

AUGGIES

MEN'S SOCCER

Team Motto: For You. For Soccer. For Life.

Team Mission: We are a family dedicated to transforming ambition into championships through disciplined effort and strong leadership.

Core Values: Industrious. Committed. Selfless. Resilient.

2022 Augsburg Men's Soccer Workout Schedule

Guys, here is the workout packet for the summer of 2022. It is a 15 week program that will start Monday, May 2nd and will conclude Tuesday, August 16th. It is VITAL that each and every one of you buy into doing the workout program over the course of this summer. Hold yourself accountable, hold your teammates accountable, and know that every decision we make this summer will have an impact on how we perform this fall. Dig in and get after it guys. Here is the weekly schedule:

Monday: Ball Workout
Tuesday: Track Workout / Time Trial
Wednesday: Rest
Thursday: Ball Workout/MASL
Friday: Interval Running
Saturday: Rest
Sunday: Pick-Up/Ball Workout



If you commit to this, we will be playing for a Championship!

"If we don't change our direction, we are likely to end up where we are heading." ~Chinese proverb

*The mind follows the body, so torture the body and the mind gets used to it. The body learns to accept being miserable, and it's no big deal. When you get to a certain level of conditioning you feel like you can walk through a wall. As guys get in better shape, they get mentally stronger, and as they get mentally stronger their bodies get tougher. It's a leap-frog effect. **Pat Miletich (MMA Fighter and Trainer)***

Week 1 (May 2nd – May 8th)

Mon. Ball Workout
-See Attached Paper at back and video

Tues. 200 (:37) / 400 (1:15) / 600 (1:52) / 400 (1:15) / 200 (:37) (All 5 min mile pace) (2:30 min rest)

Thu. Ball Workout

Fri. Interval Running
-3 Sets of 1A / 6 min Set / 70% Sprint / 2 min rest between sets

Sun. Ball Workout/Pick Up

Week 2 (May 9th – May 15th)

*Racing teaches us to challenge ourselves. It teaches us to push beyond where we thought we could go. It helps us to find out what we are made of. This is what we do. This is what it's all about. **(PattiSue Plumer, Olympian)***

Mon. Ball Workout

Tue. 2x 100m / 2x 200m / 2x 400m / 1x 600m / 1x 400m / 1x 200m / 1x 100m
-Track: Run all as fast as you can (Rest 2:00 min between sets)

Thu. Ball Workout

Fri. Graham Cracker + 5x 100m Sprints (Walk back to start as rest)

Sun. Ball Workout/Pick Up

*One word: 'Fight.' Anyone can do it when it feels good. When you're hurting, that's when it makes a difference, so you have to keep fighting. **(Erin Cafaro, 2008 rowing Olympic gold medalist in women's eight)***

Week 3 (May 16th – May 22nd)

Mon. Ball Workout

Tue. 2 x 400 @ 1:15 / 2 x 800 @ 2:30 / 2 x 400 @ 1:15
-All 5 minute mile pace -Rest 2:30 after each 800 -Rest 2:00 after each 400
-Run 5x 100m After (Walk back is rest)

Thu. Ball Workout

Fri. Interval Running
-3 Sets of 1B / 8min Set / 70% Sprint / 2 min rest between sets

Sun. Ball Workout/Pick Up

Week 4 (May 23rd – May 29th)

Mon. Ball Workout

Tue. 2 x 400 @ 1:15 / 2 x 200 @ 100% / 8 x 40 @ 100% (1:15 is 5 min mile pace)
-Run the 400s in under 1:15....Rest 2:30...repeat.
-Sprint 200...walk 200 as rest...Sprint 200
-Sprint 40...walk back to start as your rest (At least 1 min)

Thu. Ball Workout

Fri. Graham Cracker + 5x 100m Sprints (Walk back to start as rest)

Sun. Ball Workout/Pick Up

Week 5 (May 30th – June 5th)

If you don't invest very much, then defeat doesn't hurt very much and winning is not very exciting. Dick Vermeil

- Mon. Ball Workout
Tues. **1 Mile Time Trial**
-Track: Run a 1600 or 4 Laps as hard as you can and record your time.
-5x 100m Sprints After (Walk back as recovery)
Thu. Ball Workout
Fri. Interval Running
-4 Sets of 1C / 10min Set / 70% Sprint / 2 min rest between sets
Sun. Ball Workout/Pick Up

