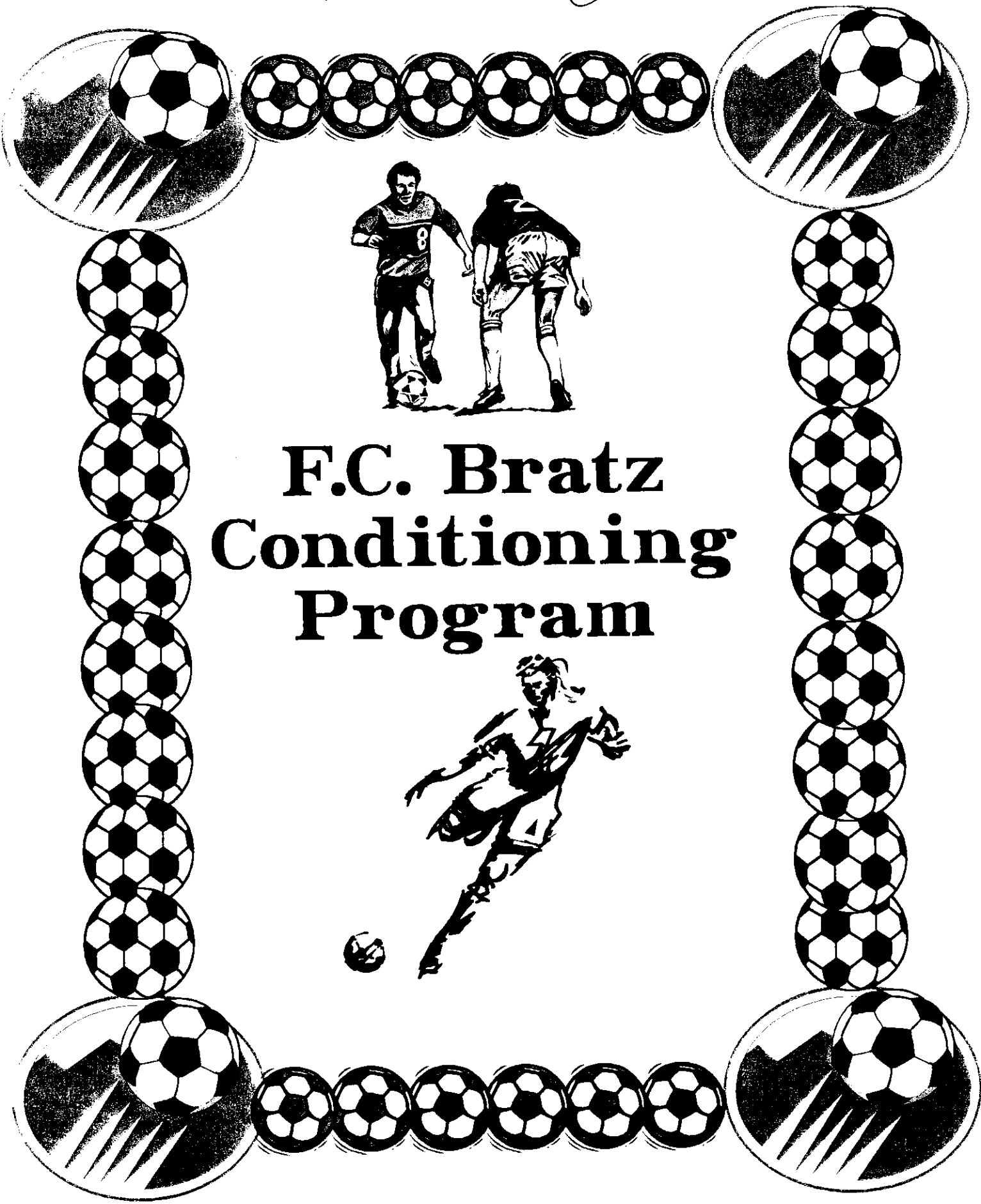


Ages 10 - 14 (5)



F.C. Bratz Conditioning Program



TOTAL TRAINING FOR FC BRATZ SOCCER CLUB

In order to train young female athlete correctly one understand two areas: One is the area of energy systems, and the other is the components involved in training. There are basically three energy systems your body uses when under physical stress. They are as follows: The Phosphate system which include ATP and creatine phosphate. The supply is limited to between 6-20 seconds then the energy source is depleted. The anaerobic(Lactic Acid)system accounts for a significant proportion of the energy generated in "all-out" efforts. This system is in use for about 8-10 minutes maximum. The aerobic system is in use after about 10 minutes, the intensity of the activity must decrease as the duration(time) increases.

