**1. Cristiano Ronaldo Shows his Workout Routine! - YouTube**

[**https://www.youtube.com/watch?v=QvbpeETBoGg**](https://www.youtube.com/watch?v=QvbpeETBoGg)

Transcript:

(00:02) [Music] hi guys this is my gym i'm going to show you my routine during the weekend i hope you like it i give you a small advice before the workout put in a paper what you're gonna do so you don't stop you're written you check you do it you check you do it it's my advice so i'm gonna show you what i do it in my my daily life okay i hope you enjoy it first of all let's do it legs so for exercise you do it 20 times 10 times depends how you feel okay first exercise is one two three four five six

(00:54) seven eight nine my advice to do it 20 as to you i do it uh five laps but i recommend for you to start to do it three laps in that way as well like one two jump one two it jump one two jump one two jump ten times so second exercise i will do some push-up so 10 or 20 as i told you before you look like that off you open the arms you do it like that [Music] if you feel that you don't have power enough in your arms you do it you bend over with the with the knees you do it like that

(01:57) i think you should 20 or 10 third exercise [Music] abs are fragrant so you do it two times of 25 so i recommend the beginning since my daughter tomorrow she dropped me but it's okay it's part of my my life so which ones and then you can do this this one or that one the basic ones you understand so you do the passing or just you do it by cards i recommend in the beginning series of ten let's do it two three times okay so be like that so four exercise for the gluteus

(03:02) is very important as well in front push push push front push push push understand i think this is a good one for the bum okay and for the legs as well so this is it the simple ones but it's very important as well you do it like that okay this you open your legs and do it like that 10 times or 20 i'm gonna repeat it all the time because

(04:05) it's set to you so let's do it another one which is very important for abs for the core for the legs so i'm gonna do it all exercise ten one two three four five six seven eight nine ten six one two three four five six seven eight nine ten if you feel good this one is very important so it's up to you let's do it another one i'm a little bit tired so the other one hits lower back this muscle here very important

(05:09) my you rest 10 seconds and you do it again one two three four five six seven eight ten stand up read so this is what i do every time i hope you enjoyed my videos this is my workout and uh my advice is to do it three laps i do it five laps you can start with three but i recommend that from the beginning take care guys [Music] [Music] you

**2. Best Gym Exercises for Soccer - YouTube**

[**https://www.youtube.com/watch?v=gIdz9CdZetA**](https://www.youtube.com/watch?v=gIdz9CdZetA)

Transcript:

(00:00) you have the skill you have the endurance but you're missing that one piece to make you Elite out on the pitch we're gonna give you six exercises to make you a b soccer player and we're gonna start right soccer to the US of a football to the rest of the entire world is a sport where athletes have crazy joint angles there's a lot of crazy speed and there's a lot of technique and skill that goes into running fast dribbling and jumping through various angles so the athleticism required for innate body

(00:36) reactions inside the sport of soccer are absolutely immense and we've got to remember that phrase innate body reactions strength is extremely important when we want to develop that kinesthetic vocabulary that's going to lead to better reactions that's going to lead to better neural drive better neural intelligence and through strength training we can develop elasticity which is going to help us prevent any injuries while also increasing our performance out on the fuel so we want to strength train in a way that's going to have an

(01:08) applied aspect where we can go into these long-term durational strength characteristics but we also want a strength train that's going to be a little bit more Sports specific that's going to help us succeed in those situational aspects of the game even if you're not a soccer player we have to be able to run at very high speeds we also need incredible endurance over a long period of time we don't want to get too crazy too big and too bulky I'm looking at you sucker dads soccer players are asked to run a lot

(01:39) but that isn't all that they're asked to do so if we can look at the durational strength characteristics that's needed in the sport of soccer we know they need to have blast impulse they have to jump and run really really rapidly okay we also know that they need to have power endurance so they need to be able to have a large amount of power after running for 5 10 15 minutes they also need classical endurance okay that's a key aspect behind the game it's 90 plus minutes okay it's a very long game so

(02:09) they do have to have that Baseline of classical endurance they do need to do some type of cardio I believe that's a key aspect behind their success however they get a lot of cardio done on the field specifically when they're doing their soccer Based training their football Based training okay so if we look at and do simple LSD work three to four times a month I think that probably would suffice looking at speed improvements we should probably try to get 3 three to four speed based sessions running with a sled dealing Hill Sprints

(02:39) stuff like that every single month as well now on a weekly basis I think two to three weekly strength sessions will help improve that blast impulse while they're getting that classical endurance from that long slow distance work from their specific soccer base work where they're going to be running up to 10 kilometers when they're inside of their matches and then that takes us into the situational strength characteristics so we initially covered the durational strength characteristics now we're

(03:06) covering situational strength characteristics they're going to need transient speed okay so there's a lot of deceleration acceleration there's planting stopping cutting a lot of agility goes into it they're going to need Max velocity where they're running at Full Tilt full speed as quickly as possible that happens quite a bit on the large pitch they're also going to need absolute strength to back up the amount of force that goes into jumping that goes into cutting that goes into different positions especially for

(03:35) looking at a goalie but in all reality the absolute strength won't be as important as training that blast impulse that's going to help support that transient speed now before we start wrecking our opponents out on the pitch we are going to be giving away one free t-shirt in this week's YouTube live to enter that giveaway comment down below make sure that you subscribe to the channel and that all notifications are present and then show up at our live on Tuesday 9 A.M Eastern now let's get back

(04:03) to those exercises so we can become better soccer players what's it like being unable to decelerate and actually kick the ball one of those exercise funnels that we can use to improve our ability to decelerate and absorb energy and then ideally kick that soccer ball is going to be based in that technical coordination realm and that's going to take us to the point where we have to accelerate heavy weight very very quickly that's going to help with our blast impulse that's going to help us be more explosive that's going to take us

(04:32) to the two box power clean so we have DJ here who's to demonstrate a two box clean and he wants to move that as quickly as possible right off those boxes and this is going to be in a position that's similar to where you might be about a quarter Squad maybe a little bit deeper than a quarter Squat and if you notice that quick catch give me one more where he has to absorb that energy and prevent himself from being pulled forward that's going to help train that compression getting into the fold and improving that trunk control you can

(05:04) do this for 10 singles if we're inside of the season and we need volume to be a little bit lower let's say you do 10 signals at 80 that's not anything crazy or you could do six doubles during the Ascension phase you want to rest for about a minute to a minute and a half unless we're doing those on the minute drills and that's going to improve your ability to jump higher run faster absorb energy decelerate quicker and that is going to help you with your specific skills but again make sure you're using

(05:33) some type of weight a lot of soccer players like to avoid the weights but if you're moving those heavy weights fast that's going to optimize your body's neural drive so to be an elite level soccer player we don't need to have huge huge legs we don't need to squat a house but this next exercise is going to help you improve your leg strength while running faster so when we're doing strength based work for soccer we've got to look at how can we increase our Max velocity how can we improve our Dynamic

(06:01) trunk control how can we enhance our ability to decelerate as quickly as possible and that's going to bring us to the single leg Squat and if we think about even doing something like this one two three boom up fast one two three up fast one more one two three up fast that's gonna help us improve our Max velocity that's going to transfer really really well to Top End speed it's also going to help us throw on the brakes a little bit quicker we don't need to use a ton of weight let's say we're using 50

(06:36) 60 70 kilos with that slow eccentric that's going to improve our ability to decelerate quickly single leg squats also help with that chaos coordination you're inside of a game you've got to jump really high maybe you land a little weird on that one leg if we develop our glute strength our quad strength even our hamstring strength and we land in a specific way this strength comes into play okay so that's another big factor around single leg squat I recommend doing single leg squats on a leg power

(07:05) day or unbroken on that impulse day and you can do these throughout all different phases okay all the way from the exposure phase to the summit phase and one of my favorite rep schemes would be four sets of three unbroken maybe one set of seven as quickly as possible you could work up to 70 80 kilos for those triples and then drop down to 50 to 60 kilos rest for about two minutes because you are doing both legs so you're going to be under tension a little bit longer from that unilateral base training and

(07:35) if you need a stable single leg squat stand and Pad head over to garagecrank.com and pick yours up today what's the point of training the upper body for soccer you can't even use your hands this is where training the upper body in a manner that's going to demand specific code contractions is really really important and when we're training upper body for soccer players we want to look at stimulating that upper body strength while also training that Dynamic track control and that's where Pull-Ups come into play so if I get up

(08:04) on the pull-up bar I want to see if I have a plate thanks Jake if I have a plate behind me here I have to hold that position and I can all refuel my hamstrings lighting up tremendously that's gonna force me to pull up I want to come down nice and controlled sit here and I'm going to feel that in my hamstrings and in my abs to control that positioning come back up oh geez down one more so you can train specific exercises like a pull-up in a very unique manner by flexing those hamstrings and squeezing the trunk at the exact same time that's

(08:45) going to transfer really well to the soccer field and exercises like these can be found inside of our app Peak strength it can be hard to train specifically for your sport but it's really nice when you have a program put together for all of those goals that you need to become a better player Peak strength was designed specifically for athletes just like you so you can go in select soccer I want to become a better soccer player put in the number of days that you're going to train put in the peak date and then it's going to design

(09:12) a program specific to your needs and the equipment that you have so you can optimize your overall performance so remember one of those key ways behind training your upper body as a soccer player is using a unique way to increase that load in stimulating that trunk control hamstring strength even to a point I would recommend doing these pull-ups with the weight on your calves or even a weight in your toes and you can do that on the upper body power day you could even do this on an Impulse training day and you could do say four

(09:41) sets of four and then maybe one drop set to failure or one set of 10 to 12 pull-ups that's a really really good way to strengthen your upper body increase your trunk control and in turn enhance your ability to plant cut run faster and be more agile with the soccer ball when are the arms used during soccer during throw-ins accessory movements are used to create mechanical tension in specific joints that might be beat up or might need to be optimized for a specific movement patterns to a sport so let's

(10:14) take for example we're talking about throw-ins how can we actually stimulate through an accessory movement through improving our mobility and thoracic extension our latch strength our trunk strength as we're trying to execute a throw and this brings us to a really really unique exercise known as The Miracle Grow and we've talked about improving that Dynamic trunk control and that's exactly how we designed Peak strength based off of those specific exercises for soccer everything's going to come back to improving your Dynamic

(10:46) trunk control improving your ability to decelerate improving your ability to absorb energy and react at a faster rate so you can head over to peakstrength.app the Google Play Store the Apple iOS store and you can download Peak strength today for five free workouts that's one free week of training the worst thing that's going to happen is you're going to get five free workouts and you can cancel at any time during those seven free days but this is the step that you need to take to start your journey to

(11:18) attain Peak strength now back into the miracle grows if we're setting up on the bench okay I want to get set where my hips are able to move a little bit I want my thoracic extension to be triggered here and I want to squeeze through my abs while flexing my hamstrings okay so we're going to get a diamond handle here up on the dumbbell take my hat off actually I'll I'll go full bro I want to extend here okay I want to get my elbows to flex get deep deep deep come back up and extend over my face

(11:50) make sure that you are extending over your face okay nice and mobile deep lengthen the lats lengthen the lats pull okay one more lengthen the lats lengthen the laps pull and we need to make sure that we're focusing on Elbow flexion elbow flexion elbow flexion pull pull pull boom up fast okay so this is a really really unique exercise typically it's going to be done on that upper body power day it could also be done on impulse day typically around 2A or 3A in the exercise selection and we want to focus on really really good speed and

(12:25) tension through our ABS as we finish that exercise I would do this during the comprehension phase a little bit during the Ascension phase pull it out during the summit phase because it can make your triceps and your lats and your abs extraordinarily sore you could do this for four sets of seven one drop set of twelve it's gonna help improve the that upper body mobility and your ability to freaking launch the soccer ball from the sideline I'm sure you're thinking when are we going to focus on joint work when

(12:51) are we going to focus on different aspects that can improve our stability but first we've got to ask the question why is the hip joint omnidirectional because the hip joint is so complex it plays a major role in things like chaos coordination and that means being able to cut in various different ways in one sequence of movements so think about running full speed slamming on the brakes cutting another Direction and then getting the ball past your goalie right setting up a really offensive attack that's where we also need to

(13:21) train it to be more stable so that when we're hitting something at high speed like a very rapid cut we're able to handle that tension and that's where this next exercise comes into play this is going to be a banded Cossack Squat and typically I would recommend doing this with your foot on a Furniture slider okay so if we have this banded here one of the things that we can do is we would put our heel here and even just as I'm holding this I can feel that hip adduction okay so there's a lot of

(13:51) tension inside of my hip there's a lot of tension inside of my groin this is going to play a major role and even just my striking ability to actually kick the ball okay but what we can do is we can get set here slide in lengthen lengthen lengthen come back up okay so even with the hip abduction we can actually go through a nice slow eccentric and we're even gonna start to feel this anchor on this side we're gonna have nice ankle mobility and our knee joint is going to track forward when we dorsiflex here again length and

(14:21) length and length and come up rapid okay so we want to really focus on pulling through that full range of motion deep up so we're going to feel that plant here and then we're going to feel almost That Swing motion here very similar to what you're doing when you're kicking the ball this is a great accessory that you can do on that leg power day you could do on that impulse day it's going to improve your entire hip girdle with your stability and with your overall strength and it's going to enhance your

(14:49) movement vocabulary a lot of athletes don't do complex accessories and that can be a detriment to their overall movement vocabulary that can be a detriment to their overall performance so do this movement for four sets of six make sure you're doing it on each leg and again you can do that on leg power day you can do that on impulse day make sure that you're doing this throughout the entire year to strengthen the entire hip girdle and then you can use other exercises like plyometric movements or reflexive movements which we're going to

(15:16) get into to help feel that mind muscle connection between a slower Movement Like an accessory movement and those higher speed more coordinated movements if only there's a way to train rapid strength movements unilaterally maybe there is so when we're looking at training unilateral movements we've got to think about how we can train things to be autonomous how can we train our body to apply a very large amount of force through a complex movement using absorption of energy and then reusing that energy to change direction there's

(15:50) got to be exercises that we can use that in turn will develop those innate body reactions and that's where this next exercise comes into play and this is going to be a drop dumbbell to a box with a snatch so what we can do to actually teach this movement is that we want to think about how can we develop a large amount of force how can we develop that ability to coordinate and handle that trunk control so the first thing that we can do is just get set in position here and work through that dumbbell snatch okay so we can even just

(16:21) think about our shoulder our hip extension on this down leg coming down it's almost like a single leg RDL okay but as we want to make this more complex we want to train that semi-autonomous patterning we want to train that ability to have that innate body reaction and you're going to see that reaction here so we're now we're going to go into we go a little bit quicker into the box then the next step now we're going to go here boom boom okay and if you notice right there I started to rotate a little

(16:50) bit I immediately started to rotate and sort of make up for where that dumbbell was pulling me one of the main things we want to focus on is absorbing that energy without being pulled out of our pattern so if we can drop again here okay boom boom and then over time we can try and delay that drop I want to drop it and catch a little bit lower and then that's going to help train that acceleration boom boom okay so now what we're looking at is how can we train strength work making us a little bit more athletic making us a little bit

(17:21) faster a little bit more coordinated while using those other strength movements that we showed you the two box power clean okay the single leg squat the sliding banded caustic squat that stuff's going to come into play with this drop dumbbell snatch to a box okay so you can do this as a reflexive movement on Athlete Day or on impulse day you can see those days specifically inside of our app Peak strength which we mentioned earlier also I would recommend keeping the Reps to about two to three reps on each side these are complex

(17:51) movements you're going to get fatigued your heart rate will go up just like mine is right now just from doing something this simple and you can start lighter let's say you start with a 20 pound dumbbell or a 15 pound dumbbell do this on those specific days and make sure you build into this complex exercise you can use those easier progressions earlier in the periodization model so let's say you're doing that in the comprehension phase but then the more advanced movement comes during the summit phase when

(18:15) you're trying to lead into that big time Peak so soccer players follow each and every one of these exercises and make sure that you slowly build into your strength patterning we want to focus on that innate body reaction we also need to make sure that we can build the efficiency of your muscle and if you guys need help with your programming head over to peakshrink.

