thumb	
__ Head	__ Chest	__ Foot	__ Toes	_____
__ Neck	__ Groin	__ Hand	__ Upper Arm	
__ Scalp	__ Shoulder	__ Hip	__ Upper Leg	_____
		__ Knee	__ Wrist	

10. Type of Injury:

			OTHER
__ Abrasion	__ Bite	__ Bruise	
__ Burn	__ Concussion	__ Cut	_____
__ Dislocation	__ Fracture	__ Heat	
__ Laceration	__ Puncture	__ Scratch	_____
__ Shock	__ Sprain	__ Strain	

11. First Aid Given:

			OTHER
__ Applied Dressing	__ Applied Splint	__ Ice	
__ Kept Immobile	__ Stopped bleeding	__ Observed	_____
__ Washed Wound			

12. Action Taken:

__ Parent took home	__ Transfer to hospital	__ Parent took to doctor
__ Returned to sport	__ Parent took to ER	__ Called 911
__ Other: _____		

13. Explanation of Accident:

__ Collision with person	__ Collision with obstacle	__ Fall
__ Hit with object	__ Injury to self	
__ Other: _____		

14. Describe: Describe specifically how the injury happened. _____

_____

_____

_____

15. Witness 1: _____ Witness 2: _____

Address: _____ Address: _____

Phone #: _____ Phone #: _____

16. Form Submitted by: _____

Signature/Date: _____

Address: _____

Telephone #: _____

Please attach additional comments / information on back of sheet

Team name

Team roster

Player #	Name	Birthdate	Position	Email	Phone
	Enter player details				

Player and Parent Contract

PLAYER: I hereby state that:

- I, as a player, will use every effort to be a positive member of my team and exhibit good sportsmanship at all times.
- I will keep in mind that this is an extracurricular activity and will keep my grades and behavior at an appropriate level so that I may participate.
- I will attempt to attend and actively participate in every practice and event scheduled. If I cannot make it, I will inform my coaches as to why I am unable to attend.
- I will practice and play to the best of my ability.
- I recognize that I am playing a team sport; as such the interests of the team shall take precedence over individual exploits.
- I will not criticize the performance of another teammate, a coach's decision, a referee's call or an opponent.
- I will conduct myself in a respectable manner at practices and at games.
- I will not attempt ever to deliberately injure another player.
- I realize that failure to comply with the above regulations will result in loss of game time or suspension from athletic participation.

PARENT: I hereby pledge to:

- Provide positive support, care and encouragement for my child's participation in youth sports by following this code of ethics.
- I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice, or other youth sport event.
- I will place the emotional and physical well-being of my child ahead of any personal desire to win.
- I will insist that my child play in a safe and healthy environment.
- I will demand a drug, alcohol and tobacco free sport environment for my child and agree to assist by refraining from their use in the playing facilities.
- I will remember that the game is for the children and not for the adults.
- I will do my very best to make youth sports fun for my child.
- I will ask my child to treat other players, coaches, fans, and officials with respect, regardless of race, sex, creed or ability.
- I will make every effort for my child to attend all practices and games and I will give proper notification to the coach if they are unable to attend.
- I will see that all the requested fees are paid in full before my child participates.
- I will complete my chaperone obligations and do my fair share of any duties asked of me.

Player signature_____ Date: _____

Parent signature_____

Parent signature _____

Player Evaluation

Practice

1. What time does the player arrive for practice?
2. What is his pre-practice routine?
3. Where does he shoot the ball from when he begins his practice/workout?
4. How soon does he get going full speed once practice starts?
5. How does he work in breakdown drills?
6. What is his competitive level? (does he go the same speed against each player on the team?)
7. How is he on defensive fundamental drills?
8. How is he on offensive fundamental drills?
9. When working on shooting drills what is the level of intensity (1-10)?
10. When working on possession drills how well does he get into help position and communicate?
11. On defensive drills how is his effort?
12. When they work on transition drills how hard does he run on the field?
13. When they work on offense how hard does he move without the ball?
14. Once they start playing/scrimmage how is the level of intensity (1-10)?
15. Does he communicate with the other players?
16. When he is off the field, what is his body language?
17. Does he take coaching from the head coach?
18. Does he take coaching from each member of the staff or only one member or two members?
19. Does he play favorites on the team or get along with everyone?
20. What does he do after practice?
21. If he stays after practice, what is the routine? (Just playing or working on his game)

Games

22. What time does he get on the field compared to the rest of the team?
23. Where does he take his shots from when they have free/open shooting during warm-ups?
24. Does he shoot from spots on the field where he will get his shots?
25. What is his effort like in warm-ups?

