

BRIGHTON BOYS SOCCER 2023

I want to first start off by welcoming you to Brighton boy's soccer. My name is coach Sherman and this is my 14th season coaching high school soccer. I have had the pleasure of meeting some fantastic young players who have gone on to play at very high levels and have demonstrated a tremendous work ethic both on and off the field.

We graduated nine starters from the previous season and as far as I am concerned, each year, every position is up for whoever wants it the most.

The city of Boston is the most competitive for boys soccer than it has ever been. Seven teams made it to the Massachusetts state tournament last season and all seven teams won a state playoff game. That has never happened in over 60 years and it will continue to be just as competitive with most of the teams in the north returning many starters. Not us though! The North is the toughest division in the city and we play all the tough teams twice so we have to make sure we are ready for them and that they are ready for us!

Having technical and tactical skills on the soccer field will prove to be important but if your fitness is poor when you have and do not have the ball, it will be extremely difficult for you to find a spot on the field. We graduated many very prominent strikers the past two years that have tallied over 65 goals between them but as of right now, I don't believe we have any true strikers but I am excited to see who wants it!

On the defensive side, we lost all four defenders, one being the runner-up player of the year in Boston and the other being an all-star.

Lastly, I am a big believer in communication and us having a mutual respect for each other's time. Training will be well planned out and you will be expected to be there on time and ready to go. The biggest obstacle you and I will face is me wanting more from you than you want from yourself and it starts with you coming into this season with the fitness you will most definitely need, The training regiment you see below will help you get there as it is well thought out and based a lot on what higher level training looks like.

I wish the very best for you and please feel free to reach out to me with any questions or concerns.

Best,
Coach Sherman
[617-943-1740](tel:617-943-1740)

What do I need for tryouts?

- A physical within the last 13 months
- Running shoes
- Cleats
- Water Bottle

WEEK OF JULY 31st

MONDAY

- Two mile run in under 17 minutes
- 10x100 yard sprints in 20 seconds with a 30 second rest between
- Abdominal workout-[ab workout](#)
- 5 minute push up routine- [push up workout](#)
- Stretch

TUESDAY AUG 1ST

- One mile run in 7:30-three minute rest-One mile run in 7:30
- Stretch
- 20x50 yard sprints in 10 seconds with 30 seconds rest in between
- Abdominal workout-[ab workout](#)
- 5 minute push up routine- [push up workout](#)

WEDNESDAY AUG 2ND

- One mile run as fast as you can (this should be under 7:30)
- Stretch
- Abdominal workout-[ab workout](#)
- 5 minute push up routine- [push up workout](#)
- One mile run as fast as you can (this should be under 7:30)
- Stretch

THURSDAY AUG 3RD

- Three mile run in 25 minutes or less
- Stretch
- Abdominal workout-[ab workout](#)
- 5 minute push up routine- [push up workout](#)
- Stretch

FRIDAY AUG 4TH

DAY OFF!

Keep in mind you should be playing as much soccer as you can, even on training days.

SATURDAY AUG 5TH

- One mile run as fast as you can (this should be under 7:30)
- Stretch
- Abdominal workout-[ab workout](#)
- 5 minute push up routine- [push up workout](#)
- One mile run as fast as you can (this should be under 7:30)
- Stretch

SUNDAY AUG 6TH

- ½ mile run in 3 minutes
- Rest for 5 minutes
- ½ mile run in 3 minutes
- Rest for 5 minutes
- ½ mile run in 3 minutes
- Stretch
- Abdominal workout-[ab workout](#)
- 5 minute push up routine- [push up workout](#)

MONDAY AUG 7TH

- 3 mile run in 24 minutes or less
- Stretch
- 10x100 yard sprint in 20 seconds with a 30 second rest in between.
- Stretch
- Abdominal workout-[ab workout](#)

- 5 minute push up routine- [push up workout](#)

TUESDAY AUG 8TH

- One mile warm up run in 9 minutes
- 10x100 yard sprint in 20 seconds with a 30 second rest in between.
- 20x50 yard sprints in 10 seconds with 15 seconds rest in between
- 10x20 yard sprints as fast as you can, 10 seconds rest in between
- Stretch
- Abdominal workout-[ab workout](#)
- 5 minute push up routine- [push up workout](#)

WEDNESDAY AUG 9TH

DAY OFF!

Keep in mind you should be playing as much soccer as you can, even on training days.

