**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 | 26  3 mile run  24 min  (8:00 pace) | 27  3 mile run  24 min  (8:00 pace) | 28 | 29  4 mile run  32 Min  (8:00 pace) | 30  1.5 mile baseline establish  (write time down) | 31 |
| 1 | 2  3 mile run  23 min  (7:40 pace) | 3  **Open Field**  **600-800** | 4  3 mile run  23 min  (7:40 pace) | 5  **Open Field**  **600-800** | 6  3 mile run  23 min  (7:40 pace | 7 |
| 8 | 9  3 mile run  22 min  (7:20 pace)  **Open Field**  **600-800** | 10  Sprint workout  Indiana 5:3:1s | 11 | 12  4 mile run  30:40 min  (7:40 pace) | 13  Interval/  Endurance #1 | 14 |
| 15 | 16  3 mile run  21 min  (7:00 pace) | 17  Rhode Island Shuttle  **Open Field**  **600-800** | 18  Ball Work: Passing/Striking | 19  3 mile run  21 min  (7:00 pace)  **Open Field**  **600-800** | 20  Interval/  Endurance #1 | 21 |
| 22/29 | 23  3 mile run  21 min  (7:00 pace) | 24  Panther Boxes  **Open Field**  **600-800** | 25 | 26  3 mile run  21 min  (7:00 pace)  **Open Field**  **600-800** | 27  2 Chelsea Squares | 28 |

July 2014

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | 30  *Moratorium*  DO NOT COME TO SCHOOL OR TALK TO ME | 1  *Moratorium*  4 mile run  30 min  (7:30 pace)  DO NOT COME TO SCHOOL OR TALK TO ME | 2  *Moratorium*  2 Chelsea Squares  DO NOT COME TO SCHOOL OR TALK TO ME | 3  *Moratorium*  DO NOT COME TO SCHOOL OR TALK TO ME | 4  *Moratorium*  Rhode Island  DO NOT COME TO SCHOOL OR TALK TO ME | 5  *Moratorium*  DO NOT COME TO SCHOOL OR TALK TO ME |
| 6 | 7 | 8  4 mile run  30 min  (7:30 pace)  **Open Field**  **600-800** | 9  2 Chelsea Squares | 10  **Open Field**  **600-800** | 11  Rhode Island | 12  Timed 2 mile run  12:00 |
| 13 | 14 | 15  4 mile run  29 min  (7:15 pace)  **Open Field**  **600-800** | 16  Panther Boxes | 17  **Open Field**  **600-800** | 18  Indiana  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 | 29  4 mile run  29 min  (7:15 pace) | 30  Panther Boxes | 31 | 1 | 2 |

**FIRST DAY OF PRACTICE AUGUST 4th**