

# FitPlay

*Your journey to peak fitness and football performance.*

This football-specific training routine is designed to improve stamina, speed, strength, agility, and overall match performance. Follow this weekly plan consistently to get the best results.

## **Weekly Football Training Plan**

- 1 Monday – Cardio & Match Endurance
- 2 Tuesday – Lower Body Strength
- 3 Wednesday – Ball Control & Dribbling
- 4 Thursday – Speed & Agility
- 5 Friday – Upper Body & Core
- 6 Saturday – Match Practice & Recovery
- 7 Sunday – Rest & Injury Prevention

## **Daily Warm-up Routine (10–15 minutes)**

- 1 Light jogging with ball – 3 minutes
- 2 High knees & butt kicks – 2 minutes
- 3 Leg swings (front & side) – 2 minutes
- 4 Ankle, knee & hip mobility – 3 minutes
- 5 Short passing drill – 5 minutes

### ***Monday – Cardio & Endurance***

- 1 Continuous run – 15–20 minutes
- 2 Sprint intervals – 6 × 40 meters
- 3 Shuttle runs – 5 rounds
- 4 Cool down & stretching – 10 minutes

### ***Tuesday – Lower Body Strength***

- 1 Squats – 3 × 15
- 2 Lunges – 3 × 12 per leg
- 3 Calf raises – 3 × 20
- 4 Wall sit – 3 × 45 seconds
- 5 Stretching – 10 minutes

### ***Wednesday – Ball Control & Dribbling***

- 1 Cone dribbling – 4 rounds
- 2 Inside–outside foot touches – 3 × 1 minute
- 3 Wall passing – 5 minutes
- 4 First-touch drills – 10 minutes

### ***Thursday – Speed & Agility***

- 1 Ladder drills – 10 minutes
- 2 Short sprints – 8 × 20 meters
- 3 Zig-zag cone runs – 5 rounds
- 4 Reaction sprints – 6 reps

### ***Friday – Upper Body & Core***

- 1 Push-ups – 3 × 15

- 2 Plank – 3 x 45 seconds
- 3 Russian twists – 3 x 20
- 4 Mountain climbers – 3 x 30 seconds

### ***Saturday – Match Practice & Recovery***

- 1 Light practice match
- 2 Passing & positioning drills
- 3 Stretching & recovery session

### ***Sunday – Rest & Recovery***

- 1 Complete rest
- 2 Light walking or stretching
- 3 Hydration & proper sleep

## **FitPlay Training Tips**

- 1 Train regularly with both feet
- 2 Use proper football boots
- 3 Stay hydrated before and after training
- 4 Focus on technique before speed
- 5 Maintain discipline and consistency

*FitPlay – Train smart. Play strong.*