(18:35) app the Google Play Store the Apple iOS store and you can download Peak strength today again for five free workouts because remember freaks if you want to become a champion you've always got to cultivate your power peace

**3. Strength & Conditioning For Soccer Players | Explosive Soccer Drills for Speed, Strength & Agility 💥 - YouTube**

[**https://www.youtube.com/watch?v=rAczOJt62Ss**](https://www.youtube.com/watch?v=rAczOJt62Ss)

Transcript:

(00:01) [Music] oh [Music] the point of today i guess isn't really to just like take you through a workout yeah but i need you to probably kneel on

(01:13) the black matte area so as long as you can see or hear chain going all over the black matte hair on your knees if my calculations are right you've got seven weeks of off season uh what we'll do is we'll do one week where it's easier a bit of rest recovery from the season then you'll have six weeks that'll build so you'll have two weeks of what i would call a base program two weeks of what i call a development program and then two weeks getting you sharper back in ready to come back one hand up

(02:02) the program we'll be working through will be straight into basically movement categories um all the way move your head with it first

(03:30) a little bit better control four steps four four steps back three no

(05:09) yeah okay 18 19 of you i want you to know groups of three however you want to organize yourself when you're doing your work keep sterilizing your hands make sure the bars are wiped out in group three we're gonna go over to the track we're gonna make our way for track to jogging i guess so three in a row come up come down one side back to the start does that make sense so go get yourself lined up in rows of three at the start or near the start of the track we're gonna go through six times warm up three

(06:21) [Music] giving time to stop and then come out the way stop on that finish line and then move out the way give them time to start good let's stop that last three blocks sorry stop that last screen box sorry ethan drive from this green box to the final green box okay we'll work one at a time i'm going to get you to do what's called a complex so it's just a sequence of movements without putting a plate down all right for this part i'm not going to concentrate too much on technique i'm

(07:20) not going to come and coach you i'm just going to watch what you do there's four exercises to 10 reps back to back and we'll do it twice through so everybody grab a green plate just that you've got one ready take all the gear up front just one between the group four movements again i'm not focusing on your technique i'm not going to coach you through this you're just going to do it so i can walk around and watch you we'll start with a bent row you'll just pull the plate into your chest

(07:53) stand up second exercise for 10 reps is just to get it up onto your chest you can bounce off your knees if you need to 10 reps of just getting up to your chest last one hold it in position 10 squats then once you've finished 10 squats it should be on your chest ready 10 presses overhead okay so i'm just gonna watch you watch your move through if i can see what you're moving like it's also to get you moving through some exercises and warming up so ten bent rows to start with on the last bed for you stand up

(08:41) on the tenth one you should be ready straight into ten squats holding it from your chest then each exercise ten squats push your elbows underneath it as soon as you're done hand the plate off straight onto the next person oh this one

(10:23) don't think about it too much foreign what's everyone straight back to the first person straight through try and pick the pace up think of it as a heartbreak razor rather than a sequence of exercises now have you done barbie exercises before

(12:17) most people yeah how many of you have done them properly in your rack i want you to pull the bench right out of the rack and then set the pins up so that the bar is level with the sternum i guess of the smallest person in the group so move the benches out because we're going to be in the rack take the bar off to start with put it on the lower bit and then adjust the pins up so that when the bar is in the rack it's set level with the chest of the smallest grab that bucket still soda wipe down okay we'll move through this bit quite

(13:23) quickly because we don't have a whole lot of time left uh just make sure that you can see me i'm going to borrow i'll borrow this rack just make sure we're in your group you can see me i can't teach you all the exercises in the world in this in this session right so we're going to focus on movement groups and we're going to focus on a certain style of movement and then they will be in your program because i know you're doing them reasonably well today if i make a small change to the

(13:44) exercise i've already seen you do something similar pretty well and you can apply the same techniques across right so we'll do push pull hinging squatting and core and then some jumping today and all of your exercises for your programs coming up will be the same movement right so overhead pushing overhead pulling dead deadlifting goblet squatting and then support working some jumping right so as long as i know that you're doing it okay today i can kind of say right programs are good like i've said to you

(14:10) before you've got seven weeks until you come back you'll have a week of sort of rest and sort of recuperation you can exercise but not really training and you'll have two weeks of base stuff which is kind of hypertrophy kind of movement quality so a bit of muscle mass a bit of original quality some developmental stuff which is leading into strength and then two weeks a bit more stress to power which starts to all right i'm going to show you an exercise so you're going to need to see me doing it and then within your groups

(14:36) you're going to coach each other through it okay we're going to do three rounds of five reps of each just to see what movement quality is and then we'll move on to the next exercise all right we'll start with a far down overhead press you're going to take the bar outside your shoulders so your hand is going to sit basically level with the front of your shoulders okay for the whole time we're going to try and keep your forearm underneath the bar all right so if you're in this position

(14:58) you have to overcome that angle before you can push up in any way so we start from this position it means you set the shoulder blades into position so as you press up the force goes through the bar that makes sense i hold the bar with my thumb on the other side you don't necessarily have to do that but if you do it make sure you're holding the bar because you're on your head all right so far in front of my shoulders press up and then head through so i can stand there all day head through lock and hold elbows move

(15:42) in front down everybody happy with that from any angle so like you open your arm out if i press down does that feel solid i can see already everywhere if you push my hand up that's the solid movement all right so that's what we want with the barbell just

(16:43) nice and locked through your forearm right yeah shoulder blades go so flat straight away five reps at a time and then move to the next person when you press above your head is straight forward gone and i was four

(17:47) stay straight the whole time right so when you're trying to work from your shoulder this transfers the force from those muscles into the bar but that's straight all the forces going through into the bar right if you're twice through all i want you to do is try and grab one of the little five kilo plates see if you can find enough they're the little white ones when you do one more round of five reps and just see the difference with that small increase in weight lock everything down to support the

(18:27) press all right same technique now this is kind of loaded you'll feel pretty heavy for good form elbows underneath absolutes and quads step out the rack when you're done just so i know that you're done just saying to the boys over here it's about the right way not not the most weight yeah it's about finding the right weight for the sets

(19:30) and reps that you've been given because the sets and reps will be targeted to get a result not to wait on the bar okay so if you can't complete the sets and reps you need to find a way to go down the weight so it's a barbell exercise and you need to go down you'll have to use a different tool does that make sense if say i've given you eight and you can't do them no not you should but some of them find a tool that's lighter and go down so you might need to use a dumbbell okay but not everybody will have that

(19:52) individualization in their program uh we're going to go into pull-ups i'm not going to coach you through it first time around you're going to do two sets just of one rep all right just one rep i'm not going to cut you through it i'm going to watch you do one it's good quality okay so feel free to stand on the benches to get up any grip you want no difference just one rep any grip you want i ain't tall enough for this one you can do 100.

(21:01) okay everyone done two it's kind of secondary to how good the form is okay if i tell you to do three sets of eight and seven of them are there's no point of me to undo three sets of eight okay and if i tell you do three sets of eight you can only do one again like there's a mismatch between us okay so we're going to do a round of all of you just doing one pull-up with slow tempo so that you can feel the form and we're going to do perfect form okay so if you take what we've just done with the military press

(21:42) when the bar's over your head and everything's locked we want that same kind of form for your pull-ups all right i don't mind which grip you use just talking to some of the boys down there these ones are kind of neutral on your shoulders and end up being a bit of a mix between your back and your biceps so they end up being a bit easier if you want to do that that's perfectly fine but your form should look something kind of solid get to a good hang to start with that's a dead hang i'm just absolutely hanging

(22:05) off my body that's an active hand see my laptop moved me up from there it's just a nice easy control form no w elbow straight down back down on the same form just try and work one rep with that kind of form right just one red that's nice well done okay much harder you can don't have to use the same grip as me use whichever grip you want keep your abs on

(23:43) use your abs everybody's going to need to grab a dumbbell that weighs less than 20 just one sorry sorry just one two three we'll squat first somebody tell me a coaching point for a squat yeah good day don't basically we shouldn't be going either direction there we don't want to be too tough forward we don't want to be too tucked back all right

(24:48) wake through weight through the foot not necessarily through the heel but a nice stable flat foot if you push through the heel the lighthood is that you're pushing slightly not up on the toes exactly will help with that uh we're gonna look for a flat back all the way down you'll see when i go down if i don't have a weight when i come past probably here my bum will tap underneath a little bit right everybody's a bit tight through the hamstrings and carve so that happens to almost everybody unless you're very very

(25:19) flexible we will go to the point where that doesn't happen so whoever's watching him when you see that little tuck what we call wing once you see that wink tell him he's going squat which is going to be held in front of your body you'll see it's easy to maintain a position like this where my feet and knees are in line yeah nice and solid can hold that all day pretty deep good movement okay we're gonna work through that five reps i'll see what it looks like and then i'll see where the coaching cues need to

(25:49) be five reps straight up and down nice and easy okay didn't get you approach um all right clench your arms a bit now sit

(26:53) straight down don't think about sticking your arms back straight up keep your glutes at the top good okay so just like a normal position no no little bit higher than that too low okay so the temptation is to go straight to the barbell like it's the only only tool you can use to get big and stronger right but that's what for almost all of you was good i could

(27:56) say go off and do a goblet squat with a dumbbell as heavy as you can possibly do it and i'd be quite comfortable with that right we'll go one time through more i want you to think about foot position so your feet stay underneath your knees and everything feels sort of that way you should feel a big stretch on your glutes if you relax in your lower back you won't be stretching your glutes so if you've got a stretch in your glutes at the bottom that means you're in a good position and try and think about getting your

(28:18) elbows just to sit either on top or inside your knees so as you come down that's a nice easy position for me right basically parallel at the hips i could hold that all day then you can drive up again the only thing that might be different in some of your programs as we get through to like strengthen power when you come up to the top you will add a presence there all right once more five reps nice and solid it's like you're trying to lower good job that probably suggest tightness in the

(29:51) car from the hammock uh do you feel the weight is a little bit more fruity takes away the inflexibility of the ankle and the hamstring he should now be able to push into those a little bit sorry we're and then we're going to work on some jump in then we're good okay get your dumbbells set up we can all do this together whoever's up first get your dumbbells on the floor just like mine okay we're gonna stand above it i'm sure there's a nice way to say this but

(30:55) directly underneath you yeah hands inside your body sit yeah something you need to start with and then from there only move through pushing your hips back okay start by just touching the dumbbell and stand yourself back up as you get a little bit more flexible a bit more controlled you'll be able to pick hold of the dumbbell keep that nice flat back stand it straight up so to start with stand above itself you're not moving this is a hip exercise

(32:08) first time good and then five reps you don't it that's your power you'll

(33:47) all right but then it says let me try again what

(35:09) work through the last set of five i'll drop the weight there we go i should always be able to see your reaction logo okay so if that disappears you've come too far forward and that's probably when you're going to play back something you need a little bit depends pick it up first

(36:50) just offset them five people now so you can lose your group of three one at the block and then four just off yeah we'll take that down all right if you're not happy when you step up to pay attention you're not happy when you step up to the box take it down to a height that you're comfortable with all right when you land i don't want to keep showing you up but when you land we want to get into this kind of court squad position so if you're landing for a box jump here the line here is you haven't jumped that

(37:46) high you've just moved your knees up right so it's still not about get you into this quarter squat position that should be your landing position if you're landing any deeper than that take the box down a little bit right nice and smooth as soon as you jump stick the landing like a feather three reps nice and easy three reps [Music] oh all right

(39:13) oh toes okay try and stick a little bit higher up into the squat floating very easy head up when you're done good jump a little higher before you do

(40:26) knees alright walls benches stairs if you've got good stairs blocks and you're probably going to find it easier to do it not in the gym if your gym doesn't have these adventures that high will do a lot of the job like it's about turning over from standing into a jump quite quickly this would be a power up because i think but for me i'll be looking at using it as a power exercise in their program assessing them i'm looking at their knees uh when i normally do this when i jump

(41:42) my knees tend to go inward like how can i fix that so you i'm very unlikely to be able to fix it whilst you're doing the jungle because it's about such a high expression of power but the best chance that you can use to fix that is during pre-activation or during warm-ups because your feeling does the same thing but that's at a lower level that you can start to build up the control so when you've got the band around your knees or your ankles then we're working on the stability of the glutes to

(42:05) control your knee okay so while you're doing your steps like this if you feel you need to do the same thing that's when you can get your work in and you can also practice squatting and small jumping with a band around your knees to stop it kicking in most of you will feel the same thing and it's just the same for me too and that's a good question so it's not pre-activation is over here and now we'll go in the gym it's linked so the pre-activation is linked to performance engine prevention

(42:41) how's that feel yeah easy some of you some of you will find it easy um box jumping becomes quite ego based quite quickly you'll get 90 of the work out jump holding on to anything all right and then when you're really controlled with your knees looking good and it's naturally start then we can start looking at pushing the boxes up to maximum height okay very rare you need a maximum maximum unless so you win even if you're not coming back you do what this guy says you'll have a chance physically rather than pushing that and

(43:38) looking really rich nothing to do with it we want you fit we want your powerful and that's what these exercises are for not for posing you might want to do that i don't know this is a serious program i don't know what's going on before not interested but it is now okay but get your gear we'll see you at 10 to 11.

