

# Soccer Specific Strength & Conditioning



# Program

Exercise	Progression #1	Progression #2	Type	Sets	Time/Reps
A1. 2 Foot Broad Jumps	2 continuous jumps	3 continuous jumps	Plyometric	2-3	3
A2. Push-ups	Move to toes or increase reps	Use soccer ball	Upper Strength	2-3	Max
A3. Fwd Lunge (Static)	Soccer ball Overhead (Static)	Soccer Ball Overhead (Dynamic)	Lower Strength	2-3	8-12ES
A4. Front Plank	Alt lift 1 limb	Alt Lift 2 limbs (same time)	Core	2-3	30-90 sec
B1. Single Leg Laterals w/hold	Increase Distance	Increase Distance & Height	Plyometric	2-3	8ES
B2. Inchworms	Increase Body Extension	Increase Body Extension	Full Body Strength	2-3	5-10
B3. Eccentric Hamstring Curls	NA	NA	Lower Strength	2-3	4-8
B4. Side Plank	Arm/Leg Outstretched	Reach Under	Core	2-3	30-90 sec
C1. Jump Squat w/Stick	2 continuous jumps	4 continuous jumps	Plyometric	2-3	3-6
C2. Single Leg V-sit	2 leg V-sit	1-2 sec hold	Core	2-3	Max
C3. Bowler Squat	Use Soccer Ball	Increase Range of Motion	Lower Strength	2-3	8-12ES
C4. Ball Toe Touch	Hold 2 sec	Hold 5 sec	Core	2-3	Max
C5. Single Leg Bulgarian Squat	Pause at bottom	Small hop at top	Lower Strength	2-3	8-12ES

## Exercise notes

A1.	Land soft and in control to reduce forces on knees	B1.	Be sure balance is maintained and landings are soft
A2.	Maintain good form for all reps	B2.	Keep core engaged and only go out as far as comfortable
A3.	Toes behind knees with upright body posture	B3.	Caution here! Do not over-exert stay within ability range
A4.	Ensure body stays flat and stable	B4.	Be sure to maintain good form
C1.	Be sure knees do not dip inwards. Stay in control	C3.	Balance and stability key
C2.	Powerful movement, stay in control	C4.	Maintain Core Engagement
C5.	Stability and Balance Key. Keep knee behind toe		

## Mini Band Work

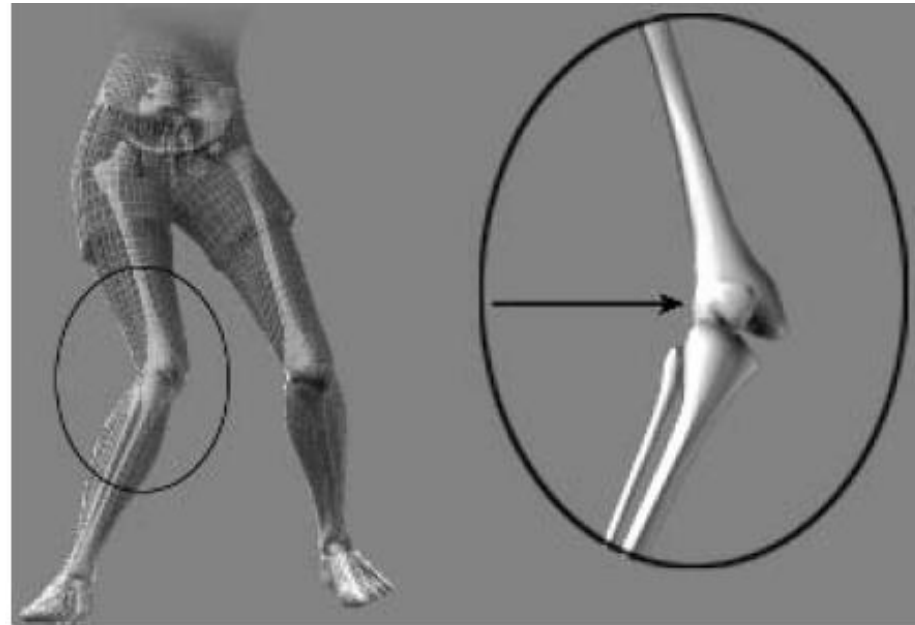
Exercise	Sets	Reps	Rest	Notes
Monster Walks	2-3	max	60-90 sec	Move from the hip without bending at the knees
Laterals	2-3	max	60-90 sec	Push feet laterally focusing on glute engagement
Band Squats	2-3	max	60-90 sec	Keep glutes activated to ensure knees do not dip inwards

