



# **LOUDOUN VALLEY HIGH SCHOOL**

## **GIRLS SOCCER**

### **Strength Training Program Guidelines**

**“Prepare, Perform, Prevail.”**

#### **REPETITION**

The rep is the foundation of our strength program. It is how you perform each rep that will determine how productive each exercise becomes.

- 1.) Try to perform each rep in exactly the same manner while raising and lowering the weight (same speed).
- 2.) There are two phases of each repetition that are equally important.

#### **Raising Phase**

- a. Eliminate any sudden movements or the use of momentum to help raise the weight.
- b. As you become fatigued do not sacrifice form to perform another rep.
- c. Pause for a count of 1001 in the muscles contracted position.

#### **Lowering Phase**

- a. Because of gravity you can lower more weight than you can raise.
- b. The same muscles are used to lower the weight that are used to raise the weight (you also gain strength from lowering the weight).
- c. Because it's easier to lower the weight you must take longer to lower the weight than you did to raise it.
- d. The speed during the lowering phase of each rep should be identical.
- e. The last rep you do that you cannot execute by yourself is the most productive rep of the set.

#### **SET**

How each set is completed will dictate how productive the exercise is.

- 1.) For maximum gains you must perform each set until you can no longer perform another rep in good form.
- 2.) It is not the number of sets you perform that produces gains; it's how you perform each set.
- 3.) Three sets is common for most exercises in circuit training.

### **HOW MUCH WEIGHT**

- 1.) Do not sacrifice form to add more weight, we don't care how much weight you can lift, we care about how you lift the weight.
- 2.) To maintain strength, continue using the same amount of weight and reps performed.
- 3.) If your goal is to gain more strength you must try to increase the amount of weight used and/or the number of reps performed each time you perform an exercise.

### **SPOTTING**

- 1.) Maximum gains cannot be obtained without supervision.
- 2.) Always train with a partner.
- 3.) A good training partner is the key to maximum gains however safety is our first priority.
- 4.) Spotter must pay attention to each rep and critique when necessary.
- 4.) Assist the lifter to raise the weight if the weight is too heavy.
- 5.) Add resistance if the weight is too light.
- 6.) Upon completion of an exercise immediately record the number of good reps performed for that exercise and also record the weight to be used for the next workout.
- 7.) **Reminder: You may not use the LV weight room without your coach present.**

### **ACCOUNTABILITY**

- 1.) To prevent duplicating something you've already done you must record on your worksheet the amount of weight used and the number of good reps performed every time you perform an exercise.
- 2.) Do not count a rep if form is sacrificed or if the spotter gives any assistance.

### **PAIN**

- 1.) Recognize as joint pain (poor technique) or good muscle pain.
- 2.) Stretch /cool down to diminish post-workout stress.

### **WARMUP**

- 1.) Warm up in any manner you feel will make lifting safer and more comfortable for you.
- 2.) As a guideline do 10 reps with 50% of the weight you'll use for your first upper and lower body exercise.



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### **EXERCISES**

#### **LEG PRESS** (HIPS OR LEGS and CALVES)

- 1.) Perform at least 15 reps and when 20 reps can be properly performed add weight.
- 2.) Place feet approximately shoulder width apart and aligned with the knees and buttocks.
- 3.) Lower the weight to a position where the upper and lower leg forms an angle slightly less than 90 degrees.
- 4.) You can also work the calves by holding the weight up and pushing with the balls of your feet.

#### **DUMBBELL LUNGES** (QUADRICEPS)

- 1.) Hold a dumbbell in each hand with your arms hanging straight down while you stand straight.
- 2.) Start with your feet together and then step forward with your right foot and kneel down on your left knee. Alternate feet.
- 3.) Go slow and hold for 1001.

#### **SQUATS** (QUADRICEPS and CALVES)

- 1.) Put your weight belt on.
- 2.) Place the bar on your shoulders and behind your head.
- 3.) Your **spotter** stands behind you.
- 4.) From standing up straight with your feet shoulder length apart, lower the weight with your back relatively straight until your thighs are parallel to the ground.
- 5.) Then push up to straighten your legs.
- 6.) To work your calves, continue to push up onto your toes.

#### **BOX DRILL** (LEGS)

- 1.) Step up with your right foot while keeping your left leg straight but not placing it on the box. Step down and alternate feet.
- 2.) You can also do one-footed or two-footed jumps but be sure to soften your landing by bending your knees.

#### **NATILUS LEG CURL** (HAMSTRINGS)

- 1.) Position the legs so that the kneecaps are just off the edge of the pad.
- 2.) Keep the ankle flexed (toes pulled up toward the knee) throughout the exercise.
- 3.) It is o.k. if the hips elevate off the pad.
- 4.) Pause for a count of 1001 in the contracted position (no bounce).

### **NATILUS LEG EXTENSION** (QUADRICEPS)

- 1.) Pause for a count of 1001 in the contacted position (no bounce).
- 2.) When weight is lowered to the starting position leave some tension on the quadriceps (do not rest between reps).
- 3.) Always balance leg extensions with leg curls.

### **SITUPS/CRUNCHES** (ABDOMINALS)

- 1.) Cross the arms on the chest and tuck the chin.
  - a. This will help eliminate the jerking of the head and arms to assist raising the upper body.
  - b. If the hands are placed behind the head be careful not to arch the back which places more strain on the lower back.
- 2.) In the starting position the upper back is rounded and just off the floor and there is some tension on the abs.
- 3.) Without any sudden jerks raise the upper body in a smooth and controlled manner and pause for a count of 1001 (no bounce).
- 4.) Slowly lower the torso, allowing the lower back to touch the floor as soon as possible, and at a speed that lest each vertebrae touch the floor one at a time and pause momentarily leaving tension on the abs.