Phosphate System-----Anaerobic(Lactic Acid)System-----Aerobic System

COMPONENTS OF TRAINING

When training young athletes the following components need to be trained:

Flexibility, Motor Skills(agility), Speed, Strength and power, and Endurance.

Flexibility refers to the range of motion around a joint. I feel that with the young athletes it might be best to use proprioceptive neuromuscular facilitation or PNF. PNF is nice because it can be done in pairs. It involves stretching to the limits of motion, doing a static contraction for a few seconds against the resistance of a partner. The athlete then moves the limb to a more acute angle beyond the previous limits. (Examples of the PNF stretches are in the back appendix section.

Motor Skills Training or agility refers to athletes' ability to quickly and smoothly change directions and move with ease on the field. Some examples of training to improve motor skills are jumping rope, zig-zaging through cones, skipping, various routines using a ground rope ladder.

Speed Training or Speed Development is very important in most sports, it is important to emphasize speed training in young athletes. Running speed, reaction time, and quick footwork improve continuously from age five to maturity. Speed development should be trained at every practice in some form. It is important that the young athlete learns how to run fast. Body mechanics are most important. With the front end mechanics being the the key area. Running drills are a big part of this area.

Strength and Power are two areas but both very closely related. Strength is the ability to apply a force to a resistance. Power is strength plus speed. To develop strength in young girls it is best to use the movement of ones one own body weight, push ups, pull-ups(which are hard for most young girls) are good examples. Another good way of developing strength is to use an elastic band for resistance. This will be introduced as part of this year's homework. Power can be developed in young girls by the use of light PLYOMETRICS. One and two legged hops, stepping up to a small step are examples. With light PLYOMETRICS objects should not be over 14 inches in height, since young girls growth plates and muscles are not full developed. The medicine ball(6-10lbs) can also be use to help strengthen the trunk /core area of the body

Endurance Training is the ability to sustain physical activity for long periods of time. This can be accomplished by continuous running of over ten minutes or spinning for about 45 minutes.

IDEAS FOR TRAINING THE COMPONENTS:

FLEXIBILITY SHOULD BE WORKED ON IN DETAIL WHEN ATHLETES COME TO PRACTICE AS WELL AS WHEN THEY ARE DOING HOME WORK. FLEXIBILITY SHOULD BE DONE WITH MOVEMENT MORE THAN WITHOUT MOVEMENT. IT SHOULD BE PART OF THE WARM UP AND BE DONE FOR A SHORT PERIOD OF TIME AFTER THE PRACTICE. ENCLOSED IS A COPY OF PNF STRETCHING WHICH I BELIEVE WILL HELP.

MOTOR SKILLS OR AGILITY TRAINING SHOULD BE DONE WITH AND WITHOUT THE BALL. THE MAIN FOCUS SHOULD BE EARLY IN THE PRECOMPETITIVE SEASON. SUGGESTIONS INCLUDE ALL SOCCER RELATED DRILLS WITH THE BALL AS WELL AS USING THE ROPE LADDER, CONE ZIG/ZAG AND LATERAL MOVEMENT TYPES OF DRILLS. THESE CAN ALSO BE INCORPORATED INTO THE WARM UP FROM TIME TO TIME. SKIPPING ROPE WILL ALSO HELP.

SPEED TRAINING/SPEED DEVELOPMENT. THE FOLLOWING ARE SPEED IMPROVEMENT DRILLS THAT WILL HELP CORRECT POOR RUNNING TECHNIQUE. THESE DRILLS NEED TO BE DONE EVERY PRACTICE THROUGHOUT THE SEASON SO AS TO TEACH MUSCLE/NEURON MEMORY. THEY SHOULD BE DONE AS PART OF THE WARMUP ALL THE TIME.