## Exercise A1.

# Avoid

### 2 Foot Broad Jumps

- Feet should be shoulder width/hip width apart
  - Be sure to use arms to help accelerate body during jump
  - Land softly by ensuring knees bend to lower impact forces
  - Knees must always track with toes; do not let knees dip inward.
- 
- Start with single jumps resetting before each consecutive jump
  - Once technique is sound try putting a couple jumps together
  - Remember, as difficulty increases impact forces also increase so be sure to maintain proper technique



**Figure 3.** Example of dynamic lower extremity valgus, a combination of motions and rotations at all 3 lower extremity joints, potentially including hip adduction and internal rotation, knee abduction, tibial external rotation and anterior translation, and ankle eversion.

## Exercise A2.

### Push-ups

- Maintain rigid body posture (core engaged)
- Lower body in controlled manner to approximately 90 degrees at the elbow
- Body should move as one solid unit, avoid breaking at the hip
- Movement can also be done from the knees in order to build strength before progressing to the toes.



## Exercise A3.

# Static Forward Lunge

## Forward Lunge

- Start in standing position with feet about hip width apart
- Step forward keeping weight on the heel of the front foot and knee behind toe
- Torso should remain upright with core engaged to help with stability and balance
- Push out of bottom position by kicking backwards with the lead leg
- Alternate legs and repeat





## Lunge Progression

- Progress lunge by adding instability holding a ball overhead
- Further progression would involve doing a walking lunge (start with static/stationary lunge)



## Exercise A4.

### Front Plank

- Engage core
- Flatten out body ensuring no break in hips.
- Stabilize shoulder blades
- Hold this position for given amount of time ensuring proper posture is maintained





## Exercise B1.

### Single Leg Laterals with Hold

- Start on single leg in a stable running posture
- Core should be engaged to assist with balance and stability
- Jump laterally off single leg landing softly on other leg
- Ensure knees bend on landing to reduce forces impacting joints
- Try to land and balance on single leg (2-3 sec) before making next jump
- Progress difficulty by increasing distance and height of jumps . Do not progress until shorter distances mastered.
- Also maintain tension in muscles of the leg while jumping and landing. Focus on hamstring and quad activation to reduce forces on knees





