
Rush-Henrietta Men's Soccer

2017 Player's Guide



NO QUIT BROTHERHOOD



To Our Rush-Henrietta Brotherhood,

I am excited to welcome you to a new start as we prepare for the 2017 Fall Soccer Season. The transition that's taken place over the past few months has gone well. I am in debt to Peter Dietz for everything he has taught me and how he's taken me under his wing for the last 7 years. He will always be a true friend of mine and to our program. We've adopted the "NO QUIT" banner theme for our soccer program; a phrase Coach Dietz used to drive his players and coaches. No matter through thick or thin, snow, rain or shine, in the wee hours of the night playing futsal, through tough training and fitness sessions, on trips to tournaments and games all over the area, to fundraising events and team dinners, we've stood as brothers awaiting the next challenge. And with that being said we move onward this year as the "No Quit Brotherhood."

The successes we've had over the last several years have been a direct result of the players' and families' commitment to the process. I am glad that our players are playing and involved in a ton of soccer during our off season but one of the requirements of a good soccer team is the conditioning of the athlete. Our success in the early parts of pre-season will be based on our athletes' fitness level. Enclosed is a fitness plan I'm asking our players to adhere to as closely as possible. In it is a full description of our fitness expectations and explanation of the exercises. In addition to the fitness work, we will be gathering as a group on Mondays and Thursdays at the high school for whole group weight, plyometric, and speed and agility training. **We will be beginning this training Monday July 10th and it will run through August. The time for the training will be 8:30-10 AM at Sperry.**

Other information included in this packet will also be essential to the players as we move forward. There is a tentative practice and game schedule, team guidelines and expectations, and a rubric for player assessment. As a varsity group, we are planning another trip to Elmira for our pre-season scrimmages. We are finalizing the details of the trip and will pass them along when we have everything together.

Needless to say, the start of the 2017 season will be upon us before we know it. We will set our standard high and force other teams to match our energy and work rate. I'm asking our brotherhood to hold each other accountable, to encourage each other to participate in the off season workouts and to come into August ready to train at a high level.

There's NO QUIT in our Brotherhood!

Jake Falci
Varsity Head Coach

Chris Felluca
JV Head Coach

Chris McDonald
Modified A Coach

Eric Prinzi
Modified B Coach

Rush-Henrietta Men's Soccer

2017 Fitness & Conditioning Program

The program works on improving the six main components in conditioning: endurance, speed, flexibility, strength, agility, and explosiveness. Be sure that a warm-up and stretch is completed before you start each conditioning session. A sufficient warm-up should last at least 5-10 minutes and allow you to break a sweat. Following the warm-up spend another 5-10 minutes stretching. After completing the workout spend another 5-10 minutes stretching to decrease muscle soreness. Descriptions of exercises are in the back of this program packet.

Eating a balanced diet and living a healthy lifestyle are essential for this fitness program to be a success. Be professional in every aspect of your lives this summer.

Start the Strength and Fitness Program on Monday, June 26, 2017.

June 26-30

Days	Exercise 1	Exercise 2	Exercise 3
MWF	1 Mile Run @ 7:00 min/mile	10 X 80 yd Sprints	4x25 full situps, 4x25 pushups
TuTh	2 Mile Run @ 7:30 min/mile	10 X 80 yd Sprints	

July 3-7

Days	Exercise 1	Exercise 2	Exercise 3
MWF	1 Mile Run @ 6:30 min/mile	10 X 80 yd Sprints	4x25 full situps, 4x25 pushups
TuTh	2 Mile Run @ 7:00 min/mile	10 X 80 yd Sprints	

July 10-14

Days	Exercise 1	Exercise 2	Exercise 3
MWF	1 Mile Run @ 6:30 min/mile	10 X 80 yd Sprints	4x30 full situps, 4x25 pushups
TuTh	2 Mile Run @ 7:00 min/mile	10 X 80 yd Sprints	

July 17-21

Days	Exercise 1	Exercise 2	Exercise 3
MWF	1 Mile Run @ 6:00min/mile	10 X 80 yd Sprints	4x30 full situps, 4x25 pushups
TuTh	2 Mile Run @ 6:30min/mile	10 X 80 yd Sprints	