WALKING HIGH KNEES

RUNNING HIGH KNEES

A SKIPS

B SKIPS

QUICK FEET

QUICK TOUCHES

SPEED DEVELOPMENT WILL COME FROM CONSISTENTLY DOING DRILLS THEN ADDING SHORTS SPRINTS OF 20-50 METERS IN DISTANCE.

(EXAMPLE)

6 X 20M

5 X 30M

4 X 40M

2 X 50M

POWER CAN BE ACCOMPLISHED BY HAVING ATHLETES DO A SESSION OF LIGHT PLYOMETRICS ONCE A WEEK

EXAMPLE

4-8 X 2 LEGGED HURDLE HOP OVER SMALL 12" HURDLES

4-8 X 1 LEGGED BALL HOP CHANGE LEGS

4-8 X 1 LEGGED POWER SKIPS

ALL BETWEEN 10-15 METERS
ENDURANCE RUNNING FOR 10 PLUS MINUTES

YEAR PLAN FOR BRATZ SOCCER
WITH A COMPONENTS

COMPONENTS KEY:
FLEXIBILITY-FL
MOTOR SKILLS-MS
SPEED TRAINING/DEVELOPMENT -ST
STRENGTH & POWER-POW
ENDURANCE-END

MAY-END,FL,ST,MS

JUNE-END, FL, ST, MS, POW

JULY-END,FL, ST, MS, POW

AUG-END, FL, ST, POW, MS

SEPT-FL, ST, POW, MS, END

OCT-FL, ST, POW, MS, END

NOV-FL, ST, POW, MS, END

DEC-FL, ST, MS, END

JAN-FL, ST, MS, END

FEB-FL, ST, MS, END

MAR-FL, MS, END,

APR-FL, MS, END



F.C. Bratz Homework Program



BRATZ HOMEWORK TO HELP WITH THE FOLLOWING COMPONENTS
FLEXIBILITY, SPEED & POWER, MOTOR SKILLS

EQUIPMENT NEEDED: JUMP ROPE, ELASTIC CORD, SMALL STEP(10-12IN HIGH)
6-10LB MEDICINE BALL(OPTIONAL)

1. BEGIN WITH LIGHT FLEXIBILITY
2. SKIP ROPE CONTINUOUSLY FOR 3-5 MINUTES(REST FOR 2-3 MINUTES)
3. BEGIN ELASTIC BAND WORK (SEE DIAGRAMS)
EVERYTHING SHOULD BE 2 SETS OF 10(SHORT REST BETWEEN SETS)
 - A. SQUAT
 - B. STANDING CHEST PRESS
 - C. SEATED SHOULDER PRESS
 - D. UPRIGHT ROW
 - E. LATERAL RAISE
 - F. SEATED ROW
 - G. BICEPS CURL
 - H. TRICEPS EXTENSION
4. BEGIN STEP UPS ON TO SMALL STEP
DO 20 TIMES ON EACH LEG X 2
5. BEGIN COOL DOWN
30 SIT UPS, 20 PUSH UPS, LIGHT STRETCHING

OPTIONAL BALL EXERCISES:

- A. TWIST AND TURN
- B. SIDE BEND
- C. LUNGE PASS
- D. CHEST PASS
- E. SIDE PASS
- F. SIT UP TOSS WITH BALL

THIS WORKOUT SHOULD BE DONE TWO -THREE TIMES PER WEEK, ESPECIALLY
IN THE SUMMER MONTHS.

Rubber Cord Exercises

You can use the rubber cord exercises in this chapter to safely and effectively strengthen the upper and lower body. Remember that training with a rubber cord requires more skill and coordination than some other types of strength-training equipment. Beginning with a thin cord and focusing on the correct technique will give children an opportunity to learn how to stabilize their bodies when their arms or legs are working against the resistance of a rubber tube. When using rubber cords, note that the resistance from the cords will be greatest when the exercise motion nears completion. That is, unlike other types of strength-building equipment, the exercise will become more difficult at the end. Remind children that it is important to maintain proper form throughout the full range of motion.

