



May 25, 2023

Gentlemen Interested in Playing Soccer this Fall,

This letter serves to provide important information pertaining to the PCA boys' varsity soccer program for the summer and fall of 2023.

There will be no formal or informal workouts offered by coaches in June or July, but **players are strongly encouraged to follow the workout schedule on the attached form to (1) get/stay in soccer shape, and (2) improve ball skills.**

Voluntary team workouts will begin on Monday, July 31st at 3:45 and will take place Monday-Thursday that week and the following week. While voluntary, **these workouts are strongly recommended for conditioning, ball skills, and team comradery in preparation for the season. The first official day of try-outs will be Monday, August 14th at 3:45 and all players who are interested in playing are expected to be present from that day forward.** For the voluntary team workouts and try-outs, players should bring proper shin guards and socks, soccer cleats, and running sneakers. Furthermore, all athletes are required to have filled out and submitted the Permission to Participate form found at <https://pcaschool.org/athletics/>. This may be submitted to a coach at or before the first try-out.

We look forward to working with each of you come August and hope that you will take steps to prepare yourselves in the coming months for the season. As coaches, we will work hard to help the team grow in the game and become successful on the field, and ultimately to see each of you grow in your faith and service in Christ. As Paul writes to Christians in Corinth, "...whatever you do, do it all for the glory of God."

Sincerely,

Coach Abood
Coach Hasty

July/August Workouts:

Monday, July 31st- 3:45-5:45

Tuesday, August 1st- 3:45-5:45

Wednesday, August 2nd- 3:45-5:45

Thursday, August 3rd- 3:45-5:45

Monday, August 7th- 3:45-5:45

Tuesday, August 8th- 3:45-5:45

Wednesday, August 9th- 3:45-5:45

Thursday, August 10th- 3:45-5:45

Try-outs:

Monday, August 14th- 3:45-TBA*

Tuesday, August 15th- 3:45-TBA*

Wednesday, August 16th- 3:45-TBA*

Thursday, August 17th-3:45-TBA*

Friday, August 18th- 3:45-TBA*

*The TBA ending times of try-outs will be announced no later than Thursday, August 10 and will take into consideration summer training and participation in the July/August workouts.

Strength & Conditioning Program

One of the key requirements of a good soccer team is conditioning and the key to any conditioning program is the ATHLETE. No matter how good the program may be, nothing is truly accomplished unless the athlete actually DOES the workouts and develops good personal fitness habits. There is a significant difference between making a decision to get fit today and making a commitment to being a fit person over the entire offseason or even for a lifetime.

Our goal is that each player utilizes the summer off season to condition himself and to grow in skill and confidence with the ball. This will allow our early season conditioning to be more productive, limit potential injuries during the season, and as a team compete at a higher level on the field.

Below is a schedule of workouts for the 2023 summer. At the end of the schedule, you will find a FAQ section that addresses details of the workouts.

Always **warm up** before you attempt any of the running exercises and stretch following the workouts. Eating a balanced diet and living a healthy lifestyle are essential for this fitness program to be a success. Enjoy your summer and be diligent in your preparation for the upcoming season.

Strength & Conditioning Program Begins- Monday, June 5, 2023

Week 1: June 5-9

Cardio (Mon, Wed, Fri)- 1-mile run, 10x20 yard sprints

Fitness (Tues, Thurs)- 3 sets pushups, 3 sets sit-ups

Ball Touches- Dribbling, juggling

Week 2: June 12-16

Cardio (Mon, Wed, Fri)- 1.5-mile run, 10x30 yard sprints

Fitness (Tues, Thurs)- 3 sets pushups, 3 sets sit-ups

Ball Touches- Dribbling, juggling

Week 3: June 19-23

Cardio (Mon, Wed, Fri)- 2-mile run, 10x40 yard sprints

Fitness (Tues, Thurs)- 3 sets pushups, 3 sets sit-ups

Ball Touches- Dribbling, juggling

Week 4: June 26-30

Cardio (Mon, Wed, Fri)- 2-mile run (15-minute goal), 10x50 yard sprints

Fitness (Tues, Thurs)- 3 sets pushups, 3 sets sit-ups

Ball Touches- Dribbling, juggling

Week 5: July 3-7

Cardio (Mon, Wed, Fri)- 3-mile run, 7x20 yard sprints, 7x30 yard sprints

Fitness (Tues, Thurs)- 5 sets pushups, 5 sets sit-ups

Ball Touches- Dribbling, juggling

Week 6: July 10-14

Cardio (Mon, Wed, Fri)- 3-mile run, 7x30 yard sprints, 7x40 yard sprints

Fitness (Tues, Thurs)- 5 sets pushups, 5 sets sit-ups
Ball Touches- Dribbling, juggling

Week 7: July 17-21

Cardio (Mon, Wed, Fri)- 3-mile run, 7x40 yard sprints, 7x50 yard sprints
Fitness (Tues, Thurs)- 5 sets pushups, 5 sets sit-ups
Ball Touches- Dribbling, juggling

Week 8: July 24-28

Cardio (Mon, Wed, Fri)- 3-mile run (24-minute goal), 5x20 yard sprints, 5x30 yard sprints, 5x40 yard sprints, 5x50 yard sprints
Fitness (Tues, Thurs)- 5 sets pushups, 5 sets sit-ups
Ball Touches- Dribbling, juggling

Frequently Asked Questions:

Q: How many pushups and sit-ups should I do each time?

A: Do all pushups and sit-ups until muscle failure. This means you should do as many as you can each time. Muscle failure is a key component in building muscle. By consistently doing pushups and sit-ups each week to muscle failure, you should notice that you are able to do a lot more of each by summer's end.

Q: When should I do my ball touches?

A: Since Tuesdays and Thursday are lighter days, you can start then. It would be helpful to incorporate dribbling into the sprints as well on Mondays, Wednesdays, and Fridays once you become more comfortable with the workouts. The more touches you get, the better soccer player you become and the better the team in turn becomes.

Q: What should I do for my dribbling workouts?

A: The 5 drills in the link below are excellent drills to improve dribbling/ball skills. Some of you will recognize a couple of these drills since we incorporated them into practice last year.

[5 Essential Dribbling Drills Every Player Should Master - YouTube](#)

Q: Is it true that there is a juggling requirement this year?

A: Yes. To even see the playing field in a game, we are requiring all players to demonstrate at least 10 consecutive juggles with the left thigh and foot (even balance or mostly foot) and 10 consecutive juggles with the right thigh and foot (even balance or mostly foot). Juggling will greatly improve your foot skills, especially when trapping balls out of the air and finishing balls in front of the net.

Q: What else can I do to improve my ball skills?

A: Roll-Overs – Stepping over the ball to the left and right while rolling the ball with the bottom of your cleat (10 steps left, 10 steps right); Pull-Backs and pull-back reverse directions– Back peddling while pulling the ball back with the bottom of cleats, then pull ball back, turn, and play ball with same foot; Controlled short pass w. partner (10-20yards) keeping the ball on the ground- fast 1 or 2 touches; Controlled long pass (20-40 yards) w. partner chipping ball in the air and landing within 2 feet of partner- play fast 2 touches. And perhaps most helpful, playing soccer games will improve skills!