26. Does he get the other player engaged?
27. Is he self-focused or team-focused?
28. When the game is going on where does he drift if the ball is not at his feet?
29. Does he get back full speed, pick up his man, and talk to his teammates?
30. Does he deny the ball?
31. Does he get into the help side?
32. Does he get to help early or just there to block the shot?
33. Is he hungry to score or hungry to repossess the ball?
34. Does he secure the ball?
35. How well does he run the field on the offensive end?
36. Will he fill the lane and get out in front of the ball?
37. Does he move efficiently without the ball?
38. Does he go for rebounds on the offensive end? When is away from the ball? When he gets blocked out initially?
39. Does he get upset if he doesn't get the ball when open?
40. Will he fight for a loose ball? Does he watch others fight for the ball?
41. How does he participate in timeouts?
42. What does he do immediately after a timeout? (does he talk with his teammates or go off on his own)
43. When coming out of the game, does he stay in the game mentally?
44. When on the bench does he encourage the players on the floor?
45. Does he take coaching during the game?

S.C.H.A.P.E Evaluation

Player Name _____
Name of Evaluator _____
Event _____

The Player

Spirit:

Communication:

Hustle:

Approach:

Precision:

Enhancement:

End of Year Core Meeting Questions

How did you feel about your individual performance this season? How did you excel?

What would you like to improve individually for next season?

How do you think the team performed this season? Did we achieve our goals?

How do you think we can improve as a team?

What skill(s) would you like to improve in the offseason? (Offensively and Defensively)

How do you plan to play and get games this winter/spring?

Building the Team Mindset

https://youtu.be/BSNgQ3TRWOE

https://youtu.be/VaEgT0hVuS0

https://youtu.be/SrsUZgdu1aE

https://youtu.be/cGQjam2ocqo

. https://youtu.be/yG7v4y_xwzQ

https://www.youtube.com/watch?v=MYKsbld6LII

These videos will aid in discovering the personalities and thought process of the athletes. The videos are not necessarily sports based but instead may be used for all aspects of life. By bringing forth questions on motivation and psychology, the team will grow as individuals and as a team.

Sample Official Visit Schedule and Letter

Kylian Mbappé,

Below you will find all the details for your visit on October 3rd through March 4th. The Linfield coaching staff is excited that you have decided to come and visit the campus and learn more about the soccer program. This should provide you with a better understanding of the culture within the team and our school.

Thanks again, and we look forward to seeing you on campus. Feel free to contact me with any questions you or your parents may have.

Head Coach	Assist	RC
Head Men's Soccer Coach	Assistant Soccer Coach	Goalkeeper Coach / Recruiting Coordinator
HC@linfield.edu	Assist@linfield.edu	RC@linfield.edu
999-999-9999	999-998-8889	999-999-9991

Key Information?: You will be staying with members of our current soccer team in their dorm. You will be involved with the Friday, October 2nd practice as well as have opportunities to meet the players and tour the campus. You will have time to meet with the coaching staff as well as witness the culture of the program. There will be an opportunity to also witness the game day, on October 3rd, preparation and routine.

What to bring?: Pillow (Air Mattress provided), snack money (optional), money for items in the bookstore.

Hosts: A.A Ron Davis
555-012-3456

Jacobi Jones
562-895-4958

Class With: Emma Peaks
555-272-8542

Friday, October 2nd

9:00 AM: Drop off your bags with A.A Ron Davis in his room

9:30 AM: Breakfast at Dillin

10:00 AM: Meet with Emma Peaks

11:00 AM: Econ class with Jacobi Jones

12:00 PM: Lunch at Dillin (Opportunity to meet members of the team: Mason Dixon, Deja Viau, Emma Peaks, and Jacobi Jones)

12:30 PM: Meet with your Admissions Counselor. Your parents are encouraged to join you.

1:00 PM: Meet up with Jacobi Jones to relax until the campus tour

1:45 PM: Head towards Admissions (Michelbook House) for tour

2:00 PM: Campus Tour. Your parents are encouraged to join you.

3:15 PM: Meet with the Head Coach. Your parents are encouraged to join you.

4:00 PM: Team Practice

6:30 PM: Dinner at Dillin

7:00 PM: Leave for A.A Ron Davis' Room to rest for the night

Saturday, October 3rd

9:30 AM: Breakfast at Dillin

10:00 AM: Treatment Center Visits

10:30 AM: Meet with Coach

11:00 AM: Team Pre-Game Meeting

11:30 AM: Head out for Warm-Ups

1:00 PM: Kick-off (Linfield vs. Pacific Lutheran)

3:00 PM: Post-Game Talks and Clean-Up

4:00 PM: Team Dinner at the Field

5:15 PM: Team Recovery at the Pool

6:00 PM: Re-Group with A. A Ron Davis to return to room

7:00 PM: Dinner (Delivery Pizza)

Thank you for Visiting Linfield!