



SARASOTA HIGH SCHOOL 2019 FALL SOCCER CONDITIONING



“The will to win means nothing without the will to prepare.”

-Juma Ikangaa

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Championships are EARNED, not given.

The best players work year round to be their best. This means we must constantly be working to better ourselves.

This means WE:

- Are responsible for our own fitness
- Work to get out of our comfort zones
 - Find satisfaction in working hard
- Touch the soccer ball as often as possible
- Push ourselves for the good of the team

Success is a long-term investment, not a quick fix.

One of the key requirements of a good soccer team is conditioning and the key to any conditioning program is the mind of the athlete involved. No matter how good the program may be, nothing is truly accomplished unless the individual athlete actually DOES the work necessary to find success.

Any soccer training program should be based on one simple observation: soccer is a game that requires you to run. A LOT. You must be able to run long distances and move in many different ways. When you train for soccer specific fitness, you should be doing two things: playing as much soccer as possible and replicating the physical demands of soccer in your training program.

Our program focuses on the seven main components in soccer specific conditioning: endurance, speed, flexibility, strength, agility, explosiveness and ball skills. This packet is designed to help get you where you want to be through preseason of work, considering that you completed should have completed phase one during summer workouts.



Sarasota High Soccer **Fitness Guidelines:**

1. Always warm up properly before any workout.
2. Always keep a written record of your workouts.
3. The best way to stay on track with a workout program is to workout with a motivated partner/group.
4. Push Yourself – especially on the days you don't feel energetic .
5. Avoid back-to-back days for workouts of the same type or using the same muscle groups; give yourself time to recover.
6. Listen to your body. Take care of any injuries.
7. Fitness levels develop gradually over time, not in peaks and valleys.
8. Playing soccer is the best way to get soccer fit.
9. Vary your workouts so your work remains fresh.

Table of Contents

Summary of Workouts.....	3
Preseason Schedule.....	4-5
Workout Descriptions.....	6-29
Nutrition Guidelines.....	30-44
Personal Workout Log.....	45-47

Summary of Workouts

Each of the three days of preseason, you will complete three exercises (Mondays and Wednesdays together at SHS, Friday on your own). We will assign what group you will choose your exercises from and you will pick one from each group. For example, if on a certain day you have Group E, Group A, and Group B, you will do the juggling warm up or equivalent from Group E, then you can do 12 120's from Group A, and finally you can do a 30 minute hard run from Group B. In other words, you can choose one exercise from each group you have to complete for the day.

Here are the groups and different exercises in each group to choose from. These groups and exercises are described in greater detail in each section of this packet. Also, the groups have been ranked in order of importance so that you can help decide how much better you want to be.

<p style="text-align: center;">Group A <u>Sprint Component</u> 8 x 120s 8 x Cones 17's Triple Sprints Super Sets Hills</p>	<p style="text-align: center;">Group D <u>Anaerobic Speed Component</u> Preseason Speed Program Plyometric Workout Pro Agility Sprints</p>	<p style="text-align: center;">Groups A-G <u>Importance Level</u></p> <ol style="list-style-type: none"> 1. Sprint Component Group A 2. Aerobic Fitness Group B 3. Game Activity Group F 4. Technical Development Group C & E 5. Anaerobic Speed Training Group D 6. Fitness Training Group G
<p style="text-align: center;">Group B <u>Aerobic Fitness Component</u> 2-4 mile hard run 30 minute hard run 30 minute interval hard run Ovals 6 x Crazy 8's 8 x Sections 8 x X's 8 x Suicides Swedish Cooper 10 min each way x Around the Box Diamond Relay</p>	<p style="text-align: center;">Group E <u>Juggling Warm-Up</u> Juggling Warm-up #1 Other ball related warm-up #2</p>	
<p style="text-align: center;">Group C <u>Ball Skill Component</u> Preseason Skill Program Wall Ball Workout</p>	<p style="text-align: center;">Group F <u>Game Component</u> 11 v 11 1 v 1 3 v 3 7 v 7 etc.</p>	
	<p style="text-align: center;">Group G <u>Fitness Test Component</u> Beep Test Illinois Test 30m Sprint Fatigue Test Cooper Test The Gauntlet</p>	

**CHAMPIONSHIPS
ARE NOT WON.....**

**THEY ARE
EARNED!**



Preseason Schedule

*With team		AUGUST				*on your own/with a buddy at gym	
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WEEK 1		26 Team Training	27 Group C Group E Group G	28 Team Training	29 Group A Group E Group F	30 Test Run - Beep Test	31 Group A Group B Group C

SEPTEMBER							
WEEK 2	1 Rest	2 Team Training	3 Group C Group E Group G	4 Team Training	5 Group B Group E Group F	6 Test Run - Illinois Test	7 Group A Group C Group G
WEEK 3	8 Rest	9 Team Training	10 Group B Group E Group F	11 Team Training	12 Group B Group C Group E	13 Test Run - 30m Sprint Fatigue Test	14 Group C Group E Group G
WEEK 4	15 Rest	16 Team Training	17 Group A Group C Group F	18 Team Training	19 Group A Group B Group E	20 Test Run - Cooper Test	21 Group B Group C Group E
WEEK 5	22 Rest	23 Team Training	24 Group D Group E Group F	25 Team Training	26 Group A Group C Group F	27 Test Run - The Gauntlet	28 Group C Group D Group E
WEEK 6	29 Rest	30 Team Training					

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OCTOBER							
WEEK 6			1 Group B Group F Group G	2 Team Training	3 Group B Group D Group E	4 Test Run - Beep Test	5 Group C Group E Group F
WEEK 7	6 Rest	7 Group D Group E Group G	8 Group A Group B Group E	9 Rest	10 Group A Group E Group F	11 Test Run - Illinois Test	12 Rest
WEEK 8	13 Rest	14 Group C Group D Group E	15 Group B Group C Group G	16 Rest	17 Group B Group E Group G	18 Test Run - 30m Sprint Fatigue Run	19 Rest
WEEK 9	20 Rest	21 TRYOUTS	22 TRYOUTS	23 TRYOUTS	24 TRYOUT S - Teams Announced	25 First Practice & Parent Kick Off Meeting	26



Group A:

Sprint Component



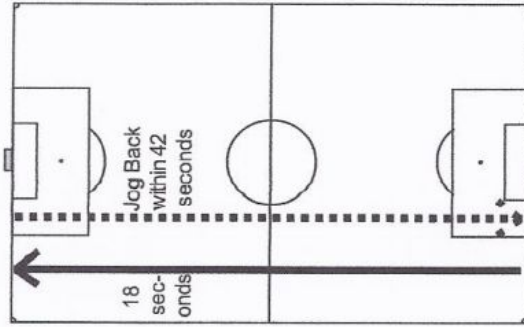
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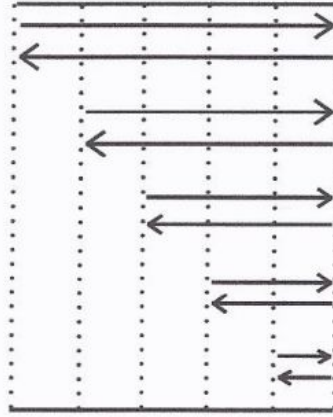
Sprint Fitness Exercises

120's

All out sprint for 120 yards in under 18 seconds. You now have 42 seconds to jog back to the starting line for the next sprint. You will do 12 120's total. Insert a 30 second extra rest after number 4, 7, and 10. Push yourself to even out the extra rests to maximize your fitness goals.