RUBBER CORD SQUAT

MUSCLES

- Quadriceps, hamstrings, gluteals

PROCEDURE

- Begin by grasping the ends of a rubber cord in each hand, and stand erect with both feet on top of the middle of the cord to hold it stationary.
- Raise your hands to shoulder level with palms facing forward. The cords should be behind your shoulders.
- Slowly bend your ankles, knees, and hips until your thighs are parallel to the floor. Keep your back flat, head up, and eyes fixed straight ahead.
- Return to starting position by slowly straightening your knees and hips.

Technique Tips

- Your knees should follow a slightly outward pattern of the feet. Do not let the knees cave in.
- Inhale during the downward phase of the exercise and exhale during the upward phase.
- Avoid bouncing out of the bottom position.
- Concentrate on keeping your head up and chest out. Avoid excessive forward lean.



RUBBER CORD STANDING CHEST PRESS

MUSCLES

- Pectoralis major, anterior deltoid, triceps

PROCEDURE

- Stand with your feet about shoulder-width apart and the rubber cord wrapped around the back of your shoulders.
- Grasp the ends of the cord firmly, and place both hands (palms facing the floor) in front of your shoulders with your elbows flexed.
- Slowly straighten your elbows until you fully extend both arms. Then return to the starting position and repeat.

Technique Tips

- Exhale during the pushing phase of the exercise and inhale during the return phase.
- Do not twist or arch your body.



RUBBER CORD SEATED SHOULDER PRESS



MUSCLES

- Deltoids, upper trapezius, triceps

PROCEDURE

- Begin by sitting on the middle of a rubber cord while holding an end of the cord in each hand.
- Hold the cord at shoulder height with your palms facing away from your body.
- Slowly push both arms upward until you fully extend them over the shoulders. Then lower your arms to the starting position and repeat.

Technique Tips

- Exhale during the lifting phase of the exercise and inhale during the lowering phase.
- Sit erect and keep your lower back straight by contracting your abdominal and lower-back muscles.

RUBBER CORD UPRIGHT ROW

MUSCLES

- Deltoids, upper trapezius, biceps

PROCEDURE

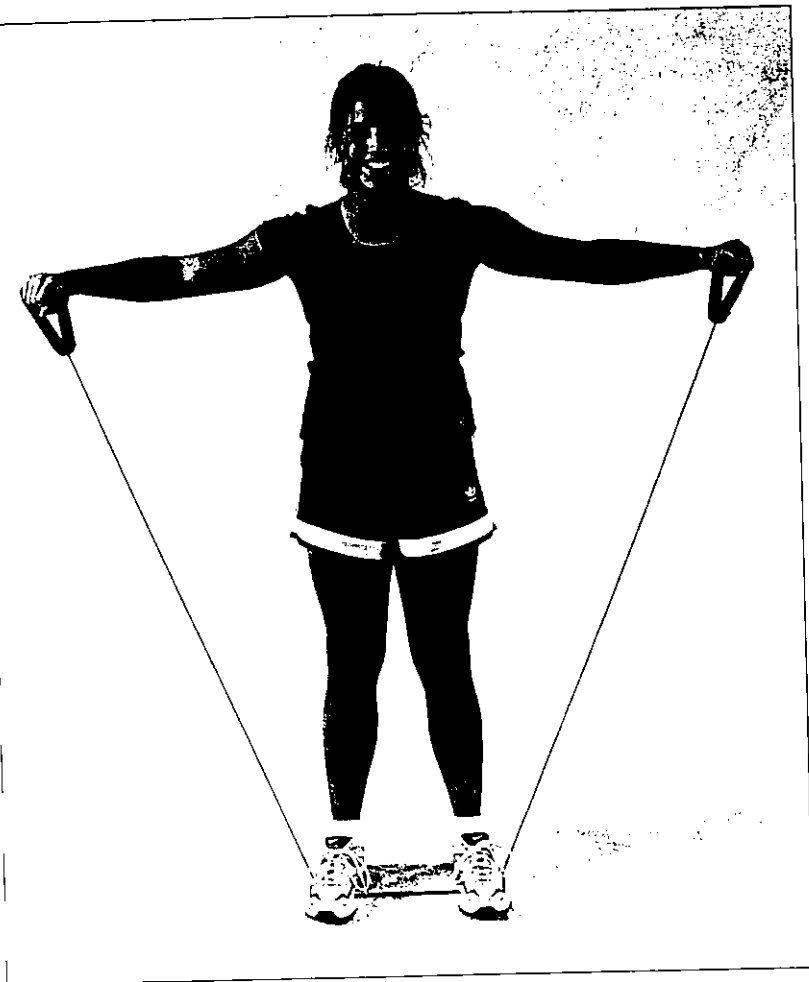
- Begin by grasping one end of the cord in each hand and standing erect with both feet on top of the cord about hip-width apart. Hold the cord so it hangs straight down in front of your body with your palms facing your body. The hands should be closer than shoulder-width apart.
- Slowly pull both hands upward to the height of the upper chest; then lower them to the starting position.

