



Montana Women's Soccer

Building a Program, Establishing a Tradition

Charlie Woida

Director of Athletic Performance

University of Montana

Keys to OUR Success

- Standards: This starts with the head coach
- Investment into the athletes
- Competition
- Atmosphere: Having Fun/Making it enjoyable
- The little things



Where did we start?

- Trying to emulate a European professional soccer team set up.
- Player frustration. Hard work but no results.
- 2007 – 3 Wins
- 2008 – 6 Wins
- 2009 – 4 Wins
- 2010 – 3 Wins

Lifting in-season only at the field, 1 day a week.

Do it for the Griz!!!



Working with the Head Coach

- He wants input
 - No Power Cleans
 - He controls most of the conditioning
- Standards start with head coach

How do you handle a coach that wants a say of what you do for strength and conditioning?



Investment

- The more you are around a team the more you learn about them.
- They will notice and appreciate it and they will work for you.
- Go to practice and team events as much as you can.
- Travel with them if you are given the opportunity.
- Train with them when appropriate.



Competition

- Griz Games
 - Draft – teams announced at Christmas Party
 - Maroon vs Silver
 - All Spring everything is a competition
 - Pictures at events
 - Weight Room – Med Ball Slams, Tug of War, Vertical, Broad Jump, Bench, Squat
 - Academics
 - Whiffle ball, Basketball, Football, Volleyball
- Two Steers analogy



Atmosphere

- Creating an inviting atmosphere where the athletes want to be there.
- Competition helps this.
- The coaches personality. You have to be you.
- They get to, not have to.



The little things

- Water Bottles go every where
- Being on time
- Dress Code
- Community Service
- Academics



Life Saver Check

Sport Analysis

- Every athlete needs strength
- Mainly Lower Body
- Conditioning level is important
- Injuries: Groins, Hip Flexors, Knees, Concussions
- Testing: Fitness Testing, Vertical, Broad Jump, FMS, Body Weight Movements
- Issues: Most go home for summer and they have to come back to camp in shape and ready to play.

Body Weight Tests

- Overhead Squat – 25lb bar
- Single Leg Squat – Standing on top of a box
- Perfect Push Up
- Dead Hang Chin Up

Can they control their own body weight.



The Basics to My Programming

- Balance – no weak links
- Power – normally 1-2, No Cleans so I do plyometrics
- Double Leg – 2
- Single Leg – 2-3
- Hamstring – 3
- Low Back – 1
- Horizontal Push – 1
- Horizontal Pull – 2
- Vertical Push – 0-1
- Vertical Pull – 2
- Shoulders – 1
- Sport Specific – Groins, Hip Flexors, Neck



Sorry nothing too crazy here

- My mentors taught me that the basics is where the money is made.
- Coaches, especially young ones are trying to find something that makes them different or cool.
- Consistency is key
- Truly care for your athletes and build trust in each other
 - NDSU – Jim Kramer and Jason Miller
 - Mike Silbernagel – CSU and now U of Mary
 - Vern Gambetta



Plyometrics

- Day 1 is Single Leg
- Day 2 is Double Leg
- Day 3 is Horizontal or Lateral



Double Leg

- Squat
- Front Squat
- Hex Bar Deadlift



Single Leg

- Rear Foot Elevated Split Squats
- Split Squats
- Reverse Lunges
- Step Ups
- Lateral Lunge



Hamstring

- RDL's
- Glute Ham Negatives
- Glute Ham Raises
- Glute Raises
- Single Leg RDL's
- Good Mornings



Low Back

- Hypers
- Reverse Hypers
- With Weight, Bands, Pause, Count Down



Horizontal Push

- Bench Press
- Push Ups



Horizontal Pull

- Inverted Rows – Bar, TRX
- 1 Arm DB Row
- Partner Towel Rows
- Bent Over Rope Rows
- Bent Over Rows

