

Football Performance Workout Plan (Copy for PDF)



♂ Speed Training

☐ **Drill:** Sprint Intervals

✓ 5 × 20m sprints (with full recovery)

💡 Boosts explosiveness, ideal for fast breaks and quick direction changes.

🏋️ Strength Workouts

☐ **Drill:** Bodyweight Circuit

✓ Squats, Lunges, Push-ups, Planks

💡 Builds full-body strength to win challenges and maintain balance on the pitch.

🔥 Endurance

☐ **Drill:** Tempo Running

✓ Jog 4 minutes, sprint 1 minute × 3 rounds

💡 *Improves cardiovascular fitness and helps you last the full 90 minutes.*

Mobility & Recovery

☐  *Foam Rolling, Static Stretching, Light Yoga*

💡 *Prevents injury, increases flexibility, and aids recovery between sessions.*