

# **JONAS SALK MIDDLE SCHOOL BOYS' SOCCER 2002-2003**

Coach N. Andreacci

## SUMMER PACKET

JSMS Boys Soccer Players:

I hope you have a great summer and come back next year ready for try-outs, whether it's at the high school or back here at Salk! In order to build a great team next year, I have attached a fitness plan developed by the Old Bridge High School's athletic trainer. In addition to your summer soccer programs, you should use the fitness plan to keep in good running shape for next year. The fitness plan is designed to build endurance and maintain stamina throughout a game. The training plan is meant to be done twice a week for the whole summer. Talk to your parents about starting the plan slowly and building up to the goal times listed on the plan.

For next year's seventh and eighth graders, if your parents sign the plan saying that you completed at least twenty-one sessions, then those players will be automatically advanced to the second round of try-outs next September.

I have also attached a list of summer soccer camps and their phone numbers.

# **Keep in shape!**



## SPEED & PACE ACTIVITIES For Summer Soccer Training



### CONES

1. Make a starting line.
2. Place five cones (or other objects) every five yards for a total of twenty-five yards.
3. Sprint to first cone and back to starting line, and so on, until you have completed all five cones.
4. Run ten of these "suicides."

REST: Rest is 30 seconds between each "suicide."

GOAL TIME: 34-38 seconds for each "suicide."

### "One-twenties"

Ten 120-yard sprints.

REST: 45 seconds between sprints; After #3 sprint and #6 sprint, you may take one minute rest.

GOAL TIME: 22-26 seconds for each sprint.

### THREE MILE RUN

Run a planned out three-mile route. You should be able to finish between 22 and 27 minutes.

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## Summer Soccer Camps

- Rutgers Soccer School, <http://www.bobreassosoccer.com/>, (732) 445-4206, From \$280 to \$485
- Campioni Soccer Camp, [www.campionisoccer.com](http://www.campionisoccer.com), 732-607-PLAY
- Nike/Tab Ramos Soccer Academy, <http://www.tabramos.com/>, 908-382-3895
- Brookdale Community College Sports Camps, 908-224-2315
- Coerver Soccer Camp, 732-922-7755
- UK Elite, [www.ukelite.com](http://www.ukelite.com), (973) 631-9802 x 206
- Rovers International Soccer Camp, 908-777-1600
- Soccer Quest USA, 908-583-3867
- Goodsports USA, 908-290-0003
- Essential Soccer, 609-786-6501
- McLoughlin School of Soccer, 908-562-8751
- Joe Machnik's No. 1 Camps, 800-MACHNIK