

2010 VBHS BOYS SOCCER SUMMER OVERVIEW & TRAINING

Weekly Breakdown

Sunday - Off - Personal Training or Match Day

Monday - Individual Private Workouts

Tuesday - Weight Training at VBHS Weight Room - 9:30 am to 11:00 am

Wednesday - Conditioning - Ply metrics - 20th Ave Practice Field Afternoons - 3pm to about 5pm

Thursday - Weight Training at VBHS Weight Room - 9:30 am to 11:00 am

Friday - Open Gym at 20th Ave Practice Field - 3pm to about 5pm

Saturday - Off - Personal Training or Match Day

We have approximately 4 months of off season training -- work out will be posted on webpage at: <http://www.vbhssoccer.com/>

Preseason Try Outs are Mandatory - No One is guaranteed a roster spot even if they made the team last season -- I am creating a competitive environment for our players to develop their skills and to put the best players on the pitch that work well together, that believe in the system of play we will incorporate this season and support, encourage and compete till the final whistle blows regardless if we win, lose or draw.

IT IS A PRIVELDGE TO PLAY FOR VBHS SOCCER PROGRAM IT IS NOT A RIGHT -- THOSE WHO WORK ON AND OFF THE FIELD WILL HAVE THE CHANCE TO COMPETE FOR A ROSTER SPOT AND PLAYING TIME.

There are 24 Varsity Roster Spots and I am looking to have all spots filled -- as you look at the talent pool in Indian River County there is a lot of young talent and I believe in developing those men who want to make the sacrifice by showing up to training sessions and who want the program to succeed.

STUDENT ATHELET PACKET - I am in the process of developing a specific player packet with other coaches I know so that the expectations are spelled out -- it will consist of a point system, AJ will have the final decision regarding player injuries -- I expect all players to use this resource -- practices are mandatory and playing time will be decide on how one performs at training.

TOURNAMENTS - Christmas and Thanksgiving -- hoping to enter team into one or both.

CONTACT INFORMATION: Coach Fonehouse

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