MEN’S SOCCER

Introduction
Gentleman,

Congratulations on a successful spring season! We continue to make steps toward transcending this program into national prominence. If we are going to be Big East Champions or a NCAA Tournament team, we have to train like champions in the spring and summer seasons. We have to continue to strive to maximize our individual potential on the training grounds so we can be ready to win together as a team!

Enclosed is a very intense summer packet! We expect every member of this team to execute the packet in its entirety, meaning 100% compliance. Every player on this team will be tested in the technical training, conditioning and sprint circuit. If you want to be on the field than it is necessary to pass the tests!

Below is a quick explanation of the **Heart Rate Monitor** and **Training Group (1, 2, 3)** information.

**Helpful hints:**

1. 80% of your heart is the minimum for our technical training, conditioning and sprint circuit. For example, if your maximum heart rate is 200 than 80% of max heart rate is 160. If you drop below 160 in any technical training, conditioning or sprint circuit than you have to pick up your pace.

2. If you are having trouble meeting the times of the runs as indicated in the packet remember that as long as you are in 85%-100% of your maximum heart rate, you are making progress. Always finish the run and always stay at the designated heart rate! If you are running at 90% of your heart rate and you are making a 3 mile run in 20 minutes when you should be making a 3 mile run in 19 minutes than you need to get yourself up to 95% of your heart rate for several minutes on the run. Push yourself!

3. We have put you in three fitness groups (Group 1, 2, and 3). Things to remember:
   - If you are in Group 2 and you are having trouble making all the times for Group 2 but notice that you are having no trouble hitting the times of Group 3 than stay in Group 2 and continue to try to achieve the times. If you are in Group 2, and you are not making for Group 2 or Group 3 than move down to Group 3.
   - If you are in Group 2 and you are only at 85% or 90% of your heart rate than push yourself and move up to Group 1. You may not achieve the times but as long as you are operating at 95% to above, progress is being made.
MEN’S SOCCER

GUIDELINES & SCHEDULE
Recommended daily routine

Day 1 (Sunday)   Conditioning & Technical work (Figure 8)
Day 2 (Monday)   Lift I & Ladder work I & Technical work (Wall work)
Day 3 (Tuesday)  OFF/STRETCH DAY & Juggling
Day 4 (Wednesday) Conditioning & Functional Training
Day 5 (Thursday) Lift II & Ladder work II & Technical Work (Coerver speed/work)
Day 6 (Friday)   OFF/STRETCH DAY & Juggling
Day 7 (Saturday) Sprints & Functional Training

RULES TO LIVE BY:
1. Regardless of your club team schedule, you have to meet the following requirements every week:
   - Conditioning – 3 x’s a week.
   - Lifting – 2 x’s a week.
   - Touching a ball – 5-7 x’s a week. Practice can be substituted for ball work.
   - Functional Training – once a week is mandatory

2. Always take two days off to Stretch, Recover and Juggle. DO NOT take two consecutive days off.

3. Here is a recommended daily routine for a player who practices 2x’s a week and plays one games a week:

   Day 1 (Sunday)   OFF/STRETCH DAY & JUGGLING
   Day 2 (Monday)   Conditioning & Technical Work (Coerver Work)
   Day 3 (Tuesday)* Practice with Club Team & SPRINTS & LIFT
   Day 4 (Wednesday) OFF/STRETCH DAY & JUGGLING
   Day 5 (Thursday) Practice with Club Team & LIFT
   Day 6 (Friday)   Conditioning & Technical Work (Figure 8)
   Day 7 (Saturday) Game with Club Team

This is a very busy schedule and *Day 3 will be difficult when you are practicing with your club team, running sprints and lifting but it has to be completed. You always have to take two days off so it is imperative to accomplish club practice, conditioning 3x’s a week, and lifting 2 x’s a week during the remaining 5 days.
HEART RATE MONITOR GUIDELINES

Heart rate monitors are to be worn for ALL activities. Within the activity you should maintain a heart rate of 80-100% of max. For all players that is 160-200 bpm.

REST RATIOS

Conditioning and Sprint activities already have the rest specified in description.

TECHNICAL WORK: (Figure 8, Coerver Work, Coerver Speed):

<table>
<thead>
<tr>
<th>MONTH</th>
<th>GROUP 1</th>
<th>GROUP 2</th>
<th>GROUP 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>MAY 10th-20th</td>
<td>1:30 Work/1:30 Rest</td>
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<td>1:30 Work/3:00 Rest</td>
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<td>MAY 20th-30th</td>
<td>SAME AS ABOVE</td>
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<td>1:30 Work/2:45 Rest</td>
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FUNCTIONAL CONDITIONING:

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<td>26 Run (1 Hour) HR 90-100 30 min HR 80-100 30 min</td>
<td>27 Lift 1 Wall</td>
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<td>29 Run (1 Hour) HR 90-100 30 min HR 80-100</td>
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<td>5 Sprint 13 Func.</td>
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<td>7 Sprint 14</td>
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Conditioning
<table>
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<th>GROUP 3 HR 80-100%</th>
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| Conditioning 1  
May 10th    | 3 Miles in 18 min  | 3 Miles in 19 min  | 3 Miles in 20 min  |
| Conditioning 2  
May 17th    | 4-800 Meters in 2:50  
10 min rest  
4-800 meters in 2:50  
1 min rest b/t each 2:50 | 4-800 Meters in 3:00  
10 min rest  
4-800 meters in 3:00  
1 min rest b/t each 3:00 | 3 Miles in 19:45 min |
| Conditioning 3  
May 20th    | 4-800 Meters in 2:50  
10 min rest  
4-800 Meters in 2:50  
1 min rest b/t each 2:50 | 4-800 Meters in 3:00  
10 min rest  
4-800 Meters in 3:00  
1 min rest b/t each 3:00 | 3 Miles in 19:30 min |
| Conditioning 4  
May 24th    | 3 Miles in 18 min  | 3 Miles in 18:45 min  | 3 Miles in 19:15 min |
| Conditioning 5  
May 31st    | 4-800 Meters in 2:45  
10 min rest  
4-800 Meters in 2:45  
1 min rest b/t each 2:45 | 4-800 Meters in 3:00  
10 min rest  
4-800 Meters in 3:00  
1 min rest b/t each 3:00 | 3 Miles in 19:00 min |
| Conditioning 6  
June 7th    | 4-800 Meters in 2:45  
10 min rest  
4-800 Meters in 2:45  
.45 sec rest b/t each 2:45 | 4-800 Meters in 3:00  
10 min rest  
4-800 Meters in 3:00  
1 min rest b/t each 3:00 | 4-800 Meters in 3:05  
10 min rest  
4-800 Meters in 3:05  
1:15 min rest b/t each 3:05 |
| Conditioning 7  
June 10th   | 3 Miles in 17:45 min  | 3 Miles in 18:30 min  | 4-800 Meters in 3:05  
10 min rest  
4-800 Meters in 3:05  
1 min rest b/t each 3:05 |
| Conditioning 8  
June 14th   | 4-800 Meters in 2:40  
10 min rest  
4-800 Meters in 2:40  
1:30 min rest b/t each 2:40 | 4-800 Meters in 2:50  
10 min rest  
4-800 Meters in 2:50  
2 min rest b/t each 2:50 | 4-800 Meters in 3:00  
10 min rest  
4-800 Meters in 3:00  
1:15 min rest b/t each 3:00 |
| Conditioning 9  
June 21st   | 4-800 Meters in 2:40  
10 min rest  
4-800 Meters in 2:40  
1:15 min rest b/t each 2:40 | 4-800 Meters in 2:50  
10 min rest  
4-800 Meters in 2:50  
1:45 min rest b/t each 2:50 | 4-800 Meters in 3:00  
10 min rest  
4-800 Meters in 3:00  
1 min rest b/t each 3:00 |
# Villanova Men’s Soccer
## Summer Conditioning