Technique Tips

- Exhale during the lifting phase of the exercise and inhale during the lowering phase.
- Stand erect and keep the cord close to your body during this exercise.
- At the top of the movement the elbows should be higher than the shoulders.



RUBBER CORD LATERAL RAISE



MUSCLES

- Deltoids

PROCEDURE

- Begin by grasping one end of the cord in each hand and standing erect with both feet on top of the cord about hip-width apart. Hold the cord so it hangs straight down at your sides with your palms facing your body and elbows slightly bent.
- Slowly lift both arms upward and sideward until your arms are level with your shoulders (arms parallel to floor). Keep elbows slightly bent and return to starting position.

Technique Tips

- Exhale during the lifting phase of the exercise and inhale during the lowering phase.
- Stand erect and keep your lower back straight by contracting your abdominal and lower-back muscles.
- Don't raise your arms higher than parallel to the floor.

RUBBER CORD SEATED ROW

MUSCLES

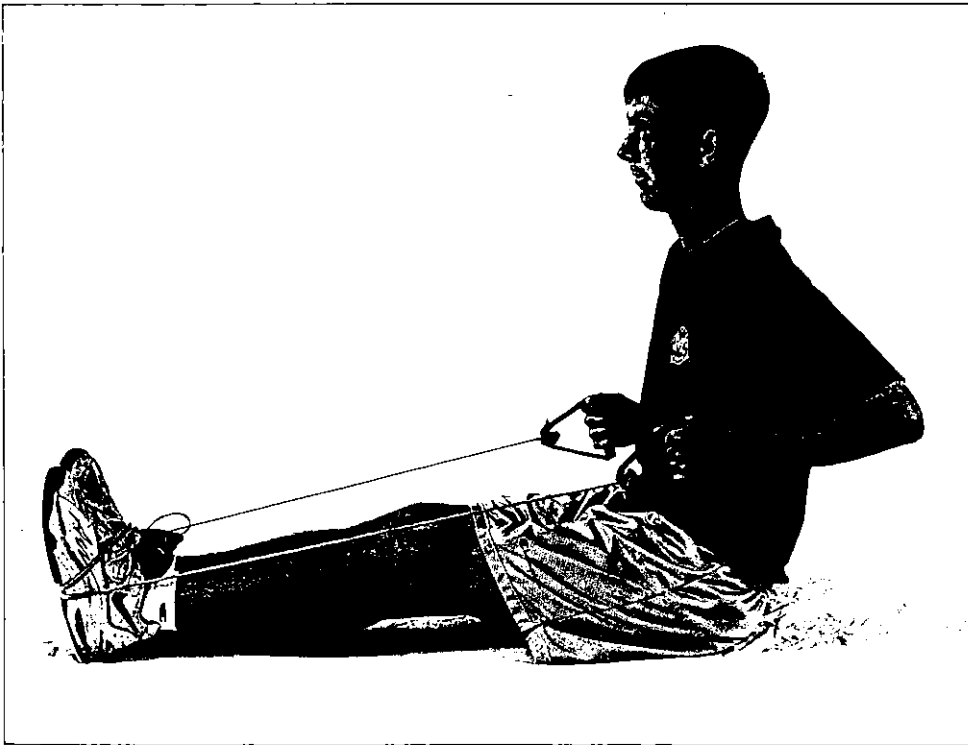
- Latissimus dorsi, biceps

PROCEDURE

- Begin by wrapping the cord around your feet. Grasp the handles of the cord. Sit on the floor with your knees slightly bent, your back straight, and your palms facing each other.
- Pull the cord handles back toward the sides of your body; then slowly return the handles to the starting position.