## Exercise B1.

### Single Leg Laterals with Hold

\*Be easy on knees by landing softly\*

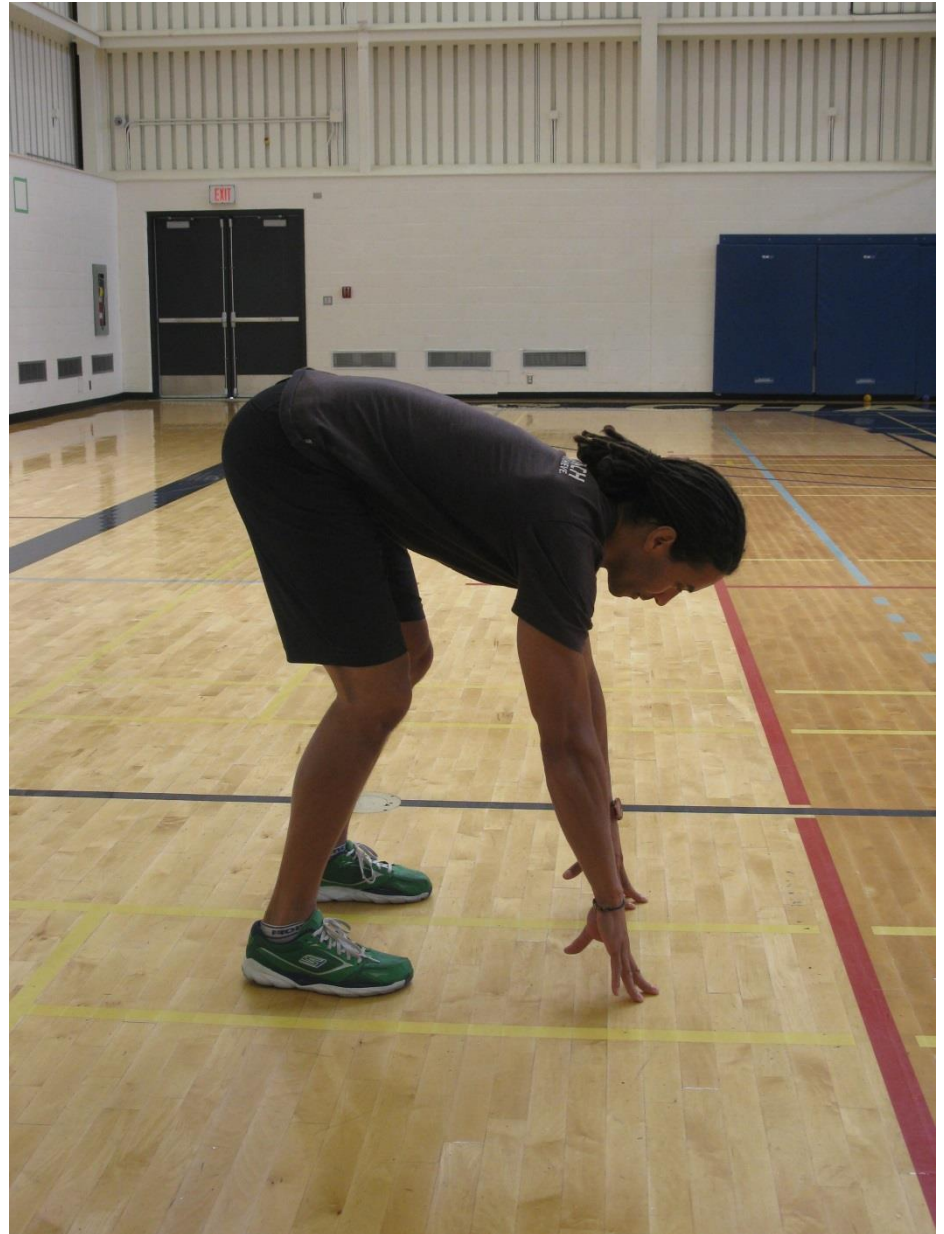


## Exercise B2.

# Start

### Inchworms

- Start with soft knees (bent) and hands out front in contact with floor
- Avoid excessive rounding of the back
- Core should be engaged



## Exercise B2.

# Mid-point

### Inchworm

- Walk hands out extending body
- Feet should stay planted and core should stay engaged





## Exercise B2.

# Finish

### Inchworms

- Walk hands out until unable to go any further while maintaining good technique
- Once at end point walk toes in until back at starting point
- Be careful to **work within limits** and avoid excessive extension (flattening of body) which may be hard on the lower back and shoulders.



## Exercise B3.

# Start

### Eccentric Hamstring Curls

- Start on knees with partner bracing ankles
- Core must be engaged
- Be sure partner holding legs is heavy and strong enough to support your weight.



## Exercise B3.

# Finish

### Eccentric Hamstring Curls

- Slowly lower body towards the ground
- Once max lowering distance is reached allow body to drop to the mat with hands out front to brace for impact.
- Push body back to starting position and repeat.