(44:13) let's go see tom there go so you're coming in the second group yeah thank you shuffles karaoke across the body if you were exercising to recover what

(45:19) exercise form would you pick what exercise would talk about well so you don't go out and play football as a way to recover from football right right we do like ice cream okay so swimming walking cross trainers basically things that take the load out of the skeleton right it's something that doesn't load you through this joint yeah get a couple forward and backwards you try to build sharpness you've got to

(46:42) move sharply double contacts in between good steady pace make sure you get that forward lean try and get some stride separation on this one longer steps just building yourself up in pace we're gonna work in blocks of four

(48:09) minutes all right we're just going to divide that four minutes down in different sets and reps and rest periods to change the parameter that we're trying to work all right so generally the less rest you have the intensity of the workload comes down and that becomes slightly more aerobic bass okay the shorter the work the shorter the work and higher intensity and the higher the rest then you can start to go towards anaerobic and sprint work all right so we're going to start at the low intensity end and build throughout

(48:33) the session to the higher intensity end okay we're going to stop short of maximum sprinting today we will do some fast work but not max sprinting that's slightly separate that's about speed development rather than energy systems conditioning okay so the first block is going to be four minutes just continuous so in order to get that done take the intensity down to a pace where you feel everything about it is controlled your heart rate's up but pretty steady and all your techniques perfect all right i know

(49:01) you've never really focus on your technique while you're running but smooth technique means good energy efficiency okay let me just grab my stuff to my phone nice and steady pace your heart rate will come up as we go all the way around the outside of the pitch think about making it

(51:22) okay how long could you sustain that for a while a while yeah that's if i'm setting you something to do that's sub max go out for a sub max 5k that's the kind of pace all right about keeping it out your joints making sure that you land with your muscles and then goes through your skeleton it's all controlled and very comfortable okay from an snc point of view it's like the coaches point of view the technical boxes get you going technically and the reason why tom wants you to do this is you feel

(52:00) what he needs you to feel so i can look at a video of the box as well i can do that we'll actually do it like the running actually do it do you understand why you think i'm crackers that's why it's important how long do you reckon you could have sustained that you've given me a specific number i'm back and you can do more than six eight minutes okay that that is the basis what if you're working in that position very very low level you can use any any of the uh so that's what we're going to move on to

(52:47) now a bit of aerobic development where you're stretching yourself a little bit so we have to incorporate regularly all right we spread yourself along so just one on the white line facing up to me one period of work at 45 seconds to 115 seconds all right i reckon if i'm eyeballing it you can get to the other end of the pitch and back in about 45 seconds okay at a pace that we can sustain for four rounds all right i think that's about right if it's not and you don't quite make it that's okay what's more important is the

(53:18) 45 seconds than the distance okay and it's also important that we can sustain the same amount of work does that make sense i will shout your time out from my watch you ready you know what you got to do up and back for 45 seconds if you make it back and i haven't shouted what are you going to do so again 45 seconds work not too late three two one twenty bye yes

(54:37) twenty-five thirty-five all right 10 seconds [Music]

(55:44) all right 10 20. that's should be hard but still smooth bye

(57:06) [Music] twenty-five [Music] 10 seconds left and relax bring yourselves in four five six seven eight nine ten eleven 13 14 15. hey john that life is talking about three four five six seven 8 9 10 11

(58:12) 12 13 14 15. yeah you can see on the turn the ones who want to make the extra yards up for whether it's right well i've done this now and that's where it will go into 15 seconds one more to do i run it to see what you can travel in 15 it's not to get to the line yeah i can get to the line in 15 seconds

(59:17) i yep right when you're all right

(1:01:02) ten seconds make sure you're ready to be on my show yes three more boys three four five one two three four

(1:02:17) anyone not making it 15 seconds get back on the line yep one two three four five five um one person will start from the center circle press each cone and back to the center

(1:03:20) circle each time okay it's six reps of 10 12 yards of shuttle running you're only going to do it once okay i will give you reps of work to do that's more than once a certain amount of rest period but you'll feel how hard it is to do that at max intensity for just one rep who wants to go first right everybody else is jordy pressing can we get a line going down there just so we know who's next you said the standards feel what it's like to do it how long do you reckon it's going to take him

(1:03:59) 45. you ready yeah yep back in good nice and sharp nice and sharp nice and sharp back in get to the lines cams 15 seconds so far [Applause] yep i can keep working when it starts to burn that's the end of work 20 seconds one more rep 23 24 25 26

(1:05:05) 26 seconds 10 seconds quicker quicker quicker 23 24 get back in get back in good next one 11 12. eighteen nineteen twenty good place last one last one get out get out get out 23 24 25 26 well done 12 13 14

(1:06:22) 15 16 17 18 19 20 last one 23 24 25 lovely great pace straight in yep it up it's maximum 23 4 5 6 well done yep get your body load to change directions yes

(1:07:50) [Music] last one get back in well done yep [Applause] yep

(1:09:04) 20 21 2 3 4 24 seconds yep one more shade [Music] more 23 4 5

(1:10:15) 6. come [Music] get out yeah push yourself twenty yes come on

(1:11:28) one more one more one more cone that's one left one this one six three seven get through the eight twenty nine yep come on push yourself come on change up for both feet let's go running second one last one last one get there get there get there yep let's come back last two last one come on last one try and change direction with both legs

(1:12:31) so far everybody's just planning off the right foot every time even if they got double back on themselves does it make sense to double back on yourself and make an extra three-quarter of a turn yes let's go john let's go john nice keep that zip to the good changes right

(1:13:58) why not yep next come on come on let's go good you're good nice and sharp nice and sharp nice and sharp back in turn come on diego come up 26 27.

(1:15:22) let's go well done come on 27 well done let's go ash

(1:16:38) 25 25 come on come on ash you're killing it come on well done let's go come on come on two more come on come on two push yourself last one come on now last one push yourself hit that one let's go finish up come on push yourself get there get there boy good pace

(1:17:47) well done last two last scoop push yourself everything you want come on come on come on let's go get here together finish finish finishing come on nice and sharp that's five come on [Applause] but you've got a massive muscular pump as well okay that's about lactic tolerance all right obviously i'm going to call this the clock face drill but we've only done six numbers yeah there's obviously 12 on the clock there are ways you can progress it put more numbers in to feel the amount of time that you can tolerate

(1:18:46) or you can bring the rest down from what we would prescribe and essentially enable you to do more and more blocks consecutively with less rest okay it's the ability to sustain change of direction over time right um that's it i just wanted you to get a taste of some of the ones that you wouldn't have encountered before and give you some focus points about how to approach them when you're off season program all right for this one specifically like for like fitness how many uh set some reps i'll write that out for you but

(1:19:14) it'll be something like four or five rest for everyone that you're doing so if you're bringing your time down from 25 seconds towards will start in something like a minute and a half two minutes all right anyone else my suggestion but i used is do it with my son and if i didn't do it my mission should do it seriously so you know what somebody can tell you very hard on your own but achievable they've got somebody trained with somebody brilliant but you've seen the standards that's all you're saying got the watch

(1:19:58) you've got the heart rate you know where you're coming from any other questions about the schedule about the exercises in the gym from a simple point of view you know where to find it right you know how to access thank you

**4. Resistance Band Training Drills (Speed) - YouTube**

[**https://www.youtube.com/watch?v=18WGDKvPISQ**](https://www.youtube.com/watch?v=18WGDKvPISQ)

Transcript:

(00:13) Hi everyone, Catalan Ben here from Catalansoccer.com and today we are going to be talking about resistance bands how they can aid your training help you recover from injuries and increase your strength and speed now resistance bands like these come in different grids they usually start from extra light and then go through to light medium heavy and extra heavy depending on what you're working on and why you're using the band's depends on which grid of band you will need and how much resistance that band offers for example

(00:42) this is a heavy band this offers a high level of resistance it great for building speed and strength as well as endurance if you're recovering from an injury you would tend to use an extra light or light bands that offers a low level of resistance to prevent causing any further damage but once you're back to full fitness and if you're trying to build your speed the heavy band is always better whenever you're learning new resistance drills to work with always start with the lightest bands that you can start

(01:08) with extra light and gradually build your way up to those high resistance bands or you don't want to do is start a very heavy resistance and cause yourself damage now a question that a lot of people ask is do resistance bands actually work and do they actually benefit the speed of your feet and the speed and power that you could produce the answer is definitely yes however like any weight training or resistance training it takes a long time to develop the attributes that you're looking for is not a quick fix and it doesn't mean

(01:34) you can just get these bands out use them three or four times and you'll suddenly be faster so liken it to weight training in the gym you have to go up do it on a regular basis you have to do a high repetition of it you've got to make sure that you gradually increase the resistance over a long period of time so resistance bands definitely do work but you've got to put in the hard work too a lot of these practices are football specific but they can help for general fitness too but we're looking today at how to improve the speed of your feet to

(02:01) improve your ball mastery and your coordination as well as your straight line sprint speed so let's get into it so there you have it some excellent practices to help you increase the speed

(04:47) of your feet and increase your speed at the ball as well as that speed in a straight line get home get practicing and get your buns out as often as you can they're great for using in a warm-up they're great for a cool down session as well and the main thing that these resistance bands can help is the strength in your legs to translate into physical power and speed and remember just because you have an injury or you're recovering from an injury it doesn't mean you can't use the band's

(05:11) use the extra light and light bands and they will help you to not only build strength and stability in those injured muscles or injured ligaments but that will also speed up your recovery and make sure that when you are back to full fitness you are stronger than you were before your injury took place if you want to get your own set of resistance bands just check out the Amazon link down below not only they're very affordable but they are worth their value if you use them correctly and you use them as often as you possibly can

(05:37) thanks for watching don't forget to subscribe to our channel for more great content coming soon and for the best coaches classes and camps check out catalan soccer.com see you next time

**5. Strength Training For Soccer / Football | 4 Elements Of Athleticism - YouTube**

[**https://www.youtube.com/watch?v=h4eK-XBIfHM**](https://www.youtube.com/watch?v=h4eK-XBIfHM)

Transcript:

(00:00) we're gonna go into the four key elements for strength training for soccer and we're gonna start right now [Applause] what's up everybody it's dave miller from garage strength.com and if this is your first time to the channel and you're interested in becoming a freak athlete you want to run faster you want to be more coordinated you want to dominate on the soccer field make sure that you like you subscribe and you ring that notification bell so we can help you become a beast so some of the

(00:30) biggest issues that we've come across with soccer players is that their coaches are still stuck in the 80s they're still telling their athletes hey you don't want to lift weights you don't want to get big you don't want to get big and bulky you don't want to end up going out on the pitch looking like kai greene and that's one of the biggest misconceptions is that a lot of soccer coaches tend to shy away from resistance-based training they tend to shy away from strength training they think that if you're getting into

(00:58) the weight room you have to be training like a bodybuilder there isn't resistance-based training that's going to help you be faster be more explosive be a little bit stronger train those key elements that are going to make you a better soccer player and so that's where we want to go into those four key elements that we can do in the weight room to help you become a better soccer player so that first key element behind becoming a dominant soccer player is that we've got to have really really good speed and what does that mean right

(01:29) we've got to think about it if we can look at athletes that are playing soccer you've got a forward you've got a midfielder you've even got defensive positions like a stopper or a sweeper they've got to be extremely fast we've got to take that step back and start to analyze their actual running phases so when we're on the soccer field how often are they running at absolute full speed how often are they going to be in a starting position and then come out of that start and try to accelerate how

(01:55) often are they getting out of acceleration and working through that full drive phase so maybe they're cutting they're running full speed they have to cut and they have to drive a little bit harder and what that comes back to is that typically in most instances soccer players are going to be starting and stopping and they're going to be working through acceleration very very rarely are they going to be running full tilt very rarely are they going to be running at maximal mechanics so when we're trying to train that key element

(02:22) of speed for soccer players we've got to focus our training on actually improving the starting positions and actually improving their acceleration so that might mean we're going to work on some different cuts we're going to try and get out of jump cuts a little bit quicker we're gonna try and work on starting positions from a unilateral perspective from a bilateral perspective maybe even standing on the side and then sprinting forward anything along these lines that's gonna transfer to that

(02:48) direct speed that they're gonna need out on the soccer field and that takes us into our second key element for soccer and that's going to be dynamic trunk control specifically for cutting now what is dynamic trunk control think about american football players somebody like barry sanders who was notorious for making crazy cuts for getting into really really steep shin angles and getting out of them very very rapidly one of the reasons why someone like barry sanders can cut that way is because he has dynamic trunk control he

(03:22) can coordinate his trunk to stay very upright and rigid while his legs are doing all the work while his hips are doing all the work while his glutes are driving and his quads are driving and so what we're talking about for a soccer perspective is that if you're running full speed or if you're accelerating rapidly or you're trying to read a play and you're not actually paying attention to what your footwork is doing you have to have dynamic trunk control that's going to also help you make better moves

(03:49) if you have dynamic trunk control and you hold a nice rigid posture and your opponent is watching you and they're trying to watch your torso watch your trunk and what kind of move you might put on them if you've got the ball now all of a sudden because you have that trunk control you can do a little bit more advantageous work with your footwork and that's going to lead to putting your opponent into a precarious position so that you can dominate them but you've got to work that dynamic trunk control as a key element in the

(04:17) weight room so this could be doing something like a power snatch or a dumbbell snatch doing overhead walking lunges with with a plate over your head even doing high knees with a plate over your head or skipping with a very light barbell overhead that's going to train that dynamic trunk control even if we get onto the floor and we start doing like sliding abs or or a walrus where we're actually going to walk with our hands that's going to train that dynamic trunk control and that's going to help

(04:45) us become more agile out on the soccer field and we're going to be able to make better moves and dominate our opponents that third key element is going to be high speed coordination so what does that mean right we can think of high-speed coordination in a plethora of ideas we can look at it from a gymnastics perspective see someone like simone biles think about her when she threw out that first pitch and she did a backflip with nine million twists and landed that perfectly right so that's high speed coordination think about a

(05:16) shot putter throwing 76 feet breaking the olympic record at in tokyo recently right someone like ryan krauser that's high speed coordination someone hitting a very aggressive snatch they're they're catching 150 160 kilos in the hole that's high speed coordination but is that the type of high speed coordination that we need for soccer yes those things can transfer very well over to the soccer field but what we're talking about is someone who's running full speed or someone who's running through

(05:45) acceleration they're working through the drive phase and they have to have coordination with their footwork that's one of the key examples here is that is that when we're training high speed coordination for soccer we have to be able to run quickly with a ball okay and one of the comparisons that i like to make is comparing this to ice hockey you could take someone who is a speed skater take someone like apollo ono and they're one of the historically one of the fastest people on the ice to ever walk

(06:14) the planet but he would be terrible in the sport of ice hockey because he doesn't have high speed coordination with a puck it's the same thing with soccer and with athletes that might be you know someone like noah lyles or someone like andre degrasse they could train very very well and they have very very good speed but they don't have that high speed coordination that they need to have that footwork to have that hand foot coordination so that when they're running at that top end speed or when

(06:42) they're running through acceleration they can handle that think about usain bolt trying to play soccer but he wasn't as coordinated at those top end speeds and so we've got to think about how can we do this we can actually do agility drills with a soccer ball we can do cutting drills with a soccer ball we can even do plyometrics and right after we do some plyometrics we can do specific skill work that's technically oriented to help your body become more explosive to help your body become rapidly