Cones



Super Sets

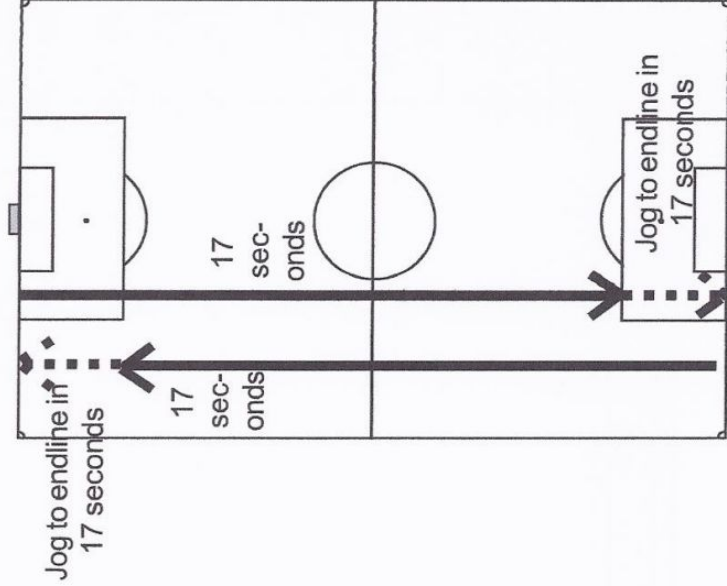
Supersets are essentially alternating 120's and cones. Start with a 120 and sprint in 18 seconds with 42 seconds to jog back to the starting line to begin the next cone. Run the cone in 35 seconds and then rest for 25 seconds until you start the next 120. Basically each time you complete a 120 and a cone in 2 minutes is counted as one superset. In the beginning of the summer start with 6 super sets with an extra 30 second rest after 2 and 4. As your fitness level improves, challenge yourself by having only one extra rest after 3 and increase to 7 super sets.

Hill Sprints

If you have a good hill near your practice I would suggest that you use it. Running hills are an excellent workout. You can do sprinting up and down the hill, skipping, running backwards, etc. It is critical to stay balanced with this workout (i.e. run as many down the hill as up the hill to develop good muscle balance). Serious muscle imbalance can lead to severe health problems, including ACL tears.

17's

All out sprint from endline to far 18 yard box in 17 seconds. When you get to 18 yard box slow to a jog and you have 17 seconds to get to the endline before the next sprint starts. Then all out sprint back to the other 18 yard box in 17 seconds and slow to a jog to endline in 17 seconds before start of next sprint. Repeat for 17 minutes.





Group B:

Aerobic Fitness

Component



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- Aerobic Fitness -

Introduction

In soccer, fitness is one of the most important factors in success. At any level of soccer proper conditioning may be the key difference between victory and defeat. Here are some fitness drills.

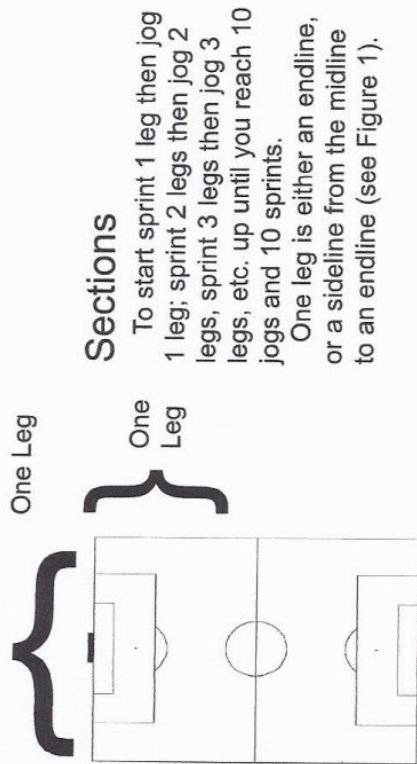


Figure 1

Around the Box

Start, facing in one direction and sprint around the penalty box and the goal box. As you sprint, stay facing in the one direction so that you sprint forwards, backwards, and to each side. Switch direction you are facing in order to balance the drill (see Figure 2).

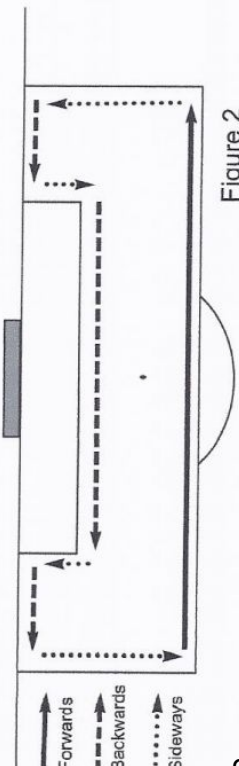


Figure 2

Partner Runs

Choose a partner with one partner on one side of the field at the mid-field line and the other partner on the other side of the field at the mid-field line. The first player sprints around half the field and touches their partner. That partner sprints around the other half of the field while the first player jogs across the mid-field line to their original starting position (see Figure 3).

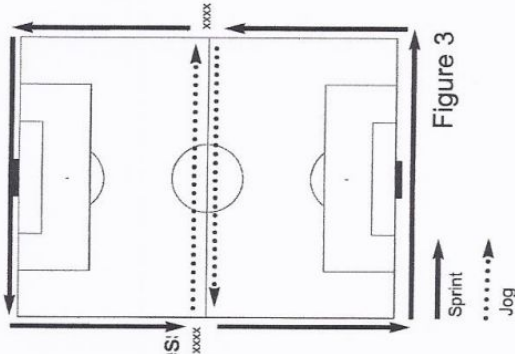


Figure 3

Crazy 8's

Start at one corner flag and sprint across the endline to the other corner flag. Then jog up the touchline to mid-field. Turn and sprint along the mid-field line to the other touchline. Turn again and jog to the corner flag. Turn and sprint back across the endline to the corner flag. Turn and jog up the touchline to mid-field. Turn and sprint across the mid-field line to the other touchline. Now jog back to the corner that you started from (see Figure 4).

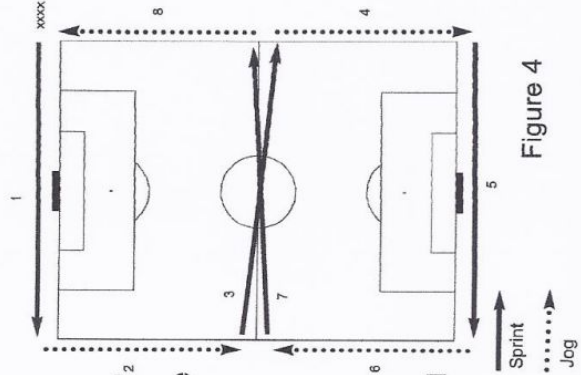


Figure 4

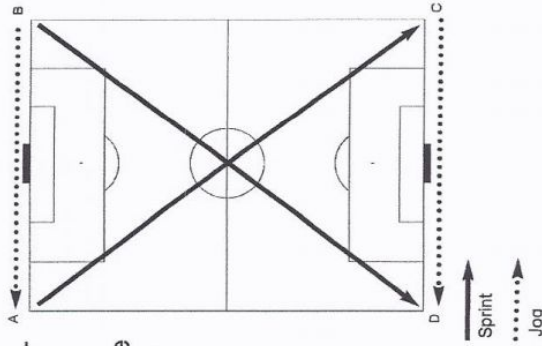


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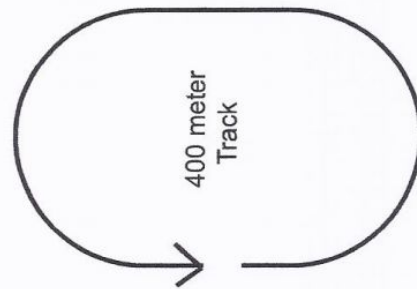
X's

Start at one corner. Sprint diagonally from corner A to the opposite corner C of the field. Once you get to corner C, jog across the endline to corner D. Sprint diagonally from corner D to corner B. Once you get to corner B, jog across the endline to corner A. You have just completed one "X".



Oval's

Go to a 400 meter track. Start by sprinting around the track once in 1 minute 40 seconds. Take a 2 minute rest. Complete the next lap in 1 minute 39 seconds. Take a 2 minute rest. Complete the third lap in 1 minute 38 seconds. Take a 2 minute rest. Complete the fourth lap in 1 minute 37 seconds and so on. On the 10th lap, you must finish in 1 minute 30 seconds. As you are going each lap, you must hit the time allotted. If you miss the time, you repeat that lap until you get it before you move on to the next level.



Swedish Cooper

Go to a 400 meter track. You will run for 12 minutes same as the regular Cooper. This variation, however, you sprint the straightaways and jog the corners. Go as far as you can don't just stop at laps!