Technique Tips

- Exhale during the pulling movement and inhale during the return movement.
- Check to be sure the rubber cord is securely wrapped around your feet. Point your toes forward slightly to prevent the cord from slipping off your feet.
- As an alternative, you can place the rubber cord around an immovable object while in the seated position.



RUBBER CORD BICEPS CURL

MUSCLES

- Biceps

PROCEDURE

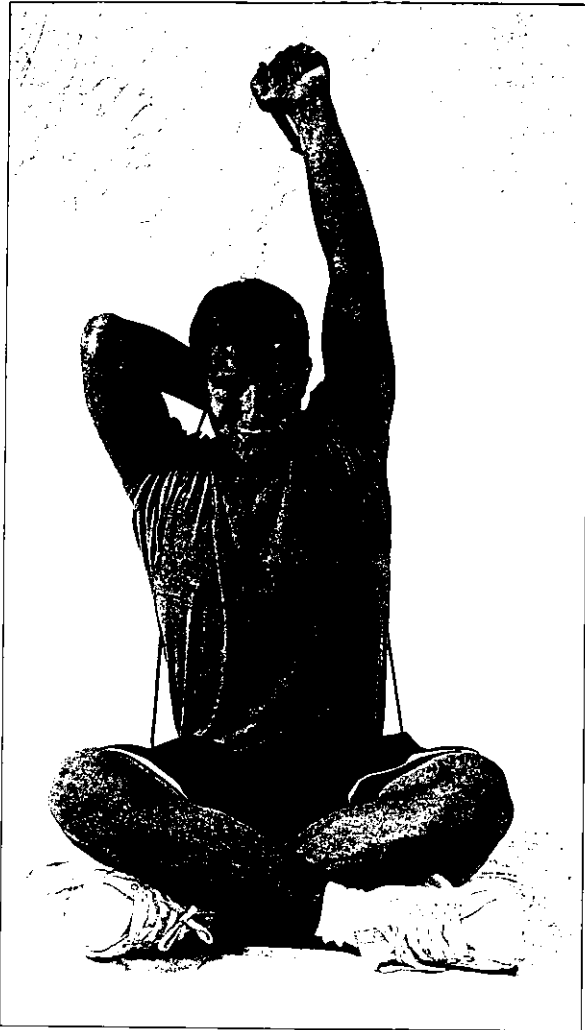
- Begin by standing on top of the cord with your body erect and both hands grasping the cord handles. Place your feet about hip-width apart, and fully extend your arms with your palms facing forward.
- Slowly curl both hands upward toward your shoulders until your palms face the chest. Then lower both arms to the starting position.

Technique Tips

- Exhale during the lifting phase of the exercise and inhale during the lowering phase.
- Stand erect and keep your lower back straight by contracting your abdominal and lower-back muscles.
- If necessary, stand with your back against the wall to prevent upper-body torso movement.
- Do not step off the cord unless your arms are in the starting position.



RUBBER CORD TRICEPS EXTENSION



MUSCLES

- Triceps

PROCEDURE

- Begin by sitting on the middle of a rubber cord while holding an end of the cord in each hand.
- Place both hands behind your head with your palms facing the ceiling. The elbows should be bent.
- Slowly push one arm upward until you fully extend it over your head. Then lower your arm to the starting position, and repeat with your other arm.

Technique Tips

- Exhale during the pushing phase of the exercise and inhale during the lowering phase.
- Only the elbow and forearm should move during this exercise.
- Be sure you secure the cord beneath your buttocks.