(07:10) coordinated while still training the skill of being an elite world-class soccer player finally that last key element that we've gotta focus on when we're training for soccer is strength endurance this is a game that could be longer than 90 minutes each half is 45 minutes so it's going to be a long period of time there's a lot of starting and stopping over a very long period so we have to have strength endurance so that we can prevent injuries and what i like to think about with strength endurance is

(07:43) you can train this in the weight room you can train this out on the soccer field when you're actually doing technical work and something a really good example would be someone who's an 800 meter runner 800 meter runners are extremely fast they're extremely fast and they also have really really good strength endurance so someone like a midfielder might want to train more like an 800 meter runner and that's where we're going to come into play is that some of the stuff that we're going to do in the weight room is

(08:11) we might do some single leg squats for sets of 15 to 20 reps the load on the bar is going to be lighter but we're still going to be under stress for a longer period of time we might do long duration isometrics or maybe even sled work that's time like five minutes of pushing and pulling a sled now that's gonna drastically increase our strength endurance but because we have these four key elements as strength coaches we have to understand when to put them into place so we've gotta know in our periodization

(08:41) when are we gonna be focusing on speed and how can we focus on dynamic trunk control and speed together when are we gonna focus on that high speed coordination and actually utilize strength endurance because we want to have soccer players that are extremely fast extremely explosive extremely aggressive but also have that strength endurance so they're not petering out late in the game and that's one of those key concepts here is that we don't need to run soccer players into the ground we have other sports that we can use we can

(09:10) look at rugby we can look at american football and use those as examples of how we can train people to be a little bit more explosive even a little bit bigger to a point but still maintain that positive strength endurance and that's where i want to go into that positional comparison is that one of the things that i see as a huge fault with strength coaches in the united states specific to working with soccer players is that they lack the knowledge or they lack the understanding of the game and how they can take a specific position

(09:39) and train it similar to a sport that they know so i like to utilize american football and one of the big things that i did was i sat there and we trained penn state soccer player with the leading scorers of penn state's soccer history christian sload and the reason why christian was so dominant was because we looked at him he was a forward so because he was a forward we trained him similar to the way we would train a wide receiver in american football and i think that's a key concept is knowing every strength coach in the u.s is

(10:07) training football players american football players now when you bring in a soccer player how can you make that comparison so it's easy to flip the switch and that's where we're going to get into that positional comparison so we've got forwards who are going to be training similar to wide receivers and then we can get into the midfielders right so we want to see a midfielder who's got really really good ground coverage so think about someone in football american football think about a free

(10:34) safety or a strong safety a maybe a slight bit smaller than a safety but someone that has crazy lateral speed they also are extremely athletic and they are very very fast and they have really really good endurance and that's a really really important concept here is that making that comparison for strength coaches that don't typically work with soccer players now they can look at this a little bit differently same with soccer coaches now if we can look at this you can sit there and start to train these positions specific to other sports

(11:06) that you might know really well as well so let's head into the defensive work you got a stopper you got a sweeper train them similar to an outside linebacker they've got to be a bit more of a bruiser okay they they still have to be extremely fast outside linebackers are absurdly quick right but now you get somebody who's on that defensive line and they're also going to be a bit more aggressive a bit more explosive and then finally i believe goalies should be trained exactly like middle linebackers there's a lot of

(11:35) lateral movement there's a lot of lateral movement that leads to forward movement and they've got to be extremely explosive they have to be able to cut on a dime and react very very quickly they're getting very very fast balls coming at them and they have to make quick adjustments and one of the big failures i see with soccer goalies is they're not strong they're not overly explosive they don't react as quickly as they can and but the best guys in the world do that and that's where we've got to look at that i

(12:04) even believe you could take a goalie train them as a linebacker then use reaction drills with badminton with tennis and even with soccer balls where you're kicking them at them blindly and now the sudden you can drastically improve those key aspects behind goalie based training but the most important factor here is understanding those four key elements trying to make those comparisons here with the positions and how you can train those four key elements to optimize your strength training for soccer if you need

(12:34) help with your programming specifically for strength training for soccer you can click on the link down below head over to garagebank.com and we have a 12-week program specifically designed to help soccer players dominate out on the pitch and if you want more content around soccer based training click on this card right here until next time guys peace [Music] you

**6. FULL GOALKEEPER GYM ROUTINE! | With Stefan Ortega - YouTube**

[**https://www.youtube.com/watch?v=1UhgRxuGCRk**](https://www.youtube.com/watch?v=1UhgRxuGCRk)

Transcript:

(00:00) this is one of my favorites with power work freshness is key with Mobility work one of the keys is is consistency we have to be there for one time and most of the time it's in a really explosive way I improved a lot with the help of the coaches here hey guys Stefan Ortega here Manchester City goalkeeper we are here in the gym and I try to show you my routines before and after the training sessions this assignment this is my coach here Simon show us I think five exercises for today for the normal routine before the

(00:43) training I'm the head of training condition here with the first in Atlanta City I'm going to take him through his normal routine that he does which will involve two lower body exercises two uppers and a little bit mobility and each one of those exercises is linked to some of the actions that Stephanie will perform when he's out training or in a game okay Stefan let's go let's start with the routine [Music] and this is all about single single arm power that you need as a goalkeeper as well as strength when you're ready step

(01:20) that's perfect catch down yeah so it's a little bit of lower body as well but it's mainly the shoulder reducing the power and this is obviously really important goalkeepers we saved punches or throws [Music] to the right on a typical day this will be done before training when it's nice and fresh so we normally go three sets of five reps either side get started when I arrived here I had a little meeting with Simon and we spoke about what what goals I have what I did before in the past because he said you

(02:07) are now in the age you know your body and yeah we try to find a way with a lot of exercises to to reach a new level [Music] so this is what we call a kind of hip thrust glute Bridge what we do with it is it's a good piece of Kit because we can load the exercise and make it into a strength exercise key things about this is It's recruiting one of the main sort of extensors of the hip which help when you're in that swap position as a goalkeeper but you need to extend to explode up and the muscles in

(02:48) the back of the leg the gluteal muscles are very important for pushing hip extension so this is a safe way for us to load hip extension as a good strength exercise to complement how he jumps out on the pitch and there's a good transfer from this to the pitch stuff if you want to do me a set of five nice control so see how he's moving through his hips and then he's coming back up and he's going to get good glute contraction at the top what we want with this is we don't really want the hamstrings

(03:21) involved we want the glutes involved because that's the muscle that's going to be more involved when he jumps on the pitch normally with this we would do three reps of five so it's more of a strength exercise it don't looks like it's really hard but it's one of the of the worst exercises because after you feel your uh your pain here but after on the pitch you fill your bit more explosive than normal so if you're going to grab the 20s I just want you to hold the one Patrol [Music] so this is another upper body more of a

(04:11) strength exercise we did a power exercise before this is more about control and a little bit heavier weight when you're ready step six each side so what he's doing is as one's working the other one is actually stabilizing around his shoulder joint which is a it's a good exercise because you're getting two things for one so you get a stabilization on the shoulder that holds and you get some work through the pecs and the shoulder on the one that works and I think shoulder stabilization for

(04:36) goalkeeper is really really important because the shoulders take a lot of impact they take a lot of talk when you throw when you save so it's really important as a goalkeeper that you look after your shoulders whether that be strength stability Mobility you'd probably need a bit of everything but this is a good exercise because it hits quite a few things at once with that one we'd normally do three sets of six reps heat charm good bang people clean that one this is one of my favorites when the legs are on the ground you you

(05:10) know you have a bit help but when the legs are in the air the pressure is only here where you work so I feel better when I do this like this [Music] I think in football now in general in other sports the influence of Pilates is become more important now and especially for a goalkeeper Mobility is really important because they get into some really high stretch positions and especially when a goalkeeper comes out because you know when I watch the training there's a lot of times where the goalkeeper has to get big and that's

(05:50) about and I'm not a coach but I see it it's about you know making big shapes and I think you can only do that safely if you have good Mobility pull shooting positions strength work will increase the size of the muscle of force production but you don't want to lose Mobility at the same time and become very very stiff two sets of six eight reps and just nice controlled so you're just spreading these legs for the melty around his groins he's gently coming back again this is something we'd normally do

(06:26) before training as part of a sequence this is sort of preparing the hips for what he's a goalkeeper is going to do outside whether it be shooting whether it be stopping crosses stopping shots [Music] this is the most important for me we have to be there for one time and most of the time it's in a really explosive way so yeah we have to be ready I think as well with Mobility work one of the keys is is consistency you know a little bit before each training not on a Saturday 45 minute session a little bit each day or a little bit every other

(07:16) day this is how you get more mobile you have to look after the body and you have to prepare the body appropriately especially as you get older thank you so this is another exercise around strength and specifically about strength when he's the goalkeeper is trying to jump up so it gives you good Force through the floor because I think when you're trying to generate what we call vertical Force which is up and down it's important that the force you put through the floor equals how high you can jump in so this is a nice exercise again from

(07:54) that sort of goalkeeper traps position to develop the strength of the quads the hamstrings and the glutes so a lot of the movement is in the hips so he's he's sort of lower back spine he's very stable and he's flexing through his hips there and then he's extending through his hips there I think a lot of power whether it be sprinting jumping a lot of the power is in the hips so it's important that when we do strength exercises or power exercises we make sure we use the hips and what we found with Steph has as he's

(08:31) increased this sort of work and the hip thrust work we have found when we test these jumps and they've actually improved quite a lot normally with this with stuff we do three sets of five five six strike another save from Ortega it was bouncing and modeling towards goal and Ortega gets down to his right to meet it you need to be fresh for a lot of this stuff because with power work freshness is key but also trying to maintain trying to maintain your Technique and you're very very tired it's quite hard so when

(09:08) you're putting this in with the goalkeeper training make sure that when you do this sort of work in the gym you're nice and fresh I see the different from my body when I arrived in the summer until now I improved a lot with the help of the coaches here again Simon Simon is perfect for me yeah he's not like you know not like a teacher who is there and say like ah we have to we have to do it tomorrow some days are like I Look to Simon and said like I'm a bit tired today then it's not a problem so

(09:43) we go again on the next day but I'm fresh to do the exercises in the right way so it's a good togetherness I would say [Music] [Music] foreign [Music]

**7. Ruben Dias Follow Along Workout 💪 | Be a better, stronger centre-back - YouTube**

[**https://www.youtube.com/watch?v=FtK\_PNWfkjo**](https://www.youtube.com/watch?v=FtK_PNWfkjo)

Transcript:

(00:00) this is the central Defender gym routine let's go [Music] that was very important for Center back I actually insisted a lot for them to buy these machines that's a true story hello guys it's Reuben here I'm with Simon our head of strength and conditioning is gonna give us five exercises that can help you to to be a better Central Defender first exercise called the front squat and it's the first one that Reuben does within his program and this really is about developing a bilateral or double

(00:43) leg leg strength and for a central Defender this is really important because leg strength is important in terms of getting up for headers [Music] accelerate into closed space or accelerating to to close down an attacking player so it's a really important sort of thing that you need in some Defender [Music] today we've got many assisted exercises and this is kind of a old school one sale and it's very important to to keep a good posture position is is everything if you do it wrong you're probably not

(01:35) doing as much of a good work [Music] so this exercise is called the hip thrust mainly is for an extension of the hip so you engage the big sprint muscles the glute muscles and this a lot is about acceleration a central Defender will sometimes be in some deep positions where they actually have to attack the ball and the key exercise in terms of driving through the floor is the glute muscle and this is a great exercise to to strengthen that through [Music] incredible reading of the play from the Portuguese [Music]

(02:33) a lot of the work comes from comes from the glutes and I actually insisted a lot for them to buy this machine that's a true story [Music] you've got a big range you've got stability I think both of them are very important especially in these exercise foreign [Music] this exercise is slightly different than the other two the other two is more based on strength so higher force is produced which is obviously a key thing for power this is more based on speed so we're combining the two together to elicit power and power is very important

(03:31) for center-back because they probably do more headers than any other position on the pitch so the ability to produce vertical force with speed is really important and I think like Ruben said about the front squat sometimes you can complicate things and you don't need to there's sometimes the most simple exercise of the best ones this goes well with the squat so you have a strength and you have a power exercise and this all this is is jumping as high as you can and landing on the box there's a really simple exercise that all you need

(03:58) is a box [Music] [Music] thank you [Music] foreign [Music] basically it's used by a lot of athletes that need to Sprint quickly and it teaches quite a few things it teaches the importance of hip extension teaches the importance of ankle stiffness as well which is a key determinants of Sprint performance and Sprint speed and obviously with center-backs at times they'll a lot of the time they'll come up for headers or corners and sometimes we get caught in the transition the center-backs are the ones that are

(04:51) putting their heads back sprinting back so this is quite an important exercise threading through that strike is [Music] move it when we Sprint and the faster we Sprint our contact time when she's the time on the floor reduces and what we need to do is we have we have a tendon behind the ankle Achilles tendon and it's very good at producing Force rapidly but you need to be able to load the tendon when the heel is on the floor the Achilles isn't as long as much as when there's a slight space on the

(05:33) heel so when you see a top Sprinter in in mid speed mid through the race they'll be in that position rather than flat footed because they're utilizing the key qualities of the elastic Achilles tendon and when you sprint fast you need to look like you're bouncing The Killers can do that the muscle can so that's why it's a key thing to keep heels the ground looking [Music] [Music] so this exercise is called a paloff press and it's really an anti-rotational exercise and basically as you come into

(06:19) a position lower Center of mass you're actually holding the uh the resistance out there and you're preventing any sort of rotation because when we when the players get into body to body contacts obviously you know our Central Defenders or any players who want to drop the center mass and stay quite stable if someone can knock you off you're stable then it's easier to get your balance and then probably take advantage of scoring a goal or getting the header in so it's all about setting the center of mass

(06:47) getting low and preventing any sort of rotation he tries to get the challenge in foreign [Music] people get wrong ideas about what it is and what it means to be in the gym for me to be in the gym essentially and to to have these uh work outside the pitch is essentially about a search for for balance essentially it's about that it's going for that balance whatever whatever you might find it we've just done five five different exercises uh some of them obviously pure strength but as this one and many others I've got

(07:38) many in my routine that it's more than anything and more than strength it's about balance it's about covering the little spots that you might miss on your daily activity on the pitch and making sure that in general all those details give you the better balance you can have [Music] water block so well dear

**8. The Best Plyometric and Strength Leg Day for Footballers - YouTube**

[**https://www.youtube.com/watch?v=TUTHqmlHwN4**](https://www.youtube.com/watch?v=TUTHqmlHwN4)

Transcript:

(00:00) yes guys the first KB here and welcome to my YouTube channel [Music] yes guys so this is my second video first I'd like to say thank you guys for the 1K subscribers because you guys hit that so quick but as I said previously in my other video I'll be taking you guys through a leg day routine that footballers do it is strength and plyometric focused I'll be also adding mobility and isometrics and I will be doing a little Vlog as well on my way to the gym and on my way home so stay tuned for that but before we start you guys

(00:49) should already know what to do make sure you hit the like button drop a comment share this of all your friends and hit the Subscribe button and also check out all my socials as well because towards the end of the video I do have a big announcement to make in regards to TLA so let's get straight to the video and I'm gonna head to the gym so yeah it's a serious rainy day in London um not too bad though I'm not going to stop um I'm training but as I said in the video it's a leg day session

(01:16) strength and parametric focused I'm focusing on my change of Direction and explosiveness so um yeah I'm thank you for everything I do and let's fast forward to um to the gym session as you look and see we're down at pure gym and food and yeah the hard work starts for a mouse so get ready guys let's get straight to it yes guys so right now in the locker room I have an emphasized already it's a like this session and yeah it's time to get changed time to get to work I'm gonna start with my

(01:53) um pulse rays are moving to my mobility and then I'm gonna try to voice over as much as I can obviously the noise around me might be difficult but um yeah yes guys so right now we are starting off with our posters are I'm going for like a three minute five minute joke to get the heart going and then we're gonna move on to our Mobility so um yeah let's get straight to it all right foreign [Music] now that is done now We're not gonna go downstairs and move into our Mobility as an athlete Mobility is key so you

(02:35) guys need to do it honestly don't neglect it make sure you guys do it so I'ma take you through what I do and just follow along or just jot it down for your next session um I do everything for like 20 10 to 20 seconds foreign [Music] [Music] foreign

(03:45) [Music] why we do Mobility is to achieve full range of motion within the session so if you guys go to the gym and you're not doing your Mobility you're not stretching don't think about achieving a high jump or a PR because you must warm up the muscles and yeah so now I'm gonna do a couple of squats to activate my muscles and then I'm gonna move on to my Plyometrics and bring strength I'm also doing isometrics as well I'll talk more about that when I do it but yeah foreign [Music]

(05:08) just free stuff you know Implement what I'm doing a my session squats lunges calf raises I felt I felt bad off before that but now that I'm a mobility in activation I do feel good ready for the session so guys make sure you're doing it and let's get to the main part of the session my Plyometrics so for phase one of the session we have plyometrics so warming up the ankles and calves were going for PoGo jumps we're starting off with two sets of 20 seconds when doing these make sure you're

(05:42) jumping through your ankles and when Landing exploding right up moving on we have two variations of box jumps and the first one is the approach box jump that is simply when you're taking a step or two towards the box and then jumping as high as you can onto the Box on the approach box jump we're going for two sets of five reps with a two minute rest in between my research here shows the benefits of a box jump is that increases your power in every area of your lower body and it also engages the core which

(06:15) is perfect for footballers it also states that the box jump is one of the best exercises to do to increase your vertical why because it reduces pain in your knee joints as you're landing on a flat surface but I stated already after every set of taking a two minute rest moving on to the second variation we have the standoff box jump quite similar to the other variation but this time you have no run up you start where you are bend down into a squat and jump onto the Box because you have no run up this time it

(06:50) will increase your Force production so much and you're going for the same amount of reps and sets which is 5 reps of two and I stayed already your rest time is two minutes but let's just pause for a minute though because as a content creator one thing that annoys me in the gym is people that walk through your camera when they can see it but sometimes in life I just have to you know um allow it and ignore it and just um keep going so you know just have to tell them like can you leave a bit anyways moving on to the third

(07:21) exercise of phase one is the seat at box jump so for this one you're starting off from a low position sitting down then you start to gain force and momentum by swinging up now using that Force momentum you now explode up and jump as high as you can and make sure to stick the landing in a squat position because that works on your D acceleration balance and stability research here shows that the seated box jump is useful for developing or starting strength and power which is useful for generating force from a dead spot increasing acceleration

(07:56) pause here we go again you could just tell by my face that I just had enough anyways the next variation we have here is the death drop into the explosive jump this time you're going for full Reps for free as you can see I start the exercise off with sticking one foot out so you'll be doing two sets on your left and two sets on your right adding up to four reps as mentioned already when doing this you step one for out land into a squat position and jump as high as you can straight away and remember you have a

(08:32) two minute rest so I was getting ready for my next variation which was the single leg box jump but this specific box gave me bad memories pure gym managers if you're watching this we need new boxes because that was not my fault I stated already the next variation is the single leg box jump and we're going for five reps or three sets doing single leg work is so important because majority of team sports are played off you exploding of one leg to the other and during these activate your fast twitch Mass Firebirds which will

(09:09) increase your speed but wait just like what can I do at this point I need to buy my own German anyways phase two of the gym session is change of Direction so first off we'll start enough with quadrilateral jumps and if you don't know chord stands for change direction when doing this you're going for six rips of two when performing this drill make sure you're snapping down holding that position and feeling pushing off doing this drill improves your natural quickness and your changes direction making you insanely

(09:42) agile and the last change of Direction drill is lateral skates this here also is improving your natural quickness as well and improving your power and force production going from side to side you'll be going for six reps of two sets so right now I'm going to show you the benefits you get with doing plyometrics guys bear in mind I'm five nine and these boxes come onto my shoulders as you can see I'm pointing at the 30 inches making this a 54 inch box jump but the question is do I jump it or do I

(10:16) fail it [Music] [Applause] well it looks easy not to be cocky I made it look easy so make sure you're doing apply metrics to become explosive like that so moving on to phase three of the session strength I will say one thing though putting on the weights is so long I stayed at the start of the video this is a leg day session so we're starting off the strength with the tripod deadlift so when it comes to strength we're up in the Reps and we're going for eight reps or three sets when doing this make sure

(10:53) you're lifting as fast as you can to implement Force production when it comes to strength you take a three minute rest benefits of a tripod deadlift compared to a normal deadlift is that there's less stress on your spine another benefit is that there's greater power output compared to a conventional deadlift next exercise is the weighted hip Frost as repeated we're going for eight reps of three most people think doing the weighted hip thrusters for girls but as an athlete and a footballer it's become explosive

(11:26) you need to get stronger glutes as my researcher shows the hip thrust is a perfect choice as it strengthens your muscles in the hip your glutes and your quadriceps stronger glutes better balance more explosive and as stated already when it comes to strength you're taking a three minute rest but guys it gets worse and worse and when I say worse I mean was at this point I'm just fed up man well there you go three times in a row [Music] and literally straight after again well we move on from that man but now

(12:14) we're moving on to hamstring curls with hamstring curls you're going for eight reps or three sets as well so as my researcher shows bigger and stronger hamstrings have been related to faster sprint times there's science and math behind it shows that a person sprinting seemed to show that the hamstrings are especially important for generating Forward Motion so in simpler terms you need strong hamstrings to become fast strong hamstrings also enable your knees legs back and hips to function smoothly

(12:46) and provide protection from injuries moving on to faithful we have asymmetrics so starting on phase four we have to launch ISO hold you're going to be in this position for 30 seconds twice on both legs adding up to a total of four sets so my researcher shows that isometric training strengthens muscles faster than any sort of dynamic moving method it basically also says it used to do asymmetrics daily for a week it will increase your strength by five percent every week which is insane so basically doing this jumps training Plyometrics

(13:26) and isometrics in one session twice a week is basically a cheat code the next asymmetric drill is the glute Bridge also hold and you're doing this for 30 seconds twice on each leg totally in full sets your rest time should be also 30 seconds as well and this one here is just strengthening your glutes and your hamstrings so another benefit of asymmetrics is that not only does it prevent reduction of bone density but it may also increase the mineral density of the injured bone meaning if you've come from an injury

(14:01) and you started the asymmetrics on that specific area it would then start to strengthen that part so if you want to prevent injury or even come back from an injury and become stronger asymmetrics is a must okay guys so that is the session done as I said stop with my pulse razor do my Mobility guys make sure you do your Mobility then I'm moving to my activation Plyometrics change the Direction moving on to strength and then my asymmetrics and now we're doing the cooldown make sure you guys cool down you have to cool

(14:39) down every part of this session is important it makes you do every single thing and yeah so now we're going to move into the cooldown I'm gonna take it guys free while doing my cool down your cooldown is a is as important as doing your Prime metrics and your strength so make sure you guys are doing it I'm emphasizing on that so much so let's get to it lost phase of the session phase five we have to cool down first pop the cooldown stretching your abs and your lower back is the copper stretch now stretching your hips groins and

(15:12) glutes is the child's pose what great stretch this is now at this stretch VR stretches your glutes and a bit of your lower back and try and emphasize this stretch to feel it one of the most important muscles to stretch as a footballing athlete is to have flexor and distance just that as I said before in the video you must take care of your hamstrings and doing the stretch does just that and for the last stretch targeting the groins and the lower back is the butterfly stretch and guys that's it for today thank you so much

(15:45) for tuning in I might now go home probably eat I'm a vlog I am a vlog on the way home so let's get straight to the change room and let's go home [Music] yes guys so I'm currently on my way home right now obviously it was a it was a decent session was it I'm obviously I'm not feeling too well but I did what I could do I could have went high on the strength you know but at least I'm still out working when I get home I have news to tell you guys in regards to um TLA but yeah when I get home I D much today

(16:28) you know match got Council training got canceled so I'm gonna go home relax half my food and watch some Mandalorian because I am a DC Marvel and Star Wars fan but I'm a cheeky guys when I get home [Music] oh [Music] foreign [Music] I'm currently at home you know making my um post mail gym my personal gym my my post gym Mew yeah what am I talking about yeah I post your meal post gym meal post meal gym I'm having the food I have after gym bro I'm I'm bugging but um on the way I said I have news for you guys and um

(17:28) finally I've decided to launch my own website in regards to TLA train like an athlete I'll be now taking bookings if you guys want if you guys want me to train you one to one and you guys can come down to North London if you guys are based in London or even if you want me to come down to you I'll be also taking bookings for um track session so you guys want me to improve your speed and endurance I can also do that down at Lee Valley so um it's a it's a big step in regards to me and TLA so um obviously the website will be in

(18:01) the description so as I said if you want me to train you check out TLA and I'll be also selling my gym plan there as well various gym plans loads of gym plans the next couple weeks and months so make sure you guys check that out foreign [Music] log what I just done in the gym the amount of Weights I've done the Reps I've done and everything so now I know that if I'm progressing or not obviously as I said watching them on DeLorean Big Star Wars fan and yeah so that's what I do when I'm done I've been for the rest of the day

(18:45) just gonna relax you know spend time with family and everything and yeah just you know something appears for just chill relax because you know as an athlete as a footballer on you know finding time to have time to yourself it is difficult because you train a lot and so so having that time to yourself with and with your family is important so today luckily training got canceled and that's got we're not luckily but yeah now I can spend time with myself and family so that's what I'm gonna do yeah

(19:21) but guys unfortunately that is it for the day I hope you guys enjoyed my little Vlog I hope you guys add this training session to your next gym routine as I said I'm happy to take the next steps with TLA I'll be taking bookings to train you guys if you want I'll be also selling some gym plans as well so guys make sure you check out the website also check out my socials as well but guys make sure you like leave a comment subscribe and share this with all your friends and guys don't forget to train like an athlete

(19:52) foreign

**9. What is a Soccer/Football Specific Gym Routine? - YouTube**

[**https://www.youtube.com/watch?v=qrfFgx53NSQ**](https://www.youtube.com/watch?v=qrfFgx53NSQ)

Transcript:

(00:00) what's going on guys and welcome to the video so this video is gonna be a typical day in the lifestyle vlog but i also want to answer the question of what's the difference between a soccer specific functional gym routine and a gym routine that's just kind of more like bodybuilding or not soccer specific so if you just want to see the answer to that question go ahead and skip here but if you want to stick around and watch the vlog then please do so so welcome to the video [Music] let's see what we can see in the in the

(00:45) coffee readings for today i'm seeing a fat genie from aladdin a heart and two dots i don't know what that means also gonna go with um some greek yogurt strawberry flavored and then i have an orange raspberries and then four eggs are cooking up right now the last thing that i do before i head out to training is that i'm going to take a multivitamin and this brings me to the sponsor of today's video ritual do you guys have the perfect diet every single day of your life probably not and me neither these two

(01:17) easy to take capsules provide 10 nutrients to support a strong foundation for your health there are tons of different multivitamins out there but i choose to take ritual for two main reasons the first is that they're completely transparent about where they source their high quality ingredients from the essential for men daily vitamin contains 10 high quality nutrients such as vitamin a vitamin d omega-3 and zinc that are difficult for many guys to get through diet alone and they don't use any fillers colorants or shady additives

(01:44) and secondly it's their commitment to making their products as sustainably as possible every single bottle uses 100 recycled materials the mailers use recycled newsprint and plant fibers and even the ink is plant-based they also use algal oil instead of fish oil which on average helps save 273 anchovies per bottle i'm using the essentials for men daily multivitamin but they have vitamins out there for everybody they have a multivitamin for women a 50 plus a prenatal a postnatal and they even have vitamins for teenagers

(02:12) they're vegan friendly sugar-free non-gmo gluten free and allergen free it's only a dollar a day to have 10 high quality nutrients shipped directly to your door every single month no strings attached no extra charge if you guys are interested in filling in the gaps in your diet with essentials for men a small step that helps promote a healthy foundation for your body then richard are offering 10 off your first three months by going to ritual.

