

Middle Tennessee Golden Eagles - Summer Conditioning and Footskills

The expectation of each player is to commit themselves to the goals of the team. By making this commitment, each player agrees to perform at their personal best, whether at home, practice, or game. As part of this commitment, a conditioning and footskills plan is being provided to each player. While some elements may seem difficult, the players are expected to commit to working to their best to complete and exceed the expectations that are laid out.

Footskills

You have been provided direction to a video showing an example of 30 skills, some more difficult than others. Each player is expected to work on/master each of these skills. You have 30 days for 30 skills. You may master up to 3 per day. As seen below, there are (4) dates that you will be required to show that you have mastered the specific skill by sending Coach Brandon a (15 sec) video of you displaying your best version of the skills listed. As you master skills each day, simply write in which skill you mastered that day.

Do your absolute best and don't get discouraged! You can do this!

Conditioning

You have been provided direction to the "timer" for the "Beep Yo-Yo" test. If you are not familiar with this, please simply search for a video example. In short, you will place a marker 20 meters from you, you will hear a "go" signal to begin running to the marker. Once you get to the marker, you will quickly turn and go back to your starting spot before the timer runs out. You will continue to do this until you reach the desired level. Be advised that the time will get shorter and shorter as you go through the levels. There are minimum requirements for HS and MS. You can definitely do more than the listed. Write how many levels you complete each time you do this activity.

The distance running is self explanatory. MS runs (1) mile and HS runs (2) miles. Record your time each time this activity is done. DO NOT do these the same day, unless it gets later in the month and you feel that you are physically fit to do so. The Beep Test and distance runs should alternate and you should do one or the other 3xs per week.

Lastly, the excersices should be performed as listed. 3xs per week. Please note which days this was completed on the log.

Logs will need to be turned in at the first practice, at the beginning of July. Also, do not mark it on the log, if you do not do it.

<https://www.youtube.com/watch?v=leMYh7roBjk>
 Ball Mastery/Coerver Coaching & Soccer Drills HOMEWORK Part 1-30

**Remember to inform coach at any point you feel that you have mastered each of the 30 elements - bskipper79@gmail.com*

Day	Element Mastered		
Ex Day 1	#1 Continuous Scissors	#5 Triple Sole Drag	N/A
1			
2			
3			
4			
5			
6	#5 Triple Sole Drag-Send video to Coach		
7			
8			
9			
10			
11			
12			
13	#11 The V Outside-Send video to Coach		
14			
15			
16			
17			
18			
19			
20	#17 Inside x4, Roll Over-Send video to Coach		
21			
22			
23			
24			
25			
26			
27	#4 Football Dance-Send video to Coach		
28			
29			
30			

Beep Test- <https://youtu.be/nxyGSoZqtX0>

Fitness Activity

Day	Must be alternated (do not do the same one consecutively) (Min 3x per week)		Each exercise listed (Min 3x per week)
	Beep Test/20 Meter Shuttle (MS-Level 25 Min) (HS-Level 30 Min)	MS (1) Mile Time, HS (2) Mile Time	(3 set of 15) Pushups/Crunches/Squat Jump
1			
2			
3			
4			
5			
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