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<td>4 Miles in 24:00 min</td>
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<td>4 Miles in 27:00 min</td>
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<td>4-800 Meters in 2:50 10 min rest</td>
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<td>June 28th</td>
<td>4-800 meters in 2:40 1 min rest b/t each 2:40</td>
<td>4-800 Meters in 2:50 1:30 min rest b/t each 2:50</td>
<td>4-800 Meters in 2:55 1:30 rest b/t each 2:55</td>
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<td>4-800 Meters in 2:55 1:15 min rest b/t each 2:55</td>
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<td>4 Miles in 25:45 min</td>
<td>4 Miles in 26:45 min</td>
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<td>4-800 Meters in 2:55 10 min rest</td>
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Sprints
# Villanova Men’s Soccer
## Summer SPRINTS

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<td>3-120’s in 17 sec 75 sec rest</td>
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# Villanova Men’s Soccer
## Summer SPRINTS

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Technical
(Figure 8)
HEART RATE MONITOR GUIDELINES

Heart rate monitors are to be worn for ALL activities. Within the activity you should maintain a heart rate of 80-100% of max. For all players that is 160-200 bpm.

REST RATIOS

Conditioning and Sprint activities already have the rest specified in description.

TECHNICAL WORK: (Figure 8, Coerver Work, Coerver Speed):

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Figure 8:

- **Inside the foot** - Dribbling around two cones in a figure 8 direction, use only the inside of your left and right foot, exploding out of each turn.
- **Outside the foot** - Dribbling around two cones in a figure 8 direction, use only the outside of your left and right foot, exploding out of each turn.
- **360 turn** - Using any part of your foot, dribble in a figure 8 direction, but this time at each cone, dribble 360 around the cone and then explode to next cone.
- **Sole of the foot** - Dribbling around two cones in a figure 8 direction, use only the sole of your left and right foot, exploding out of each turn.
- **Sole Roll Inside** - Dribbling around two cones in a figure 8 direction, dribble with any part of your foot and when coming out of the turn, sole role with the bottom of your foot across your body and speed dribble with the inside of the opposite foot.
- **Sole Roll Outside** - Dribbling around two cones in a figure 8 direction, dribble any part of your foot and when coming out of the turn, sole role with the bottom of your foot across your body and speed dribble with the outside of the opposite foot.
Technical
(Wall Work)
A) Wall Work- Passing Series (15 min)

Inside a gym working one of the walls, use the different variations of series’ below to allow you to practice passing with every part of your foot and also different distances. When completing these series’, make sure you are challenging yourself to become a better player by passing a well weighted ball. A well weighted ball is a ball that the gym surface does not help along.

If you do not have access to a gym, find a wall outside or a bench and do the same series’ below. For the driven and whipped balls, find a goal on the field and practice hitting the balls into the net so you do not have to go and chase.

Wall Work- Passing Series (Choose 3 out of 4)

- **One touch 5 yards**- Working with any wall, stand 5 yards away and as quickly as possible pass against the wall one touch, alternating feet. Challenge yourself and play the ball with pace.
- **Inside the foot pass 10-20-30 yards**- Working end line to end line, start out passing a ball 10 yards with pace. Move back to 20 yard and 30 yards. The ball should stay on the ground at all times and everything should be done two touch sequence, alternating feet.
- **Driven balls 30 yards**- Working end line to end line drive a ball with your laces to the opposite wall in the gym, alternating feet. Really concentrate on hitting a line drive. If you can, put an “X” on the wall and try to hit the “X”.
- **Whipped balls 30 yards**- Working end line to end line whip a ball with the inside of your foot to the opposite wall in the gym alternating feet. Really concentrate on the bend of the ball. It is important to hit the ball directly off of your big toe. If you can, put a line on the wall and try to hit below the line.
Wall Work- Turning Series (Choose 3 out of 4)

Inside a gym working side to side, pass a ball inside of the foot with enough pace to allow you to practice all of the turns below. Play the ball up against one of the walls and when the ball comes back to you, use one of the four turns below to play the other wall. If you turn using your left foot, you should be passing with your right foot. It is very important to concentrate on doing these turns correctly, in challenging yourself to become a better player.

Turns:

- **Bounce or self-pass** - As a ball is being played into your feet, create separation by touching the ball backwards which will allow you to square up to the defender.

- **Half-Turn** - As the ball is being played into your feet; you receive the ball side on with your one foot only slowing the pace of the ball down enough to turn out with your other foot. Never slow the ball down and dribble out with same foot and ball should never stop moving.

- **Inside the foot turn** - As the ball is being played into your feet; be side on and with the inside of your foot turn with the ball towards your opposite shoulder. Tighter the turn the better.

- **Outside the foot turn** - As the ball is being played into your feet; be side on and with the outside of your foot turn towards the same shoulder. Tighter the turn the better.

If you do not have access to a gym, find a wall or bench outside and complete the series’ below. Since you do not have two walls to work with, after turning the ball, sprint dribble, 5-7 yards and return to play the ball against the wall or bench.
Wall Work- Receiving Series (Choose 3 out of 5)

- **Left to Right/Right to Left**- Working with any wall, pass from 10-12 yards away, receiving with your right foot and playing it with your left or receiving it with your left foot and playing with your right. Remember when receiving you want the ball to be played across at a 45 degree angle.

- **Right to Right/Left to Left**- Working with any wall, pass from 10-12 yards away, receive the ball with your right foot and pass with your right or receive left and pass left. Really concentrate on touch-pass.