Hard Long Distance Running

A good tool for endurance is to use long-distance running as a form of fitness training. In general, a 3-5 mile run at a good hard pace is beneficial for soccer training. On the long run, make sure to push yourself. Try to run close to 3/4 speed. Your pace should be strong enough so that you are winded during and after your run. Your distances should increase as your summer progresses (i.e. your first 30 minute run may be 4 miles, your second run may be 4 1/4 miles, your third 30 minute run may be 4 1/2 miles, etc.) The only way to deepen your fitness base is to get out of your comfort zone and push yourself past your current limits.

Interval Long Distance Run

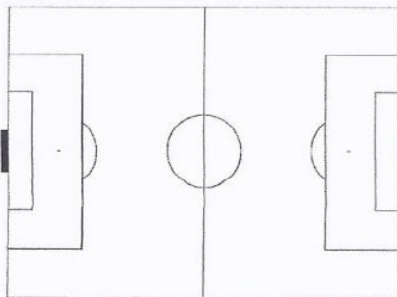
Another good tool for endurance is to use long-distance interval running as a form of fitness training. Similar to above, you will go on a long hard run. Interval training is basically the alternating of sprinting and jogging. You can vary how to do the intervals, but it will be important to be somewhat consistent. You can decide that you will sprint for 30 seconds and then jog for 30 seconds and then sprint for another 30 seconds and jog for 30 seconds for the whole time of the run. Or you can use landmarks (i.e. telephone polls, sidestreets, etc.) to mark your changes of pace. Your pace should be strong enough so that you are winded during and after your run and that you don't get full recovery during your jog phase.



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Suicides



Start at one endline. Sprint to the 6-yard line and back, the 18-yard box and back, midfield and back, the far 18-yard box and back, the far 6-yard line and back, the far endline and back.

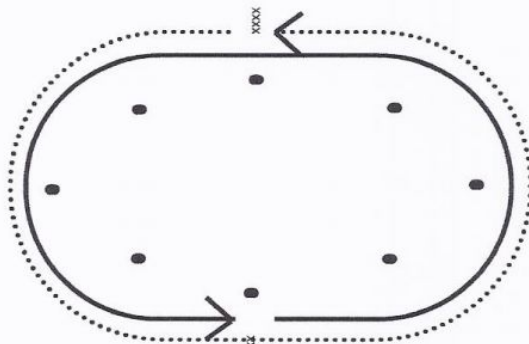
If you want to add more, once you reach the far endline and back, you go to the far 6-yard line and back, the far 18-yard box and back, midfield and back, the near 18-yard line and back, and the near 6-yard line and back.

Diamond Relay

Break up into two groups and set up cones in a diamond as shown. Start with each group opposite each other.

The first person from each group sprints around the cones counter-clockwise and hands-off a baton to the next person in their group.

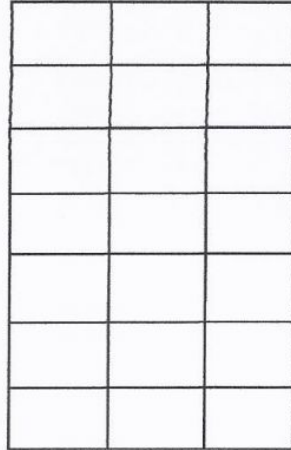
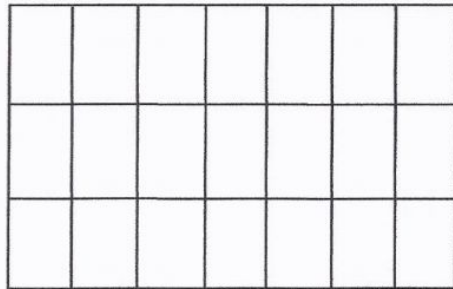
The race keeps going until a person from one group catches a person from the other group. You can change the drill, varying the number of times around before you hand-off to the next person. You can also vary the size of the diamond.



Grids

Set up 10x10-yard grids either way shown below. If you are using set-up A then sprint to the 6th line and back, the 5th line and back, the 4th line and back, the 3rd line and back, the 2nd line and back, and the 1st line and back. (You can have them jog back instead)

If you are using set-up B then sprint to the 1st line and back, the 2nd line and back, the 3rd line and back, the 3rd line and back, the 2nd line and back, the 1st line and back. You can time them the first trial and have them repeat trials until they beat their first time.





Group C:

Ball Skill

Component

Preseason Skill Program:

Ball Control and Agility

- 1 minute** - Jog while dribbling ball with quick touches, changing direction and speed. Do this in a confined space where many changes and touches are necessary.
- 1 minute** - Head juggling
- 1 minute** - Throw ball up, jump and while you are in the air trap the ball with your head, settle the ball to your feet, and move off quickly - repeat.
- 1 minute** - Thigh juggling
- 1 minute** - Throw ball up, jump, and while you are in the air trap the ball with your chest, settle the ball to your feet, and move off quickly - repeat.
- 1 minute** - Foot juggling with no spin on the ball.
- 2 minutes** - Starting in a sitting position, throw ball up, get up and stop the ball before it hits the ground, settle it to your feet, and move off quickly - repeat using head, chest, each thigh, each foot in that order to trap the ball.

Technical Speed, Pure Speed and Endurance

1. Dribble in a figure "8", use just the inside of your feet for 6 figure "8's", then use the outside of both feet for 6 more. The markers you dribble around should be 15 yards apart. As you dribble around one marker, accelerate to the other as if you were beating an opponent. As you round the marker, use quick touches to improve technical speed.
2. Rest by walking for 30 seconds.
3. Set a marker out about 25 yards from a starting point:
 - a. Sprint dribble to marker
 - b. Sprint backwards to starting point
 - c. Sprint to ball
 - d. Collect ball and sprint dribble back to starting point
4. Rest by walking for 30 seconds.
5. Set ball on the ground to your left and set a marker out to your right about 10 yards. Move 10 times from side to side, using the slide method of moving, without crossing legs. Move as quickly as you can.
6. Rest by walking for 30 seconds.
7. To ten yard marker and back: two leg explosive jumps. To marker and back: single leg explosive hopping. Left foot first, then right, out and back.
8. Rest by walking for 30 seconds.
9. Karioka (lateral running criss-crossing legs) to ten yard marker and back. Move 10 times from side to side as quickly as possible.
10. Rest by walking for 30 seconds.
11. From the starting point:
 - a. Pass the ball to the 25 yard marker
 - b. Sprint to the ball
 - c. Collect ball and accelerate to starting line
 - d. Make 3 passes

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Strength and Flexibility (Jumps)

60 jumps - Two foot jumping forward and backward over the ball.

15 figure “8”s - Standing position with legs spread and knees straight, roll the ball with your hands in a figure “8” pattern around your legs.

60 jumps - Two foot jumping side to side over the ball.

15 roll arounds - Sitting position with legs extended, roll the ball with your hands around the soles of your feet and then back around your back.

60 jumps - Throw the ball up in the air, jump, and catch the ball, and throw it back up before you hit the ground. Remember to “hang” in the air.

30 sit-ups - Touch the ball on the ground over your head and back up and touch your toes.

60 touch and jumps - Start in a standing position with the ball in your hands, touch ball on the ground by bending at the knees so thighs are parallel to the ground and then vigorously extend jumping high with ball over your head. Don’t just bend over and touch the ground, get your rear end as low as possible.

30 push-ups

Shooting and Heading

For this section of the exercise, a soccer kick wall, the side of a gymnasium, a tennis wall, racquetball court, etc., will be necessary

1. Technique work: Get 5 to 7 yards from the wall and shoot the ball first time at the wall making sure the foot is pointed, knee is over the ball, center of your foot is striking the center of the ball, and that all the power is derived from a quick snapping motion of the lower leg. (2 minutes)
2. First time shooting with power: Back off 20 yards and shoot the ball first time at the wall. Strike the ball as hard as you can regardless of the bounce, height, speed, etc., that the ball comes to you. Pick a spot on the wall to shoot at each time and keep the ball low. (6 minutes)
3. Trapping and shooting: again at 20 yards, strike the ball with power, and as it comes off the wall, trap in cleanly and quickly fire another shot at the wall. the point of the drill is to develop a sound clean trap and quick, hard shot. (6 minutes)
4. From one to two yards away, first time head juggling against the ball. (1 minute)
5. Back off between 5 and 7 yards, throw the ball up against the wall and as it comes off head with power getting your entire body into the heading motion. (2 minutes)
6. Get within 5 yards of the wall -- toss the ball against the wall to force you to jump to head the ball back at the wall. Catch the ball after you have headed it each time. Make sure your toss forces you to the peak of your jump. Remember your technique and head with power. (3 minutes)

This entire fitness program should take 45 minutes to an hour. It is important that you go through the entire program without pause other than at planned rest intervals.

