**Century Knights Women’s Soccer**

The past several seasons were exceptional for the Lady Knights! In 2013, the Varsity team won the State Title. In 2014, they made an appearance in the Regional Championship and in 2015/2016, they were a State Semi-Finalist. They also won the County Title for five consecutive years before losing it in 2017. In 2019, the Lady Knights were County and Regional Champions. They only recorded one loss all season and that was in the State Semi-Final. In 2020-21, the Knights went undefeated and were County Champions all while dealing with the COVID pandemic. Last year, the program also won the County Championship while playing a very strong out of County schedule. This competition included, McDonough, Mercy, Oakdale, CM Wright and Dulaney. This has given Century a reputation as having a very **competitive** soccer program. We continue **to raise the bar** higher and higher with our expectations and results. Summer time gives each of you the unique opportunity to **prepare** for the upcoming season.

The following are some suggestions for you to focus on:

ALL POSITIONS FOCUS ON:

**Speed** ** First touch** ** Ball control**  **Aggressiveness** 

 **Forward Focus:** **Midfield Focus:**

  Attack goal with speed/control  Dictating / controlling play

  Finishing (placing your shot)  Finishing (distance)

  Crossing (placement)

 **Defensive Focus:** **Goal Keeper Focus:**

  Composure  Punting  Upper body strength

  Clearing the ball  Diving  Goal kicks

  Transition to midfield

**Conditioning**

 120 yards (*about the length of one soccer field*) under **20** seconds

 400-meter sprint in **less** than 65 seconds

 300 yard shuttle (*from the goal line to half 6 times straight*) **under** 60 seconds

 Set of lines *(goal line, 6 yard box, 18 yard box, half, 18 yard box, 6 yard box, other goal line)*

 1 mile **under** 7 minutes,  2 miles **under** 15 minutes

**Technical Skill**

 First touch, both left and right foot

 Your “go to” move, whether you are a defender, midfield or striker.

 Passing touch, accuracy, and strength

**Conditioning and Open Fields**

**Century High School**

**Sessions run by upperclassmen with supervision from coaches**

**Days and Times: To be determined**

#### Everybody has the will to WIN.

#### The ones who succeed are those who have the WILL to PREPARE to WIN.

This summer workout program is designed to prepare you for the upcoming soccer season. By following this program, you should improve your endurance, strength, and speed.

Try to use this program as a guide that best fits your needs and schedule. You should try to push yourself at every workout. By the time you come to tryouts, you will not have a problem with aches and pains if you have worked hard over the summer. Coming to the first day of tryouts in good condition will make the upcoming season much more enjoyable and successful for you and the team.

A summer workout schedule will be provided separately.

\*\*Important Information\*\*

Schedule for Tryouts:

August 10 Time: TBA

August 11 Time: TBA

**August 12** Time: TBA

**August 13 Tryouts or Practice-time to be determined**

**Both JV and Varsity Team selection will begin after tryouts and a meeting will be held for all players who make the team.**

**\*\*\*\*Please bring water or snacks (if you need them)!!!!!**

**\*\*Equipment needed for tryouts\*\***

* **\*Required Forms (\*\*\*\*Complete FamilyID Registration online. If it is not complete, then your child/children will not be able to tryout)**
* Running Shoes
* Cleats
* Shin Guards
* **White t-shirt with name (Incoming Freshman)**
* **Colored t-shirt(10th-gray, 11th-green, 12th-black)**
* WATER and Sunscreen
* \*\*Please feel free to contact us with any questions!!!\*\*

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