**4 Days
Cardio****July 24-28**You Pick
the Days

	Exercise 1	Exercise 2	Exercise 3
1	2 Mile Run @ 7:00 min/mile	300 Yard Shuttle [3x under 65 sec)	1x Full Body Circuit Training
2	2x400m [1:20 or less] 3x200m [35 sec or less] 4x100m [15 sec or less]	120's [8 consecutive in under 20 sec]	1x Full Body Circuit Training
3	2 Mile Run @7:00 min/mile	300 Yard Shuttle [3x under 65 sec)	1x Full Body Circuit Training
4	1200 Yard Shuttle [2x under 4 min]	120's [8 consecutive in under 20 sec]	1x Full Body Circuit Training

**4 Days
Cardio****July 31-Aug. 4**You Pick
the Days

	Exercise 1	Exercise 2	Exercise 3
1	2 Mile Run @ 6:30 min/mile	300 Yard Shuttle [4x under 65 sec)	1x Full Body Circuit Training
2	2x400m [1:20 or less] 3x200m [35 sec or less] 4x100m [15 sec or less]	120's [10 consecutive in under 20 sec]	1x Full Body Circuit Training
3	2 Mile Run @6:30 min/mile	300 Yard Shuttle [4x under 65 sec)	1x Full Body Circuit Training
4	1200 Yard Shuttle [2x under 4 min]	120's [10 consecutive in under 20 sec]	1x Full Body Circuit Training

**4 Days
Cardio****August 7-11 (Captain's Practices)**You Pick
the Days

	Exercise 1	Exercise 2	Exercise 3
1	3 Mile Run @6:30 min/mile	Play	2x Full Body Circuit Training
2	3x400m [1:20 or less] 4x200m [35 sec or less] 5x100m [15 sec or less]	Play	2x Full Body Circuit Training
3	120's [15 consecutive in under 20 sec]	Play	2x Full Body Circuit Training
4	1200 Yard Shuttle [3x under 4 min]	Play	2x Full Body Circuit Training

Monday, August 14th 2017

JV and Varsity Players report for First Day of 2017 Season

Description of Exercises

DYNAMIC WARM UP (Perform before each conditioning session)

- **High knee walk** – stepping forward, grabbing the shin of the opposite leg and pulling the knee towards the chest. Extend the stepping leg and get up on the toes.
- **High knee walk with external rotation** – grasp the shin (instead of the knee) with a double overhand grip and pull the shin to waist height. Extend the hip of the supporting leg while rising up on the toes.
- **A-skip** – gentle skipping designed to put the hip musculature into action. No emphasis on height or speed only rhythmic action.
- **Heel ups** – shifts emphasis from the hip flexors to the hamstrings. Actively warms up the hamstrings as well as move the quads through full range of motion.
- **High knee run** – similar to running in place with a small degree of forward movement. Emphasis is on maintaining an upright posture and getting a large number of foot contacts. The key to this exercise is to maintain perfect posture.
- **Straight leg skip** – increases the dynamic stretch of the hamstring while activating the hip flexor. Hands are held at shoulder height and rt. foot goes up to the rt. hand.
- **Straight leg dead lift walk** – reach both arms out to the side while attempting to lift one leg up to waist height. To move forward, swing the back leg through to take one giant step. Only one trip. Walking lunges on the way back.
- **Walking lunges w/ side lunge** – lunge walk forward then lateral lunge to the same side. (i.e. lunge forward with the right, then lunge lateral with the right).
- **Under/over the hurdles** – under the hurdles laterally making sure to change direction half way. The trip back is over the hurdles making sure the knee comes up to the armpit and reaches forward.
- **Giant carioca** – facing laterally, lead with the trail leg. The trail leg crosses over the lead leg above knee height. When the trail leg becomes the lead leg make sure the toes are facing up field.
- **Backward run**– emphasis is on actively pushing with the front leg while reaching out aggressively with the back leg.
- **Forward sprint**
- **Forward sprint-turn to backward run**

FULL BODY CIRCUIT TRAINING

Each exercise is to be performed for 45 seconds with a 30 second rest in between exercises. When you do 2 rotations of the assigned body circuit, take a 3 minute rest in between circuits.

Prior to starting the circuit, make sure you do the following:

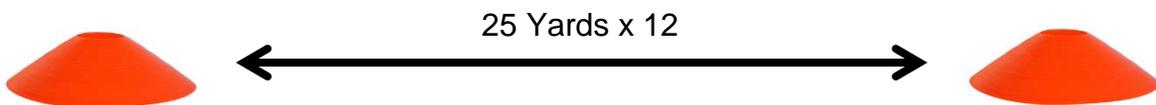
1. 5-minute warm-up - any type of cardio or running.
2. A comprehensive full body stretch.