Ideally, a short 4 a side game would be a fine way to finish your training. If you are alone, this will be playing 1v1 there is nothing better and even a short series of 1v1 contests against anyone you are with will be very helpful. Three 4 minute 1v1 games with rest in between would be excellent. If your opponent is superior (an excellent male soccer player) make your goal small (a cone) and his large (a regulation goal). If you are superior, do the same in reverse or play 1v2. Playing males is why most women at the top levels are as good as they are 1v1.

Wall Ball Workout:

STATIONARY BALL

15 - Right foot central prep touch and Left foot instep drive to wall. Concentrate on locking your ankle and bringing your knee through and landing on your kicking foot. Make sure you are throwing yourself through the ball.

15 - Left foot central prep touch and Right foot instep drive to wall. Concentrate on locking your ankle and bringing your knee through and landing on your kicking foot. Make sure you are throwing yourself through the ball.

15 - Right foot central prep touch and Right foot instep drive to wall. Concentrate on locking your ankle and bringing your knee through and landing on your kicking foot. Make sure you are throwing yourself through the ball.

15 - Left foot central prep touch and Left foot instep drive to wall. Concentrate on locking your ankle and bringing your knee through and landing on your kicking foot. Make sure you are throwing yourself through the ball.

MOVING BALL

10 - Drive ball into wall, settle (prep) touch central and instep drive ball back with right foot (two touches - Prep and shoot)

10 - Drive ball into wall, settle (prep) touch central and instep drive ball back with left foot (two touches - Prep and shoot)

10 - Chip ball into wall, go through the settle (prep) touch - chest, head, thigh, etc. and shoot ball with right foot volley.

10 - Chip ball into wall, go through the settle (prep) touch - chest, head, thigh, etc. and shoot ball with left foot volley.

5 - Drive ball into wall and off rebound prep ball to right with various surfaces. Then shoot the ball back to the wall with right foot.

5 - Drive ball into wall and off rebound prep ball to left with various surfaces. Then shoot the ball back to the wall with left foot.

5 - Drive ball into wall and off rebound prep ball to right with various surfaces. Then shoot the ball back to the wall with outside of left foot.

5 - Drive ball into wall and off rebound prep ball to left with various surfaces. Then shoot the ball back to the wall with outside right foot.

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10 - Pass ball to wall, check to it (at an angle) and turn the ball using one of the following turns: self pass, flick, dummy (make sure the ball has pace on it), other turns, etc. Then step to the ball and shoot the ball to a target with your right foot.

10 - Pass ball to wall, check to it (at an angle) and turn the ball using one of the following turns: self pass, flick, dummy (make sure the ball has pace on it), other turns, etc. Then step to the ball and shoot the ball to a target with your left foot.

15 - Pass ball to wall, check to it (at an angle) and turn the ball using one of the following turns: self pass, flick, dummy (make sure the ball has pace on it), other turns, etc. Then step to the ball and make a penetrating move around a cone and crack a right footed shot. Do not slow down to make a move, go at speed and fire the ball.

15 - Pass ball to wall, check to it (at an angle) and turn the ball using one of the following turns: self pass, flick, dummy (make sure the ball has pace on it), other turns, etc. Then step to the ball and make a penetrating move around a cone and crack a left footed shot. Do not slow down to make a move, go at speed and fire the ball.

FINISHING AT SPEED

10 - Faced up and go at a cone and make one move *at speed* around it. The look up and either pass the ball to a target or shoot the ball with your right foot. Concentrate on going at speed!

10 - Faced up and go at a cone and make one move *at speed* around it. The look up and either pass the ball to a target or shoot the ball with your left foot. Concentrate on going at speed!

SERIES JUGGLING FOR TOUCH ON THE BALL

Do each one 5 times

1. Head - Right Thigh - Left Thigh
2. Chest - Right Foot - Left Thigh
3. Left Foot - Right Foot - Left Thigh - Right Thigh
4. Right Foot - Head - Left Thigh
5. 2 Touches with Right Foot - 2 Touches with Left Foot - Head

Bonus

***6. Christmas Tree - Right Foot - Right Thigh - Right Shoulder - Head - Left Shoulder - Left Thigh - Left Foot



Group D:

Anaerobic Speed Component



Preseason Speed Program:

This is for our anaerobic fitness base and also for our speed development (to be able to sprint for 90 minutes and still have your legs for a game the next day). This does not help your wind (aerobic base) but it is just as critical for the way we play our game (at a sprint). If done properly and consistently (explosively and as fast as you can go) this will also improve your speed through the summer. Remember this is just part of what you have to do. You must continue training with the ball and playing short-sided games - this speed training does not help change of direction (strength in cutting, etc.), in fact without anything else your speed training will hurt your agility.

SPRINT ALL OUT ON EVERY SPRINT! - do not pace yourself

TAKE FULL REST PERIOD! (not less)

CONCENTRATE ON EXPLOSIVE STARTS! (driving knees, leaning forward, pumping arms) keep stride smooth and powerful throughout sprint.

Week 5 & 6:

10 X 20 yds
8 X 40 yds
6 X 60 yds
4 X 80 yds
2 X 100 yds
1 time per week

Week 7 & 8:

12 X 20 yds
10 X 40 yds
6 X 60 yds
4 X 80 yds
3 X 100 yds
1 time per week

Rest Periods for Week 5 & 6:

30 seconds for 20's
45 seconds for 40's
60 seconds for 60's
75 seconds for 80's
90 seconds for 100's

Rest Periods for Week 7 & 8:

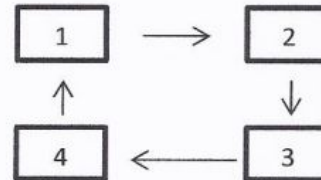
20 seconds for 20's
30 seconds for 40's
45 seconds for 60's
60 seconds for 80's
75 seconds for 100's

Plyometric Workout:

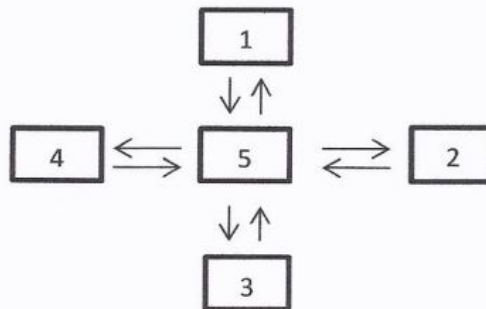
Quick Feet Drills (10 minutes)

Quick feet drills are designed for quickness and agility. Find a line to work with and try to as quickly as possible jump just over the line. The ideal is to not jump high, but to just jump over the line as quickly as possible so that your feet are on the ground the least time possible.

1. Front/Back - Find a line and jump over and back for 30 seconds (4 times)
2. Side/Side - Find a line and jump side-to-side over it for 30 seconds (4 times)
3. Box - Now you are going to jump in a box shape going one direction for 30 seconds and then switch. (2 times in each direction)



4. Plus Sign - Start in the middle (5), jump forward (1) then back to the middle (5), then jump to the side (2) then back to the middle (5), then backward (3) then middle (5), then to the other side (4) then to the middle (5) for 30 seconds. (2 times in each direction)



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Power Skipping (5 minutes)

Use the normal skipping motion, but explode upwards, trying to achieve maximum height on every jump. (About 20-25 yards each time for 10 sets)

Jumping over Ball(s) (15 minutes)

These jumps are designed to get more height and explosiveness as opposed to quickness. Try all three sets with both two-foot and one-foot technique.

