SCC OFF SEASON WORKOUT

To wear the SCC Eagle means you are committed to your team and that your individual work ethic will be unmatched in every way. This is a mark of self determination, self sacrifice, and accountability. Every time you step on the field you will play as hard as you can and leave it on the field with your teammates. In order to have a successful season, it is necessary that every player in our program is committed to training hard throughout the summer. It is your training throughout the summer months that will determine how successful you are as an individual and we are as a team.

It is your responsibility to do complete the off season training and come into pre season ready to compete for a starting position. The below training schedule is for you to review and complete.

RECOMMEND to start 1st week of MAY:

Juggle 20 minutes daily.
  Challenge yourself by increasing your consecutive touches.
  Left foot only 25 consecutive touches keeping the ball below the knee
  Right foot only 25 consecutive touches keeping the ball below the knee
  25 touches using the thigh consecutively, may alternate thighs
  15 touches using the head
  100 consecutive touches using various body parts

Dribbling:
  Dribble 20 minutes daily.
  Small quick touches.
  Left foot only, right foot only,
  Inside of the foot, outside of foot

ABDOMINAL/ARMS/LEGS- MONTH OF MAY 3 DAYS A WEEK
  20 Pike sit ups
  20 Crunches
  30 Body Weight Squats
  30 Push Ups
  15 Superman Extensions
  30 Body Weight Lunges
  50 Jumping Jacks

ABDOMINAL/ARMS/LEGS- MONTH OF JUNE 4 DAYS A WEEK
  25 Pike sit ups
  25 Crunches
  35 Body Weight Squats
  35 Push Ups
  20 Superman Extensions
  35 Body Weight Lunges
  50 Jumping Jacks
ABDOMINAL/ARMS/LEGS- MONTH OF JULY 4 DAYS A WEEK
   30 Pike sit ups
   30 Crunches
   40 Body Weight Squats
   40 Push Ups
   25 Superman Extensions
   35 Body Weight Lunges
   50 Jumping Jacks

Running
   Month of May 3 days a week
   1 mile, men 7 minutes, women 8 minutes
   6 100 yard sprints, 30 second rest between sprints
   6 80 yard sprints, 25 second rest between sprints
   REST 1:30
   4 60 yard sprints, 20 second rest between sprints
   3 40 yard sprints, 15 second rest between sprints
   2 20 yard sprints, 10 second rest between sprints
   1 10 yard sprint

Month of June 4 days a week
   1.5 mile, men 10 minutes, women 11 minutes
   8 100 yard sprints, 30 second rest between sprints
   8 80 yard sprints, 25 second rest between sprints
   REST 1:30
   6 60 yard sprints, 20 second rest between sprints
   6 40 yard sprints, 15 second rest between sprints
   4 20 yard sprints, 10 second rest between sprints
   1 10 yard sprint

Month of July 4 days a week
   2 mile, men 13 minutes, women 15 minutes
   10 100 yard sprints, 30 second rest between sprints
   10 80 yard sprints, 25 second rest between sprints
   REST 1:30
   8 60 yard sprints, 20 second rest between sprints
   8 40 yard sprints, 15 second rest between sprints
   6 20 yard sprints, 10 second rest between sprints
   1 10 yard sprint
Preseason will start **August** with a player meeting that will be posted on the Athletic Website. The location is the Student Learning Center. This is a mandatory meeting and will last approximately 2 hours. There is a lot of paperwork to turn in and you will not be allowed to leave until it has been completed.

**You will need a copy of your insurance card which must be up to date.**

**An updated physical will also be due at this time in order to practice.**

**Also at this time your practice clothing will be handed out as well as a $10 fee will be due to assist in covering the clothing.**

**Coaching Philosophy:**
To promote individual and team **RESPONSIBILITY** that is conducive to the overall well being of the player and team. This will be done through positive and open communication.

You are a student first at SCC and here to get an education and for that reason school work and grades take priority over soccer. You will not however, use class and assignments or exams as an excuse to miss practice unless the class is in direct conflict with a practice session. You will be RESPONSIBLE to prepare yourself for exams and notifying your instructors prior to home and or away games if you will be gone during class.

**Fundraising:**
In order for SCC to meet our athletic needs and potential spring games and tournaments it is very important we do our part by fundraising. It is **MANDATORY** that you take part in the fundraising.

**TRAINING:**
Some days it may go longer so it is your **RESPONSIBILITY** to notify work of your practice and game days as missed practice due to work will not be accepted and decreased playing time may be a result.

The practice clothing that will be handed out will be the only clothing allowed for you to wear during practice unless approved. You will receive two shorts and two white shirts. You may purchase more clothing if desired. Your sock option is either navy or white that is NOT supplied. Shin guards will be **MANDATORY** during training sessions but not during conditioning.
If you can not make a practice for some reason you MUST contact the coaching staff prior to not attending the training session. If you do not communicate this with the coaching staff dismissal from the team and or suspensions will be sanctioned.

Road Trips:
You will conduct yourself in a manner that represents SCC with class and dignity. Be on your best behavior and watch your language and actions. Be sure to always bring all of your uniforms, home and away.

Policies:
**NO DRUGS OR ALCOHOL.** This will result in suspensions and possible removal from the team. Also students are required to follow all rules in their EICC student handbook and all NJCAA rules.

Our goal at SCC:
1-Continue with the traditions set by the teams and players before you
2-Win Conference
3-Be competitive in every game
4-Support your teammates on and off the field

Again To wear the SCC Eagle means you are committed to your team and that your individual work ethic will be unmatched in every way. By completing the off season training sessions during the summer months, tells the coaching staff and your teammates that you are a committed player and committed to the SCC Soccer Program.

Thank you and work hard in the off season.

SCC Coaching Staff