

## ELITE SOCCER OFF SEASON FITNESS

## BLOCK 2 - AEROBIC POWER/ANAEROBIC CAPACITY

## Week 6

| MONDAY          | TUESDAY                                       | WEDNESDAY        | THURSDAY        | FRIDAY  |
|-----------------|---|------------------|-----------------|---|
| Dynamic Warm Up | Dynamic Warm Up                               | Dynamic Warm Up  | Dynamic Warm Up | Dynamic Warm Up                               |
| AGILITY LADDER  | CONDITIONING                                  | CONDITIONING     | AGILITY LADDER  | CONDITIONING                                  |
|                 | TEMPO RUNS                                    | STEADY STATE RUN |                 | TEMPO RUNS                                    |
|                 |   |                  |                 |   |
| ACCELERATION:   | 2:00 Recovery Walk                            |                  | ACCELERATION:   | 2:00 Recovery Walk                            |
|                 | Repeat  |                  |                 | Repeat  |
|                 | 3 Minute Cool Down Jog<br>conversational pace |                  |                 | 3 Minute Cool Down Jog<br>conversational pace |
| CONDITIONING    |   |                  | CONDITIONING    |   |
|                 |   |                  |                 |   |
|                 | tween sets                                    |                  |                 |   |

# Middle School Soccer Off Season Conditioning Packet

**Judd E. Hollander**



## **Middle School Soccer Off Season Conditioning Packet:**

**Revolution in the Bleachers** Regan McMahon, 2007-04-19 A journalist and mother of two athletic kids exposes the physical and emotional dangers of our over the top youth sports culture and offers practical solutions for positive change A decade ago Joan Ryan's exposé *Little Girls in Pretty Boxes* changed the way we look at elite sports namely figure skating and gymnastics Today there is another crisis in youth sports It may affect any child from the kindergartner on the soccer field to the high school athlete competing for scarce scholarship money Regan McMahon's *Revolution in the Bleachers* is a wake up call for parents who spend their lives shuttling their kids from one field and practice to the next and wonder what happened to family life Have late weeknight practices made family meals a thing of the past Do you spend hours in the car each week driving to games across town or across the state Do you worry that your kids will miss out on competitive experiences college scholarships and other advantages if they do not specialize in one sport early on Do you feel pressured to have your kids join elite club teams with steep fees and demanding travel schedules Do your kids get repetitive stress injuries that necessitate trips to orthopedic surgeons or physical therapists Do you miss your non sports related vacations as a family If so the good news is you are not alone Other parents and kids and even some coaches are on your side And you have a choice Regan McMahon's book began as a cover story for the San Francisco Chronicle Magazine Titled *How Much is Too Much* it got a tremendous response Finally someone had dared to say what many parents were thinking Parents kids and coaches responded prompting McMahon to criss cross the country doing interviews and research to find out how deep the problem goes and how to fix it In *Revolution in the Bleachers* McMahon traces the evolution of the over the top youth culture and gives you a practical plan of action to bring balance back to kids lives and our families McMahon's rallying cry for a revolution in the bleachers could not be more timely or useful for parents trying to do the best for their kids [Waiting for Friday Night](#) Synithia Williams, 2024-05-14 A pitch perfect small town romance focused on forgiveness second chances and new beginnings Publishers Weekly on *The Secret to a Southern Wedding* Friday nights in Peachtree Cove are all about football But this season the drama isn't just on the field In the wake of losing both of her parents Halle Parker was certain of one thing she wanted a family of her own And she wasn't going to let a little thing like being single stand in her way So she used an anonymous donor and kept every last detail a secret from everyone But now fourteen years later Halle's daughter Shania is determined to unravel the identity of her biological dad And what she learns blindsides everyone When Quinton Evans's pro football days came to an end he was eager to begin coaching and teaching and he's never looked back But when Shania a wide receiver on his team reveals that she's his daughter he's blown away The one thing he refuses to do is walk away even if Shania's strong willed and gorgeous mother wants nothing to do with him Halle knows that once you let the cat out of the bag in a small town like Peachtree Cove you're gonna have to do some damage control But with Quinton suddenly popping up everywhere she turns it's all Halle can do to fight for the future she envisioned and the family she created If only

fate and the undeniable heat sparking between her and Quinton didn't have other plans Peachtree Cove Book 1 The Secret to a Southern Wedding Book 2 Waiting for Friday Night Best of the High School Press ,1996 Children's Books in Print R R Bowker Publishing,Bowker,1999-12 **Instructor** ,1995 **The Washington Post Index** ,2008 **Barron's Profiles of American Colleges** ,2004 *The Times of the Americas* ,1969 The national newspaper about all of Latin America *Index to Media and Materials for the Mentally Retarded, Specific Learning Disabled, Emotionally Disturbed* National Information Center for Special Education Materials,1978 *The College Board College Handbook 2004* College Board,College Board Staff,2003-07-15 This is the only guide to all 3 600 four year and two year colleges in the United States for those seeking complete college information Youth's Companion ,1912 2005 College Handbook: More Than 3,600 4-year and 2-year Colleges CollegeBoard,2004 Presents information on enrollment fields of study admission requirements expenses and student activities at two and four year colleges **Current List of Medical Literature** ,1957 The Elementary School Library Collection, Phases 1-2-3 ,1988 **The New York Times Index** ,2003 *Books In Print 2004-2005* Ed Bowker Staff,Staff Bowker, Ed,2004 *The Valiant Years* Beryl Salt,1978 **The Right College, 1991** College Research Group of Concord Massac,1990-07 The brand new totally updated edition of the college guide covering every aspect of campus life Complete profiles of the more than 1 500 accredited four year colleges and universities in the United States Canada and Mexico cover everything from admissions to prominent graduates to social events **Middlebury College Magazine** ,1983 Army and Navy Register ,1950

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