(02:34) com elite10 and using my discount code elite10 at checkout thank you to ritual for sponsoring this video all right just about ready to head off to training i'm actually running a little bit late so i gotta go what's that oh i thought it was a coffee dang it what is it for who do you i thought you're going to bring jerome a coffee machine hey i thought rodrigo was bringing you a coffee machine how you doing pretty good bro not too bad [Music] oh [Music]

(03:45) 13. [Music] [Applause] more um [Music]

(04:57) i just back from training right now it was short sharp pretty light to be honest because tomorrow we have like an intra squad scrimmage so um this is like a pre-game type training so we're only out there for like an hour 15 and did some crossing and finishing at the end and stuff uh i am gonna make lunch they gave us lunch after training but it was just a salad i've had a lot of salads in the last few days and i just wasn't feeling it so i'm gonna reheat up some of that chicken curry and rice because maybe made

(05:23) so much of it i've been eating it for like the last week so i'm gonna re-heat up some of that stuff and then i'll probably take a nap have some coffee maybe do a little become elite work but just chill for this afternoon watch some tv okay we got chicken curry i want to watch some modern family on tv right now gucci's just hanging out right here right next to me how you doing gooch good good to hear so i'm gonna eat this and i'm gonna take a little nap of life okay like usual i'm going to take like a

(05:59) 30 or 45 minute nap and then afterwards i'll talk about the uh the gym routines and soccer specific gym routines versus non-soccer specific gym routines so one let's know chase [Music] [Applause] it's so i'm going to take this time right now to talk about soccer or football specific training kind of in general what that looks like my experience with that and how that could look different for different players but before i get into this topic i just want to let you guys know that i'm not a qualified strength and

(06:48) conditioning coach i'm not even a personal trainer i'm just a professional soccer player and everything that i'm going to say is just through my experience learning second hand from strength and conditioning coaches my own research and my own experience as a professional soccer player that's been working on the gym for 15 years now obviously always do your own research and always talk to qualified people so football specific training and general resistance training i think can be summed up behind the purpose of the workout

(07:14) football specific training is pretty much any training that's done in the gym or on the field or wherever that aims to improve the athletic performance of the athlete lower injury risk or lengthen out the career of the player while the purpose behind general resistance training is usually either just to improve strength just to build a better physique or just for general health purposes and as footballers everything that we do in the gym should obviously be trying to help us as footballers there are many

(07:40) exercises out there that just don't really help you as a footballer that much and although many of those exercises aren't necessarily bad it's more about where you should put your time and energy as a footballer to get the best bang for your buck let me give you an example of this when i was 16 to 22 years old back then i definitely definitely was training to become a better athlete and to improve my performance on the pitch but i also had exercises or aspects of my program that weren't 100 football specific i was

(08:08) doing the speed and agility work i was doing the general strength training with large compound lifts i was training the movements but i also was doing bodybuilding type exercises like single arm dumbbell preacher curls for the biceps or skull crushers for the triceps or shrugs to work on my traps or even forearm curls to just get slightly bigger forearms with those movements football specific were those going to help me on the field in any way you could argue that maybe you're trying to keep the full body in balance but

(08:35) honestly they're really not that beneficial to you as a footballer now do i think that harmed me as a footballer do i think those exercises had a negative impact on me on the field honestly not necessarily but i do think it had an indirect harm to my game and this is because you know you have a limited amount of time in the gym you only go there three four times a week and you're only in the gym for one to one and a half hours i shouldn't have focused my limited time and energy on bicep curls tricep curls

(09:01) shrugs or forearm curls and neglected doing the stuff like balance and stability work or focusing on injury prevention movements like the nordic hamstring curls or copenhagens i never did any of that stuff i never did any prehab stuff i never did any balance or stability stuff i really just was in the gym working to become bigger stronger and look better my training regimen was strictly focused around strength speed and physique when it should have been strength speed mobility injury prevention and maybe a little physique at the end

(09:30) now one thing that i do see when it comes to football specific training is that it's going to be a one-size-fits-all program for everybody in reality in my experience i've seen that it looks very different for different types of players and different ages of players it's better to look at the player at the individual level and ask yourself what type of workouts are going to translate to the most improvement or the most benefit on the field and ask yourself is that getting stronger is that getting faster is that

(09:54) a combination of multiple areas is that injury prevention and balancing out the body what is going to help this player see the most bang for his buck in the gym for example from what i've seen most younger footballers benefit the most from a very simple general strength training program with aspects of speed with aspects of strength with aspects maybe even a little bit of hypertrophy a well-rounded program to increase the overall athleticism of the player while some older footballers towards the tail end of

(10:21) their career in the middle of season might do workouts focused around pre-hab rehab and mobility to extend their career and to help prevent injuries in season while not going over with the workload these two training regimens look extremely different from each other yet they're both football specific training regimens honestly i think that even hypertrophy style training where you focus on increasing the size of the muscle has a place in a football specific workout do i think that you should be working on increasing the size of your forearms and

(10:49) traps and biceps and triceps no do i think that you can work in the gym to build a little bit more muscle if you need that yes 100 the focus when you're building the muscle just also has to be on does it perform on the field does it do what i need it to do on the field another big misconception i see when people think about football specific workouts or functional workouts is that they don't include the big the main compound exercises like barbell back squats dead lifts bench press rows stuff like that many many times the

(11:17) boring staple movement like the trap bar deadlift is one of the most beneficial and football specific workouts you can do as a footballer and most professional teams focus their general strength training program for everybody around those basic movements and then they add in the stability they add in the balance they add in the extras that players need for their problem areas or wherever to kind of round it all out but most teams focus their routines around those basic movements of of squatting of lunging of jumping of landing

(11:49) twisting pulling and pushing overall the most football specific workout that you can do as a player is something that's going to be tailored around your body and you as a footballer to help you perform on the pitch to help you prevent injuries and to help you lengthen out your career and that's going to have very similar aspects but it is going to look different as we go from player to player so i hope you guys got some uh some insight from that again i'm not like a certified strength conditioning

(12:13) coach so take it for what it is that's just my experience with everything uh i'm gonna start cooking right now i'm gonna cook a huge meal i'm basically gonna meal prep for the next three or four nights for dinner and i'm just going to make a big chicken alfredo pasta with a ton of mushrooms onions zucchinis everything in there so i'm gonna start cooking it's gonna take a long time but after this i should have dinner for days also if you guys are wondering where mimi is at maybe had to fly back

(12:40) to california she's doing interior design both here in tulsa and in san diego so she had to go back and do some some some in-person interior design work with some clients there and so she kind of just gonna stay there for like 10 days but she should be back in another six seven days or so [Applause] there we go what do you guys think this will be good for a couple meals huh this is so much pasta one thing that sucks about mimi not being here is that we usually have the agreement whoever cooks the other person to do all

(13:34) the cleaning and i got like three pans a huge pot a strainer and all the utensils i use to cook so i'm gonna do a lot of dishes tonight uh and i had to do all the cooking it's a tough life you know anyway i just threw some uh some alfredo sauce over the pasta and that's dinner 10 out of 10.

(13:57) okay kitchen's all clean dishes are all done all the chores are done um now i'm gonna i'll probably watch a movie i'm feeling something really really stupid like hot rod step brothers dumb and dumb or something like that because there's two genres of movies that mimi doesn't like she doesn't like sci-fi like star wars and nerdy stuff like that and she doesn't like stupid humor like the movies i just listed so i definitely am gonna watch something stupid like that i think i'm gonna watch hot rod i haven't seen hot

(14:24) rod in a while it's kind of funny because those are like my two favorite genres and maybe just hates them other than that i'm probably gonna have dessert so i'm gonna probably have like six or seven chocolate chip little small chocolate chip cookies and i'll probably go to bed around 10 o'clock and then uh got the inner squad scrimmage tomorrow so that should be good but anyway guys i hope that you enjoyed the video if you did hit the thumbs up button subscribe and i'll see you guys in the next video

(14:48) bye guys peace you

**10. IMPROVE YOUR STRENGTH FOR FOOTBALL | Gym masterclass with coach - YouTube**

[**https://www.youtube.com/watch?v=b4d3Zk5NPdg**](https://www.youtube.com/watch?v=b4d3Zk5NPdg)

Transcript:

(00:00) [Music] my man thanks for having me thank you for being here yeah so tell us a bit about yourself my name is John I'm the sports scientist / strength and conditioning coach a try to dream and my job is basically to get the kids strong as they can be so today I'm gonna teach me fire drills to make you stronger as a football player but once you know the bills how many repetitions do you need to do ideally for beginners that suggests starting with 10 reps maybe two sets walk your way up to three sets and maybe four sets

(00:29) of eight upper back right yeah let's see what you can do so we'll have you here five minutes just to sort of get your blood pumping get your muscles a bit warmed up before we can get to anything else in the gym it's important to warm up so you set it off a bit easy just go from there how hot do I go ah it was supposed to be so intense it's just to get you going it's a good place to start warming up a myriad of reasons we prevent injuries here performed your best in the gym but once your muscles are warmed up a bit

(01:18) more support also just a mental thing once you get here you know your brain switches to training mode [Music] modular turn gets you knee into your armpit Aki right straight 1/2 and lift your leg up here you do that a couple of times maybe hold it a bit more up here yeah squeeze squeeze that way so that's really good for your gluts bit of your lower back feet shoulder-width apart good keep your leg straight going okay so now once you lay down on the mud mm-hmm facing up okay and could have probably get your feet a bit off the mat

(02:25) that way yeah your glutes like your bum muscles very important in any sort of athletic activity because that's what you get majority of you're powerful so again in the gym a lot of our movements are gonna be focused around this area so we need to make sure you're ready for that in the gym writing this so all the explosiveness everything turning on hiking running kicking jumping cutting yeah just all starts from here right so you're gonna lie down this way bring your feet I love the mud okay and you're

(03:07) gonna lift up and hold so how you do that is by squeezing yeah higher higher higher so you can go and then hold it there for ten seconds ten seconds ten seconds nine eight seven six five four three two and one okay go back down take your feet out a flat back straight but like somewhere in the middle okay and you're gonna do the same thing okay opposition so you're gonna lift up again and squeeze as hard as you can keep it there for ten nine eight seven six five four three one down lastly once you fit out almost

(04:04) and she legs almost straight yeah that point and now this you're gonna fill it a lot more your hamstring right yeah so lift up and squeeze for another ten seconds nine eight seven six five four three two and one okay good good push-up position mm-hmm yeah then just get your arms out as far as you can go and then back okay as you're doing that okay mm-hmm I need you to hold this as tight as you can okay and lift up a bit there okay yeah just take your hand out as far as you can go and back okay we could do maybe five of

(05:03) those yeah it's one and back to this one is height thirty yep and this is stretching you say not stretching just throw it still part of the warm-up really we'd like you to get your arms out as far as you can go yep yeah as far as you can go one more last one let's go good [Music] so the first exercise we're gonna do is the squat and usually advisable to start with your larger movements first because still fresher you have a bit more energy

(06:09) and these kinda take a lot out of you okay so your squats maybe your other movement that lifts presses today we're gonna start the squat okay squat is important because one football players is strong legs for performance trying to be able to kick change direction and everything and to just this movement in the sport that movement is replicated in so many options in the game when you're about to jump you start from there generate power yeah when you're changing direction you'll plant your foot change

(06:50) direction so that's it's like a single leg squat this is a very very crucial moment for footballers to perform well and be able to load up so what you say that the squat is the load of leg movement for football exactly yes in my opinion at least so first things first make sure the bar is at the correct height you want it a bit lower than your shoulders so that as you're getting the bar out of and back onto the rack it's comfortable sometimes you might also need to bail out quickly and if it's too

(07:30) high by the time you know safety first the gym always so usually you identify where the middle of the bar is using the marks the nylons and the by itself once you get that grip onto it step under the bar okay kind of what a spot just the you are like that yeah squeeze your shoulder blades together what that does is like a natural shelf that forms the top of your shoulder blades yeah that's why you place the bar and just stand up take a step or two backwards okay now once you're here when you get into your setup okay

(08:11) your feet should be in the most natural position however you feel comfortable yeah that's good enough for you okay and from there engage your core tight tight tight tight like you're trying to show off your six-pack suit coming okay then just sink down into your hips between your legs yeah good one to what you're doing right now is excellent so we want you as you're bracing before we rep take a deep breath into your belly okay what that does is stabilizes your trunk can load up the bar okay let's go

(08:54) down sink low okay hold that why didn't you fit a bit okay then now at this time I want you sink down a bit lower okay yeah so it's quotes the deeper you go the better I can feel that yeah you don't feel that yeah so give me maybe three more reps two and three this is the easier version of the buck-buck squad still the same movement butter just a different way of loading it call it the goblet squat operates quiet yeah you see it's much easier than other so just pick the dumbbell up okay and hold it gives your chest like that

(09:43) okay then the same thing at the squat make sure your feet spacing is correct so you comfortable brace your core and then deep breath and squat down okay going but so this is a most people who are new to training this is the movement age elysee at the mouth wait mmm-hmm because it's easier to learn it's safer and to just a lot more confident someone who's new to weight training the points remember is one your feet so your feet should be flat into the ground a good trick for that is to jam your big toe up

(10:24) into the floor and then push through your heels January 10 o'clock push - you definitely feel okay so that keeps your feet flat planted on the ground huh you're sort of stable there and slow me down back up yep give me two more reps that is pretty much the trainer's dream [Music] okay next movement we have the hip thrust okay so this basically just rings your posterior chain okay how develop force exactly on muscle big focus on the bum muscle okay with the hip thrust to by here it's teaching you how to

(11:18) generate force so moving for it I guess is what we do in the field go muscles Oh muscles yeah so setup is you need some sort of box or bench okay we've put the mats here just because this can be a bit harsh on your back how are you doing that doing that okay so just sit down there then place your back over here yeah just like that selamat top of you and oh hello okay so you need to use your hands for this ah make sure it's somewhere comfortable it's the middle of the bar yeah that's fine I don't want it too low that's fine

(12:07) I don't eat too high yeah just like in the crease it is exactly what needs to be exactly there yeah yeah then you set up so when you're down mmm sink down okay I don't you feet too far for it okay so just a bit yeah before it again okay that's fine wait it'll feel comfortable yeah that's the Caroline Italy go it then from there making sure your heels nice the most important part you healed glued to the ground want you to squeeze your bum while pushing through your heels yeah apply all the first tree here right

(12:42) then up as high as you can hold it for a second and back down yeah I can feel that master I feel that yeah let's go give me maybe six reps okay let's see so up one all this while keeping your core engaged - four five six okay now obviously if the bow is loaded you'd need to use your hands to stabilize the bow bit also in the gym safety first yeah safety first which I have you done them dropping on people's feet all that okay yeah you seem to be enjoying this way yeah good good good big big powerful squeeze okay at the top

(13:35) and hold good one more and three so exercise number three is the step up okay and it's exactly what it sounds like step up what this is good for again football so Peyton you're not always gonna be on two feet okay so you need to build that single leg strength and a good of doing that using this exercise okay okay so this strength and balance just means a lot of that strength balance a lot of concentration that you're gonna fall over ah okay so first thing you need of course some weights next a box or a

(14:26) bench or basically anything that's about knee high in front of you and just as easy as it sounds put one foot on top of the box make sure the whole foot is on the box safety okay and step up yeah okay good like that just like that then switch that aside see their side good good now as you're doing this a lot of people you note this a lot of we don't want in your back you always looking to train the body on how to stabilize especially a truck so just left to the other that says make sure you tighten up

(15:14) tighten up on here okay let's go still three each leg one good tight tight two [Music] [Applause] three good the other side [Music] what do you need balance so we can't always just opinion let me forget about it I'm not liking this I'm not liking great this is going so one of my personal favorite X is the gym is the pull-up not mine at least I find is the best upper body strength movement you can do for yourself why do I need upper body strength I'm got my legs yes but you're gonna get challenges with players okay for your

(16:14) running as well that pulling motion need strong back posture and everything is a put alike yes the four muscles that you show muscles but muscles where you go muscles okay muscles you can see in the middle that's what you need for performance right and there is no other exercise that you'll get as much bang for your buck for your buck once you're back you're back as the pull-up okay okay and as it sounds find something you can grab onto ah it's a bit high AHA yeah just slightly outside your shoulders uh-huh gripped