- **Right Inside to Right Outside/Left Inside to Left Outside**- Working with any wall, pass from 10-12 yards away, receiving the ball with inside of your right foot touching it across your body and playing the ball with outside of your right. Repeat the same pattern with your left foot. Touching the ball quickly across your body is key to making this series work.

- **Right Sole Roll to Left/Left Sole Roll to Right**- Working with any wall, pass from 10-12 yards away, receiving the ball with the sole of your right foot and rolling it to your left foot or receiving the ball with the sole of your left foot and rolling it to your right foot.

- **Right Outside to Right Inside/Left Outside to Left Inside**- Working with any wall, pass from 10-12 yards away, receiving the ball with outside of your foot and playing it with the inside of your same foot. Really concentrate on receiving this side on and pretending there is pressure on your back.
Wall Juggling Series (15 min)
Each body part should be used for 5 minutes each.

1. 3 reps of CHEST, THIGH, VOLLEY BACK, TO WALL FOR 5 MINUTES, (alternate left and right foot volleys back to wall...ball should not hit the ground. Any combination can be used, (i.e. chest to left volley, right thigh to left volley, etc).

If you do not have access to a gym, find a wall outside do the same series’ above. This session is about the combination of body parts so make sure to use all 3 of them sufficient enough to become an expertise. If you do not have access to a wall or side of a building high juggle and receive with all the different body parts.
Wall Work: Heading Series (15 min)

1. Clearing with directional heading- start by juggling at a center cone, once under control volley at the wall. Volley needs to be high enough so that you can OTH control where the header is going (RIGHT side then LEFT) and so that you can head back to wall with power. Your goal is to head the ball high and away with a clearing technique that is higher than the volley you played to start the exercise. Once you head it AWAY, you must get to the ball before it hits the ground using a settling touch, (thigh, foot and chest). Once settled, speed dribble back to the cone and repeat the cycle. (7.5 minutes)

2. Heading to score- start by juggling at a center cone, once under control volley at the wall. Volley needs to be high enough so that you can BOTH control where the header is going (RIGHT side then LEFT) and so that you can head back to the wall with power. Your goal is to head the ball down at a cone as if you were scoring a goal. Once you head it DOWN, you must get to the ball as quickly as possible and speed dribble back to the cone and repeat the cycle. (7.5 minutes).

If you do not have access to a gym, you can complete the series’ above by juggling and kicking the ball high in the air and settling it down on your first touch. This will allow you still head the ball up and out or head it down on the goal. Get a feel for what height you need to play the ball at to accomplish each goal above.
Functional Work
MEN’S SOCCER
FUNCTIONAL TECHNICAL TRAINING

Functional Training is technical/tactical exercises that you rehearse on the actual part of the field that you will function in the game by position.

For a lot of the below exercises, you will need to set up targets to hit with passes. They can be trash cans, articles of clothing, whatever.

A bench will be helpful to act as a player passing you the ball if you cannot get a partner.

**Backs**

A) *Serve a 40 yard flighted ball to a target down the field.* Imagine you are receiving the ball from an outside/center back, take a look up the field before you receive the ball, touch the ball to the outside/inside, get your head up to see the target and serve a 40 yard flighted ball to a target. You may need to set up a bench to rebound the ball to yourself to start the play. **I.E. if you are the left back and are receiving a ball from the left center back place the bench on the inside of the field and pass the ball up against the bench and receive the ball across your body.**

Hit 10 balls to the left side of the field than right side. Repeat this cycle 5x’s.

B) *Try to find yourself in as many 1v1 situations to big/small goals.* Find a partner or shadow train. In the 1v1 situations, force your opponent to be an East and West dribbler do not allow the attacker to go North and South.

C) *Clearing bouncing balls-* During this exercise bounce the ball in front of you and drive the ball high and wide. Let the ball bounce different amounts of times but make sure to concentrate on hitting the middle of the ball. Too many times in 09’ we struggled on clearing bouncing balls. You are not finding a target, you are clearing the ball for us to regroup, **(if you have a partner have the partner bounce balls to you from wide, diagonal and directly in front of you).**
Outside Midfielders
A) Touch the ball into space down the end line from about 35 yards out, take a hard touch toward the goal (almost where the 18 box meets the goal line), get your head up to survey the box and get a service into one of the three different targets set up in the box (near, central, and far).

Hit 10 balls on the left side of the field than right side. Repeat this cycle 5x.

B) Try to find yourself in as many 1v1 situations to big/small goals. Find a partner or shadow train (dribble to beat a cone and finish). In the 1v1 situations, always be attacking North and South not East and West.

Central Midfielders
A) Spray the ball around the pitch/ Switch the point of attack! Imagine you are receiving a ball from a flank, survey the field before you receive the ball, take a prep touch in direction you want to go with the ball and hit the target on the next touch. **Set-up a central defender target, weak side back and midfielder target; as well as a forward target to pass the ball. Mix it up!** I.E if you are practicing receiving balls from the right side of the field place the bench on that side of the field so you receive the ball across your body. If you have a partner, have him hit different variations of passes at you so you can settle the ball and play.

Hit 10 consecutive balls. Repeat this cycle 5x’s.

B) Penetrating balls! Imagine receiving a ball from a forward or a high outside midfielder; take a look up the field before you receive the ball, and than play positive/forward/penetrating pass up field. **Work on a penetrating ball that does not slow down the attackers run.** Also be able to receive that ball, take a few dribbles with pace and slot a ball. If you are an ACM on Villanova you must be a great final passer and be dynamic enough to pass on the dribble.

C) Properly weighted balls- As a central midfielder you need to learn the difference in the pace of the ball you play to which position. If you are playing a horizontal ball to an outside back, it is going to be a different pace then a ball being played laterally into a target. **After passing to a bench, play balls to an OB, OM and a target position and start to read the speed to which you need to play the ball at.**

Forwards
A) Continuously handle driven balls into your chest, knock them down then touch them to a target. Have 10 balls driven into you or rebound 10 balls to yourself from a bench. Make sure the balls are driven into you with pace. **This drill works really well with a partner.**
Then, work on turning with the driven ball into space. Touch into a direction, and beat a cone and end with a finish.

Then play balls over your head into space, touch it down and attack the goal. Beat a cone and end with a finish.

Then work on receiving balls back to goal and laying the ball off to the strong side OB. The style to which we want to play is we want our OB to be the deep option for the target so work on receiving balls and dropping it 15-20 yards backwards on a diagonal.