1. Front/Back - Jump forward and back over a ball (or other obstacle) for 30 seconds. (3 times)
2. Side/Side - Jump side-to-side over a ball (or other obstacle) for 30 seconds. (3 times)
3. Diagonals - Jump forward and to the side (a diagonal) over a ball (or other obstacle) for 30 seconds. (2 times for each diagonal)

Step-ups (10 minutes)

Find a bench or sturdy box and step up with one foot and drive the other knee to the sky. (2 sets of 5 minutes, alternating legs)

Lunges (10 minutes)

With or without a weight, lunge out with one leg so that your knee is bent at about 90 degrees and your thigh is parallel to the ground. Your back knee should almost scrape the ground. Alternate legs. (20-25 yards, 10 sets)

Calf Raises (5 minutes)

With or without a weight, stand with your feet together and raise your heels off the ground. Hold that position for a full second and then go back down. (4 sets of 50)

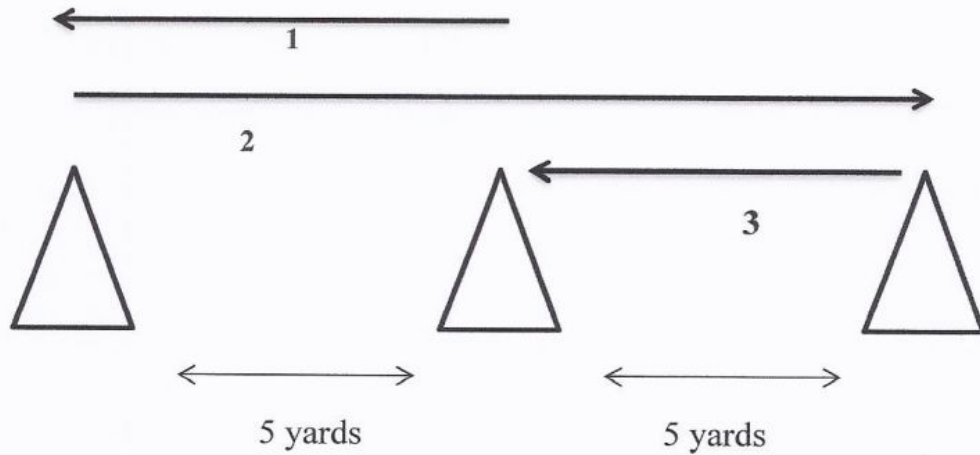
Bleachers Jumps (5 minutes)

Find a set of bleachers or a wall or something that is approximately 3-6 feet off the ground. Climb up and jump off it. Land with both feet hitting at the same time and allow your legs to absorb the impact. Then try landing on one foot and allowing only the one leg to absorb the impact (only trying this at lower heights). (Do 20 two-legged jumps at the lower height, and 10 at a higher height. Do 10 one-legged jumps only at a low height.)

Stretch (10 minutes)

It is important after a good plyometric workout to get a good quality stretch of you lower body muscles.

Pro Agility Sprints:



Place two cones 10 yards apart from each other and one in the middle so you have it set up like above. Start in the middle by the center cone. Start by sprinting one way, touch the cone and quickly change direction. Then sprint the other way to the far cone, turn and sprint to the center cone. The next time, start going the opposite direction.



Group E:

Juggling

Component

Juggling Warm Up:

10 times - Keep the ball up in the air using any surface as long as you can

10 times - Keep the ball up in the air as long as you can using only your right foot

10 times - Keep the ball up in the air as long as you can using only your left foot

10 times - Keep the ball up in the air as long as you can using only your right thigh

10 times - Keep the ball up in the air as long as you can using only your left thigh

10 times - Keep the ball up in the air as long as you can using only your head

5 times - Keep the ball in the air as long as you can using only your right side

5 times - Keep the ball in the air as long as you can using only your left side

5 times - Keep the ball in the air as long as you can using only your feet

5 times - Keep the ball in the air as long as you can using only your feet with no spin on the ball

Christmas Tree - Right foot, Right thigh, Right shoulder, head, Left shoulder, Left thigh, Left foot

Any other combinations you want to try!

Other:

Any other combination of juggling. You can do the partner touches/trapping like we did last season - 10 x thigh r/l, 10 x header, 10 x inside foot r/l, 10 x laces r/l, etc.



Group F:

Game Component

Obviously, the best way to prepare for the game is by playing high level, good quality games! Switch it up and play 3v3, 4v4, 7v7, etc. You can even play 1 v 1 against a friend. Anything that is game-like and competitive will be great for you. Don't be afraid to play against boys as this is good practice for playing against higher level teams that are quicker and stronger. There are plenty of opportunities to play around the Sarasota and Bradenton area. FC Sarasota has club teams and recreational teams, for example. There are also 3v3 tournaments, women's leagues, camps, and clinics you can be a part of. Do NOT let money be the reason you don't play. Talk to coach if you need assistance financially or help finding a place to play. Ask your teammates to get together at a park after school or on the weekends. No excuses!



Group F:

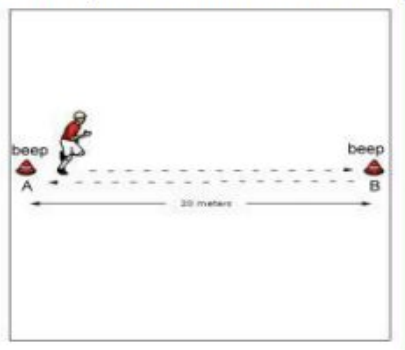
Fitness Test

Component

The following fitness tests will be done at tryouts, and should be practiced by the athlete during preseason conditioning. Athletes are expected to enter tryouts in good fitness. Each test will be evaluated by the instructions below.

Beep Test

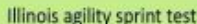
This test involves continuous running between two cones 20 meters apart in time to recorded beeps. The time between recorded beeps decreases each minute (level). See diagram below:



1. A brief explanation of the test is provided leading into a 4 second countdown to the start of the test itself. Thereafter, the CD emits a single beep at regular intervals. The player begins their shuttle from cone **A** to cone **B** and places one foot on or beyond the cone.
2. If the player arrives at cone **B** before the beep, the player must wait for the beep and then resume running back to cone **A**.
3. The player continues to run between cones **A** and **B** until they are not able to keep up with the speed set by beep recording. NOTE: If player misses **two** runs in a row (e.g. not arriving at cone before or at beep), the player is done.

***Preseason Target: Level 9.5**

This test measures the player's ability to change direction quickly or the player's agility. You will require 8 cones and stopwatch. Look at the diagram below to see how to set the cones out:



1. Sprint the course from start to finish and have your training partner record your time.
2. Rest fully and repeat the test for a total of 3 times. Take your quickest time and compare to the chart below:

Power Maintenance	
Classification	Females
Excellent	<17.5 secs
Good	17.5 - 18.6 secs
Average	18.7 - 22.4 secs
Below Average	22.5 - 23.4 secs
Poor	>23.4 secs



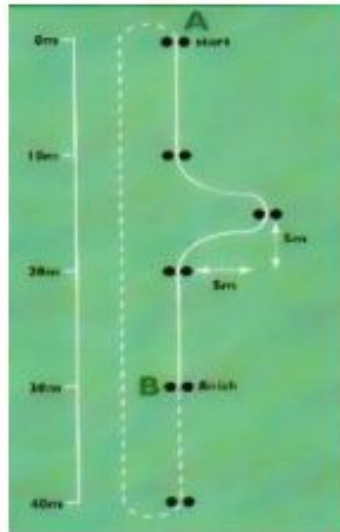
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30m Sprint Fatigue Test (Speed & Agility)

In soccer, players often have to reproduce sprints in quick succession. The ability to recover between sprints and produce the same level of power over and over is a measure of sprint fatigue.

For this test, you require 12 cones or markers and a stopwatch. Look at the figure below to see how to set the cones:



1. Sprint from **A** to **B** between the cones deviating 5 meters sideways in the middle of the sprint. Have a training partner start you off and time your sprint between **A** and **B**.
2. Jog slowly for 10 meters after point **B** and then back to point **A** taking 30 seconds to do so.
3. As soon as you reach point **A**, repeat the sprint.
4. Complete a total of 10 sprints and have your training partner note down all the times.
5. Subtract your fastest time from your slowest time. This is your sprint fatigue. For example, if your slowest sprint was 7.8 seconds and your fastest sprint was 6.9 seconds, your sprint fatigue is 0.9 (7.8 - 6.9).
6. Find the average speed of the first three trials and divide it by the average speed of the last three trials. Multiply the result by 100 to find the percentage. For example, your times were: 7.1, 6.9, 6.9, 7.0, 7.2, 7.1, 7.3, 7.3, 7.4, 7.5. The average for the first 3 sprints is 6.97 and the average of the last 3 sprints is 7.4. Divide 6.97 by 7.4 = 0.94 X 100 = 94%
7. Compare final percentage with table below:

Power Maintenance		
Level	Category	%
1	Excellent	+90%
2	Good	85-89%
3	Average	80-84%
4	Poor	<79%

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Cooper Test (Endurance)

The purpose of the Cooper test is to assess the player's general endurance. To undertake this test you will require a 400 meter track (marked every 100 meters) and a stopwatch.

