



## **2022-2023 Boys and Girls Soccer**

### **Information**

**Boys Head Coach:** Devere Archer

Phone: 813 990 7053

Email: [dckarcher@verizon.net](mailto:dckarcher@verizon.net)

**Girls Head Coach:** Sean Woodhouse

Phone: 813 763 5860

Email: [sean.woodhouse@hcps.net](mailto:sean.woodhouse@hcps.net)

**Informational Meeting:** August 24, 2022 @ 4:15PM

**Meeting Location:** Auditorium

**Summer Workouts:** Boys and Girls Summer Conditioning Workout Schedule (page 2)

**Paperwork:** Must be completed and cleared to participate in preseason conditioning and tryouts.

**Paperwork information can be found at:**

<https://www.hillsboroughschools.org/athleticforms>

**Once paperwork is completed you will need to upload all documents to:**

<https://athleticclearance.fhsaahome.org/>

For further information please contact coaches above.

### First week

- Monday – 1-mile run
- Tuesday - 30 min jog
- Wednesday - 4-mile jog
- Thursday - 60 min jog

### Second week

Refer to the exercises below. Transition quickly and work hard. Keep your hips in a neutral position and keep good form. For progression through the summer, increase exercises to 45 seconds or 1 minute each. You can also add weight by holding a medicine ball or weights.

#### Exercises:

- Upper - Crunches
- Lower - Leg Holds
- Bridge - Side Plank
- Bridge - Side Plank
- Oblique - Ankle Touches
  - Lie on back - slide hand on ground to try and touch ankle while sitting up. (Alternate every touch)
- Low Back - Supermans
- Upper - Ceiling Touches- Only lifting shoulder blades off the ground with hands straight up toward the ceiling...hands should move vertically up and down with you slight abdomen movement.
- Lower - Bicycles
- Bridge - Plank
- Oblique - Seated Twist (also known as Russian twist)
- Low Back - Alternating Supermans
- Bridge – Plank
- **12 Phase Abdomen Workout - Total Time 12 Minutes**
  - Knees into chest while crunching up (1min)
  - Oblique's - hips swiveled to one side, and crunch (30 sec each)
  - Hold legs off the ground (1min)
  - Legs lifts into the air - use your abs, not momentum to lift legs into air repeatedly (30sec)
  - Regular crunches (1min)
  - Bicycle crunches (1min)
  - Side leg raises with crunch (30 sec each)
  - Knee to opposite elbow (30 sec each)
  - Regular crunches (1min)
  - Legs in air, shoulders off the ground (30 sec)
- [The 1000 Touch Workout | No Equipment Individual Training Session For Footballers - YouTube](#)

### Third week

- 30 min interval run; ratio of 4min jog/1min walk
- [1000 Touch Workout Pt 2 | Improve Ball Control With No Equipment - YouTube](#)

### Fourth week - Repeat First week

- Monday – 1-mile run
- Tuesday - 30 min jog
- Wednesday - 4-mile jog
- Thursday - 60 min jog