B) Any type of one or two touch finishing exercises that you think are game related. Use your imagination! I.E. Set-up 4 different cones and label them 1,2,3,4. Standing 25 yards away with your back to the goal, create different sequences where you might weave in and out of the cones, hop the cones, up and back through the cones or side shuffle from 1-2-1-4-3. After completing the sequence turn and prep the ball with one touch and fire at goal on your second. This allows finishing having fitness and being more game real.

C) Try to find yourself in as many 1v1 situations to big/small goals. Find a partner or shadow train (dribble to beat a cone and finish). During your 1v1 situations make sure you are doing the work from 35 yards to goal so you can find that half second to shoot the ball. At this level, if you can create enough space to avoid the defender, which can make a difference, between your shot getting off or getting blocked.
HEART RATE MONITOR GUIDELINES

Heart rate monitors are to be worn for ALL activities. Within the activity you should maintain a heart rate of 80-100% of max. For all players that is 160-200 bpm.

REST RATIOS

Conditioning and Sprint activities already have the rest specified in description.

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Coerver Work

On a line with four cones, be able to do all these different moves, and change of directions at game speed. Being successful and accomplishing these two things will allow for you to become a more confident and dynamic player with the ball at your feet.

Moves:

- **Drop Shoulder** - simplest, easiest and because of this, the most important move to master; fake kick, dropping opposite shoulder of the faking foot, push off of standing foot and explode outward with outside of foot; or, with inside of foot, explode turning inward across the body or, chip or lift while exploding in either direction using upper toe area.

- **Step Over** - With ball moving, step around the ball so ball is outside of the step over foot, turn and take the ball away with the outside of your other foot.

- **Matthews** - Fake over top the ball with your foot and sell the move by dipping your shoulder, then take ball in the opposite direction with the outside of the opposite foot, (explode).

- **Cap or “L”** - Cut ball with inside of foot slightly backwards and take the ball ahead with the inside of the opposite foot pushing it directly forward.

- **V-Cut** - With sole of the foot farthest from the ball pull the ball back across the body and explode with the inside, or outside of same foot.

- **Hip Swivel** - Fake with inside of one foot by swiveling hips toward ball, then reverse direction and take the ball with the inside of other foot.
- **Big Toe-Little Toe**- While the ball is moving, touch ball with big toe “inside of foot” inward and quickly touch away with little toe “outside of foot” and explode. To sell it, make sure you dip your shoulder inward which should allow you to be in an athletic possession to explode out.

- **Rooney**- While dribbling at pace you slow down approaching a defender and pretend to roll the ball back with the sole of your foot, instead explode and role the ball forward beyond the defender. Shoulder shake is important.

- **Ronaldo**- Dribbling at speed, you push the ball ahead and with your right foot, push it behind your left leg.

- **Front Roll**- While moving forward, pull ball across body with sole and take with outside of opposite foot.

(Be good at all of these but **MASTER** two or three which will allow you to beat every opponent you face!)

**Change of Direction:**

- **Cruyff**- Fake kick like you are crossing the ball, but instead pull ball behind the standing leg and change directions.

- **Zico**- With the ball, you step inward around the ball and spin back to your right, but taking the ball away with your left foot.

- **Inside the foot chop**- With the inside of your foot, chop down on the top half of the ball, pushing the ball back in the opposite direction. It is important that the ball is outside your standing foot or this will not work.

- **Outside the foot chop**- With the outside of your foot, chop down on the top half of the ball, pushing the ball back in the opposite direction.

- **Sole Turn**- With the bottom of your foot roll the ball backwards and turn your body in the same direction. Take the ball away with opposite foot which you sole turn with. (i.e. sole turn right foot, turn body to the right but dribble away left footed).
Coerver Series- Always start and finish at cone A.
In between A-B and C-D you only need to do the move ONE time.

1. In between A-B and C-D “drop shoulder”. At A, B, C, D Cruyff alternating right and left foot. Speed dribble from A-D & D-A.
2. In between A-B and C-D “step-over”. At A, B, C, D Zico alternating right and left foot. Speed dribble from A-D & D-A.
3. In between A-B and C-D “Matthews”. At A, B, C, D inside the foot chops alternating right and left foot. Speed dribble from A-D & D-A.
4. In between A-B and C-D “Cap or L”. At A, B, C, D outside the foot chops alternating right and left foot. Speed dribble from A-D & D-A.
5. In between A-B and C-D “V-Cut”. At A, B, C, D sole turns alternating right and left foot. Speed dribble from A-D & D-A.
8. In between A-B and C-D “Rooney”. At A, B, C, D inside the foot chops alternating right and left foot. Speed dribble from A-D & D-A.
9. In between A-B and C-D “Ronaldo”. At A, B, C, D outside the foot chops alternating right and left foot. Speed dribble from A-D & D-A.
10. In between A-B and C-D “Front Roll”. At A, B, C, D sole turns alternating right and left foot. Speed dribble from A-D & D-A.
MEN’S SOCCER

Technical
(Speed)
HEART RATE MONITOR GUIDELINES

Heart rate monitors are to be worn for ALL activities. Within the activity you should maintain a heart rate of 80-100% of max. For all players that is 160-200 bpm.

REST RATIOS

Conditioning and Sprint activities already have the rest specified in description.

TECHNICAL WORK: (Figure 8, Coerver Work, Coerver Speed):

<table>
<thead>
<tr>
<th>MONTH</th>
<th>GROUP 1</th>
<th>GROUP 2</th>
<th>GROUP 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>MAY 10th-20th</td>
<td>1:30 Work/1:30 Rest</td>
<td>1:30 Work/2:00 Rest</td>
<td>1:30 Work/3:00 Rest</td>
</tr>
<tr>
<td>MAY 20th-30th</td>
<td>SAME AS ABOVE</td>
<td>SAME AS ABOVE</td>
<td>1:30 Work/2:45 Rest</td>
</tr>
<tr>
<td>JUNE 1st-15th</td>
<td>1:30 Work/1:00 Rest</td>
<td>1:30 Work/1:45 Rest</td>
<td>1:30 Work/2:30 Rest</td>
</tr>
<tr>
<td>JUNE 16th-30th</td>
<td>SAME AS ABOVE</td>
<td>SAME AS ABOVE</td>
<td>1:30 Work/2:15 Rest</td>
</tr>
<tr>
<td>JULY 1st-15th</td>
<td>1:30 Work/45 sec Rest</td>
<td>1:30 Work/1:30 Rest</td>
<td>1:30 Work/2:00 Rest</td>
</tr>
<tr>
<td>JULY 16th-31st</td>
<td>SAME AS ABOVE</td>
<td>1:30 Work/1:15 Rest</td>
<td>1:30 Work/1:45 Rest</td>
</tr>
<tr>
<td>AUGUST</td>
<td>1:30 Work/30 sec Rest</td>
<td>1:30 Work/1:00 Rest</td>
<td>1:30 Work/1:30 Rest</td>
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</table>