1. **Squat Jumps**
2. **Bicycle crunches** – hands behind head, legs off the ground, opposite elbow to knee.
3. **Push ups**
4. **Jump Lunges** – alternate legs
5. **Flutter Kicks** – Lay on back. Straight legs hovered above ground. Alternate feet up and down
6. **Burpees**
7. **Broad jumps** – jump as far out as you can. Turn around and repeat
8. **Mountain Climbers**
9. **Clap Push-Ups** (Substitute with Pull-Ups if you have a bar)
10. **Front Plank**

CARDIO EXERCISES

300 Yard Shuttle

The 300-yard shuttle is a very tough agility movement. The athlete will be going a twenty-five yard distance. The objective is to move between the lines as quickly as possible until 12 complete trips are completed, which equals 300 yards. The goal is to complete the drill in less than 65 seconds and to continue improving the time.



Rush-Henrietta Men's Soccer Team Expectations and Guidelines

Monday, August 14th: Our 1st Day

- Meet at the Sperry HS Track at 7:45AM (Running Sneakers)
- Day 1 Fitness Tests
 - 1 mile run (Varsity – Under 5:30; JV – Under 6:00)
 - Push-ups (Varsity/JV– 40 consecutive in 90 seconds)
 - Sit-ups (Varsity/JV– 75 consecutive in 90 seconds)
- **If you do not have your medical card turned in you will not participate and will not be allowed to attend any training sessions until the paperwork has been submitted and returned to your coach.**

1. Be on time, and prepared to play. If you get confused about the schedule, we are only a call or text away.

2. Be prepared to play when training begins. Come fifteen minutes early for training with mental focus, and be prepared to make a difference that day. With the exception of Day 1 we will meet at the Varsity or JV fields located behind Sperry unless informed otherwise.

3. Training shirts will be worn everyday by every player. Those shirts will be sold shortly after teams have been selected.

4. Please make sure to arrange for timely drop-offs and pick-ups from training and matches.

5. Family vacations which take place during our season greatly disrupt our development. If your son is not at training, please expect his playing time, or selection to the team, to be affected.

6. The image of our soccer program rests in the halls of Sperry and the junior high schools with each of you. That means that you will be in school on time, you will be prepared to learn, and you will conduct yourselves appropriately at all times. This also means appropriate behavior on the bus, on school grounds, and in all facets of your life. Your behavior can have a dramatic effect on our success. We have fantastic young men in our soccer program. Please show everyone in the district your “best self.”

7. Hydration and healthy eating habits are a priority during the season. Water will be provided at training but make sure you drink plenty of liquids before during and after training as well as eat plenty of fruits and vegetables, lean protein and whole-grain carbohydrates with each meal. All players should be getting at least 8 hours of sleep each night.

8. Maximum Effort. Maximum Concentration. Play to Win Every Minute.

Rush-Henrietta Men's Soccer

Team Selection Rubric

In evaluating soccer players, we look at the following five essentials of the game and see where they rank in all 5 categories.

1. Psychological 2. Physical 3. Technical 4. Tactical 5. Psychosocial

We will be using the below criteria to evaluate candidates for our Varsity and Junior Varsity teams. Each player will be scored on a scale of 1-5 according to the following core player attributes. The score required to be selected for either squad has yet to be determined, because it will be based on the player's standing within the full squad.

5 – Superior

**4 – Above
Average**

3 – At Standard

**2 – Below
Standard**

1 - Poor

1. PHYSICOLOGICAL ...

This comes down to whether a player is capable of mentally handling everything that comes at them; whether they can handle pressure, and also includes things like their character. Do they have the mental strength to maintain a high level of performance throughout a training session and/or game?

2. PHYSICAL ...

A player's size, speed, strength, coordination and conditioning are included in this category. In looking at speed, it's more important over a 10-40 yard area than over a 2-mile distance. Other ways to determine this score would include a person's body fat percentage as well as jumping ability etc.

3. TECHNICAL ...

Do they strike the ball properly? Do they receive the ball properly? Do they run properly? Also, do they play balls properly in a game situation (there are loads of players out there who can strike a ball beautifully without pressure but put them in a game situation and they become less effective). Technical ability includes finishing, the ability to maintain possession, first touch and dribbling to take on defenders.