1. The test comprises of determining how far an athlete can run in twelve minutes. The assistant should record the total distance covered to the nearest 100 meters.
2. Compare the total distance covered with the table below:

Age	Excellent	Good	Average	Below Average	Poor
Females 13-14	>2000m	1900-2000m	1600-1899m	1500-1599m	<1500m
Females 15-16	>2100m	2000-2100m	1700-1999m	1600-1699m	<1600m
Females 17-20	>2300m	2100-2300m	1800-2099m	1700-1799m	<1700m

The Gauntlet (Endurance)

This test is performed on a running track.

1. One mile (four laps) in 7 minutes 30 seconds
Rest 1 Minute
2. Half Mile (two laps) in 4 minutes 30 seconds
Rest 1 Minute
3. 400m (one lap) in 2 minutes 25 seconds
Rest 1 Minute
4. 200m (half lap) in 1 minute
Rest 1 Minute
5. 100m (quarter lap) in 30 seconds

*To pass the gauntlet the athlete must pass at least 4 of the 5 standards.



Nutritional Guidelines



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DO's and DON'Ts FOR GOOD ATHLETIC PERFORMANCE

Most conditioning experts believe that a player's strength and stamina cannot improve without the help of good eating habits.

DO eat three meals per day. Three meals help maintain muscle tissue, promote the reduction of body fat, and reduce sluggishness and the onset of fatigue.

DO increase the intake of complex carbohydrates: bread, cereal, pasta, rice, pancakes, waffles, potatoes, sweet potatoes, lima beans, peas, corn, winter squash, juices, fruits, jams and jellies. This allows for prolonged endurance, increased energy storage in muscles, and a protein sparing effect for the growth and repair of muscles.

DO increase the consumption of fruits, vegetables, and juices. They are high in vitamins, minerals, and water content, and often are a good source of carbohydrates.

DO buy lean cuts of meat and trim all excess fat. Keep meats to moderate serving (when possible, substitute fish and poultry for meat).

DO drink six to eight glasses of water a day.

DON'T consume a high quantity of foods that are high in fat: red meats, pork products, whole milk, ice cream, cream sauces, butter or margarine, mayonnaise, salad dressings, all forms of oils, all forms of fried potatoes. A diet high in fat and low in carbohydrates slows the process of energy storage in the muscle. It can lead to an increase in body fat, a decrease in muscle tissue, chronic exhaustion, irritability and restlessness.

DON'T skip meals to loose weight. This is counter-productive and will not allow for progress in the weight room because all the energy stored in the muscle are not replaced.

DON'T replace balanced meals with refined sugars: candies, cakes, soda pop, etc. Foods high in refined sugar have a lower vitamin and mineral content. Many sweets also are high in fat.

DON'T fry foods. Instead, bake, broil, boil, poach, steam or barbecue them. Use low-cal and low fat substitutes as often as possible. Use dairy products made with whole milk sparingly. Avoid the use of products packed in oil and substitute low calorie foods that will help lower your fat intake.

DON'T consume excessive amounts of alcohol. This can negatively affect reaction time, hand-eye coordination, accuracy, balance, strength and endurance. Excessive alcohol consumption also hinders muscle growth and can cause dehydration.

Sample Shopping List

Bread/Cereals

Raisin Bran
Wheaties
Whole wheat bread
Italian bread
Pancake mix
English muffins
French toast
Waffles
White rice
Brown rice
Potatoes
Spaghetti
Grits

Meat/Poultry/Fish

Turkey (lunch meat)
Tuna
Haddock
Scallops
Chicken
Flank steak/London Broil
Turkey (light meat)

Desserts

Gelatin
Sponge cake
Oatmeal raisin cookie
Chocolate pudding
Sherbet
Diet ice cream

Vegetables

Lettuce
Tomato
Corn (frozen/fresh)
Mixed vegetables
Carrots (frozen/fresh)
Green beans (frozen/fresh)
Spinach (frozen/fresh)

Dairy Products

Eggs
2% or low fat milk
Diet margarine
Diet mayonnaise
American cheese
Yogurt w/ fruit

Fruit

Bananas
Grapefruit
Apples
Oranges

Drinks

Orange juice
Sugar-free Kool Aid
Grape juice
Diet soda

Miscellaneous

Jam/preserves
Peanut butter
Cheese pizza
Bean burrito
Spaghetti sauce
Syrup
Beans (kidney/black/navy/pinto/red)

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Sport Nutrition

The value of a proper diet and good nutrition has become increasingly important in athletic performance. Good nutrition is essential for maximizing performance in athletics. Food provides us the energy to train and the building blocks to grow. The hard training athlete must be properly fueled if they are to reach their physical potential. Consistent eating patterns and attention to a balanced diet will provide you with all the benefits of good nutrition. The following information will assist you in making good choices on a daily basis. Proper nutrition and weight control is a life long habit, teach yourself proper guidelines now!

Balanced Diet

A balanced diet consists of:

Carbohydrates:	65% of daily caloric intake
Fats:	20% of daily caloric intake
Proteins:	15% of daily caloric intake

Carbohydrates

Grain products
Vegetables
Cereals
Rolls
Breads
Fruit
Pasta
Rice

Fats

cheese
oils
butter
whole milk
ice cream
bacon/ sausage

Proteins

fish
poultry
beef
beans
eggs

Guidelines for good eating

Breads/ cereals/ rice/ pasta: 6-11 servings/ day
Fruits and vegetables: 5-9 servings/ day
Meat/ poultry/ fish/ dried beans/ eggs/ nuts: 2-3 servings/ day
Milk/ yogurt/ cheese: 2-3 servings/ day
Fats and sweets: USE SPARINGLY!!!

Do not skip meals! This will result in reduced energy levels, late day overeating and will lower your Basal Metabolic Rate. **EAT BREAKFAST!** It is important to maintain energy levels throughout the day. Breakfast gives you the energy to start your day. Skipping meals to loose weight is counterproductive. You should eat at least 3 meals per day, preferably 4-5 smaller ones. If you skip breakfast your body will have gone without nutrition for **18 hours**. This is not conducive to hard training.

Increase foods which are high in carbohydrates and grains.

Add fruits and vegetables to every meal. They are high in vitamins and minerals and generally high in water content and carbohydrates.

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Cut down on foods high in fat:

red meats
pork
mayonnaise
creamy salad dressing
fried foods
oils

Diets high in fat can lead to:

chronic exhaustion
% body fat increases
muscle tissue decrease
increased blood pressure
irritability
stress on joints
increased cholesterol levels

Good food choices

Breakfast

Pancakes/ waffles/ French toast with syrup- no butter
Egg sandwich- no sausage
English muffins/ toast or bran muffin with preserves/ jelly/ fruit butters
Bagels with preserves/ jelly/ apple butter
Low fat milk or yogurt
Dry or cooked cereals with or without milk and fresh or dried fruit
Dried fruit alone or mixed with dry cereal and nuts
Low fat granola or cereal bars

Lunch

Vegetable or chili stuffed potatoes
Salad with low fat dressing
On salad bars add veggies, dried beans, beets, carrots, pasta, crackers, rolls, bagels, bread
Turkey, chicken or roast beef sandwiches on bagel, whole grain bread
Add tomatoes, green peppers to sandwiches
Pasta with meat or meatless sauce
Tacos without sour cream
Baked/ broiled meats instead of fried
Vegetable/ chicken soups. Cheese and creamed soups are high in fat
Cheese or veggie pizza

Dinner

Less emphasis on meats and more on starches: Rice/ pasta/ potatoes and vegetables
Meats should be bakes/ broiled/ grilled instead of fried
Pasta with clam or marinara sauce
Fish steamed in tomato sauce
Chicken breast without the skin with rice and vegetables
Stir fry dishes with lean meat and lots of vegetables in minimal oil

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Snacks

Whole grain crackers
Fruit juices
Dried fruit
Pretzels
Graham crackers
Low-fat yogurt
Fresh fruit
Dry cereal
Dry roasted nuts
Bread sticks

Eat every 3-4 hours

Include carbohydrates at every meal

Watch the **caffeine** (cokes, coffee)- it lowers blood sugar and can make you hungrier. It is also a diuretic and can be dehydrating.

