

## 2026 Olentangy Berlin Boys Soccer

### **Off Season Phase I. Feb-March (Strength Training begins on Monday, Feb 2nd)**

**\*Strength Training** (Monday and Tuesday) 3:00-3:45 PM @OBHS Weight Room. The winter is the best time to be making strength gains. These will be our time to work out together as a team. Our Strength Coaches will support and push you to the next level. Make this your priority and it will enhance your performance. *\*\*Be sure that you are enrolled in Strength and Conditioning class during our Fall season.*

**\*Cardio Respiratory Endurance** 1 workout on your own on a separate day of Strength Training. Sprint intervals, or 1 ½ miles as hard as you can are good places to start. Other ideas are a 40-minute jog. Vary your speed from a light jog to a run, sprint to a brisk walk. You are always moving; however, your speeds and intensities vary based on the demands of game. We must continue to enhance our fitness. *Invest into yourself and your team.*

**\*Incoming Freshmen** we are working on connecting you to the Program. Please fill out this FORM.

[26/27 New player questionnaire](#)

### **Off Season Phase II. April-May**

**\*Strength Training** will continue through team workouts. Coach Brooks will be leading us in muscular endurance exercises to enhance our performance on the field. We will begin assessing and measuring growth in the weight room that will translate to the physicality of our playing style. Incoming Freshmen begin joining workouts.

### **Pre Season Phase. June-July (starting June 15<sup>th</sup>)**

Mondays (Instructional Days) 5:15-6:45 PM

Tuesday (Strength Training) 8:45-10:45 AM

Wednesday (Instructional Days) 5:15-6:45 PM

Thursday (Strength Training) 8:45-10:45 AM

Friday (Conditioning) 8:45-9:45 AM

**\*Personal Fitness (CTT)** all players will complete the weekly "Cardio Training Tracker".

### **Important Items in July:**

Youth Camp: 2<sup>nd</sup> week of July (6-8<sup>th</sup>)

Showcase: TBA

### **Competitive Phase. August-November**

**\*Tryout-** August 1, 2 (team selection)

**\*Season** begins August 3rd

### **Expectations/Norms.**

**\*Arrive 15 minutes early** to prepare physically and mentally. Greet your teammates and coaches.

**\*Wear** Berlin training gear (or our colors) royal, light blue, white, grey. *NO club gear.*

**\*Be equipped properly** (soccer cleats, shin guards with soccer socks, running shoes, water.

**\*Players communicate** absences or conflicts with Coach directly.

**\*Community Service-** the **Youth Camp** and **other outreaches to come** are events that we are committed to invest into our community.

**\*Academics (GPA)** compete in the classroom, your effort reflects your eligibility for next season.

**\*June** is the suggested month for vacations as July becomes active leading into the season.

**\*Instructional Days** are important as we will be teaching our system of play. Please plan accordingly. These are a priority.