4. TACTICAL ...

The tactical component consists of things like do they know where and when to be places on the field? How is their positioning and how is their decision making on the field? Do they dribble too much or not shoot enough?

5. PSYCHOSOCIAL ...

Included in this will be how they deal with their teammates and coaches, refs (and ref decisions) and the fans. Things like discipline and dedication would come into this category as well. This includes things like whether they see their team accomplishments as being more important than their individual accomplishments, whether they can handle pressure, and also includes things like their character and whether or not they fit in to a team environment. (if they say they will be there for you, can you trust them, etc).

Rush-Henrietta Men's Soccer Tentative Schedule

August 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14 <i>Tryouts</i> 8AM-10AM 2PM-4PM	15 <i>Tryouts</i> 8AM-10AM 2PM-4PM	16 <i>Tryouts</i> 8AM-10AM <i>Team Training</i> 2PM-4PM	17 <i>Team Training</i> 2PM-4PM	18 <i>Team Training</i> 2PM-4PM	19 <i>Team Scrimmage</i> 10AM
20	21 <i>Team Training</i> 8AM-10AM 2PM-4PM	22 <i>Team Training</i> 8AM-10AM	23 <i>Varsity: Elmira</i> <i>Pre-Season Trip</i> <i>JV: TBD</i>	24 <i>Varsity: Elmira</i> <i>Pre-Season Trip</i> <i>JV: TBD</i>	25 <i>Team Training</i> 2PM-4PM	26 <i>Team Training</i> 8AM-10AM
27	28 <i>Team Training</i> 8AM-10AM	29 <i>GAME</i> <i>Home: McQuaid</i> <i>JV 4:30</i> <i>Varsity 4:30</i>	30 <i>Team Training</i> 3PM-4:30PM	31 <i>GAME</i> <i>Away: Fairport</i> <i>JV 4:30</i> <i>Varsity 4:30</i>		

Rush-Henrietta Men's Soccer Tentative Schedule

September 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <i>Team Training</i> 3PM-4:30PM	2 <i>OFF</i>
3	4 <i>Team Training</i> 3PM-4:30PM	5 GAME <i>Home: Penfield</i> JV 4:30 Varsity 4:30	6 <i>Team Training</i> 3PM-4:30PM	7 GAME <i>Away: Hilton</i> JV 4:30 Varsity 6:30	8 <i>Team Training</i> 3PM-4:30PM	9 <i>OFF</i>
10	11 <i>Team Training</i> 3PM-4:30PM	12 GAME <i>Home: Gates-Chili</i> JV 4:30 Varsity 4:30	13 <i>Team Training</i> 3PM-4:30PM	14 GAME <i>Home: Victor</i> JV 4:30 Varsity 4:30	15 <i>Team Training</i> 3PM-4:30PM	16 <i>Team Training</i> 8:30AM-10AM
17	18 GAME <i>Away: Thomas</i> JV 4:30 Varsity 7:00	19 <i>Team Training</i> 3PM-4:30PM	20 GAME <i>Away: W. Ironcl.</i> JV 4:30 Varsity 7:00	21 <i>Team Training</i> 3PM-4:30PM	22 <i>Team Training</i> 3PM-4:30PM	23 GAME <i>Home: CC</i> JV 11 AM Varsity 11 AM
24	25 <i>Team Training</i> 3PM-4:30PM	26 <i>Team Training</i> 3PM-4:30PM	27 <i>Team Training</i> 3PM-4:30PM	28 GAME <i>Away: Penfield</i> JV 4:30 Varsity 4:30	29 <i>Team Training</i> 3PM-4:30PM	30 GAME <i>Home: Fairport</i> JV 11 AM Varsity 11 AM

Rush-Henrietta Men's Soccer Tentative Schedule

October 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <i>Team Training</i> 3PM-4:30PM	3 <i>Team Training</i> 3PM-4:30PM	4 GAME <i>Home: Hilton</i> JV 4:30 Varsity 4:30	5 <i>Team Training</i> 3PM-4:30PM	6 GAME <i>Away: Gates-Chili</i> JV 4:30 Varsity 4:30	7 <i>OFF</i>
8	9 <i>Team Training</i> 9AM-10:30AM	10 <i>Team Training</i> 3PM-4:30PM	11 GAME <i>Away: Victor</i> JV 4:30 Varsity 6:30	12 <i>Team Training</i> 3PM-4:30PM	13 GAME <i>Home: Arcadia</i> JV 4:30 Varsity 4:30	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				