

Pre-season strength and conditioning football training

Expert: John Cissik (20 years of experience in strength and conditioning training of athletes from university level to Olympians, NFL and MLS players, Iron Man participants, etc., author of 10 books on physical training). This soccer workout is suitable for high school and university students who wish to improve their strength training in soccer.

Modern football is a very demanding game. To improve the game on the field, athletes must improve their athletic performance and physical fitness, including speed, strength, agility and endurance. Off-season is the best time for that kind of training.

Below is a 6-month off-season soccer workour plan that caters specifically for soccer players. It is divided into 3 phases (month 1, months 2-3, months 4-6). If you have a shorter preseason time bracket, you can do follow the part of the that fits into the off-season "window" (i.e., if you have 2 months for pre-season soccer training, then follow this plan only for 2 months).

We have added videos to some of the exercises to make it easier to understand how to do them properly.

Month 1.

The first month is designed to help you get in shape and start developing basic techniques of speed, strength and mobility. There are three training sessions per week, with the first focusing on strength, the second on speed and mobility, and the third on endurance.

Day 1

- Back Squats: 3x12-20
- Romanian Deadlifts: 3x12-20
- Dumbbell Bench Press: 3x12-20
- Pull-Ups: 3xMax
- Standing Military Press: 3x12-20

Day 2.

10-15 minutes of speed and agility technique drills

- Sprint to Lateral Shuffle: 3x30 meters (switch sides every 5 meters)
- Sprint to Backpedal: 3x30 meters
- Standing Long Jump: 1x5
- Counter-Movement Jump: 1x5 (stick landing)

Day 3. Do each exercise with a med ball. Perform each for 30 seconds and repeat the circuit three times.

- Clean and Press
- Chest Pass
- Overhead Throw
- Twist and Throw
- Med Ball Squat (hold ball in front)
- Med Ball Romanian Deadlift (hold ball in front)
- Med Ball Lunges (hold ball in front)

- Med Ball Crunches (hold ball over chest)
- Med Ball Leg Raises (hold ball between feet)

Months 2-3

Soccer strength training during the second period, months 2-3, includes training 5 times a week. Three sessions are dedicated to strength & power training, and the other two are aimed at improving speed performance by running **speed drills**, mobility and plyometrics (sharp muscle movements, such as jumps and accelerations).

Day 1

- Back Squats: 3x12-20
- Romanian Deadlifts: 3x12-20
- Dumbbell Bench Press: 3x12-20
- Pull-Ups: 3xMax
- Standing Military Press: 3x12-20
- Sprints: 10x30 with 20 seconds walking recovery between sprints

Day 2.

- 10-15 minutes of speed and agility technique drills
- Sprint to Lateral Shuffle: 3x30 meters (switch sides every 5 meters)
- Sprint to Backpedal: 3x30 meters
- Standing Long Jump: 1x5
- Counter-Movement Jump: 1x5 (stick landing)

Day 3.

- Do each exercise with a med ball. Perform each for 30 seconds and repeat the circuit three times.

- Clean and Press
- Chest Pass
- Overhead Throw
- Twist and Throw
- Med Ball Squat (hold ball in front)
- Med Ball Romanian Deadlift (hold ball in front)
- Med Ball Lunges (hold ball in front)
- Med Ball Crunches (hold ball over chest)
- Med Ball Leg Raises (hold ball between feet)
- Half-field Games: 20-30 minutes

Day 4

- 10-15 minutes of speed and agility technique drills
- Sprint to Lateral Shuffle: 3x30 meters (switch sides every 5 meters)
- Sprint to Backpedal: 3x30 meters
- Standing Long Jump: 1x5
- Counter-Movement Jump: 1x5 (stick landing)

Day 5

Do each exercise with your body weight. Perform each for 30 seconds and sprint for 30 seconds between exercises. Repeat the circuit three times.

- Squats
- Front Lunges
- Reverse Lunges
- Side Lunges
- Inchworms
- Walk on Toes
- Walk on Heels
- Wheelbarrows

- Bear Crawl
- Push-Ups
- Pull-Ups
- Dips

Months 4-6

In this phase there are also five strength soccer training sessions per week. However, the exercises are a little more complex and aim to increase the level of physical preparation more intensively.

Day 1

- Hang Clean: 3x6 @ 60% (above knees)
- Front Squats: 3x8-12 @ 70%
- Back Raises: 3x15-20
- Incline Dumbbell Press: 3x8-12
- Single-Arm Dumbbell Rows: 3x8-12 each arm
- Seated Military Press: 3x8-12
- Sprints: 2x10x20 meters with 20 seconds walking recovery between sprints and 5 minutes recovery between sets

Day 2

10-15 minutes of speed and agility technique drills

- Sprint to Lateral Shuffle: 3x30 meters (switch sides every 5 meters)
- Sprint to Backpedal: 3x30 meters
- Standing Long Jump: 1x5
- Counter-Movement Jump: 1x5 (stick landing)

Day 3

- Dumbbell Bench Press: 3x12-15
- Dips: 3xMax
- Pull-Ups: 3xMax
- 3-in-1 Shoulders: 3x12-15

Sprints:

- 1x20 meters, 10 seconds recovery
- 1x40 meters, 20 seconds recovery
- 1x60 meters, 40 seconds recovery
- 1x80 meters, 60 seconds recovery
- 2x100 meters, 60 seconds recovery
- 1x80 meters, 60 seconds recovery
- 1x60 meters, 40 seconds recovery
- 1x40 meters, 20 seconds recovery
- 1x20 meters



Day 4

- 10-15 minutes of speed and agility technique drills
- Sprint to Lateral Shuffle: 3x30 meters (switch sides every 5 meters)
- Sprint to Backpedal: 3x30 meters
- Standing Long Jump: 1x5
- Counter-Movement Jump: 1x5 (stick landing)

Day 5

- Back Squats: 3x12-15 @ 60%
- Lunges: 3x12-15
- Good Mornings: 3x12-15
- Back Raises: 3x12-15
- Calf Raises: 3x12-15
- Half-field Games: 20-30 minutes

The abovementioned football strength training program will help you get in shape by the time the season kicks off. It needs to be remembered that strength training for youth is of great importance to develop their overall fitness as modern soccer requires more and more power and athleticism from the players.