

# 8 WEEK STRENGTH & CONDITIONING PROGRAMME



#### Importance of Strength & Conditioning

It takes about six weeks to build an athlete's fitness level, athletes should participate in strength and conditioning for 45 minutes at least two times per week during preseason. PureSoccer recommends body weight exercises to get started such as bridges, plank holds and push-ups. After the initial week or two, athletes can add bands, dumbbells (5-8 lbs for youths and 10-20 pounds for older athletes) and medicine balls (2-4 lbs for youths and 6-10 lbs for older athletes) to their routine.

Some soccer specific strength and conditioning exercises include:

- lunges
- jump squats
- push-ups
- dead lifts
- the shoulder press
- squats
- Olympic power lifts
- Dumb bell power lifts

#### Abbreviations:

- DB: = Dumb bell
- Bear Walks: = player on both hands and feet
- SB: = Single Bell
- Rope & Rotation: = stretches with ropes
- Podium: = player on box
- Hurdle walks: = players extending legs over hurdles
- Straight leg walks: = player on hands and feet, then walk in towards your hands keeping legs straight
- Swimming: =Player lies on his stomach with his hands and feet in the air simulating swimming movements
- Floor Crunch: = sit up
- Podium: = core position

	DAY 1				
Rope & Rotation, Hurdle walks, Bear W	Rope & Rotation, Hurdle walks, Bear Walks (wide & close), Straight leg walks, Leg swings (inside, outside)				
Exercise:	Sets/Reps	Tempo	Rest		
Vertical Jumps	3 x 5	Fast	MAS DEIR CONTRACT		
Power Clean (from hang)	1 x 3	N 2 37 2	AND THE RESERVE OF THE PERSON		
DB Clean & Jerk	1 x 7	The second			
Pull ups	1 x 10		Carlot Constitution		
SB Single arm DB bench	1 x 10 each side	TOWN TO	The second second		
SB tricep push up	1 x 10				
Isometric squat - arms overhead	1 x 45 sec				
Floor Crunch + V up	1 x 12	A STATE OF THE STA			
Podium (3 positions)	1 x 25/25/25	X 3	No Rest		
Swimming + back raises	2 x 15	THE STATE			

DAY 2					
Rope & Rotation, Hurdle walks, Bear Wa	Rope & Rotation, Hurdle walks, Bear Walks (wide & close), Straight leg walks, Leg swings (inside, outside)				
Exercise:	Sets/Reps	Tempo	Rest		
Vertical Jumps	3 x 5	Fast			
Power Clean (from hang)	1 x 3				
DB Clean & Jerk	1 x 7				
Pull ups	1 x 10	A STATE OF THE STA	TO THE RESERVE OF THE PARTY OF		
SB Single arm DB bench	1 x 10 each side				
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Isometric squat - arms overhead	1 x 45 sec				
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Swimming + back raises	2 x 15		NO CALLETON		

	DAY 3				
Rope & Rotation, Hurdle walks, Bear Walks (wide & close), Straight leg walks, Leg swings (inside, outside)					
Exercise:	Sets/Reps	Tempo	Rest		
Vertical Jumps	3 x 5	Fast			
Dorsi Flexed over short hurdles	3 x 6 hurdles	A STATE OF THE STA			
Power clean	4 x 3				
Hurdle jumps (4 High hurdles)	3 x 3				

	DAY 1		
Rope & Rotation, Hurdle walks, Bear	Walks (wide & close),	Straight leg walks	, Leg swings (inside,
outside)			
Exercise:	Sets/Reps	Tempo	Rest
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hurdles	3 x 6 hurdles				
Power clean	4 x 3		E PASSED I		
Hurdle jumps (4 High hurdles)	3 x 3				

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Exercise:	Sets/Reps	Tempo	Rest
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DB Clean & Jerk	1 x 7		
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SB tricep push up	1 x 10		
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Podium (3 positions)	1 x 25/25/25	X 3	No Rest
Swimming + back raises	2 x 15	100	BOOK BUILDING

	DAY 3				
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Exercise:	Sets/Reps	Tempo	Rest		
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Power clean	4 x 3				
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Swimming + back raises	2 x 15		COLUMN SERVICE

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Power clean	4 x 3		
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Swimming + back raises	2 x 15	A STATE OF THE STATE OF	

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Rope & Rotation, Hurdle walks, Bear Walks (wide & close), Straight leg walks, Leg swings (inside, outside)

Exercise:	Sets/Reps	Tempo	Rest
Vertical Jumps	3 x 5	Fast	
Power Clean (from hang)	1 x 3	N STATE OF	
DB Clean & Jerk	1 x 7		
Pull ups	1 x 10		
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Swimming + back raises	2 x 15		SER FEVE

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Power clean	4 x 3	THE WAY	
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Podium (3 positions)	1 x 25/25/25	X 3	No Rest	
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Vertical Jumps	3 x 5	Fast		
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Pull ups	1 x 10		1 Jan 2 34	
SB Single arm DB bench SB tricep push up	1 x 10 each side 1 x 10			
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up Podium (3	1 x 12			
positions)	1 x 25/25/25	X 3	No Rest	

#### DAY 2 Rope & Rotation, Hurdle walks, Bear Walks (wide & close), Straight leg walks, Leg swings (inside, outside)

2 x 15

Swimming + back raises

Exercise:	Sets/Reps	Tempo	Rest
Vertical Jumps	3 x 5	Fast	THE RESERVE
Power Clean (from hang)	1 x 3		
DB Clean & Jerk	1 x 7	and the state of	THE RESERVE OF THE PARTY OF THE
Pull ups	1 x 10	A TANK THE	A STATE OF THE STA
SB Single arm DB bench	1 x 10 each side		
SB tricep push up	1 x 10		
Isometric squat - arms			
overhead	1 x 45 sec		NOT THE REAL PROPERTY.
Floor Crunch + V up	1 x 12	The state of the	
Podium (3	A STATE OF THE STA		
positions)	1 x 25/25/25	X 3	No Rest
Swimming + back raises	2 x 15		

#### DAY<sub>3</sub>

Rope & Rotation, Hurdle walks, Bear Walks (wide & close), Straight leg walks, Leg swings (inside, outside)

Exercise:	Sets/Reps	Tempo	Rest
Vertical Jumps Dorsi Flexed over short	3 x 5	Fast	
hurdles	3 x 6 hurdles		
Power clean	4 x 3		
Hurdle jumps (4 High hurdles)	3 x 3	See To	