FUNCTIONAL CONDITIONING:

<table>
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<tr>
<th>MONTH</th>
<th>GROUP 1</th>
<th>GROUP 2</th>
<th>GROUP 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>MAY 10th-20th</td>
<td>1:30 Work/1:30 Rest</td>
<td>1:30 Work/2:00 Rest</td>
<td>1:30 Work/3:00 Rest</td>
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<tr>
<td>MAY 20th-30th</td>
<td>SAME AS ABOVE</td>
<td>SAME AS ABOVE</td>
<td>1:30 Work/2:45 Rest</td>
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<tr>
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<td>1:30 Work/2:15 Rest</td>
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<td>1:30 Work/1:30 Rest</td>
<td>1:30 Work/2:00 Rest</td>
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<tr>
<td>JULY 16th-31st</td>
<td>SAME AS ABOVE</td>
<td>1:30 Work/1:15 Rest</td>
<td>1:30 Work/1:45 Rest</td>
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<tr>
<td>AUGUST</td>
<td>1:30 Work/30 sec Rest</td>
<td>1:30 Work/1:00 Rest</td>
<td>1:30 Work/1:30 Rest</td>
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</tbody>
</table>
Coerver Speed

On a line with four cones, be able to speed dribble, change directions and explode from cone to cone. Being successful and accomplishing these three things will allow for you to become a more confident and dynamic player with the ball at your feet.
Technical
(Juggling)
MEN’S SOCCER

Warm-Up: 50 Consecutive touches following the sequence of:
10 right foot juggles, 10 left foot juggles, 10 right thigh juggles, 10 left thigh juggles, 10 head juggles

*ALL sequences start with ball on ground and you can use any move to get it to your feet!

1. Head to right thigh and back to head continuously (5x)
2. Head to left thigh and back to head continuously (5x)
3. Right thigh to right foot, and back to right thigh continuously (5x)
4. Left thigh to left foot, and back to left thigh continuously (5x)
5. Right thigh to left foot, and back to left thigh continuously (5x)
6. Left thigh to right foot, and back to left thigh continuously (5x)
7. Chest to foot and back to chest continuously (5x)
8. Chest to left foot and back to chest continuously (5x)
9. Right foot to left foot then right thigh and back to right foot continuously (5x)
10. Left foot to right foot then to left thigh and back to left foot continuously (5x)
11. Head to right foot and back to head continuously (5x)
12. Head to left foot and back to head continuously (5)

JUGGLING/SETTLING SERIES

*All series begin with four juggles then a settle and carry in opposite direction then facing with two three sprint dribbles.

1. Head to right thigh, head to left thigh take away with inside of right foot.
2. Chest to right foot, chest then left foot, take away with outside of right foot
3. Right thigh to left thigh, take away with inside of left foot
4. Right foot to left foot, take away with outside of left foot
5. Right foot to head, left foot to head, take away with inside of right foot
6. Right foot to right thigh, left foot to left thigh, take away with outside of left foot
Continuous Juggling Challenge

NO BREAKS, if you drop the ball recover it immediately and continue.

CHALLENGE YOURSELF!

1. Juggle 50 times with both feet keeping the ball below your waist go right into
2. Juggle 3 low, 1 high with feet (15x), right into
3. Juggle 3 low, 1 high drop to a knee, get back to feet and control (10x) right into
4. Juggle 3 with right foot, 3 with left foot, 3 with head (15x) right into
5. Juggle 2 low touches with right foot, 1 high touch and repeat with left foot (10x)
6. 80 touches with both feet moving forward and backwards
Ladder Exercises
Ladder Explanations

“One Foot Runs”
Run through the Ladder, placing one foot in each square. Do not let your heels touch the ground and do not touch the ladder with your feet. Be sure your arms move in sync with your legs.

“Two Foot Runs”
The same foot leads into each hole and the same foot trails into each hole. This pattern is more difficult than the last because it requires that more steps be taken and that more body control be used. Also the relatively quicker steps that are being taken require that the arms move faster to keep up with the feet.
“Icky Shuffle”
Begin to the left of the first hole in the ladder. The right foot steps laterally into the first hole and is followed by the left. The right foot then steps out to the right of the first hole. The left foot is lifted off the ground, and steps to the second hole of the ladder. The right foot quickly follows, and the process is repeated.

“Single Touch Lateral”
Begin by standing sideways to the ladder. Moving in a lateral fashion to your right, step into the first square with the right foot. Step in with the left foot. Step back out with the right foot. Step back out with the left foot. Repeat the sequence all the way along the ladder. Once you have gone with your RIGHT foot, switch sides, starting with your LEFT foot.

“Double Touch Lateral”
Begin by standing sideways. Enter ladder moving in a lateral fashion. Step into ladder with your right, then left. Repeat the sequence all the way along the ladder.
Lifting
## ENDURANCE PHASE

<table>
<thead>
<tr>
<th></th>
<th>Day 1</th>
<th>Day 2</th>
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<tbody>
<tr>
<td></td>
<td>Heavy</td>
<td>Heavier</td>
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<tr>
<td>Tuck Jumps</td>
<td>12x</td>
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<tr>
<td>Squats</td>
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<td>6x</td>
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<tr>
<td>DB Military Press</td>
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<td>6x</td>
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<tr>
<td>Groin Holds</td>
<td>between each set (4 sets)</td>
<td>between each set (4 sets)</td>
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<tr>
<td>DB Shrugs</td>
<td>between each set (4 sets)</td>
<td>between each set (4 sets)</td>
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<tr>
<td>Upright Rows</td>
<td>8x</td>
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<tr>
<td>Skull Crushers</td>
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<tr>
<td>Curls (wide/close)</td>
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<td>Day 1</td>
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<td>Heaviest</td>
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<td>Medium</td>
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<td>Week 5</td>
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<tr>
<td>Low Pull</td>
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<td>Forward Lunges</td>
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<tr>
<td>Shoulder 21's</td>
<td>1x between each set (1st 3 sets)</td>
<td>DB Shrugs</td>
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<tr>
<td>Bench</td>
<td>5x</td>
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<tr>
<td>Chin-Ups</td>
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<td>Upright Rows</td>
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<td>DB Rows</td>
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**STRENGTH PHASE**
<table>
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<tr>
<th>Exercise</th>
<th>Day 1</th>
<th>Day 2</th>
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<tbody>
<tr>
<td></td>
<td>Week 9</td>
<td>Week 10</td>
</tr>
<tr>
<td><strong>High Pull (Rack)</strong></td>
<td>5x</td>
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<td>5x</td>
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<tr>
<td><strong>Walking Lunges</strong></td>
<td>6x</td>
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<tr>
<td><strong>Box Jumps</strong></td>
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<tr>
<td><strong>DB Bench</strong> (1 up 1 down)</td>
<td>6x</td>
<td>6x</td>
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<td>5x</td>
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<tr>
<td><strong>Squat and Touch</strong></td>
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<td>2x</td>
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<tr>
<td><strong>Pull-Ups</strong></td>
<td>8x</td>
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<tr>
<td><strong>Inverted Pull-Ups</strong></td>
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<td><strong>Underhand Grip</strong></td>
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<td><strong>Feet on Swiss Ball</strong></td>
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<tr>
<td><strong>Dips</strong></td>
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<tr>
<td><strong>Swiss Ball Curls</strong></td>
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<td>10x</td>
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<tr>
<td><strong>Power Phase</strong></td>
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**POWER PHASE**
Nutrition
Villanova Men’s Soccer Nutritional Packet