- Band Pull-A-Parts
- Face Pulls



Vertical Press

- DB Curl to Press
- DB Military Press
- ½ Kneeling Press



Vertical Pull

- Pull Ups/Chin Ups
 - Negatives



Shoulders

- 3-Way Shoulder (Rear, Lateral, Front Raises)
- Horizontal Shoulder
- Up Right Row and DB Curl to Press



Core

- Rotation
- Stabilization
- Opposite – Right Brain/Left Brain
 - Bird Dogs, Dead Bugs



Sport Specific

- Manual 4-Way Neck
- Neck Thrusters
- Banded Hip Flexion
- Side Plank Variations
 - Bottom Leg Up and In
 - Marching



Life Saver Check

Conditioning/SAQ – Spring Season

- Spring
 - Line Drills
 - Obstacle Course – 45 minutes – 4-5 obstacles
 - Intervals
 - Staggered Start 3 mile run – based off of mile time



Conditioning/SAQ – Summer

- Summer
 - 6 Week Summer Running Program
 - 2 Days of Intervals on the Track
 - 3 Days of Distance (Not sure how many athletes actually get these in)
 - 1 Down Week
 - Then 2 Weeks to prep for fall camp (I take them 5 days a week)



Fall Camp – Fitness Testing

- Mile – Under 6:40
- Carolina Shuttle – 8 reps, in :35, rest :35, 1 min rest after #4
- 3 x 300's (3 minute rest) 1st :65, 2nd :67, 3rd :69
- Man U
- Must pass 2, and collect 20 points
 - Or go to Fitness Club, We don't talk about Fitness Club (ran by head coach)
 - Coach can tell if they are in shape when they play



Points System for Conditioning Tests

<u>Mile Time</u>	Points	<u>Carolina Level</u>	Points
Under 6:00	10	8	10
6:00 - 6:10	9	7	8
6:11 - 6:20	8	6	6
6:21 - 6:30	7	5	5
6:31 - 6:40	6	4	4
6:41 - 6:50	5	3	3
6:51 - 7:00	4	2	2
7:01 - 7:05	3	1	1
7:06 - 7:10	2		
7:11 - 7:15	1		

<u>300 Avg. Time</u>	Points	<u>Man U Level</u>	Points
:62	10	25+	10
:63	9	23-24	9
:64	8	21-22	8
:65	7	20	7
:66	6	18-19	6
:67	5	16-17	5
:68	4	14-15	4
:69	3	12 to 13	3
:70	2	10 to 11	2
:71	1	8 to 9	1
over :72	0	7 or below	0

Life Saver Check

Warm Ups

- Address Hip Mobility, Activation, Speed Mechanics
- Pre-Practice Warm Ups
 - Jump Mechanics
 - Agility Mechanics
 - Hip Mobility
 - Acceleration/starts



Areas that need improvement

- More need to stay in the summer and train as a team
- Need to kick the ball more in the summer
 - To many minor tweaks during the start of fall camp
- Current team is young, we need to truly believe that are going to win



Interns get experience with Soccer

- Head Coach knows that I will put the interns with soccer and give them experience.
- Adds to the atmosphere
- Feedback for the interns



Their Impact on Me

- The hardest decision I've made in my short career.
- Senior Banquet, listening to the seniors and their memories.
- That's when you know you have a job that you love.
 - Make the big time where you are at.



Tradition

- Girls come back to say hi and stay in touch, some still use weight room
- The amount of former players that return for the alumni game
- Boom, Boom, Clap – Griz Sit Ups
- Bigger, Faster, Stronger Award
- Griz Games
- Soccer Tennis – Tournament
- Juggling before weights



Takeaways

- Have an open mind, be open to discussion.
- Have standards. Everyone squats, but how do you squat.
- You are either coaching it or allowing it to happen.
- Invest in your teams. Take the time to get to know them.
- Compete. We all hate losing. Competition leads to effort.
- Track your progress – Measurement = Motivation
- Behavior Reinforcement
- Educate them – on why, nutrition, etc.
- It is always a work in progress



THANK YOU

- Charlie Woida, University of Montana
- Charlie.Woida@mso.umt.edu