(16:58) hard smooth and pull yourself up just like that yeah okay that looks a bit hard it's very high yeah I think I'm not gonna get as much out of it yet didn't come there yet cuz obviously so if people out there are not like you but more like me and I'm getting started can they do something as an alternative to the exactly so as with every other movement you can modify it make it a bit easier start from there then watch your way up to this good and for that we have the inverted row we have scoops over here

(17:35) scrub onto that okay make sure your feet somewhere secure somewhere safe mm-hmm just lean back okay once you're there keep your body straight to get your core and just pull yourself up much easier much easier much easier but still working the exact same muscle I can feel my body very movement pattern [Music] last exercise we need do something for your poor okay the core this area of your body you not just your abs okay go we take all the musculature around the middle of your boot lean your abs blow up up muscles and muscles the top so

(18:33) it's a cause week you might have strong arms strong legs it does I was the link in between okay in sports it's all about delivering force efficiently yeah and if there's a weak point here it's gonna be energy losses understand okay so this needs to be solid solid solid that is like the base where your movement starts oh this is strong everything else is strong yeah so a good way to work the core is the next is called pad dogs okay they work on preventing rotation the bud Cauley anti rotation that your core learns to move

(19:19) in a more solid way okay did you start on the ground when your hind the knees right from that simple I'm gonna lift your left hand and your right leg aha as you're doing that did you to really try to tighten this area of your foot I don't any movement I don't see your lower back and having invert that way right yeah from there stretch out to movement is not up and out so strated okay then from there Anto elbow and you need to touch okay good like that cool switch sides okay let's see good now you felt that you're about to

(20:24) fall over yeah that's what I want you to resist okay now that was okay right let's look very very weak probably gonna be able to bang that out if I can live okay so I did that let's see let's see let's see this next right so a variation of that that's a lot more challenging okay I'm probably for someone who's used to training being on the field this is gonna work a bit better for them yeah it's going to be the exact same thing except now you're not gonna be on your knees gonna be on

(21:07) your feet right like it's a push-up yeah let me see you get into that position right so from there let's see lift yeah oh this is difficult that's difficult yeah white balance okay good good one too okay so that that's a lot more difficult yes yeah what's the key here to find that here so G first thing is just concentration okay need to feel what your body is doing next just fabulous through the middle of your body on your core your and hold that right resist that rotation that feeling of getting off balance that's exactly where

(22:04) we're going so that's where I lose energy and the momentum exactly is when I start to wobble yeah okay okay so if you can keep this as one rigid unit we're know we're working and it's okay we want you to struggle the means for pushing you to the speed limit basically that's how you're gonna employ something yeah Thank You Man anytime

**11. Football Fitness Training Session | Raw Training Footage and Data Analysis - YouTube**

[**https://www.youtube.com/watch?v=1lvhOgKker4**](https://www.youtube.com/watch?v=1lvhOgKker4)

Transcript:

(00:00) hi guys welcome back to another video so i'm just about to head to the pitch and get a full individual training session in today's sessions mainly focused around fitness work so a lot conditioning stuff with and without the ball so i'm going to show you everything i do for that i'm going to be actually tracking my data today using one of these if you're unfamiliar with it this is a gps tracking device you might have seen some professional players in their training sessions wearing these vests and those vests actually track

(00:28) their data so the club gathers that information to help see progression in their fitness in their speed agility and things like that so i'm going to be tracking my data from today's session and then sharing it with you at the end but i'm just going to show you what this is so let's take a look inside so this is the soccer smart coach from player by catapult so it comes in a pretty sleek looking box as you can see and on the top of the box you can see it's got like this football pitch design but inside this is the contents

(00:58) so this little chip here is what gathers all of your data so you're actually going to put this into the vest so this is the vest very lightweight so you're not really going to feel it you can wear it either on top of your t-shirt or you can wear it underneath so you can actually wear these in matches if you want to get your match data too got this little compartment that's where you're going to stick the chip we're going to get into this a lot later on in the video after the training session

(01:23) i'm going to share all the data and we'll talk about it in detail and some other cool features about the app but let's get over to the training pitch i love having the pitch all to myself because i can just set up everything i need all right so just going to pop the smart pod into the device so i guess you got to put the logo downwards facing put it in here put that back together and apparently as soon as i start moving it just starts recording so you don't have to do anything it does it all for you so this is what today's

(01:54) session looks like i'll put it on the screen so we're doing a warm-up and activation which i'll do here so i'm going to use the resistance band as well then i'm going to go into a little bit of ball mastery just a simple cone weave through these cones i've got set up over here and i'm going to do a few fast feet exercises first just to get the coordination down through the ladder then i'm going to do them through the cones with a little bit of an acceleration then i'm going to go into my main drills

(02:16) because i should be warm by then so i'm going to be doing some a little bit of speed and agility with them without the ball better change of direction and then i'm going to go into a ronaldo speed test and then we're going to end with a full pitch fitness drill at the end that's going to be a killer a lot of touches on the ball still but mainly working on our conditioning today so it's going to be good we're going to get some really good data from this as well especially because we're going

(02:36) to be using the entire pitch and then we'll cool down and stretch at the end so let's get into it so mm-hmm wonder spoke a bit too soon about having the

(03:39) pitch all to myself it's turned into a zoo now looks like everyone's trying to beat the heat as well but warmed up now so i'm going to get into a few more dynamic exercises first with the ball bit of mastery through the cones here using all the different surface areas of my feet just get it warmed up and get get some fast feet and coordination through the ladder and then i'm going to do some more fast feet a little bit more dynamic with an acceleration through the gate and then i should be really warmed up

(04:03) ready to go into my main drills and it's going to be an absolute burner um um [Music] [Music]

(05:51) oh oh um uh so definitely warm now got everything i

(06:59) need to prepare for my main drills that's good stuff that's a workout in itself to be fair so moving into the first of the main drills now it's the t agility drill you've probably seen this one before so we've got a gate here then it's 10 steps out to that middle cone then either side of that cone five steps to place those two cones so this is the course you sprint out change direction sprint out to the wing and all the way across the opposite side back to the middle back to the start then we're going to get the ball

(07:26) out of feet dribble out to the exact same course and then that's one repetition we're gonna do four of those in total so we're gonna do two reps starting without the ball and two reps starting with the ball so four in total that's one rep i'll rest for about 30 seconds and we've got three more of those to do so

(09:08) wow that's tough really important to work on that fatiguing the legs and then doing something technical because in a match you're not going to be fresh every time you're dribbling every time you're shooting sometimes you might have just done a 40-yard sprint you're still expected to produce so doing this kind of work on heavy legs it's only going to improve your control improve your technical ability so in the last 10 minutes of a 90-minute match you're still effective on the ball we're

(09:36) gonna rest here couple of minutes because that was definitely a burner get some more water and we have another similar drill but more zigzaggy this time from this gate seven steps out to that cone seven steps 45 degrees to that cone another seven steps for that final cone we're going to do the exact same thing so we're going to go out without the ball so change the direction making sure we're getting nice and low around those corners short steps really pushing that ground away get around the end cone and then come back

(10:03) to the start pick up the ball do the exact same course around the end cone back to the start that's one rep we're just going to do three for this one and then for the final drill that involves the goal we're going to do two reps so start with four down to three then to two and then we're going to finish with our fitness drill so let's go wow as you can see fatigue is definitely starting to creep in here touches aren't as clean we're gonna keep powering through two more of those all oh right god

(11:46) oh legs feel like jelly all right let's get a wart break we've got another drill okay so moving into the final drill without the ball before we end with some fitness we're gonna do the ronaldo speed test i'm sure you guys have seen this one on my channel before it's definitely one of my favorite drills so what we do is we start in this box here so this is a box surrounding the penalty spot back facing the 18 yard line on your toes turn it's an acceleration without the ball and you pick up the ball in between

(12:20) these cones dribble out this side as you can see from the edge of the d the first gate next d is right on the edge where the 18 yard meets the curve then you do a figure of eight through those two cones all the way across got another gate placed exactly the same on the opposite side through that gate and it's back up to the top dribble through the gate and you've got a finish and i've put two cones probably about three steps in from the post they're going to be my target zones i'm just going to be trying to place it

(12:48) with the inside of my foot especially when my legs are fatigued you should be going for accuracy over power i'm only going to do this twice we've definitely got a lot of work on the legs already but just wanted to involve the ball a little bit more a bit more acceleration and a couple finishes on goal so two reps that's it family over here so my legs literally feel like they've got 100 kilogram weights in them but this is where it's really important as i've already mentioned at the end of a

(13:45) match when your legs are really heavy can you still produce technically you can work on your technique all the time but if you're getting tired you're not going to be disciplined with your technique you're not going to be able to execute efficiently so this is where fitness comes in this is why being fit is so important not only to be able to run around the pitch but also to produce technically when your legs are tired we're going to rest here for a couple of minutes and then we're going to get into

(14:06) the final exercise which is a full field fitness drill so i'll explain that in a second i'm going to wear my watch for this one in time 10 minutes that's how long it's going to be changing tempo all the time that's more specific for football you're not always in one gear and football you're changing speeds we're not going to be sprinting in this one it's going to be all cardio we want to be working that cardiovascular system aerobic so we want to be taking in oxygen we're not sprinting because

(14:30) that's anaerobic you start at any corner we're gonna jug slowly along the goal line here all the way to the opposite side this is gonna be the slowest pace probably about 50 of your max and once you reach the corner flag on the opposite side it's a slightly faster drive probably around 60 percent up into the 18-yard box when you meet the corner of the 18-yard still at 60 you're gonna open it out a little bit get up to about 70 75 percent and once you reach the opposite 18-yard block to the corner

(14:58) you're gonna slow it back down to about sixty percent then once you hit the corner of the opposite side that's when you're getting your recovery back to that fifty percent along the back line then you're gonna repeat it you're just gonna go for ten minutes just continuously changing speeds all the time it's going to be a really good cardio workout so feel free to give this one a go so i'm just going to start my watch 10 minutes off we go so that's one lap almost a minute 30.

(16:43) let's keep going oh myself i'm in the left so 10 minutes 0-1 just did

(17:53) just under 2 miles 1.94 heart rate max was 176 so we definitely got it up there that's a really good run very football specific because you're covering the whole pitch and you're also changing speed which is very football specific you're never running at one constant speed for 90 minutes you're always changing gear sometimes you're walking sometimes you're jogging sometimes you're sprinting so it's good to replicate that in your training as well this is how you get football fit

(18:15) match fit but yeah a really good session gonna cool down now get a good stretch in and then we'll get home and we'll check out the player data and see how we did all right so i'm back home now so i'm gonna synchronize the smart pod with the app have a look at the data and see how i can use those insights to improve my game so what you have to do is go into the app and then you put the smart pod back on the charging dock and you pretty much click one button and it will organize all of the information for you

(18:40) into the app so it's really easy to read so once you're in the app and it's synchronized the data from the session you can get a general overview if you just want quick data knowing how long you're trained for the distance covered and things like that but if you want to look at the session in a lot more detail all you need to do is click more details and you can actually get into the session and look at very specific breakdowns so as you can see we trained for 98 minutes today so a little bit over the length of a normal

(19:05) football match but that does take into consideration rest periods as well and as we can see the distance covered in the training session was 5.75 kilometers and one of my favorite things about the app you can see just above the distance you can see a target and this target is tailored specifically to you so everybody's target's going to be a little bit different it's going to be based on your age your gender your position and also your match schedule so you can actually upload your match schedule to the calendar then it tailors the

(19:37) training session based on your next match so it's not going to make you run five kilometers the day before a match it's always going to fine tune it based on your specific needs and i think that's really good and these targets are actually set by elite premier league coaches so these are coaches that work with the highest level players in the game so you can actually trust these metrics and know you're staying on track so that's one of my favorite things about the app then if we scroll down we can

(20:02) actually get five minute breakdown so this is really interesting because you can see where in the training sessions i was covering more distance so you can see for the majority of the session i was covering smaller distances that was with the accelerations with them without the ball the diagonal drill the t agility drill and the ronaldo speed test then at the end of the session when i did my long distance cardio drill you can see that i covered a lot more distance there but it's actually quite interesting to see you can see the first

(20:27) five minutes of my cardio drill i covered a lot more distance than the last five minutes so that's great data for me to look at knowing where i need to improve on the first five minutes was pretty strong but the next five minutes wasn't as strong so if i can build on that that's going to show my fitness is improving then if we scroll down a bit further we can look at the heat map to see where exactly on the pitch we spent most of our time so that's represented here with the orangey red color so that's where i did

(20:53) the short sharp drills so the accelerations with and without the ball and then you can see kind of that hourglass shape almost and that's where i did the fitness so that's really interesting to see would be really cool if i wore this in a match and it would be really insightful to see where i spent most of the time during a match so not only can this app help you improve physically but maybe even tactically with your position you can see if you're spending a lot of time out position you can see if you're a winger and

(21:18) you're spending too much time towards the middle of the pitch and you need to be getting wider it's going to reflect that in the app so it can show you what position you were on the pitch throughout the game so that's really interesting stuff too so this is the data that i'm interested in from today's session that's going to help me track and improve my fitness but you can also look at metrics for your top speed your power and your sprint distance so if you want to improve in those areas

(21:40) if you get the same detailed breakdown for that i'll definitely be using this for a speed session in the future i did use the player tech device which was catapults previous model and i actually have the data from the previous app so you can see there's a few differences here with the player tech app and the player app i think they've made a huge upgrade with the player a lot more detailed information that's going to help you improve but we can see here with the playtech app i did seven training sessions

(22:06) my top speed calculated through the player tech was 20 miles per hours which is about kilometers per hour a little bit more so that's going to be really interesting information i'll definitely use this in a speed session that's something i'm always looking to improve as well so if you're taking on some kind of power training session or if you're taking on a training program that's designed to increase your speed you can actually track your data through the app and see if that's having an

(22:31) effect on your performance so i'll definitely be using that in the future for my speed sessions and i'll share that information with you guys but another great thing about the app not only is it going to help you on the pitch increase your physical performance that can help you off the pitch there's so many great tips you'll find in the app that's going to help you with your recovery with your nutrition it can actually give you training drills as well so if you need ideas for your training session so

(22:54) as you can see it actually gives you drill suggestions so we've got the zigzag dribbling drill probably similar to the one i did today and it actually gives you a duration of how long you should do that for it gives you the intensity which says it's a medium and then it also gives you tips on how to set it up so it says use seven cones and how to actually go around the course as well so i think for you guys out there who train individually maybe you're not training with your teams right now but you're

(23:17) still looking to improve this can be a great device for you to track your progress and actually see improvements in your performance unfortunately it can't help you with your technical ability it can't track that for you that's something that's a bit more subjective but in terms of your physical gain your speed your stamina and those physical attributes you can see actual tangible improvements in those areas to know that you're making progress so i think for you players out there who are serious about elevating your game