## Exercise B4.

# Holding Position

### Side Plank

- Be sure core is engaged
- Body should be in a straight line from feet to head
- No breaking at waist allowing hips to drop



## Exercise B4.

# Progression #1

### Side Plank (Reach Under)

- Progress plank by adding reach under
- All biomechanics remain the same
- Stay as stable as possible while reaching under
- After reach is done return to starting position and repeat



## Exercise B4.

### Side plank (Raised arm/leg)

- Maintain stability and balance
- Keep plank the same as normal plank just elevate arm/leg
- Core engagement essential to maintain stability and balance

- Progression #2



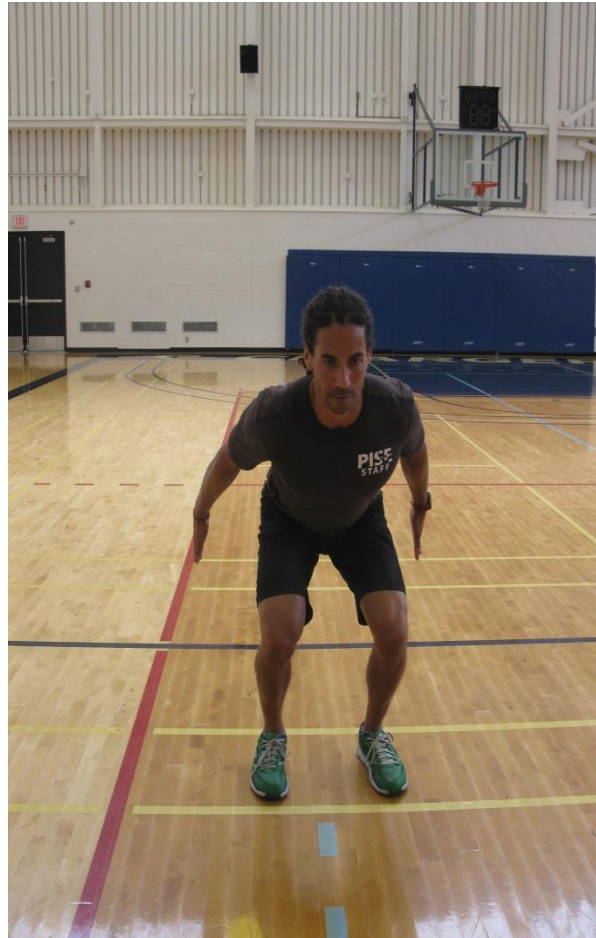


## Exercise C1.

# Start

### Jump Squat with Stick

- Feet at hip width
- Weight should be mid-foot
- Arms back to be thrown forward and up during jump
- Flat back and core engaged