An athlete with no ambition is an athlete in poor condition. That applies in both the mental and physical sense. There is no substitute for desire. It can make a mediocre athlete into a good one and a good athlete into a great one. Author Unknown

Week 6 (June 6th – June 12th)

- Mon. Ball Workout
Tue. 1200 Meter Run (3:45) / Rest 5:00 / 1200 Meter Run (3:45)
(Trying to run both 1200's or 3 Laps at 5:00 mile pace)
Thu. Ball Workout
Fri. Graham Cracker (2 Sets – Rest 5 min between sets) + 5x 100m Sprints (Walk back rest)
Sun. Ball Workout/Pick Up

Week 7 (June 13th – June 19th)

- Mon. Ball Workout
Tue. 2x 400m / 2x 600m / 2x 400m / 4x 100m
-Track: Run all as fast as you can
Thu. Ball Workout
Fri. Interval Running
-3 Sets of 2A / 4 min Set / 95-100% Sprint / 2 min rest between sets
Sun. Ball Workout/Pick Up

Week 8 (June 20th – June 26th)

Opportunity is missed by most people because it's dressed in overalls and looks like work. Thomas Edison

- Mon. Ball Workout
Tue. The 200 Olympic Challenge
-Run 10 x 200s -Rest: 2:15 (Includes walk back to starting line)
-Gold: All Under :38 -Silver: All Under : 41 -Bronze: All Under : 44
Thu. Ball Workout
Fri. Graham Cracker (2 sets – Rest 5 min between sets)
Sun. Ball Workout/Pick Up

Week 9 (June 27th – July 3rd)

*The best way to get started is to quit talking and begin doing. **Walt Disney***

Mon.	Ball Workout
Tues.	Track Sprint Workout: 5x 200m / 7x 100m / 10x 50m - All as fast as you can
Thu.	Ball Workout
Fri.	Interval Running -3 Sets of 2B / 4min Set / 80-85% Sprint / 2 min rest between sets
Sun.	Ball Workout/Pick Up

*If you fail to prepare, you are prepared to fail. **Mark Spitz***

Week 10 (July 4th – July 10th)

Mon.	Ball Workout
Tue.	1 Mile Time Trial -Track: Run a 1600 or 4 Laps as hard as you can and record your time. - Run 5x 100m as fast as you can (walk back to start for recovery)
Thur.	Ball Workout
Fri.	Graham Cracker (3 Sets – Rest 5 min between sets)
Sun.	Ball Workout/Pick Up

Week 11 (July 11th – July 17th)

Mon.	Ball Workout
Tue.	2x 400m @ 1:15 / 2x 600m @ 1:52 / 1x 800m @ 2:30 / 2x 600m @ 1:52 / 2x 400m @ 1:15 (Rest 2:30 after 400s, 3:00 after 600m, 3:30 800m)
Thu.	Ball Workout
Fri.	Interval Running -4 Sets of 2C / 4 min Set / 80-85% Sprint / 2min rest between sets
Sun.	Ball Workout/Pick Up

Week 12 (July 18th – July 24th)

*The pessimist see's difficulty in every opportunity the optimist see's opportunity in every difficulty. **Winston Churchill***

Mon.	Ball Workout
Tue.	<u>The 300 Olympic Challenge</u> -Run 7 x 300s -Rest: 2:15 (Includes walk back to starting line) -Gold: All Under :48 -Silver: All Under :51 -Bronze: All Under :55 (5:00 Mile Pace)
Thu.	Ball Workout
Fri.	Graham Cracker (2 Sets – Rest 5 min between sets) + 7x 50m Sprints after
Sun.	Ball Workout/Pick Up

Week 13 (July 25th – July 31st)

If you are working on something really care about, you don't have to pushed. The vision pulls you. Steve Jobs

- Mon. Ball Workout
- Tues. Graham Cracker
 - After sprint 10x 100m as fast as you can (walk back to start for recovery)
- Thu. Ball Workout
- Fri. Interval Running
 - 3 Sets of 2A / 5 min Set / 95-100% Sprint / 2 min rest between sets
- Sun. Ball Workout/Pick Up