We know you are all busy with the summer months approaching, but this is all the more reason to stay focused on your nutrition. To help you instill some good nutritional behavior we have mapped out your optimum 24 hour protocol for training and competing.

Pre Workout Meal (30-60 minutes):
Fruits, protein, and a high carbohydrate sports drink.

The Workout:
WATER, 4 to 8 ounces every 20 minutes

Post Workout Meal (30-60 minutes):
One gram of carbs per pound of body weigh (180 lbs=180 grams) and .25 grams of protein per pound of body weight (180 lbs=45 grams).

2 Cups of Water per pound lost.

Two to Three Hour Meal:
Get a healthy, well balanced and hearty meal
Take in fluids

Over next 18 hours:
Rest and Relax, take in protein (Entire Day = 4 meals, 2 Snacks)
Stretch
Eight hours of Sleep
SAMPLE MEALS SELECTED FOR TIME FRAME

Morning Breakfasts:

Sample 1
Egg White Sandwich on Bagel or English muffin
Turkey bacon or turkey sausage
Non Fat yogurt
Apple
Skim Milk

Sample 2
2 Waffles, French toast, or Pancakes (No Butter)
Piece of Cantaloupe
Lean Ham
Apple Juice

Sample 3
Scrambled or Poached Egg
Oatmeal
Piece of Wheat Toast
Orange or Grapefruit
Milk

Sample 4
Bran Cereal w/ banana, strawberries, or blueberries
Bagel/ w light cream cheese or jelly (No Butter)
Apple
Orange Juice
Pre workout Meals (30-60 minutes prior)

HIGH PROTEIN:

Sample 1
Black beans
Cheddar cheese
Brown rice Burrito
Water or Protein Shake

Sample 2
Green and Red peppers
Sweet corn
Peas
Balsamic vinegar in a pita
Water or Protein Shake

Sample 3
Lean Ham Sandwich on Kaiser Roll
Lettuce
Tomato
Mustard
Non Fat Yogurt
Handful of jelly beans
Water or Protein Shake

Sample 4
Tossed Salad with tuna
Wheat crackers
Applesauce
Piece of fruit
Water or Protein Shake
**Post Workout Meals (30-60 minutes post)**

**HIGH CARBS:**

**Sample 1**
Potato gnocchi tossed with butter and sage
Handful of trail mix or jelly beans
Green beans
Sports drink, Water, or chocolate milk

**Sample 2**
Baked chicken with light butter and seasonings
Side of mixed vegetables
Mashed potatoes
Piece of angel food cake
Sports Drink, Water, chocolate milk

**Sample 3**
Fish (Shrimp, Pollack, Tuna, Salmon, Flounder, or Swordfish)
Green beans
Baked potato (No butter)
Oatmeal raisin cookie
Piece of fruit
Sports drink, Water, or chocolate milk

**Sample 4**
Turkey Sandwich or Peanut Butter and Jelly Sandwich whole grain bread
Non fat yogurt
Wheat crackers
Fruit
Sports drink, Water, chocolate milk
Two to Three Hours Post Workout

WELL BALANCED:

Sample 1
Meat filled Ravioli with tomato sauce,
Tossed salad (light oil based or French dressing)
Piece of fruit
Water

Sample 2
Grilled chicken with sausage or ham
Broccoli, Green beans, Peas, or Carrots
Brown Rice
Tomato soup
Fruit salad
Water

Sample 3
Broiled Lamb, Lean Pork Chops, Veal, Sirloin or Flank Steak
Whole Wheat Roll
Cauliflower
Corn
Jello
Skim milk

Sample 4
Broiled Fish (Shrimp, Pollack, Flounder, Lobster, Tuna, Salmon, or Swordfish)
Piece Italian bread (No Butter)
Tossed salad
Broccoli
Applesauce
Water
Snacks: (2x a day)

Healthy Choice Popcorn
Sunflower seeds
Cherries
Honey and Oat bars
Granola Bars
Fig Newton
Piece of Any Fruit
Light Chocolate Pudding
WEIGHT ADVISORY

This program is not intended for you to gain or lose weight. Its purpose is to provide a well balanced nutritional cycle for a peak performing athlete. It is imperative that you weigh yourself on a consistent basis (2 x a week) to monitor your needs. If you are losing weight we strongly suggest that you add another full healthy meal to your daily intake as well as increase your water intake immediately after workouts. If you are gaining weight we strongly suggest you increase the intensity of workouts, and seriously reevaluate your eating and drinking habits.
RECOMMENDED RULES TO LIVE BY

1) DO NOT SKIP MEALS
2) EAT BREAKFAST
3) DRINK WATER
4) STAY AWAY FROM SALT
5) NO FRIED FOODS
6) NO SODA
7) BEFORE BED HAVE A SMALL SNACK OR GLASS OF MILK
8) DO NOT DRINK ALCOHOL
9) DO NOT CHEAT

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We know you're busy, all the more reason to familiarize yourself with your body's recovery clock. To help you instill some good nutritional behavior, we have mapped out your optimum 24-hour protocol for intense training or racing.

• 0:00-2:00: The Main Event This is your race or workout. During activity lasting an hour or less, hydrate with water, drinking four to eight ounces every 15-20 minutes; more than an hour; hydrate with a sports drink that contains electrolytes.

• 02:00-03:00: The glycogen window Somewhere between 20 and 60 minutes after your activity, consume about one gram of carbohydrates for every pound of your body weight, and a fourth as much protein. A 180-pound male would eat 180 grams of carbs and 45 grams of protein; this might consist of a pre-packaged recovery beverage (Food in a Bottle) or whole foods with the proper recovery nutritional balance (The Performance Grocery Cart). The sooner you can ingest this, the better; your body's glycogen production and storage is peaking during this period.