### **LEG RAISES W/PARTNER RESISTANCE** (ABDOMINALS)

- 1.) Lie on your back and grab your standing partner's foot at the ankle.
- 2.) Raise both feet together up to your partner's head with your legs straight.
- 3.) Your partner then pushes your legs back down while you try not to let them hit the ground.

### **ADDUCTORS** (INNER THIGH)

- 1.) On Natilus machine, knees are pushed together against resistance from a seated position.
- 2.) This can be done by squeezing a ball while lying on the ground. Elastic bands from a standing position can also be used.

### **ABDUCTORS** (OUTER THIGH)

- 1.) On Natilus machine, knees are pushed apart against resistance from a seated position.
- 2.) This can be done by lying on the ground and extending a leg up and out against a partner's resistance. Elastic bands from a standing position can also be used.
- 3.) **Both adductors and abductors should be done equally. This will reduce the chance of injuring your knee.**

### **DIPS** (CHEST, SHOULDERS, TRICEPS)

- 1.) From the arms extended position slowly lower the body to a stretched position and recover to the starting position.
- 2.) Try to keep the chest over your hands during the raising and lowering of the body, look downward and make believe you are doing a pushup.
- 3.) If you cannot perform at least 10 dips, make up the difference with negative only

- dips (allow 8 seconds to only lower the body).
- 4.) Once you can perform 12 reps in good form add resistance to the body.
  - 5.) The body should be raised and lowered in a very smooth manner.

### **PULL DOWN** (UPPER BACK, BICEPS)\

- 1.) Stand or kneel in the starting position so that a stretch is felt on the muscles being worked.
- 2.) Do not bend forward with the upper body while pulling the weight downward.
- 3.) Pause for a count of 1001 in the contracted position, no bounce, slowly return to the starting position.

### **BENCH PRESS** (CHEST, SHOULDERS, TRICEPS)

- 1.) Emphasize the lowering of the weight and do not bounce the bar off your chest.
- 2.) Return to the arms extended position and pause momentarily.
- 3.) As the lifter fatigues the spotter must be prepared to assist the lifter perform another rep if necessary, and eventually rerack the bar.
  - a. If an assisted rep is performed it is the spotters responsibility to keep the bar moving at the same speed the lifter was doing his reps without any help (do not record a rep if help was given).
- 4.) Use a comfortable grip just wider than shoulder width.

### **INDY BENT-OVER ROW** (UPPER BACK,BICEPS)

- 1.) In the starting position, rest your chest on the pad available and do whatever you can to keep pressure off your lower back.
- 2.) If it is not crowded and time is available, this exercise is best performed one arm at a time.
- 3.) From the starting stretched, position raise the weight to the contracted position and pause for a count of 1001 (do not bounce).
- 4.) Slowly return to the starting stretched position.

### **INCLINE PRESS** (CHEST, SHOULDERS, TRICEPS)

- 1.) Refer to bench press

### **FRONT RAISE** (FRONTAL DELTOID)

- 1.) From a seated position grasp a barbell plate (at 3:00 & 9:00) or dumbbell with the arms extended and not quite touching the chair or bench.
- 2.) Lean rearward to prevent strain on the lower back.
- 3.) In a smooth and controlled manner, raise the weight to a position short of perpendicular to the floor, pause for a count of 1001, and slowly recover to the starting position.

### **SEATED PRESS** (DELTOIDS, PECTORALS, TRICEPS)

- 1.) From a seated position with the bar at chin level, in front or behind the head, extend the arms and pause momentarily before slowly recovering to the starting position.
  - a. It is less aggravating to the shoulder capsule to raise and lower the bar in front of the head (personal preference and comfort are the key).

- 2.) Protect the lower back at all cost.
- 3.) Spotter can sit back to back to provide low back support.

### **BICEPS CURL** (BICEPS)

- 1.) If possible in the starting position lean your upper back against a wall with your feet approximately 12 inches from wall.
  - a. If you keep your back against the wall it will minimize low back stress and actually make the exercise harder.
  - b. When using dumbbells, do not swing the dumbbells up. That momentum does not help you.

### **PULL-UPS** (BICEPS, CHEST, UPPER BACK, SHOULDERS)

- 1.) These can be done on a plain bar or weight-assisted machine.
- 2.) Palms face away from you as you grab the bar.

### **PUSH UPS** (UPPER BODY)

- 1.) Place your hands wider than your shoulders.
- 2.) Keep your body straight as you push up. Hold for 1001.
- 3.) When you lower your body, do not sag. You can touch your nose to the ground before raising again.

### **PUNCH AND TWIST** (ARMS and CORE)

- 1.) Hold a dumbbell in each hand in boxer's position.
- 2.) Punch with your right arm completely extended as you twist your torso to the left. Alternate as you go.

### **SHOULDER RAISES** (DELTOIDS)

- 1.) With a dumbbell in each hand, raise one dumbbell at a time in front of you until your arms are parallel to the ground.
- 2.) A separate exercise is to raise the dumbbells simultaneously out away from your hips until your arms are parallel to the ground.
- 3.) Lower dumbbells slowly.

### **TRICEP EXTENSIONS** (TRICEPS)

- 1.) Kneel on a bench to make your torso parallel to the bench.
- 2.) The upper arm you are working should be next to your body. With your elbow locked, extend the dumbbell back and up.

You shouldn't do all these exercises in one day, nor should you workout everyday. Some workouts concentrate on a few muscle groups while others do total body circuit workouts. We will stick to about 12 exercises per session, working the entire body as we approach the start of the season.

