Inspired through Personal Motivation

The IU Soccer Player responds positively to external motivation. However, his strength and inspiration is derived primarily though personal motivation. The IU Soccer Player has a burning desire to achieve success and is driven to be the best he can be.

Performance Allows Attitude

- The IU Soccer Player's performance is shaped through a positive attitude. While the performance of others is inhibited by anxiety and fear of failure the IU Soccer Player's performance is bolstered through courage and confidence. The IU Soccer Player demonstrated positive self-worth, always striving to build up his teammate.

Integrity

- The IU Soccer Player is an honest player. He strives to do everything right all of the time. He takes no shortcuts and does not cheat in practice or in games. While others save it just for the game, the IU Soccer Player challenges himself to get better every day. He holds himself and his teammates accountable to the highest standards.

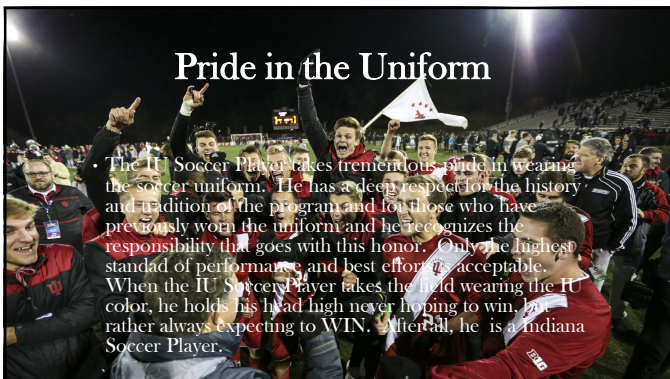## Pride in the Uniform

- The IU Soccer Player takes tremendous pride in wearing the soccer uniform. He has a deep respect for the history and tradition of the program and for those who have previously worn the uniform and he recognizes the responsibility that goes with this honor. Only the highest standad of performance and best effort is acceptable. When the IU Soccer Player takes the field wearing the IU color, he holds his head high never hoping to win, but rather always expecting to WIN. Afterall, he is a Indiana Soccer Player.

Every Day Excellence

with Tradition Comes Responsibility

Consistency

Accountability

- Rules

Ownership

"GRIT"

Process for Success

Transparency

Team Meeting

	1/19/2016	1/21/2017	1/12/118
Body Weight	172	165	158
Push-Ups	48	66	88
Sit-Ups	76	98	inj
Vertical	23	25.4	inj
Broad Jump	79	7'10	inj

2016   2017   2018

	1/19/2016	1/21/2017	1/12/2018
Body Weight	174	169	164
Push-Ups	53	83	100
Sit-Ups	56	98	67
Vertical	22	24	27
Broad Jump	7'4	7'5	78
2 Mile	12:03	12:05	11:42

2016   2017   2018

The Program

3 Factors

•Comprehensive
•Progressive
•Overload

Strength & Conditioning Program

- Jan - Spring Break!
  - Lift 2/3 week. Strength day, Power Day, "Fun Day".)
    - Show workouts and talk about progression.
  - Warm-Ups
    - 27 rep Squat (https://www.youtube.com/watch?v=sOPCasMEVIXY)
    - Hurdle Drills to warm-Up
    - Box jumps and Hurdles Cool Downs
    - Wim Hoff Breathing

Inseason (Spring / Fall)

- Post Spring Break - End of Spring/Competition Season
  - 1 day a week in WR 1 Day
  - 1 day week on field. Conditioning after practice 1x2 days week

- Summer all optional
  - 3 days lifting 3-5 days conditioning
- Last week of July "Captains" get everyone back.
  - 7-10 days before the team reports to camp
    - Conditioning boot camp
  - Testing
    - Captains Indiana Shuttle Test
    - 2 mile test

The Last Image of 2017 Season