THURSDAY AUG 10TH

- Three mile run in 24 minutes or less
- Stretch
- 10x100 yard sprint in 20 seconds with a 30 second rest in between.
- Stretch
- Abdominal workout-[ab workout](#)
- 5 minute push up routine- [push up workout](#)

FRIDAY AUG 11TH

- One mile run as fast as you can (should be about 7 minutes or less)
- Five sets of 25 push up
- [Five sets of 25 air squats](#)
- [Five sets of 25 bench dips](#)
- One mile run as fast as you can (should be about 7 minutes or less)
- Stretch

SATURDAY AUG 12TH

- Two mile run in 15 minutes or less
- 10x100 yard sprint in 20 seconds with a 30 second rest in between.
- Five sets of 25 push up
- [Five sets of 25 air squats](#)
- [Five sets of 25 bench dips](#)
- Abdominal workout-[ab workout](#)
- Stretch

SUNDAY AUG 13TH

- ½ mile run in 3 minutes
- Rest for 5 minutes
- ½ mile run in 3 minutes
- Rest for 5 minutes
- ½ mile run in 3 minutes
- Stretch
- Abdominal workout-[ab workout](#)

- 5 minute push up routine- [push up workout](#)

MONDAY AUG 14TH

- 2 mile run in 15 minutes
- Five sets of 25 push up
- [Five sets of 25 air squats](#)
- [Five sets of 25 bench dips](#)
- 1 mile run in 7:30
- Stretch

TUESDAY AUG 15TH

- 1 mile run in 8 minutes
- 15 minutes of juggling
- 15 minutes of long ball passing with a friend
- Abdominal workout-[ab workout](#)
- 5 minute push up routine- [push up workout](#)
- Stretch

WEDNESDAY AUG 16TH

- REST!!!!

THURSDAY AUG 17TH

- One mile warm up run in 9 minutes
- 10x100 yard sprint in 20 seconds with a 30 second rest in between.
- 20x50 yard sprints in 10 seconds with 15 seconds rest in between
- 10x20 yard sprints as fast as you can, 10 seconds rest in between
- Stretch
- Abdominal workout-[ab workout](#)
- 5 minute push up routine- [push up workout](#)

FRIDAY AUG 18TH

- 1 mile run in 8 minutes
- 15 minutes of juggling
- 15 minutes of long ball passing with a friend
- Abdominal workout-[ab workout](#)
- 5 minute push up routine- [push up workout](#)
- Stretch

SATURDAY AUG 19TH

- One mile run as fast as you can (should be about 7 minutes or less)
- Five sets of 25 push up
- [Five sets of 25 air squats](#)
- [Five sets of 25 bench dips](#)
- One mile run as fast as you can (should be about 7 minutes or less)
- Stretch

SUNDAY AUG 20TH

- Stretch
- 2 mile run nice and easy
- Stretch/ice
- DO SOMETHING FUN BECAUSE WE START TOMORROW!

AUGUST

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
21 Tryouts 10-12	22 Tryouts 10-12	23 Tryouts 10-12	24 Tryouts 10-12	25 Three team scrimmage 9am vs NQ 11am vs Hull 1pm vs EB	26 Tryouts 10-12	27 DAY OFF
28 Scrimmage Brighton High Vs Brighton High Alumni	29 Tryouts 10-12	30 Tryouts 10-12	31 Tryouts 10-12			

SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 Practice 10-12	2 Practice 10-12	3 OFF
4 OFF LABOR DAY	5 @ OB 2pm	6 Practice 330-5	7 HOME Tech Boston 4pm	8 Practice 330-5	9 OFF	10 OFF
11 Practice 330-5	12 AWAY BURKE 4PM	13 Practice 330-5	14 HOME MP 4PM	15 Practice 330-5	16 OFF	17 OFF
18 HOME BI 4PM	19 Practice 330-5	20 HOME EB 4PM	21 Practice 330-5	22 AWAY C-TOWN 4PM	23 OFF	24 OFF

25 OFF	26 Practice 330-5	27 HOME BLA 4PM	28 Practice 330-5	29 Practice 330-5	30 OFF	
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OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 OFF
2 AWAY TB 4PM	3 Practice 330-5	4 HOME BURKE 4PM	5 Practice 330-5	6 AWAY NM 4PM	7 OFF	8 OFF
9 Practice 330-5	10 AWAY MP 4PM	11 OFF	12 Practice 330-5	13 AWAY BI 4PM	14 OFF	15 OFF
16 AWAY EB 4PM	17 Practice 330-5	18 AWAY BLA 4PM	19 OFF	20 Practice 330-5	21 OFF	22 OFF
23 NORTH #4 VS SOUTH #1	24 Practice 330-5	25 WINNER VS NORTH #1 NORTH #2 VS NORTH #3	26 OFF	27 Practice 330-5	28 BOYS SOCCER CITY FINALS	29 OFF