• 03:00-05:00 The follow-up meal Two to four hours after your event, have another meal with the following ratio: 65 percent carbs, 20 percent fat, 15 percent protein. That's pasta with tuna or salmon; a roast turkey sandwich on whole wheat; or a burrito with chicken. Carbohydrates should rank high to moderate on the glycemic index, the scale that evaluates food according to how rapidly it stimulates a rise in blood glucose.

• 05:00-24:00: Rest and relaxation: Over the next 18 hours, follow the 65/20/15 ratio, taking in enough food to round out your total caloric needs, likely between 2,500 and 3,000 for an adult male. Also drink plenty of water, devote 15-20 minutes to stretching, and at least eight hours to sleep. Once a week, try—no, force yourself— to get a massage and a soak in a hot tub.

• 20:00-21:00: The pre-race or pre-workout meal Eat a 65/20/15 meal two hours before your next event or workout to allow time for adequate digestion.

• 23:00-24:00: A final boost Drink 6-10 ounces of a carbohydrate-rich sports drink 15-20 minutes before your activity to spike your blood glucose level.

Meals to Help You Deal
Some menus to fit around an early morning workout, a midday workout or an evening one— remember, it’s low glycemic index foods before exercise, and high ones right after.

Breakfasts before a morning training session:
• Non- or low-fat yogurt with diced apple and slivered almonds; one slice of toast with Nutella spread.
• Any bran cereal with sliced peaches or sliced banana and skim or soy milk; half a grapefruit.

Pre-Workout lunches:
• Whole black beans, cheddar cheese, brown rice, and sunflower seeds on corn tortillas
• Veggie pocket: combine sliced red and green peppers, sweet corn, peas, plain non-fat yogurt, pepper and a dash of balsamic vinegar. Stuff a pita pocket with the mixture.
Dinners for the nocturnal sweaters:
• Meat-filled ravioli with tomato sauce (vegetarian option: butternut squash ravioli with pesto sauce); modified Waldorf salad—greens with sliced apple and walnuts.
• Grilled chicken apple sausage; tomato soup; fruit salad of sliced pears, apples, plums, grapefruit, and grapes.

Breakfasts for the early birds who have already been up and out:
• Cornflakes with raisins, skim or soy milk; wedge of honeydew melon
• Waffles topped with diced pineapple; glass of orange juice

Lunches for the exercised:
• Lean ham sandwich on a Kaiser roll, French fries, handful of jelly beans
• Black bean soup and corn chips, orange soda, fruit leather

Post-workout dinners:
• Potato gnocchi tossed with butter and sage; roasted beet salad—slice beets and put in oven for 40 minutes, toss with olive oil, balsamic vinegar, and a little feta cheese. Handful of GORP (dates, raisins, chocolate chips, peanuts, and almonds)
• Chicken Marbella—bake chicken breasts with prunes, brown sugar and white wine; serve with couscous. Angel-food cake.

The Performance Grocery Cart
When it comes to the bulk of your daily caloric intake, real food rules. Hence, the following tips for effective grocery shopping, grappling with the glycemic index, and grabbing fast food on the go.

Recovery Foods: Snacks we like after a good butt-kicking
• turkey sandwich on whole grain bread
• bagel with cream cheese
• graham crackers cottage cheese
• 16 oz. skim milk with 5 tbsp. sugar
• soy milk
• Natural peanut butter and jelly on sourdough
• non-fat yogurt with Grape-Nuts
• water crackers and bean dip
• Cheerios with skim milk and raisins

Supermarket Surprises: Processed foods that work
• Pop-Tarts
• Nabisco Air Crisps
• Chex Mix
• Nutri-grain Cereal Bars
• Quaker Fruit and oatmeal Cereal Bars
• Toaster Bagel Shoppe bagels • Gina Italian Village Cheese Ravioli
• Carnation Instant Breakfast
• Healthy Choice microwave Popcorn
• Nilla Wafers (reduced fat)
From the Drive-up Window: Fast, but still food
• Wendy's baked potato (light on the cheese)
• Arby's Light Roast Chicken Sandwich
• Wendy's Chili • McDonald's Vanilla Shake
• Taco Bell Chicken Soft Tacos
• Taco Bell Beans and Rice

GI Favorites:
How blood sugar can help you selecting foods based on their glycemic-index rating isn't as hard as it may seem (remember, you're eating high on the GI scale right after your workout and then tapering to low-GI foods later in the day and before your next workout.)

Below, a few suggestions, according to general GI category.
High:
• baked potato
• watermelon
• pineapple
• rice cakes
• raisins
• waffles
• baguette
• Rice Chex
• Beets
• Black bean soup
• Couscous
• Angel-food cake
• Gnocchi
• Croissants
• Grapenuts
• Stoned wheat thins
• Orange soda
• Taco shells
• Melba toast
• Cream of Wheat
• Life Savers
• Fruit leather
• Bagels
• Kaiser rolls
• Corn chips
• Bread stuffing
• Cheerios
• Graham crackers
• French fries
• Donuts
• Waffles
• Vanilla wafers
• Rice cakes
• Jelly beans
• Pretzels
• Rice Krispies
• Cornflakes
• Dates
• Tofu frozen dessert

Moderate:
- bananas
- orange juice
- oatmeal cookies
- cheese tortellini
- sweet corn
- popcorn
- pita bread
- Sweet potatoes
- Sponge cake
- Grapes
- Instant noodles
- Peas
- Mixed grain bread
- Baked beans
- Oatmeal
- Carrots
- Jams and marmalades
- Kiwifruit
- Pound cake
- Special K
- Potato chips
- Oat bran
- Rice (brown, wild and white)
- Muesli
- Mango
- Fresh apricots
- Mini-Wheats
- Honey
- Cheese pizza
- Ice cream
- Split pea soup
- Hamburger bun Low:
  - apples
  - grapefruit
  - black beans
  - chocolate milk (low-fat)
  - pasta
  - nuts and seeds
  - Sweetened low fat yogurt
  - Rice Bran
  - Cherries
  - Grapefruits
  - Sausages
  - Kidney beans
  - Green lentils
  - Black beans
  - Soy milk
  - Dried apricots
  - Milk (skim, 4% and chocolate)
  - Peanut M&Ms
  - Nutella spread
  - Pears
  - Apples
• Tomato soup
• Corn tortillas
• Fish sticks
• Plums
• Pinto beans
• All Bran Cereal
• Meat-filled ravioli, durum, meat filled
• Snickers Bar
• Apple juice
• Peaches
VILLANOVA MEN’S 2009 CELL PHONE NUMBERS

