North Carolina Women’s Soccer Yearly Rythm

IN SEASON:

Aug 12 - 31: Pre season
   TWO A DAYS - until classes start (5 days)
      1. Testing in morning – spread out over two weeks to allow recovery (1.5 hrs)
      2. 20s, 40s, 60s, 80s, 100s, 120s
      3. 120s
   2. Training in morning and afternoon (1.5 hrs)
      regular training
      (2x 1.5 hr) training sessions per day until classes start

ONE A DAYS – from start of class until first game (2 weeks)
   - regular training with emphasis on scrimmages, choreography, starter and
     reserve units formation
   - establish speed ladder
   - Lifting Tues, Wed (1 hr each)

Sept 1 - Nov 9: From First Game until NCAA Tournament (2nd week of Nov)
   Play Fri, Sun
   20 min team jog and stretch Sat
   Mon - Off
   Lifting Tues (upper and lower), Wed (body weight drills at field) (1/2 hr each)
   Train Tues, Wed, Thurs (1.5 hrs, 1.25 hrs, 1 hr)
      Tues - Triangle Passing warm up or Back To Pressure warm up/competition,
          120s (cones start 2nd week of Oct just before conference tournament),
          3 Tier Shooting, Bogeys, 20s-40s
      Wed - 6+1 v4 (16x16 grid) and/or Combination Game warm up (18x18 grid),
          1v1s (alt to-goal and to-cone by week), Power or Attack and Defensive Heading, ½ field 5v5 games,
          11v11 scrimmage
      Thurs - 5v2 warm up (10x10 grid), 4 Corners Serving/Finishing, Endline Series,
          Team Trains the Keeper, set plays, PKS.
   Extra – extra days in the week used to include 4v4 tournaments, 3v2 in the box,
      Long Service/Long Reception, Technical shooting

Nov 10 - Dec 4: NCAA Tournament (4 weeks)
   Play 1 game a week, each week 1 day earlier, Sun, Sat, Fri
   Off the day after the game
   Lifting: same as before
   Train 4 days per week (length dependent on day)
      Day 1 - (1:30) Dynamic stretching warm up, Cones, 3 Tier Shooting,
          Bogies, Rickys
      Day 2 - (1:30) Back to Pressure warm up/competition, 1v1s (alt to goal and cone
          by week), Power or Attack and Defensive Heading, 5 v 3 from midstripe,
      Day 3 - (1:15) 6+1 v 4 warm up and/or Combination Game warm up, 3v2 in the box, ½ field 5v5 games,
          11v11 scrimmage, Long Service-Long Reception, shooting or heading game to leave
      Day 4 - (:45-1:00) 5v2 warm up, 4 Corners Serving/Finishing, Endline Series,
          Team Trains the Keeper, set plays, PKS.

   ** Free Kicks and Pks taken by artists after every practice **

Dec 5 - Jan 6: Exams and Break
   Players on own to run, lift, maintain fitness
OFF SEASON:

Jan 16 - Feb 2: First Block Offseason
Players allowed 8 hours per week to Train – 2 with coaches
  Lifting - 4 time a week x :45 = 3 hrs (M,T,R,F)
    - 2 x regular, 2 x circuit
  Hockey, Tai Bo - 2 times a week x 1 hr = 2 hrs
  Group run - 2 times a week x :30 = 1 hr
  Training 2 times a week x 1 hr = 2 hrs
    - 4 players per group (session) - groups assigned based on class schedule
  Triangle passing warm up
    1v1 in 20x20 field w/ full sized goals
    2v2 in 20x20 field w/ full sized goals
  Power heading
  Long service/Long reception
  Long service
  Athletic Testing at end of Jan (beep, agility, vertical, speed)
  Weight Testing in weight room (squat, bench, sit ups, med ball toss, vertical)
  Technique technical skills testing (turning, juggling, shooting, serving, passing)

Feb 3 - Mar 10: Second Block Offseason
Lifting 3 times a week (M,W,F) 1 hr each
Train 4 times a week in teams drafted by rising SRS (1-1.5 hrs each)
  1. 5v5 soccer on basketball court with mini goals and size 3 ball
  2. 11v11 vs college boy’s intramural team
  3. 5v5 and 11v11 on astroplay artificial surface
  4. 3 - 5v5 and 1- 11v11 possession games + shooting

Mar 10 - 19: SPRING BREAK

Mar 20 - April 15: Third Block Offseason
Lifting 3 times a week (M,W,F) 1 hr each
Games on weekends (5 playing dates max per NCAA rules)
Train 4 times a week (1.5 hrs each)
  Mon - Speed training with strength/conditioning coach, shooting, weights
  Tues - Chinese coerver warm up, Scrimmage with college boys’ team + technical drills
  Wed - Paired Turning / Figure 8 warm up + competition, Combinational play - knock and move ½ field
  game, 11v11 from player draft (players drafted by 2 new captains each week) + technical drills
  Thurs - Speed training with asst. coach, Team length of field turning warm up + competition, technical training

April 16 – April 29: Fourth Block Offseason
Players allowed 8 hours per week to Train – 2 with coaches
  Lifting - 4 time a week x :45 = 3 hrs (M,T,R,F)
    - 2 x regular, 2 x circuit
Training 2 times a week x 1 hr = 2 hrs
  - 4 players per group (session) - groups assigned based on class schedule
    Same curriculum as January sessions
  End of Spring Athletic Testing (beep, agility, vertical, speed)
  End of Spring Weight Testing (weight room)
  End of Spring Technique Technical Skills Testing (turning, juggling, shooting, serving, passing)

April 16 - Aug 11: Summer Break
Individual Training
  NC Summer Skills Conditioning Program
  Ball Control and Agility
  Technical Speed, Pure Speed, and Endurance
  Strength and Flexibility
  Shooting and Heading
  UNC Summer Speed Program (20s, 40s, 60s, 80s, 100s)
  UNC Summer Lateral Speed and Agility Program
  UNC Summer Anaerobic/ Aerobic Fitness Shuttles
  UNC Summer Strength Program