

# Football Performance Workout Plan (Copy for PDF)



## Beginner Plan

- **Focus: Basics (e.g. ball control, light conditioning)**
- **3 days/week**
- **Example:**
  - **Day 1 – Dribbling drills + light jog**
  - **Day 2 – Passing wall drills + squats**
  - **Day 3 – First touch + fun game**
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## Intermediate Plan

- **Focus: Strengthen skills + add fitness**
- **4-5 days/week**
- **Example:**
  - **Day 1 – Sprint intervals + ball mastery**
  - **Day 2 – Shooting + core**
  - **Day 3 – Recovery & flexibility**
  - **Day 4 – Game IQ + tempo runs**

- **Day 5 – Match sim**



## **Advanced Plan**

- **Focus: Pro-level intensity + strategy**
- **6 days/week**
- **Example:**
  - **Morning: Gym, technique**
  - **Evening: Game IQ, fitness, match play**
  - **Includes film review & match prep days**

