

STRENGTH AND CONDITIONING

PROGRAMME FOR GOOD TO GREAT
FOOTBALL PLAYERS



RATIONALE

This programme has been designed to develop your levels of Strength and Conditioning to enhance your sporting performance.

If followed correctly, this programme will develop your speed, strength, power and endurance whilst reducing the likelihood of injury.

We look to strengthen the whole body from head to toe, spotting and improving weaknesses along the way. We strive for longevity and constructing a body that is going to last a lifetime, not just a season.

The Strength part refers to getting you stronger in order for you to handle the physical demands of your sport safely and competently.

This is partnered with Conditioning: increasing your capacity for exertion through movement, so that you can perform better for longer.

TESTS

- Height and Weight
 - 10m Sprint
 - 20m Sprint
 - T-Test
 - Vertical Jump Test
 - YOYO Test
 - Sit and Reach Test
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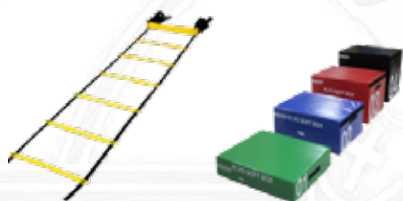
Gordon's School

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STRENGTH AND CONDITIONING GOOD TO GREAT PROGRAMME FOR FOOTBALL PLAYERS

Prep Work / Warm Up / Glute Activation

The importance of this cannot be ignored. We use this section to get the body fully ready to train at optimum level – this is to allow individuals to achieve maximum performance and progression.



Speed / Power

Speed and power is vital for any footballer regardless of their position. The ability to accelerate, decelerate and change direction away from opponents is a huge advantage to today's game.

Strength / Power

Lower and upper body strength is imperative in football. A strong core and lower body gives any footballer the strong base required when performing the mechanics of the game. Amongst other things, a strong upper body allows players to hold off opponents and keep the ball for their team.



Flexibility / Cool Down

Yoga is becoming an important part of football, as good flexibility not only allows athletes to perform optimally, but also can prolong careers by avoiding injuries. Constantly stretching and cooling down properly after each session can aid injury prevention, to allow the muscles and ligaments to recover in the correct manner.

STRENGTH AND CONDITIONING

FOOTBALL				
PREP WORK / WARM UP				
Pulse Raiser of your choice				
Yoga mobilisation sequence: Press up, Downward dog, Cobra x5				
Complete glute activation work				
Build up of speed/power work from 50%-100%				
SPEED / POWER				
	Exercise	Sets	Reps	% of 1RM
1	Ladder Single Step	3		100%
2	Ladder Double Step	3		100%
3	Ladder Lateral Shuffle	3		100%
4	Pogos	3	10	100%
5	Single Leg Pogos	3	5 (Each Side)	100%
6	Broad Jumps	3	5	100%
7	MB Horizontal Shot	3	5	100%
8	Sprints - 10m, 20m, 30m	3	1 (Each)	100%
STRENGTH / POWER				
	Exercise	Sets	Reps	% of 1RM
1	Squat	3	5	80-90%
2A	Trapbar Deadlift	2-3	6-8	80-90%
2B	Bench Press	2-3	10-12	70-80%
3A	Bulgarian Split Squat	2-3	8-10 (Each Side)	70-80%
3B	Pull Up (Horizontal if needed)	2-3	6-8	80-90%
4A	Renegade Row	2-3	10 (Each Side)	70-80%
4B	Resistance Band Woodchop	2-3	10-12 (Each Side)	70-80%
CORE / STRETCHES				
2x45s Plank Up / Downs			Hamstrings	
2x45s Bicycle Crunches			Quadriceps	
			Calves	
			Glutes	
NOTES				
Squat and Deadlift variations are to be judged on the technical ability of the athlete				
All athletes must complete pre-screening demonstrating variations of squats before adding any additional weight				
Any efforts of 80% and over must have a spotter				
IF YOU ARE UNSURE ON ANY EXERCISES PLEASE SPEAK TO MR JONES				

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Build up of speed/power work from 50%-100%				
SPEED / POWER				
	Exercise	Sets	Reps	% of 1RM
1	Ladder Single Step	3		100%
2	Ladder Double Step	3		100%
3	Ladder Reverse Lateral Shuffle	3		100%
4	Lateral Pogos	3	10	100%
5	Lateral Single Leg Pogos	3	5 (Each Side)	100%
6	Lateral Broad Jumps	3	5	100%
7	MB Horizontal Shot	3	5	100%
8	Sprints - 20m, 40m, 60m	3	1 (Each)	100%
STRENGTH / POWER				
	Exercise	Sets	Reps	% of 1RM
1	Deadlift	3	5	60-70%
2A	Hip Thrusters	2-3	6-8	80-90%
2B	Alt Dumbell Chest Press	2-3	10-12 (Each Side)	70-80%
3A	Single Leg Romanian Deadlift	2-3	6-8 (Each Side)	80-90%
3B	Horizontal Pull Up	2-3	10-12	70-80%
4A	Lunges	2-3	6-8 (Each Side)	80-90%
4B	Resistance Band Pallof Press	2-3	10-12 (Each Side)	70-80%
CORE / STRETCHES				
2x45s Plank Up / Downs			Hamstrings	
2x45s Side Plank			Quadriceps	
2x45s Side Plank			Calves	
2x45s Side Plank			Glutes	
NOTES				
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