

U16 Offseason Strength Training Program

Francis Guilherme

International FC Academy

2015

General Program Notes

This is an at-home program that is designed to increase strength in the athlete. Strength is important for a football player because it is the basis for all other aspects of fitness. Power is strength multiplied by speed. If you are able to put more force into an object [strength], while maintaining the same speed, you will be a more powerful and explosive athlete. Endurance is also a function of strength. If you become a stronger athlete, the relative percentage of work during a game goes down. For example, say everytime you take a step during a game, you exert 50N of force, and your maximum force output is 200N. If your maximum force output is 500N, then every step you take is only 10% of your maximum, where as in the first example ever step you take is 25% of your maximum. Becoming stronger is more efficient to an athlete that requires stamina. The stronger athlete can maintain their high level of play in the 90th minute.

The main exercises include the: Squat, Bench Press, and the Deadlift. These are the most efficient exercises to gain strength with. They are all {as opposed to popular opinion) full body exercises that require large muscle groups to work through a range of motion. Progression is simple. The athlete will perform 3 sets of 3-6 reps on each of these exercises. If the player achieves all 6 reps on every set (18 total reps), he increases the weight on the bar by 10lbs the next session that he performs that specific exercise. If he achieves between 9 and 17 total reps across all 3 sets, he will increase the load by 5lbs next session. If the athlete fails to get 9 total reps across 3 sets, the weight on the bar will stay the same until a minimum of 3 reps across 3 sets is achieved. The recommended days of training are as follows: Monday (Upper Body) , Tuesday (Lower Body Day) , Thursday (Upper Body with Squats), Saturday (Lower Body with Bench Press). It is recommended to move onto a new program once 12 weeks have been completed on this offseason program.

The athlete should start with a weight they feel extremely comfortable with, and can perform the upper most amount of reps in the given rep range, with ease. The first week is designed to be very easy, as the program progresses quickly, and the weights become more challenging faster than expected. Starting light is **EXTREMELY RECOMMENDED**; if the first time you perform these exercises you are struggling, the weight should be decreased to allow for proper form.

In the spreadsheet, enter the load and total reps you achieved for that session in the specific spots, and the load for the next session will be automatically calculated for the main exercises (Squat, Bench and Deadlift). The total weekly exercise volume is automatically calculated at the bottom of the program spreadsheet for the main exercises. The aim of this is to increase the total volume on a week to week basis. The assistance exercises are interchangeable and can be changed on the 'introduction; page in the spreadsheet.