Never say never because limits, like fears, are often just an illusion **Michael Jordan (The GOAT)**

Week 14 (August 1st – August 7th)

- Mon. Ball Workout
- Tue. The 400 Olympic Challenge
 - Run 5 x 400s -Rest: 2:30
 - Gold: All Under 1:05 -Silver: All Under 1:10
 - Bronze: All Under 1:15 (5:00 Mile Pace)
- Thur. Ball Workout
- Fri. Interval Running
 - 3 Sets of 2B / 5 min Set / 95-100% Sprint / 2 min rest between sets
- Sun. Ball Workout/Pick Up

Week 15 (August 8th – August 14th)

- Mon. Ball Workout
- Tue. **1 Mile Time Trial**
 - Track: Run a 1600 or 3 Laps as hard as you can and record your time.
 - Run 5x 100m as fast as you can (walk back to start for recovery)
- Thu. Ball Workout
- Fri. Interval Running
 - 4 Sets of 2C / 6 min Set / 95-100% Sprint / 2 min rest between sets
- Sun. Ball Workout/Pick Up

Week 16 (August 15th – Report Week)

Nothing can substitute for just plain hard work. I had to put in the time to get back. And it was a grind. It meant training and sweating every day. But I was completely committed to working out to prove to myself that I still could do it. Andre Agassi

- Mon. Ball Workout
- Tue. 200 (:37)/ 800 (2:30)/ 400 (1:15) + 5x 100m Sprints
 - Rest however long you need between runs

5:00 Mile Splits:

200	:37
400	1:15
800	2:30
1200	3:45
1600	5:00

Ball Workout Videos:

Dribbling:

<https://drive.google.com/open?id=1mD1HCu5jOiRPIxuo3v2vxo8gVqyA246x>

Coerver

https://drive.google.com/drive/folders/1Xc96UNJk_AJk5Fy1d9OoU0hZaRtL_ujJ

Cutting:

<https://drive.google.com/drive/folders/16ObQoNYDT-Mfj0qEiCuZ57Q3gKfZ9giG>

Turning:

https://drive.google.com/drive/folders/1WUHeKJY4Y8mNjg_0PIv_LR4-teDscmun

Core:

- | | |
|--|--|
| 1. <u>Body weight single leg RDL:</u> | Video: https://www.youtube.com/watch?v=gYWSj2lqx1M |
| 2. <u>Plank with alternate leg marches:</u> | Video: https://www.youtube.com/watch?v=9XMgP2xtqMA |
| 3. <u>Ab Flutter:</u> | Video: https://www.youtube.com/watch?v=WhJvhzzoHss |
| 4. <u>Single leg hip bridge:</u> | Video: https://www.youtube.com/watch?v=IOtKq7FB4Zw |
| 5. <u>Slow bicycle:</u> | Video: https://www.youtube.com/watch?v=LtQvvrqaKrl |
| 6. <u>Side Plank with top leg lifted:</u> | Video: https://www.youtube.com/watch?v=BLLYIXvjosA |
| 7. <u>Push Ups 2 sets to 85-90% failure:</u> | Video: https://www.youtube.com/watch?v=qbXja8lGWml |

Every morning in Africa, a gazelle wakes up. It knows it must run faster than the fastest lion or will be killed.

Every morning, the lion wakes up. It knows it must outrun the slowest gazelle or it will starve to death.

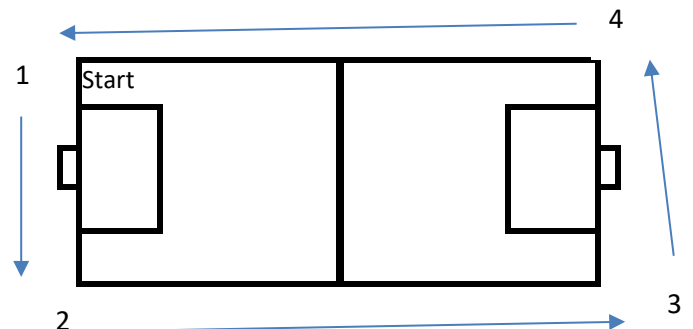
It doesn't matter whether you are a lion or a gazelle, when the sun comes up, you'd better be running!