ADAM AMANN—617-538-2326
CHRIS BRESNAHAN—703-622-0436
CHRIS CHRISTIAN—215-528-0138
MICAH COLLINS—443-834-3777
CONNOR ESPOSITO—973-476-8553
JOHN FOGARTY—609-442-2473
KEVIN GARCIA—917-414-8900
JORDY GRIFFITH—215-888-4491
DREW HEINHOLD—856-220-9267
BRIAN HESSEMER—908-577-0236
JAKE HEYER—662-401-3700
EMERSON LAWRENCE—973-641-4666
MATT MARGIOTTA—302-562-8843
KYLE MCCARTHY—908-285-5268
BILLY MCGUINESS—570-332-2513
SEAN MERRANTHAL—856-381-7892
WILL OGDEN—914-715-5285
STEPHEN PARESI—914-400-5390
NICK RAMERIZ—786-525-6053
NICK ROUZIER—413-687-5065
DAVE SAUERHOFF—973-223-5873
MIKE SEAMON—732-921-5028
KYLE SOROKA—215-322-4813
ALEC WEISS—610-304-1318
RYAN WHALEN—610-285-7847
Positional Breakdown
# Men’s Soccer Positional Breakdown 2009

## Lifting

### Goalies
- Chris Bresnahan
- Micah Collins
- John Fogarty
- Drew Heinold
- Dave Sauerhoff

### Backs
- Chris Christian
- Connor Esposito
- Kevin Garcia
- Brian Hessemer
- Kyle McCarthy (1,2)
- Nick Rouzier (1,2)
- Kyle Soroka
- Ryan Whalen (1,2)

### Outside Midfielders
- Jordy Griffith
- Jake Heyer
- Billy McGuiness (1,2)
- Stephen Paresi
- Mike Seamon (1,2)
- Alec Weiss

### Defensive Central Mid
- Matt Margiotta (1,2)
- Kyle McCarthy (1,2)
- Sean Mergenthal (1,2)
- Emerson Lawrence
- Nick Rouzier (1,2)
- Ryan Whalen (1,2)

### ACM/Forward
- Billy McGuiness (1,2)
- Nick Ramirez
- Michael Seamon (1,2)

## Functional Training

### Goalies
- Chris Bresnahan
- Micah Collins
- John Fogarty
- Drew Heinold
- Dave Sauerhoff

### Backs
- Chris Christian
- Connor Esposito
- Kevin Garcia
- Brian Hessemer
- Kyle McCarthy (1,2)
- Nick Rouzier (1,2)
- Kyle Soroka
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- Jordy Griffith
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- Matt Margiotta (1,2)
- Kyle McCarthy (1,2)
- Sean Mergenthal (1,2)
- Emerson Lawrence
- Nick Rouzier (1,2)
- Ryan Whalen (1,2)

### ACM/Forward
- Billy McGuiness (1,2)
- Nick Ramirez
- Michael Seamon (1,2)

### Forwards
- Adam Amann
- Matt Margiotta (1,2)
- Sean Mergenthal (1,2)
- Will Ogden
Group Breakdowns
## Men’s Soccer
### Group Breakdown 2009

<table>
<thead>
<tr>
<th>GROUP 1</th>
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<tbody>
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Functional Conditioning
HEART RATE MONITOR GUIDELINES

Heart rate monitors are to be worn for ALL activities. Within the activity you should maintain a heart rate of 80-100% of max. For all players that is 160-200 bpm.

REST RATIOS

Conditioning and Sprint activities already have the rest specified in description.

TECHNICAL WORK: (Figure 8, Coerver Work, Coerver Speed):

<table>
<thead>
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<th>MONTH</th>
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<tbody>
<tr>
<td>MAY 10th-20th</td>
<td>1:30 Work/1:30 Rest</td>
<td>1:30 Work/2:00 Rest</td>
<td>1:30 Work/3:00 Rest</td>
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<tr>
<td>MAY 20th-30th</td>
<td>SAME AS ABOVE</td>
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<td>JULY 1st-15th</td>
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Drill Name: Functional Fitness (OB, CM)

Set up:
FUNCTIONAL FITNESS
Outside Backs and Center Mids
Can be done with a ball as well

Instructions:
Center Mid:
8 Cones are evenly placed 8 yards from the mid point around the circle. From A-E sprint, backpeddle &
from F-H backpeddle, sprint
Outside Backs (1):
1 Cone is placed in corner of field, 1 cone is placed 5 yds inside the corner of the 18yd box, 1 cone is
placed 7 yds extended toward sideline from 18yd box, 1 cone is placed 45 yds upfield from the corner flag
Outside Back (2):
One cone is placed on endline, starting cone is placed at 18yd line, 1 cone is placed 25yd line.

Coaching Points:
Center Mids:
Will run out touch 1st cone, turn sprint to middle, sprint to the next cone, turn sprint to middle. Follow
sequence above
OUTSIDE BACK (1):
From starting cone will sprint to cone placed on sideline, will turn and sprint to cone placed inside corner of
18yd box, will turn and sprint to cone placed in corner, will turn and sprint to starting cone.
Outside Back (2):
Start at cone placed at 18yd line. Sprint to cone placed at 25 yd line, drop step turn and sprint to endline.
Drill Name: Functional Fitness-CB-FWDS-OMS

Set up:
FUNCTIONAL FITNESS:
Center Back/Forwards/Outside Mids
Can be done with a ball as well

Instructions:
CENTER BACKS: Place 1 cone on top of 18 yd box, place 1 cone at 35 yd line & place another cone at bottom of the circle. Sprint to cone at the bottom of the circle, backpeddle to 2nd cone, then turn and sprint to 1st cone. REPEAT
Progressions:
Side shuffle/left/right, sprint, jump up and head, side shuffle turn and sprint opposite shoulder
FORWARDS: Starting point is 35 yd line, place cone in each corner of "18", place a cone 8yds diagonal the 35 yd line.
Player will start at 35 yd line and sprint to the cone to their right, sprint back to starting position, sprint to the cone placed out to left, sprint back to starting position, turn and sprint to one corner of "18", return sprint to starting position, turn and sprint to opposite corner of "18", sprint return to starting position. REPEAT
OUTSIDE MID 1: Cone placed at half field. Cone placed 30 yards diagonally off midfield line.
Start at midfield, sprint to attacking 1/3 cone, turn sprint back to starting position, turn and sprint to defending 1/3 cone, sprint back to starting position.
OUTSIDE MID 2: Place 2 cones 25 yds apart. Player will sprint up and back.

Coaching Points:
Functional Fitness should be done at Max Exertion!
Stretching