

# WHS Trojans Soccer



## Off-Season Training

I hope your summer training is going well. It is my hope that come August, all of you will put yourself in a position to be highly successful at tryouts. Those on the varsity roster last year should be highly motivated to continue (and surpass) the success of making the playoffs and progressing beyond the first round. And for those on the JV roster last year and players attempting to join the program for the first time, it will be imperative that you arrive on August 17<sup>th</sup> physically fit and with the proper attitude that will lead us to continued success. That being said, many of you have expressed at one time or another, why did I make JV not varsity?, why am I not starting?, why am I not getting more playing time?, or what can I do to improve my game?. A head start leading up to preseason would be to show up to the captain's practices. I have attended two of the captains' workouts and the lack of numbers (8 and 11) is definitely surprising. I realize that it is the summer, but for our team to be successful it is necessary that we begin to develop a comfort level in playing together, style of play, and pace of play.

Many players who want to start varsity because they were playing JV or on the bench for varsity are not there. Varsity players always comment at the end of the previous season that they want to do better than the year before which as coaches is what we would hope for. Therefore, we would hope that the varsity players along side the rest of the players in the program would make the effort to be at an invaluable game oriented practice which takes place Monday and Wednesday 10:30-12 at Wentz Run Park. If you cannot make it, please send an email to **ALL OF THE CAPTAINS** explaining your absence and when you'll be returning to the workouts. Please do not be asking the same questions of yourself at the end of this season.

**Just over 3 weeks to preseason.**

At this point of the preseason, all players should engage in the following weekly training:

-4 runs per week - a combination of easy distance (3-5mi), tempo runs, speed/agility and hill workouts. Timed runs should aim for 2 miles in under 12 and 1 mile in under 5:30.

-All players should take advantage of the captains' Monday and Wednesday workouts.

-Daily pushups and sit-ups

-Lots of footwork and ballwork. Arrive with a touch on day one!!!

-Fuel your body with rich complex carbohydrates and lots of fruits and vegetables. Lower your sugar intake and eat plenty of foods rich in protein.

Good luck and WORK HARD!!!

IMPORTANT NOTE:

**The athletic office request that you get your forms in as soon as possible so that you are on the roster of eligible athletes on August 17.**