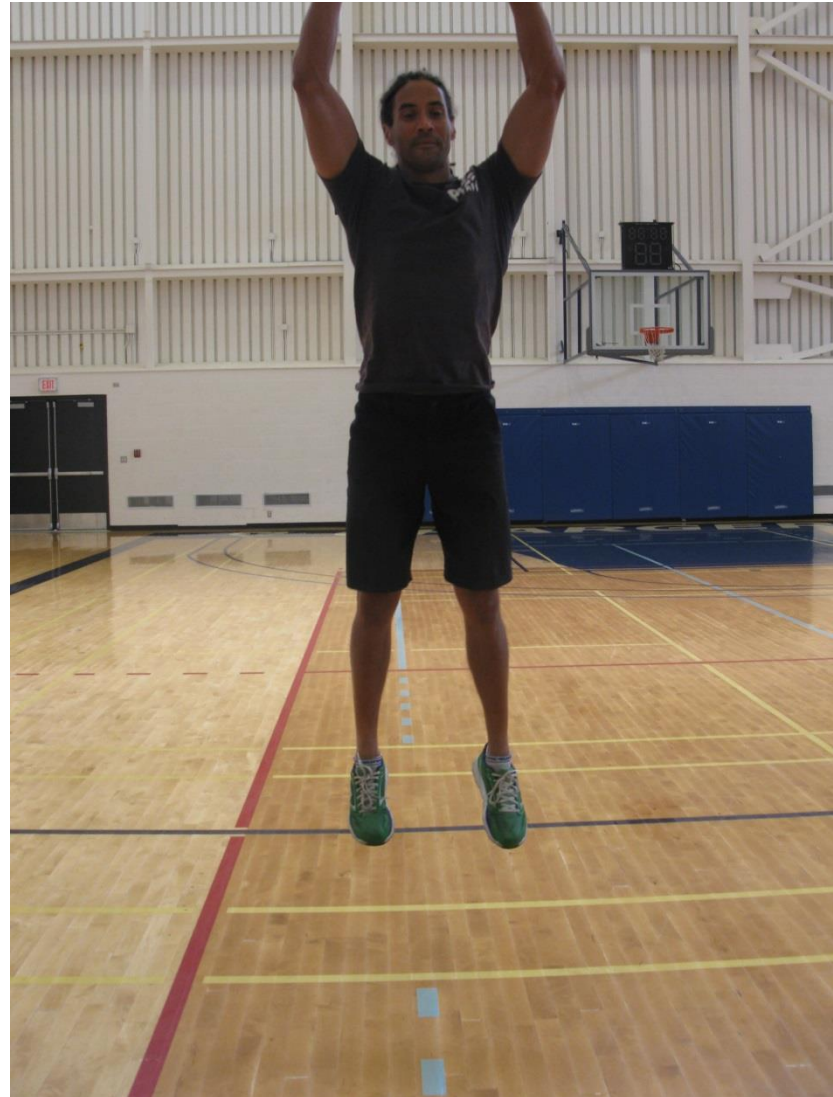


## Exercise C1.

# Jump

### Jump Squat with Stick

- Be sure to fully extend body during jump
- Jump only as high as can be controlled on landing .
- Landing should be stable and balanced with knees tracking in line with toes.



## Exercise C1.

# Landing

### Jump Squat with Stick

- Land lightly (big knee bend) to reduce impact forces
- Hold stick at approx 45 degrees at the knee for 3-5seconds
- Reset to starting position and repeat jump

**\*Be sure knees do not dip in during take-off or landing**





## Exercise C2.

# Start

### Single Leg V-sit

- Start by laying on back with arms and legs fully extended



## Exercise C2.

## Finish

### Single Leg V-sit

- Bend at waist bringing right hand to left leg and then alternate and bring left hand to right leg
- Important that shoulder blades come off the ground during each rep
- **Do not** just raise the leg and then have hand contact while shoulder blades still in contact with the ground
- Be sure that there is a slight rotation in the core while coming across body to ensure all muscles of the core are being activated.
- Control the movement in both directions being sure legs don't slam back to the ground after contact with hand.



## Exercise C2.

# V-Sit (Bilateral)

### Single Leg V-sit (Progression)

- Same starting position as SL V-sit
- Progression has both legs raised at the same time
- Again very important that the movement is controlled and that the shoulder blades come off the ground
- To progress from this point add in holds at the top of the movement (see picture)
- Stability, balance, & control key to a good hold.



