**Boys’ Summer Soccer Packet**

**All times are PM, unless otherwise noted**

**May/June 2014**

**Even days** Ball work: Dribbling **Odd Days** Ball Work: Passing and Striking

Sun Mon Tues Wed Thurs Fri Sat

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 25 | 263 mile run24 min (8:00 pace) | 273 mile run24 min (8:00 pace) | 28 | 294 mile run32 Min(8:00 pace) | 301.5 mile baseline establish(write time down) | 31 |
| 1 | 23 mile run23 min(7:40 pace) | 3**Open Field****600-800** | 43 mile run23 min(7:40 pace) | 5**Open Field****600-800** | 63 mile run23 min(7:40 pace | 7 |
| 8 | 93 mile run22 min(7:20 pace)**Open Field** **600-800** | 10 Sprint workoutIndiana 5:3:1s | 11 | 124 mile run30:40 min(7:40 pace) | 13Interval/Endurance #1 | 14 |
| 15 | 163 mile run21 min(7:00 pace) | 17Rhode Island Shuttle**Open Field****600-800** | 18Ball Work: Passing/Striking | 193 mile run21 min(7:00 pace)**Open Field****600-800** | 20Interval/Endurance #1 | 21 |
| 22/29 | 233 mile run21 min(7:00 pace) | 24Panther Boxes**Open Field****600-800** | 25 | 263 mile run21 min(7:00 pace)**Open Field****600-800** | 272 Chelsea Squares | 28 |

July 2014

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | 30*Moratorium*DO NOT COME TO SCHOOL OR TALK TO ME | 1*Moratorium*4 mile run30 min(7:30 pace)DO NOT COME TO SCHOOL OR TALK TO ME | 2*Moratorium*2 Chelsea SquaresDO NOT COME TO SCHOOL OR TALK TO ME | 3*Moratorium*DO NOT COME TO SCHOOL OR TALK TO ME | 4*Moratorium*Rhode IslandDO NOT COME TO SCHOOL OR TALK TO ME | 5*Moratorium*DO NOT COME TO SCHOOL OR TALK TO ME |
| 6 | 7 | 84 mile run30 min(7:30 pace)**Open Field****600-800** | 92 Chelsea Squares | 10**Open Field****600-800** | 11Rhode Island | 12Timed 2 mile run 12:00 |
| 13 | 14 | 154 mile run29 min(7:15 pace)**Open Field****600-800** | 16Panther Boxes | 17**Open Field****600-800** | 18Indiana 5:3:1’s | 19 |
| 20 | 21**Friendlies****Prep Open Field****5PM-8PM** | 22**Friendlies****Prep Open Field****5PM-8PM** | 23**Friendlies****Prep Open Field****5PM-8PM** | 24**Friendlies****Prep Open Field****5PM-8PM** | 25**Friendlies****Prep Open Field****5PM-8PM** | 26 |
| 27 | 28 | 294 mile run29 min(7:15 pace) | 30Panther Boxes | 31 | 1 | 2 |

**FIRST DAY OF PRACTICE AUGUST 4th**