

BOSTON LATIN SCHOOL
Wolfpack Girls Soccer
Summer 2026
Preparation and Opportunities

Fitness Preparation

The goal for prospective and returning BLS soccer players should be to arrive at the tryouts in “good shape.” Every year some players -- even experienced players who are important to the squad -- arrive out of shape. In doing so, they hurt the team, because it is impossible to reach full "soccer fitness" in 15 days (the length of time between the start of tryouts and the first regular-season game).

If players have had an intense soccer experience in the spring, rest is recommended -- take a couple of weeks off from soccer! Real fitness preparation should begin in July and increase in intensity as the late-August tryouts approach. *The best preparation for the tryouts is, of course, playing soccer!* Play as much as you can, in small groups, with players of your age and skill level.

It is strongly recommended that players start preparing in July to build up a good aerobic and fitness base for the tryouts and pre-season training. This exercise could include

- Middle-distance runs (jogging). Running is good for creating a general fitness base. However, as the tryouts approach do not neglect interval training—either with or without the ball (see below).
- Ball training (starts, stops, sprints . . . resting by juggling, etc.). Ball training is the best way for you to get in good shape for the tryouts. Suggested guidelines are below. It is recommended that you start ball training and/or interval training by mid- to late-July.
- Interval training (sprints of different distances). Although most players need as much time “on the ball” as possible, “interval training” without a ball can be helpful. Guidelines are below.
- Core/Strength Training. The best players are strong players! To build core and upper body strength, do push-ups, crunches, and planks. To avoid injury, start slowly and build the number of reps over time. A target for a core strength regimen would be 3x/week.

Finally, the internet (YouTube) and social media are loaded with good training ideas. If you find a program that you like, keep following it!

Summer Camps

Soccer camps are a great way to improve skills and develop a fitness base. If you have had success at a particular soccer camp in the past, attend that camp again!

Boston Latin Girls Pre-Season Camp. Molly Gurner, former BLS Assistant Coach and current Head Coach at Newman Prep, will run a pre-season camp prior to the BLS tryouts. The camp will take place **the week of August 17th (Monday – Thursday, from 7:00 to 9:00 pm) at West Roxbury HS**. Prospective and returning BLS Girls players are encouraged to attend the camp. The camp is not an official BLS event and is not affiliated with BLS or the current BSL coaches. The cost of the camp is \$110; registration is on-line: https://docs.google.com/forms/d/e/1FAIpQLSf0ShTaXLmFD0EMvivHFp55XUsqPjVZxaRVg2uxSnheyvtH_Q/viewform

Captain’s Practices

“Captain’s Practices” will be held during the summer. New Players: Captains can only communicate details to you after you have completed the BLS Athletics Fall Sports on-line registration!

Ball Training

Recommended Start Date: July

Frequency of Sessions: as often as possible; goal: 3 – 4 times per week

Length of Each Session: 45 - 75 minutes

General Principles:

- √ *Warm Up.* Get loose with juggling, free dribbling, & dynamic stretching.
- √ *Keep it Interesting.* Vary the activities from session to session.
- √ *Types of Activities.* Activities should include a lot of starting & stopping, changing directions, changing “gears” and short sprints.
- √ *Intensity.* Generally, the activities should be done intensely for a period of time (even if short), with a period of rest between each activity.
- √ *Length of Each Activity.* The length of intensity (of each activity) should increase as tryouts approach.
- √ *Period of Rest.* Conversely, the period of rest between activities should decrease as tryouts approach. During periods of rest, juggle with feet only.
- √ *Fluids.* Drink lots of water!
- √ *Static Stretching.* Incorporate static stretching after the session.

Suggested Activities:

- 1) *Free Dribbling in a Circle.* Move the ball slowly, then quickly, w/ the insides, outsides and bottoms of both feet, with changes of direction.
- 2) *Dribbling Intervals.* Hard dribble for increasing distances, turn, and slow dribble back to start (5 yds, 10 yds, 15 yds, 20 yds).
- 3) *Passing in Pairs.* 1 or 2-touch; *as fast as you can play* under control. Add 2 cones & 2 balls – receive on one side of the cone and pass from the other side.
- 4) *“Quick Feet.”* (pairs facing ea. other w/ sideline/cone 3-4 yds. apart). Player w/ ball tries to beat defender to each line/cone. Play 90 sec’s/rest/switch.
- 5) *3 v. 3* on a small field (30 - 60 seconds of rest every few minutes).
- 6) *4 v. 4* (2 or 4 goals) on a small field (30 seconds of rest every few minutes).
- 7) *Keepaway.* You can always play keepaway by modifying the numbers to fit available players (3v1; 4v1; 5v1; 5v2; 5v3).

Interval Training

General Principles. The principles described above in “Ball Training” (Start Date; Frequency of Sessions; Length of Session; and principles of Rest) also apply to Interval Training. Without a ball, “Dribbling Intervals” (#2 above) becomes interval training.

Suggested Activities:

- 8) *Intervals.* Same as #2 above but without the ball. Variations: touch the lines; add running backwards; mix intervals w/ and w/out the ball, etc.).
- 9) *“Catch”* (in pairs; w/ targets/cones scattered). Jog together, player A suddenly sprints; player B tries to catch A before A reaches target.