

Basha Girls Soccer Locker

Overall intent:

- 1) Build strength and power, improve agility, prevent injuries
 - a) Strength, power and agility exercises should help soccer players to increase speed, improve lateral movement and win physical match ups against other players.
 - b) Learn how to lift and exercise properly. Learn recovery and injury prevention activities
- 2) Build comradery among players and soccer coaching staff
- 3) Learn and reinforce culture, values, strategy, and tactics used by Basha Girls Soccer
 - a) Soccer coaching staff to come into class once per week during the off season
 - i) Utilize classroom and field activities

Considerations:

- Club soccer players are almost always “in-season.” They train 3-4 days per week with their club teams and usually have 1-2 games per week with occasional tournaments consisting of 3-4 games in a weekend

Weightroom Focus:

- Quick, explosive lifts and exercises
- Strong core (abs and back)
- ACL, concussion, and ankle injury prevention
- Increase unilateral movement exercises
- Speedwork everyday
- Increase mobility

Boundaries

- Avoid injuries in weight room, especially back injuries (ex: no back squats)
- No single rep max lifts (3 rep max preferred)
- No leg weight lifting 1 day prior to game and 2 days prior to tournaments (club and HS)
- Two days of leg recovery post games (club and HS) - can be modified depending on playing time for each player
- Provide progression or regression options for each exercise. “Load the movement”

Leg Lifts and Exercises

- Dead lift - trap bar preferred
- Forward and reverse lunge
- Single leg RDL
- Leg curls
- Hang power cleans
- Front squat

Inputs:

- College Women’s Soccer Strength Trainers and Coaches
 - University of South Carolina & University of Notre Dame strength coaches
- Coach Kama and Basha Soccer Coaching Staff