African Story

Graham Cracker

This is something that we did often during our spring season. For the returning guys, remember the importance of running with others. As much as you can find teammates that you can run this with! Returners, reach out to incoming players and have them run it with you, that way you can show them the ropes and also how to push themselves. You will do 7 total laps.

1. Jog 1, 2, 3 – Sprint 4
2. Jog 1, 2 – Sprint 3, 4
3. Jog 1 – Sprint 2, 3, 4
4. Sprint 1, 2, 3, 4
5. Jog 1 – Sprint 2, 3, 4
6. Jog 1, 2, - Sprint 3, 4
7. Jog 1, 2, 3 – Sprint 4



Interval Running

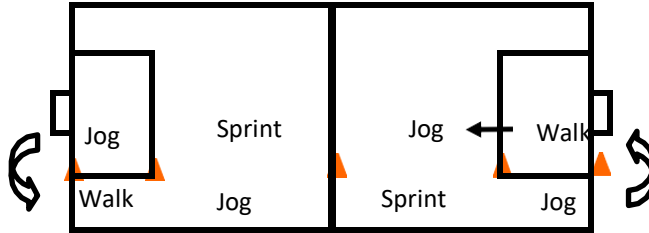
The Interval Running is a progression of fitness that has 6 different sets with 3 different variables:

1) Percentage of Sprint: 70%-100% 2) Number of Sets: 3-4 3) Length of Time for Each Set: 3-10min

Interval 1 is full field and is a 70% Sprint, then progresses to Interval 2 which is across the field and a 80-85% Sprint, and the final phase is Interval 2 again but the Sprint is at 95-100%.

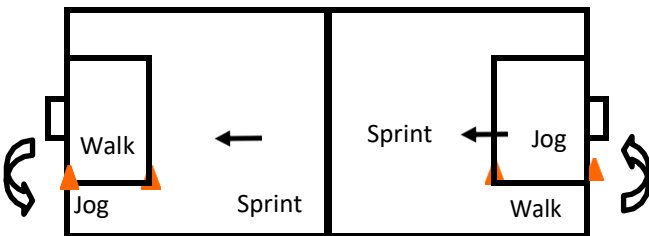
Interval Running 1A:

Walk the 18 / Jog to Midstripe /
Sprint to 18 / Jog to Endline /
Turn Around and Repeat Continuously



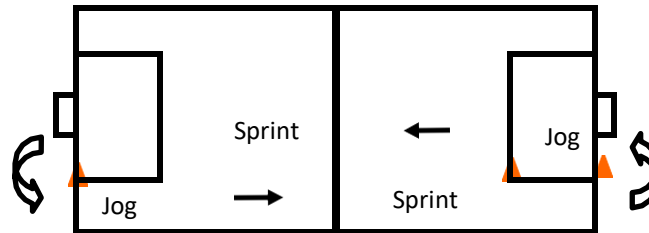
Interval Running 1B:

Jog the 18/Sprint to the Far 18/
Walk the 18 / Turn Around and Repeat
Continuously



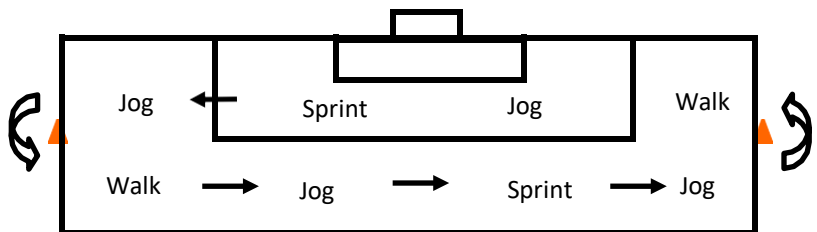
Interval Running 1C:

Jog the 18 / Sprint to Far Endline /
Turn Around and Repeat Continuously



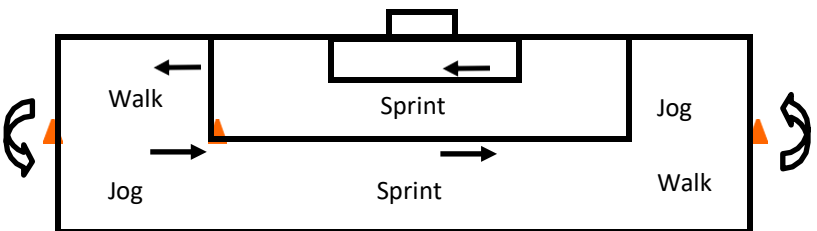
Interval Running 2A:

Walk to Edge of 18 / Jog to Middle of
Goal / Sprint to Edge of 18 / Jog to
Sideline / Turn Around and Repeat
Continuously



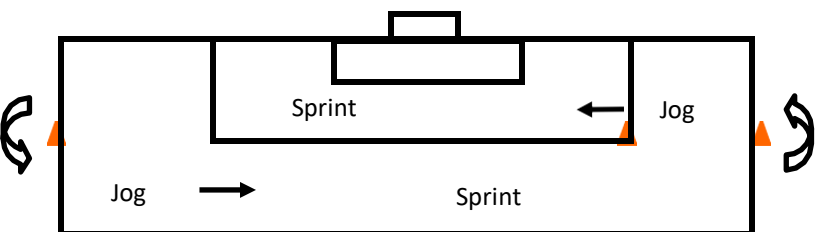
Interval Running 2B:

Jog to Edge of 18 / Sprint the 18 / Walk
to Endline / Turn Around and Repeat
Continuously



Interval Running 2C:

Jog to Edge of 18 / Sprint to Sideline /
Turn Around and Repeat Continuously



Ball Workout

Never underestimate the power of dreams and the influence of the human spirit. We are all the same in this notion: The potential for greatness lives within each of us.

Wilma Rudolph (U.S. gold medalist in track and field)

1. **Warmup:** Give yourself an adequate warm up without the ball so you are ready to get after it.
2. **Juggling:** 2 minutes
3. **Dribbling:**
 1. 1 v 1 Series: Jab Step / Scissor / Ronaldo Chop / Drag Push / Drag Scissor Push
 2. Small Figure 8 (2 Cones 3 yds apart / 2 Reps = Set / 2 Sets Right / 2 Sets Left)
 3. Big Figure 8 (2 Cones 15 yds apart / 2 Reps = Set / 2 Sets Right / 2 Sets Left)
 4. 4 Cone Dribbling: 2x Speed Dribble / :15 rest / 2x Double Cut Set / :15 Rest / Repeat 1x
4. **Coerver** (:30 sec Rest between each set)
 1. L's: 2 Sets of 30
 2. V's: 2 Sets of 30
5. **Cutting:**
 - Two Cones/Markers 8 yards apart
 - Dribble, Dribble...Cut...Explode out of cut!...Stop the Ball...repeat
 - Alternate feet each cut
 - Rest after each set of 8
 1. 8 Outside of Foot Cut
 2. 8 Cruyff
 3. 8 Steptover Turn
6. **Turning:** (Find a Partner or find a wall)
 1. Half Turn—1 Set of 10
 2. Dutch Turn—1 Set of 10
 3. 1/4 Turn...Cruyff—1 Set of 10
 4. Self Pass...Square Up...Scissor—1 Set of 10
7. **Ball Striking:**
 - Place Ball behind a goal with netting.
 1. 8 Instep Drives—Right Foot
 2. 8 Instep Drives—Left Foot
 3. 8 Grooved Balls—Right Foot
 4. 8 Grooved Balls—Left Foot
8. **Core:**
 1. Body weight single leg RDL – 3 sets of 10 on each leg. Pause when you feel a deep stretch in your hamstring. Drive back to the starting position by pushing hip through.
 2. Plank with alternate leg marches – 2 x 60 seconds. Don't let hips rotate, keep back completely flat.
 3. Ab Flutter – 2 sets of 30 seconds. Make sure back stays flat against the floor and does not arch.
 4. Single leg hip bridge – 3 sets of 10 each side. Pause for 3 seconds at the top.
 5. Slow bicycle – 2 sets of 10 to each side. Don't let low back arch.
 6. Side Plank with top leg lifted – 2 sets of 30 second hold each side.
 7. Push Ups – 2 sets to 85-90% failure. Keep track of progress over summer.

It was character that got us out of bed, commitment that moved us into action, and discipline that enabled us to follow through. Zig Ziglar