TWIST AND TURN

MUSCLES

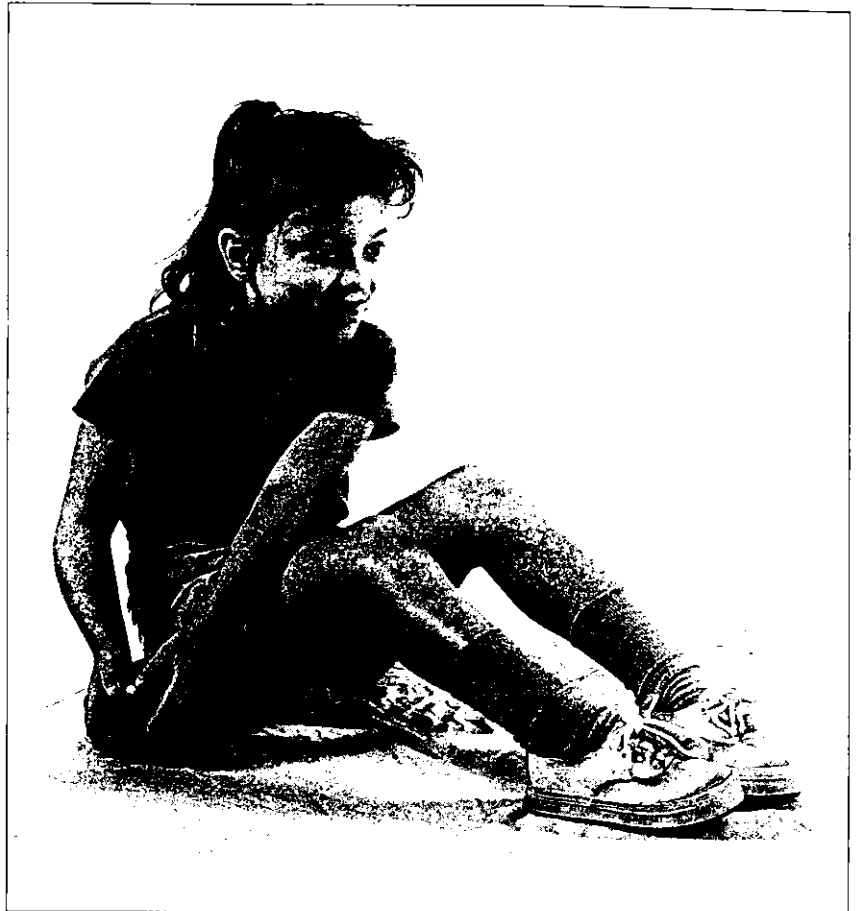
- Abdominals, obliques

PROCEDURE

- Sit on the floor with your knees bent at a 45-degree angle and your feet on the floor. Hold a medicine ball in front of your body with your arms extended.
- Rotate your upper body from side-to-side, touching the floor with the ball on each side.

Technique Tips

- Lean back slightly while rotating your body from side-to-side.
- For variety, perform a partner twist by having two children sit or stand back-to-back. They pass the ball to each other in a circle for a desired number of repetitions; then change the direction.



SIDE BEND

MUSCLES

- Abdominals, obliques

PROCEDURE

- Stand erect with your feet about hip-width apart and your knees slightly bent. Hold a medicine ball overhead with your arms fully extended.
- Slowly bend to one side, keeping your back and arms straight. Return to starting position and repeat to the other side.

Technique Tips

- Exhale during the lowering phase of the exercise and inhale during the upward phase.
- Move only from side-to-side. Avoid leaning forward.



LUNGE PASS



MUSCLES

- Legs, chest, arms

PROCEDURE

- Begin by holding a medicine ball directly in front of your chest with feet about hip-width apart.
- Take a long step forward, and quickly push the ball off your chest.

Technique Tips

- Exhale as you push the ball off your chest.
- Keep your upper torso erect after your release the ball. Do not lean forward.
- Step far enough in front of your body so your front knee is bent to nearly 90 degrees.

CHEST PASS

MUSCLES

- Chest, arms

PROCEDURE

- Stand erect while holding a medicine ball at chest level with both hands.
- Step forward and press the ball off your chest.