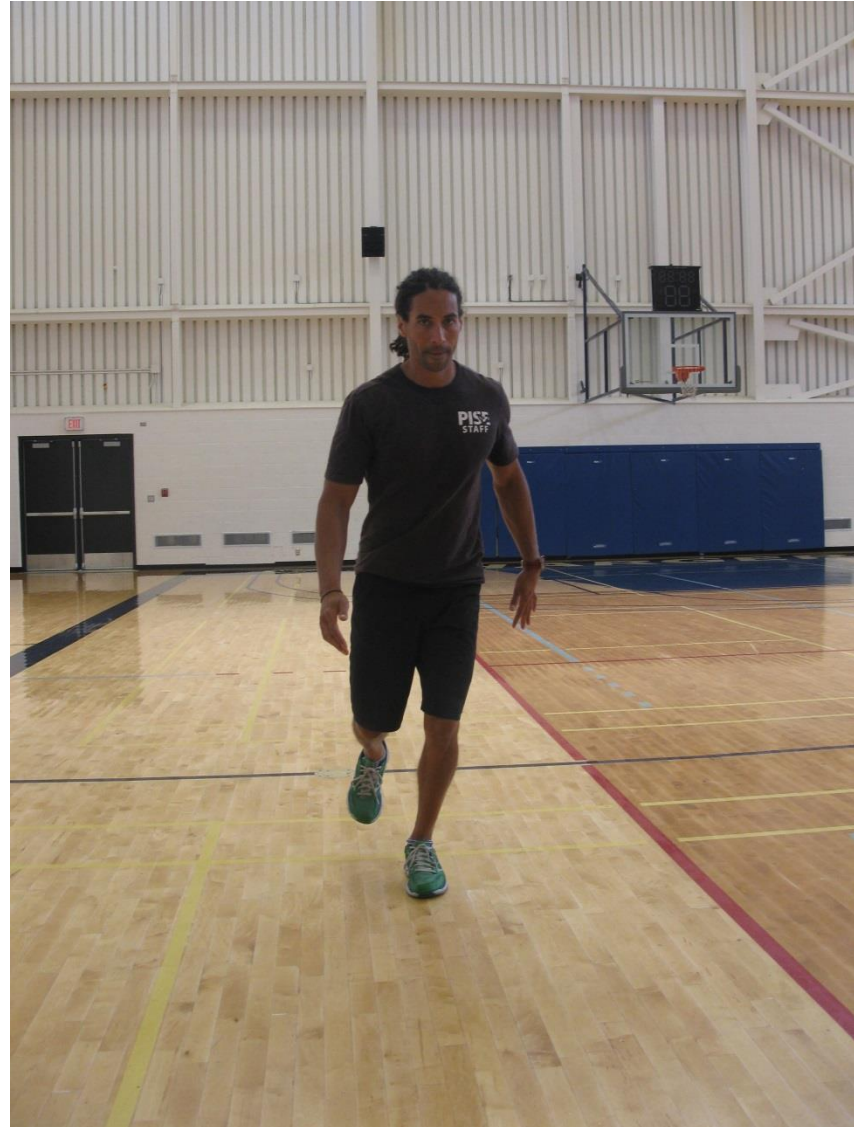


## Exercise C3.

# Start (front view)

### Bowler Squat

- Start on single leg balanced and with core engaged



## Exercise C3.

# Finish (side view)

### Bowler Squat

- Bend forward at the waist while bending the knee until ground can be touched in front of and off to the side of the foot on opposing side of body than hand.
- Keep back as flat as possible by loading the standing leg and bending lowering body towards the ground
- Avoid excessive spinal flexion (rounding of back)
- Balance and stability key so ensure core stays engaged



## Exercise C3.

# Finish (front view)

### Bowler Squat

- Be sure that knees track inline with toes
- Try to complete all reps on single leg before changing.
- Progress by setting down and picking up objects (soccer ball, kettlebell, dumbbell, etc) in the same spot that hand touches.
- Progress further by increasing amount that knee bends and reducing the amount of flexion at the hips.





## Exercise C4.

# Start

### Ball Toe Touch

- Start with legs elevated and shoulder blades in contact with floor



## Exercise C4.

# Finish

### Ball Toe Touch

- Push shoulder blades off ground until ball touches toes
- Shoulder blades fully contact ground in between each repetition
- Progress by using a weighted ball or by holding the position at the top of the movement.



## Exercise C5.

# Start

### Single Leg Bulgarian Squat

- If benches are not available use a partner to support non-working leg
- Forward leg is working leg and should take the majority of weight
- Weight should be focused on the heel of the forward leg
- Knees do not push out in front of toes
- Torso Upright with core engaged
- Hands on hips helps to force core to stabilize and trains balance

#### Partners:

- Very stable at the leg and through the torso (core engaged)
- Give feedback to squatter letting them know if too much pressure being put on the supporting leg





## Exercise C5.

# Finish

### Single Leg Bulgarian Squat

- Drop back knee towards the ground until stretch felt in the quad and hip flexor
- Try to get to 90 degrees at the front knee
- **Again** make sure knee does not push out in front of toe on lead leg
- Movement should be controlled and balanced
- Once at approx 90 degrees push body back to starting position ensuring that full hip extension is attained (Straight leg) and that the glute, hamstring, and quad are contracted
- **Knees must also track in-line with toes at all times**



# Final Note

- Be sure to master movements before progressing
- Always think ``Quality over Quantity``
- Don't rush, it is very important to build proper movement patterns
- Strength & Conditioning is a very necessary piece of the puzzle to make you better athletes and reduce your chance for injury.

\*Any questions please let me know by email ([chinton@piseworld.com](mailto:chinton@piseworld.com)) or come see me in my office adjacent to the Fitness Center.

Enjoy!