For those of legal drinking age keep the following points in mind concerning **alcohol**. It is a diuretic and dehydrates the body. The calories in alcohol are empty ones, the body metabolizes them similar to fat. Alcohol also disrupts sleep patterns, interferes with the metabolism of glucose (the primary source of energy), has a toxic effect on the liver and has an adverse effect on proper muscle function. Other dangers of alcohol are too numerous to mention. It is highly recommended that your intake of alcohol be highly tempered or better yet removed from the hard training athlete's diet all together.

Limit your intake of sweets. They can actually lower blood sugar and make you eat more!

Eating at home:

Cook double batches of pasta/ rice/ noodles/ potatoes and store them for later

Baked potatoes in microwave

Use frozen veggies and salsa to top potatoes/ pasta and rice

Buy canned clams and add to spaghetti sauce to serve on pasta

Use packaged rice or noodle dishes for time savers and add veggies to boost nutritional value

Buy black beans, mix with salsa and serve in corn tortillas with or without grated cheese

Use canned meats such as chicken/ salmon/ tuna for time savers

Buy already prepared vegetables at salad bar

Do stir fries with or without meat and add some beans

Water is the most neglected nutrient. Fluid is very important to the hard training athlete. Water makes up 65-70% of the muscle. Muscles will not be able to function properly if they are dehydrated. Drink plenty of fluids prior to, during and following any athletic activity. Do not wait until you are thirsty to drink water. Athletes should drink a minimum of 6-10 12 ounce glasses of water per day.

Monitor your salt intake. Salt dehydrates the body and may cause high blood pressure. Do not salt your food, there is already a lot in it.

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Weight Gain

Many athletes are interested in gaining weight. The type of weight an athlete needs to gain is lean body mass (muscle mass). This can only be done through a proper strength training regimen and sound nutritional habits. As a general rule, in order to gain weight you must consume more calories per day than your body expends. To do this, you must determine how many calories per day your body expends. From this total, design an eating plan in which calorie intake exceeds your daily expenditure. The addition of 400-500 calories per day above your daily requirement would add about one pound per week. The key is to ensure that the weight gained is lean muscle mass and not fat. Gaining more than a pound per week results in increases in body fat, assuming that you are properly hydrated. Strength training will use the extra calories to stimulate growth.

Tips:

Eat at least 3 large meals per day + 2-3 snacks

Snacks high in calories and nutrients:

Nuts

Dried fruits

Shakes/ malts

Peanut butter sandwiches

Cheese or veggie pizza

Granola or cereal bars

Drink juice or milk with snacks

Eat a snack after dinner. Keep a loaf of bread and peanut butter and jelly in your room. Canned tuna packed in water is also a good after dinner snack.

Weight Loss

Bigger is not always better! If you sustain muscle growth, strength and speed with a gain in weight, then bigger is better, especially in football. For most people this is not the case. Excess body fat restricts speed of movement by adding useless weight that must be moved at high speeds. In order for many to perform at their optimal level, a loss of weight is necessary. Weight loss is a tricky situation. Many overweight people have developed a lifestyle around eating, and in order to lose weight, there has to be a lifestyle change. The method for weight loss is similar to that for weight gain. First, the amount of calories needed to maintain a specific body weight needs to be calculated. A 500-1000 calorie deficit in daily intake will result in a loss of 1-2 pounds per week. A slow reduction in body fat over a 8-10 week span is the key. Rapid weight loss will result in a loss of muscle tissue, this is counterproductive.

Tips:

Burn off more calories per day than you take in. Add aerobic exercise.

Cut out all fatty foods.

To lose 1 pound of fat, you must eliminate 3500 calories. This is preferably done through an increase in exercise and a decrease in caloric intake.

Do not eat after dinner, preferably not after 7 PM.

Do not drink alcohol.

Post Workout Nutrition to Enhance Recovery

The body needs time as well as key nutrients to recover from each workout session. During periods of hard training there will be little time to recover between workouts. This is where post exercise nutrition can help repair muscle damage and speed up the recovery process.

The most important nutrient to replace is water. Intense workouts in hot, humid conditions can cause large amounts of fluid loss. Because exercise dulls thirst, athletes cannot rely on this sensation to guide fluid intake. The most accurate way to determine fluid need is to weigh yourself before and after workouts. For every pound of weight lost, drink one large glass of water.

In addition to replacing water lost during exercise, electrolytes (sodium and potassium) lost through sweat need to be replenished. A pound of sweat contains approximately 400-700 mg. Of sodium and 80-100 mg. Of potassium. Therefore, post exercise rehydration should include sources of both sodium and potassium. Sodium is found in salty foods including spaghetti sauce, pretzels, crackers, soup. Potassium is readily found in fruits and vegetables including potatoes, bananas and orange juice.

Carbohydrate intake is very important after exercise. When athletes eat a high carbohydrate diet, recovery time after exercise is shorter and more complete. The timing of carbohydrate intake is also critical. It is recommended to consume .5 grams of carbohydrate per pound of body weight within two hours after exercise (Example – 200 lb. Athlete x .5 grams/ lb. = 100 grams). This amount should be repeated again approximately two hours later. A 16 oz. glass of orange juice contains 50 grams of carbohydrate, 1 banana also contains 50 grams of carbohydrate. 2 cups of pasta have 80 grams of carbohydrate and an 8" hoagie roll contains 60 grams of carbohydrate.

Protein intake in the post exercise meal will also aid in recovery. Protein intake is particularly important in exercise which results in muscle damage such as strength training, intense endurance exercise, two a day workouts and contact sports.

Fat should be kept out of the post workout meal as much as possible because it slows the absorption of carbohydrates and proteins.



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Sample Daily Menus

1200 Calories (Weight reduction)

<u>Breakfast</u>	<u>Serving</u>	<u>Cal</u>	<u>ProCal</u>	<u>FatCal</u>	<u>CarbCal</u>
Raisin bagel	1	200	28	18	152
Jam	1 Tbl.	55	1	1	54
Grapefruit	½ med.	40	4	0	36
Skim Milk	6 oz.	<u>70</u>	<u>27</u>	<u>4</u>	<u>38</u>
		365	60	23	286

Lunch

Tossed salad	2 cups	58	8	0	50
Tuna-chunk light	3 oz.	165	96	63	0
Crackers-wheat	6	53	6	14	32
Applesauce-unsw.	½ cup	55	0	0	55
Plum	1	35	4	0	34
Water	12 oz.	<u>0</u>	<u>0</u>	<u>0</u>	<u>0</u>
		331	114	77	169

Dinner

Lamb Chop-broiled	2.5 oz.	150	80	54	24
Cauliflower-cooked	1 cup	30	8	0	24
Mashed potatoes	½ cup	90	8	4	74
Corn	1 ear	90	12	9	76
Skim Milk	6 oz.	<u>70</u>	<u>27</u>	<u>4</u>	<u>38</u>
		430	135	71	236

Snack

Sunflower seeds	½ oz.	80	12	63	10
Cherries	10	<u>55</u>	<u>4</u>	<u>4</u>	<u>44</u>
		135	16	67	54

Daily Total		1261	325	238	745
% of daily calories			23%	18%	60%

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2000 Calories

<u>Breakfast</u>	<u>Serving</u>	<u>Cal</u>	<u>ProCal</u>	<u>FatCal</u>	<u>CarbCal</u>
Grits-cooked	1 cup	145	12	0	124
Ham-lean	2 pcs.	105	68	36	0
Poached Egg	1	82	26	52	2
Wheat bread	2 slices	122	21	14	94
Pineapple juice-unsw.	1 cup	<u>140</u>	<u>4</u>	<u>0</u>	<u>136</u>
		594	131	102	480

Lunch

Egg noodles-cooked	1 cup	200	28	18	148
Chk-drum-roasted	2 med.	150	96	36	5
Greens beans-cooked	1 cup	45	8	0	40
Skim Milk	12 oz.	140	54	8	76
Oat/Raisin Cookie	2	116	7	36	76
Pear	1	<u>100</u>	<u>4</u>	<u>9</u>	<u>95</u>
		751	197	107	440

