



HCYA HURRICANES PRE-SEASON TRAINING WEEK 3 - REVIEW



Six sessions completed!

We're now half way through pre-season training, with just 3 weeks (6 sessions) remaining before team training starts up. Be encouraged to keep working hard to maximize your potential. Remember, your competition is not your teammates. It is yourself. How hard can you push yourself to improve physically and technically? The key issue is this: it's not about **BEING** the best. It's about **GIVING** your best. That's all a coach can ever ask for.

Hopefully the end of session devotionals are proving beneficial in your spiritual growth. Our goal is to share the Word of God so that it impacts every area of your life – both on the off the field.

Tuesday's Challenge – Fight through obstacles

- Obstacles are opportunities for you to grow your faith
- A faith that cannot be tested cannot be trusted
- "I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus." (Philippians 3:14)

Thursday's Challenge – Listen. Learn. Apply

- Read the Word. Remember it. Live it!
- You are wasting your time if you read Scripture but don't obey it
- "Do not merely listen to the Word, and so deceive yourselves. Do what it says." (James 1:22)

See you on Tuesday, and be sure to do your soccer homework!

Regards,

Jim Spence

Head Coach - HCYA Hurricanes

Founder - Sports Quest Inc.





Homeschool Preseason Homework

Weeks 3 & 4



Mobility

Exercise	Sets	Reps	Description	Picture
90/90 Stretch	3	6 each side	Working on thoracic mobility. Start with both hands together. Rotate thoracic region while bringing top hand over to the other side. Rotate as far as your thoracic region lets you without extending your shoulder.	
Elevated Pigeon Stretch	3	1 minute each side	Working on glute mobility. Place leg on table as shown. Slowly lean forward until you feel stretch in glute. Keep straight posture through whole stretch (do not slouch forward)	

Conditioning

Exercise	Sets	Reps	Rest	Description
10 yard Variation work	2	3	1 minute Juggle between sets	1st Rep: sprint 10 yards, back pedal backwards to start. Do this Xs 5 2 nd Rep: Sprint 10 yards, side shuffle back to start. Do this Xs 5 3 rd Rep: Sprint 10 yards, turn and sprint to start. Do this Xs 5. THIS IS 1 SET. DO THIS (1 ST , 2 ND , 3 RD REP) TWICE!