Technique Tips

- Exhale as you push the ball off your chest.
- Keep your upper torso erect after you release the ball. Do not lean forward.
- A partner can stand about 10 feet away and catch the ball. Over time the children can increase the distance between partners. The farther the distance, the greater the effort that is required.
- For variety, you can perform this exercise while kneeling on the floor. Keep your body straight as you push the ball off your chest.



SIDE PASS

MUSCLES

- Trunk, arms

PROCEDURE

- Stand with your side facing your partner. With the ball about waist level, swing it across your body and pass it to your partner. When you have performed the desired number of repetitions, stand with the other side of your body facing your partner and repeat.

Technique Tips

- Exhale as you throw the ball to your partner.
- Do not move your feet during this exercise. Move only your arms and trunk.



Single-Leg Pelvic Tilt

What You Stretch:

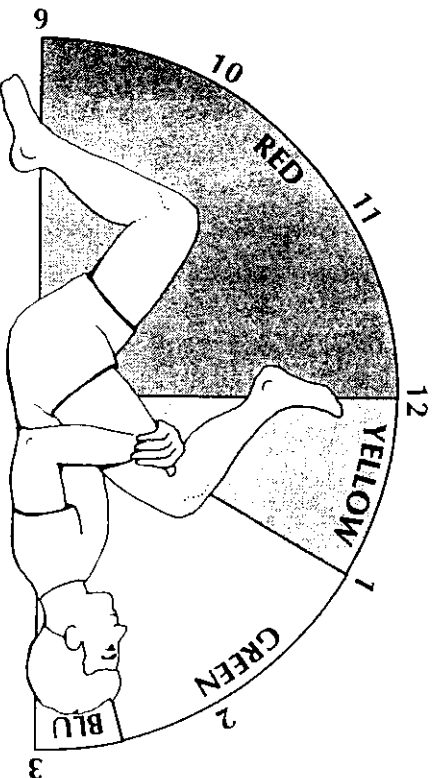
Lower back (sacrospinalis) and buttocks (gluteus maximus)

What You Contract:

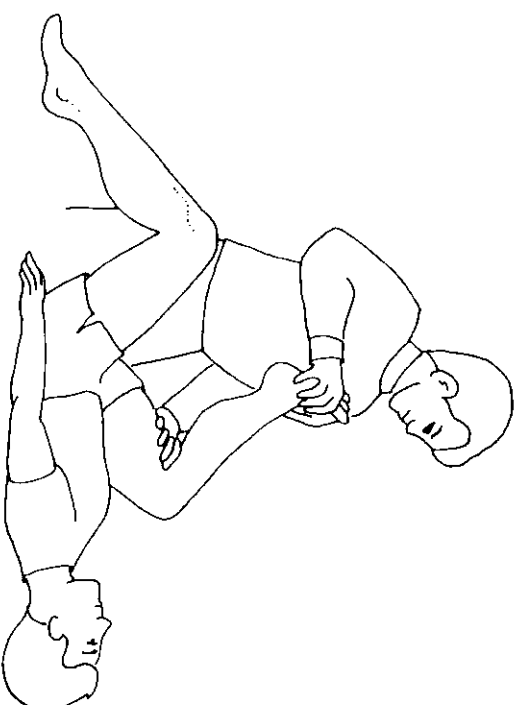
Abdominals and muscles from the front of the hips down the front of the thighs (hip flexors—including the quadriceps)

How Many Repetitions: 10 each side

How Long to Hold: 2 seconds



Lie on your back. Bend your nonexercising knee so that you release pressure on your back. Flex (bend) your exercising knee and place your hands behind your knee/thigh to prevent pressure on your knee and provide a little assistance toward the end of the free movement. Using your abdominals and hip flexors, lift your exercising leg toward your chest until you can go no farther. Aim your knee toward your armpit. Gently assist your leg at the end of the stretch with your hands, but do not pull.



Assistant, let your athlete do all the work, but provide gentle assistance at the end. Place one hand on the back of the thigh and one hand on the heel. Apply a little push for a 2-second hold.