

TOPICS FOR JOURNAL

Week 1-Middle School-Describe a proper warm up and detail the benefits
-High School-Compare a static warmup with a dynamic warmup. Include the benefits and drawbacks to each.

Week 2-Middle School-Give 3 examples of aerobic fitness and discuss the benefits.
-High School-Define the differences between aerobic fitness and anaerobic fitness. Discuss fast twitch muscle fibers compared with slow twitch muscle fibers.

Week 3-Middle School-Discuss equipment used in soccer and the role it plays in safety.
-High School-Describe injury prevention and post injury care

Week 4- Middle School-Describe restarts in soccer. Address reasons for restarts.
-High School-Discuss the offside rule in a succinct manner. Include restarts.

Week 5- Self assessment week. Discuss your season goals and you progress in meeting them.

Week 6- Middle School-Describe 3 different styles of play and describe the positions.
-High School-Describe how to attack a 4-4-2 style as opposed to a 3-4-3.

Week 7- Middle School-Describe a proper throw in. discuss ball placement as well as technique.
-High School-Describe the positioning and movement when faced with an overwhelming attacking force (3v1)

Week 8- Middle School-Describe the proper way to receive a pass, opening the field and changing the direction of attack.
-High School-Discuss counterattacking methods using 4-4-2, 3-4-3 and 4-3-3.

Week 9- Middle School-Describe your personal goals for the season and how you plan to achieve them.
-High School-Discuss the team's season goals and your role in achieving them.

Week 10- Middle School-Discuss different activities that will enhance your soccer game
-High School-Detail and discuss a weight training routine for soccer.

Week 11-Self assessment week. Discuss your season goals and your progress in meeting them.

Week 12- Middle School-Why do you do a cool down after training and games?
-High School-discuss the long term benefits of cool down and post activity stretching.

Week 13- Middle School-Compare direct penalty kicks with indirect kicks. Include restarts

-High School-discuss yellow card offenses as opposed to red card offenses.

Week 14- Middle School-Explain the importance of healthy eating.

-High School-discuss physical activity and fitness versus unhealthy weight loss including overtraining and fasting.

Week 15- Middle School-discuss some examples of things that will harm your body in relation to sports.

-High School-Explain “finishing”.

Week 16- Middle School-Describe food that will be most beneficial during a multi-game tournament.

-High School-Identify some habits that will adversely effect an athlete’s body and performance. Discuss how alcohol or drug use affects the body during an athletic event.

Week 17- Middle School-Describe 4 ways to beat a defender 1v1.

-High School-Describe 3 combination plays to beat a defender

Week 18-Self assessment week. Discuss how you did or did not meet your season goals and your plan for improving the next season.