Dinner

Flounder-baked	6 oz.	160	136	18	0
Italian bread	2 slices	165	24	0	136
Tossed salad	2 cups	58	8	0	48
French dressing	2 tbl.	50	0	36	16
Broccoli-cooked	4 oz.	30	11	3	17
Water	12 oz.	0	0	0	0
Applesauce-unsw.	1 cup	<u>105</u>	<u>0</u>	<u>0</u>	<u>105</u>
		568	179	57	322

Snack

Honey & Oat Granola bar	1	117	8	36	67
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Daily Total		2030	515	302	1309
% of daily calories			24%	14%	63%

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3000 Calories

<u>Breakfast</u>	<u>Serving</u>	<u>Cal</u>	<u>ProCal</u>	<u>FatCal</u>	<u>CarbCal</u>
Scrambled egg	2	160	48	108	8
Oatmeal	1 cup	145	24	18	100
Raisins	¼ cup	109	5	1	105
Orange juice	8 oz.	112	7	4	100
Bagel	1	200	28	18	152
Skim Milk	12 oz.	<u>132</u>	<u>53</u>	<u>3</u>	<u>75</u>
		858	165	152	540

Lunch

Turkey-light	8 oz.	149	112	30	0
Lettuce	1 pc.	2	0	0	2
Tomato	¼ med.	10	2	0	8
Mustard	1 tsp.	4	1	2	1
Pita bread 6 1/2"	1	165	24	9	132
Yogurt-lowfat w/fruit	8 oz.	230	40	18	172
Beef noodle soup	2 cups	280	63	97	114
Fruit punch drink	12 oz.	<u>170</u>	<u>0</u>	<u>0</u>	<u>176</u>
		1010	242	156	605

Dinner

Ham-lean-roasted	7 oz.	300	195	95	0
Collard greens-cook	1 cup	25	8	0	20
Corn meal-cooked	1 cup	120	12	0	104
Black-eyed peas	1 cup	190	52	9	140
Wild rice	1 cup	221	27	5	191
Carrots-fresh	1 cup	49	6	3	44
Water	12 oz.	<u>0</u>	<u>0</u>	<u>0</u>	<u>0</u>
		905	300	112	499

Snacks

Fig Bars	4 cookies	210	8	36	168
Banana	1	<u>101</u>	<u>5</u>	<u>2</u>	<u>100</u>
		311	13	38	268

Daily Totals		3084	720	458	1912
% of daily calories			23%	15%	62%

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4000 Calories

<u>Breakfast</u>	<u>Serving</u>	<u>Cal</u>	<u>ProCal</u>	<u>FatCal</u>	<u>CarbCal</u>
Raisin Bran	1 cup	130	14	5	120
Bagel	1	200	28	18	152
Cantaloupe	½	82	8	3	81
Hash Browns	1 cup	355	19	163	180
Poached Egg	1	82	26	52	2
Wheat bread	2 slices	122	21	14	92
Jam	2 Tbl.	110	1	2	112
Orange juice	8 oz.	112	7	4	100
Skim Milk	12 oz.	<u>132</u>	<u>53</u>	<u>3</u>	<u>75</u>
		1325	177	264	914

Lunch

Orange juice	8 oz.	112	7	4	100
Fruit cocktail	1 cup	194	4	3	187
Green beans-cooked	½ cup	16	4	1	14
Mixed vegetables	½ cup	58	12	2	50
Spaghetti & Meat	1 cup	332	74	105	155
Dinner Roll	2	238	23	54	156
Lite-line cheese	3 oz.	156	88	59	7
Sweet potato-baked	1	115	8	0	112
Diet Soda	12 oz.	<u>1</u>	<u>0</u>	<u>0</u>	<u>0</u>
		1221	220	228	795

Dinner

Tea	12 oz.	3	0	0	3
Baked potato	2 med.	290	32	4	260
Peas-canned	½ cup	68	16	3	51
Steak-lean	5 oz.	300	176	108	0
Whole wheat roll	2	180	28	18	145
Jello w/ fruit	1 cup	<u>186</u>	<u>11</u>	<u>68</u>	<u>115</u>
		1027	263	201	574

Snacks

Apple	1	96	0	9	96
Chocolate pudding	1 cup	<u>310</u>	<u>32</u>	<u>72</u>	<u>216</u>
		406	32	81	312

Daily Totals		3979	692	774	2595
% of daily calories			17%	19%	65%



SARASOTA

SAILOR SOCCER

5000 Calories (Weight gain)

Breakfast	Serving	Cal	ProCal	FatCal	CarbCal
Scrambled Egg	3		240	72	162
Wheat Bread	2 slices		122	21	14
Banana	1		101	5	2
Oat meal	1 cup		145	24	18
Orange Juice	8 oz.		112	7	4
Skim Milk	12 oz.		132	53	3
Bagel	1		200	28	18
Jam	2 Tbl.		110	1	2
Hash Browns	1 cup		<u>355</u>	<u>19</u>	<u>163</u>
			1517	230	386
					923

Lunch

Turkey-light	8 oz.		149	112	30
Lettuce	1 pc.		2	0	0
Tomato	¼ med.		10	2	0
Lite-line cheese	3 oz.		156	88	59
Mustard	1 tsp.		4	1	2
Bagel	1		200	28	18
Spaghetti & meat	1 cup		332	74	105
Apple	1		96	0	9
Chocolate pudding	1 cup		310	32	72
Tea	12 oz.		3	0	0
Skim Milk	12 oz.		<u>132</u>	<u>53</u>	<u>3</u>
			1394	390	298
					715

Dinner

Water	12 oz.		0	0	0
Skim Milk	12 oz.		132	53	3
Steak-lean	5 oz.		300	176	108
Baked potatoe	2 med.		290	32	4
Carrots-fresh	1 cup		49	6	3
Peas-canned	½ cup		68	16	3
Dinner Roll	2		238	23	54
Beef noodle Soup	2 cups		<u>280</u>	<u>63</u>	<u>97</u>
			1357	369	272
					700

2019  2020

SARASOTA

SAILOR SOCCER

Snacks

Banana	1	101	5	2	100
Fig Bars	4 cookies	210	8	36	168
Honey & Oat Granola Bars	2	234	16	72	134
Apple	1	96	0	9	96
Skim Milk	12 oz.	132	53	3	75

Fruit Punch Drink	12 oz.	<u>170</u>	<u>0</u>	<u>0</u>	<u>176</u>
		943	82	122	749

Daily Totals		5211	1071	1078	3087
% of daily calories			20%	21%	59%

2019  2020

SARASOTA

SAILOR SOCCER

Healthy Fast Food Choices

McDonald's

Grilled Chicken Deluxe (hold the special sauce)
Grilled Chicken Salad (low-fat dressing)
Pancakes w/ syrup

Taco Bell

Grilled Chicken Burrito (no cheese or sour cream)
Grilled Chicken Soft taco
Grilled Veggie Fajita
Bean Burrito
Have as much lettuce, tomato, and salsa as you want!

Burger King

BK Broiler Chicken Sandwich (no mayo or special sauce)
Chicken Salad (low fat dressing)

Hardee's

Chicken Fillet
Grilled Chicken Salad

Arby's

Roast Chicken deluxe (no mayo)
Roast Turkey Deluxe (no mayo)
Roasted Chicken Salad

Wendy's

Dave's Grilled Chicken (no mayo or special sauce)
Grilled Chicken salad
Garden Veggie Pita

KFC

Tender Roast Chicken (white meat without skin)
Small serving of mashed potatoes

Bagel Breakfast

Whole grain bagels, fresh fruit, juice, yogurt
Low-fat cream cheese or jam

Salad Bars

Be generous with colorful vegetables: peas, kidney beans
Pasta Salads
Breads
Chicken Breast Salad

Pizza

Order a pizza that is thick with extra crust rather than cheese

Pile on vegetables: broccoli, peppers, mushrooms, onions

*Grilled, skinless chicken breast with lettuce and tomato is OK at any fast food restaurant.

*Try substituting ketchup, mustard or salsa for mayonnaise, special sauce, butter, sour cream, etc.

*Drink plenty of water or iced tea with your meal, this will help fill you up.