(23:44) looking to play at the next level this can be a great device for you if you use it correctly so i really appreciate catapults sending this out to me it's something i'm definitely gonna be using in my sessions to track my progress and improve my game if you guys are interested in learning more about the player make sure you look in the description box below i'm gonna leave a link there which will take you over to catapults website you can learn more about it and you can actually pick up one for yourselves but i really enjoyed testing

(24:08) it out today i can't wait to get to know it more i'm sure there's plenty of other features that the app has that can help you elevate your game i'm looking forward to discovering those but i hope you enjoyed today's video if you did make sure you smash that like button hit the subscribe button for weekly training videos and i will see you guys in my next video [Music] you

**12. Strength & Conditioning For Soccer Players | Explosive Soccer Drills for Speed, Strength & Agility 💥 - YouTube**

[**https://www.youtube.com/watch?v=rAczOJt62Ss**](https://www.youtube.com/watch?v=rAczOJt62Ss)

Transcript:

(00:01) [Music] oh [Music] the point of today i guess isn't really to just like take you through a workout yeah but i need you to probably kneel on

(01:13) the black matte area so as long as you can see or hear chain going all over the black matte hair on your knees if my calculations are right you've got seven weeks of off season uh what we'll do is we'll do one week where it's easier a bit of rest recovery from the season then you'll have six weeks that'll build so you'll have two weeks of what i would call a base program two weeks of what i call a development program and then two weeks getting you sharper back in ready to come back one hand up

(02:02) the program we'll be working through will be straight into basically movement categories um all the way move your head with it first

(03:30) a little bit better control four steps four four steps back three no

(05:09) yeah okay 18 19 of you i want you to know groups of three however you want to organize yourself when you're doing your work keep sterilizing your hands make sure the bars are wiped out in group three we're gonna go over to the track we're gonna make our way for track to jogging i guess so three in a row come up come down one side back to the start does that make sense so go get yourself lined up in rows of three at the start or near the start of the track we're gonna go through six times warm up three

(06:21) [Music] giving time to stop and then come out the way stop on that finish line and then move out the way give them time to start good let's stop that last three blocks sorry stop that last screen box sorry ethan drive from this green box to the final green box okay we'll work one at a time i'm going to get you to do what's called a complex so it's just a sequence of movements without putting a plate down all right for this part i'm not going to concentrate too much on technique i'm

(07:20) not going to come and coach you i'm just going to watch what you do there's four exercises to 10 reps back to back and we'll do it twice through so everybody grab a green plate just that you've got one ready take all the gear up front just one between the group four movements again i'm not focusing on your technique i'm not going to coach you through this you're just going to do it so i can walk around and watch you we'll start with a bent row you'll just pull the plate into your chest

(07:53) stand up second exercise for 10 reps is just to get it up onto your chest you can bounce off your knees if you need to 10 reps of just getting up to your chest last one hold it in position 10 squats then once you've finished 10 squats it should be on your chest ready 10 presses overhead okay so i'm just gonna watch you watch your move through if i can see what you're moving like it's also to get you moving through some exercises and warming up so ten bent rows to start with on the last bed for you stand up

(08:41) on the tenth one you should be ready straight into ten squats holding it from your chest then each exercise ten squats push your elbows underneath it as soon as you're done hand the plate off straight onto the next person oh this one

(10:23) don't think about it too much foreign what's everyone straight back to the first person straight through try and pick the pace up think of it as a heartbreak razor rather than a sequence of exercises now have you done barbie exercises before

(12:17) most people yeah how many of you have done them properly in your rack i want you to pull the bench right out of the rack and then set the pins up so that the bar is level with the sternum i guess of the smallest person in the group so move the benches out because we're going to be in the rack take the bar off to start with put it on the lower bit and then adjust the pins up so that when the bar is in the rack it's set level with the chest of the smallest grab that bucket still soda wipe down okay we'll move through this bit quite

(13:23) quickly because we don't have a whole lot of time left uh just make sure that you can see me i'm going to borrow i'll borrow this rack just make sure we're in your group you can see me i can't teach you all the exercises in the world in this in this session right so we're going to focus on movement groups and we're going to focus on a certain style of movement and then they will be in your program because i know you're doing them reasonably well today if i make a small change to the

(13:44) exercise i've already seen you do something similar pretty well and you can apply the same techniques across right so we'll do push pull hinging squatting and core and then some jumping today and all of your exercises for your programs coming up will be the same movement right so overhead pushing overhead pulling dead deadlifting goblet squatting and then support working some jumping right so as long as i know that you're doing it okay today i can kind of say right programs are good like i've said to you

(14:10) before you've got seven weeks until you come back you'll have a week of sort of rest and sort of recuperation you can exercise but not really training and you'll have two weeks of base stuff which is kind of hypertrophy kind of movement quality so a bit of muscle mass a bit of original quality some developmental stuff which is leading into strength and then two weeks a bit more stress to power which starts to all right i'm going to show you an exercise so you're going to need to see me doing it and then within your groups

(14:36) you're going to coach each other through it okay we're going to do three rounds of five reps of each just to see what movement quality is and then we'll move on to the next exercise all right we'll start with a far down overhead press you're going to take the bar outside your shoulders so your hand is going to sit basically level with the front of your shoulders okay for the whole time we're going to try and keep your forearm underneath the bar all right so if you're in this position

(14:58) you have to overcome that angle before you can push up in any way so we start from this position it means you set the shoulder blades into position so as you press up the force goes through the bar that makes sense i hold the bar with my thumb on the other side you don't necessarily have to do that but if you do it make sure you're holding the bar because you're on your head all right so far in front of my shoulders press up and then head through so i can stand there all day head through lock and hold elbows move

(15:42) in front down everybody happy with that from any angle so like you open your arm out if i press down does that feel solid i can see already everywhere if you push my hand up that's the solid movement all right so that's what we want with the barbell just

(16:43) nice and locked through your forearm right yeah shoulder blades go so flat straight away five reps at a time and then move to the next person when you press above your head is straight forward gone and i was four

(17:47) stay straight the whole time right so when you're trying to work from your shoulder this transfers the force from those muscles into the bar but that's straight all the forces going through into the bar right if you're twice through all i want you to do is try and grab one of the little five kilo plates see if you can find enough they're the little white ones when you do one more round of five reps and just see the difference with that small increase in weight lock everything down to support the

(18:27) press all right same technique now this is kind of loaded you'll feel pretty heavy for good form elbows underneath absolutes and quads step out the rack when you're done just so i know that you're done just saying to the boys over here it's about the right way not not the most weight yeah it's about finding the right weight for the sets

(19:30) and reps that you've been given because the sets and reps will be targeted to get a result not to wait on the bar okay so if you can't complete the sets and reps you need to find a way to go down the weight so it's a barbell exercise and you need to go down you'll have to use a different tool does that make sense if say i've given you eight and you can't do them no not you should but some of them find a tool that's lighter and go down so you might need to use a dumbbell okay but not everybody will have that

(19:52) individualization in their program uh we're going to go into pull-ups i'm not going to coach you through it first time around you're going to do two sets just of one rep all right just one rep i'm not going to cut you through it i'm going to watch you do one it's good quality okay so feel free to stand on the benches to get up any grip you want no difference just one rep any grip you want i ain't tall enough for this one you can do 100.

(21:01) okay everyone done two it's kind of secondary to how good the form is okay if i tell you to do three sets of eight and seven of them are there's no point of me to undo three sets of eight okay and if i tell you do three sets of eight you can only do one again like there's a mismatch between us okay so we're going to do a round of all of you just doing one pull-up with slow tempo so that you can feel the form and we're going to do perfect form okay so if you take what we've just done with the military press

(21:42) when the bar's over your head and everything's locked we want that same kind of form for your pull-ups all right i don't mind which grip you use just talking to some of the boys down there these ones are kind of neutral on your shoulders and end up being a bit of a mix between your back and your biceps so they end up being a bit easier if you want to do that that's perfectly fine but your form should look something kind of solid get to a good hang to start with that's a dead hang i'm just absolutely hanging

(22:05) off my body that's an active hand see my laptop moved me up from there it's just a nice easy control form no w elbow straight down back down on the same form just try and work one rep with that kind of form right just one red that's nice well done okay much harder you can don't have to use the same grip as me use whichever grip you want keep your abs on

(23:43) use your abs everybody's going to need to grab a dumbbell that weighs less than 20 just one sorry sorry just one two three we'll squat first somebody tell me a coaching point for a squat yeah good day don't basically we shouldn't be going either direction there we don't want to be too tough forward we don't want to be too tucked back all right

(24:48) wake through weight through the foot not necessarily through the heel but a nice stable flat foot if you push through the heel the lighthood is that you're pushing slightly not up on the toes exactly will help with that uh we're gonna look for a flat back all the way down you'll see when i go down if i don't have a weight when i come past probably here my bum will tap underneath a little bit right everybody's a bit tight through the hamstrings and carve so that happens to almost everybody unless you're very very

(25:19) flexible we will go to the point where that doesn't happen so whoever's watching him when you see that little tuck what we call wing once you see that wink tell him he's going squat which is going to be held in front of your body you'll see it's easy to maintain a position like this where my feet and knees are in line yeah nice and solid can hold that all day pretty deep good movement okay we're gonna work through that five reps i'll see what it looks like and then i'll see where the coaching cues need to

(25:49) be five reps straight up and down nice and easy okay didn't get you approach um all right clench your arms a bit now sit

(26:53) straight down don't think about sticking your arms back straight up keep your glutes at the top good okay so just like a normal position no no little bit higher than that too low okay so the temptation is to go straight to the barbell like it's the only only tool you can use to get big and stronger right but that's what for almost all of you was good i could

(27:56) say go off and do a goblet squat with a dumbbell as heavy as you can possibly do it and i'd be quite comfortable with that right we'll go one time through more i want you to think about foot position so your feet stay underneath your knees and everything feels sort of that way you should feel a big stretch on your glutes if you relax in your lower back you won't be stretching your glutes so if you've got a stretch in your glutes at the bottom that means you're in a good position and try and think about getting your

(28:18) elbows just to sit either on top or inside your knees so as you come down that's a nice easy position for me right basically parallel at the hips i could hold that all day then you can drive up again the only thing that might be different in some of your programs as we get through to like strengthen power when you come up to the top you will add a presence there all right once more five reps nice and solid it's like you're trying to lower good job that probably suggest tightness in the

(29:51) car from the hammock uh do you feel the weight is a little bit more fruity takes away the inflexibility of the ankle and the hamstring he should now be able to push into those a little bit sorry we're and then we're going to work on some jump in then we're good okay get your dumbbells set up we can all do this together whoever's up first get your dumbbells on the floor just like mine okay we're gonna stand above it i'm sure there's a nice way to say this but

(30:55) directly underneath you yeah hands inside your body sit yeah something you need to start with and then from there only move through pushing your hips back okay start by just touching the dumbbell and stand yourself back up as you get a little bit more flexible a bit more controlled you'll be able to pick hold of the dumbbell keep that nice flat back stand it straight up so to start with stand above itself you're not moving this is a hip exercise

(32:08) first time good and then five reps you don't it that's your power you'll

(33:47) all right but then it says let me try again what

(35:09) work through the last set of five i'll drop the weight there we go i should always be able to see your reaction logo okay so if that disappears you've come too far forward and that's probably when you're going to play back something you need a little bit depends pick it up first

(36:50) just offset them five people now so you can lose your group of three one at the block and then four just off yeah we'll take that down all right if you're not happy when you step up to pay attention you're not happy when you step up to the box take it down to a height that you're comfortable with all right when you land i don't want to keep showing you up but when you land we want to get into this kind of court squad position so if you're landing for a box jump here the line here is you haven't jumped that

(37:46) high you've just moved your knees up right so it's still not about get you into this quarter squat position that should be your landing position if you're landing any deeper than that take the box down a little bit right nice and smooth as soon as you jump stick the landing like a feather three reps nice and easy three reps [Music] oh all right

(39:13) oh toes okay try and stick a little bit higher up into the squat floating very easy head up when you're done good jump a little higher before you do

(40:26) knees alright walls benches stairs if you've got good stairs blocks and you're probably going to find it easier to do it not in the gym if your gym doesn't have these adventures that high will do a lot of the job like it's about turning over from standing into a jump quite quickly this would be a power up because i think but for me i'll be looking at using it as a power exercise in their program assessing them i'm looking at their knees uh when i normally do this when i jump

(41:42) my knees tend to go inward like how can i fix that so you i'm very unlikely to be able to fix it whilst you're doing the jungle because it's about such a high expression of power but the best chance that you can use to fix that is during pre-activation or during warm-ups because your feeling does the same thing but that's at a lower level that you can start to build up the control so when you've got the band around your knees or your ankles then we're working on the stability of the glutes to

(42:05) control your knee okay so while you're doing your steps like this if you feel you need to do the same thing that's when you can get your work in and you can also practice squatting and small jumping with a band around your knees to stop it kicking in most of you will feel the same thing and it's just the same for me too and that's a good question so it's not pre-activation is over here and now we'll go in the gym it's linked so the pre-activation is linked to performance engine prevention

(42:41) how's that feel yeah easy some of you some of you will find it easy um box jumping becomes quite ego based quite quickly you'll get 90 of the work out jump holding on to anything all right and then when you're really controlled with your knees looking good and it's naturally start then we can start looking at pushing the boxes up to maximum height okay very rare you need a maximum maximum unless so you win even if you're not coming back you do what this guy says you'll have a chance physically rather than pushing that and

(43:38) looking really rich nothing to do with it we want you fit we want your powerful and that's what these exercises are for not for posing you might want to do that i don't know this is a serious program i don't know what's going on before not interested but it is now okay but get your gear we'll see you at 10 to 11.

(44:13) let's go see tom there go so you're coming in the second group yeah thank you shuffles karaoke across the body if you were exercising to recover what

(45:19) exercise form would you pick what exercise would talk about well so you don't go out and play football as a way to recover from football right right we do like ice cream okay so swimming walking cross trainers basically things that take the load out of the skeleton right it's something that doesn't load you through this joint yeah get a couple forward and backwards you try to build sharpness you've got to

(46:42) move sharply double contacts in between good steady pace make sure you get that forward lean try and get some stride separation on this one longer steps just building yourself up in pace we're gonna work in blocks of four

(48:09) minutes all right we're just going to divide that four minutes down in different sets and reps and rest periods to change the parameter that we're trying to work all right so generally the less rest you have the intensity of the workload comes down and that becomes slightly more aerobic bass okay the shorter the work the shorter the work and higher intensity and the higher the rest then you can start to go towards anaerobic and sprint work all right so we're going to start at the low intensity end and build throughout

(48:33) the session to the higher intensity end okay we're going to stop short of maximum sprinting today we will do some fast work but not max sprinting that's slightly separate that's about speed development rather than energy systems conditioning okay so the first block is going to be four minutes just continuous so in order to get that done take the intensity down to a pace where you feel everything about it is controlled your heart rate's up but pretty steady and all your techniques perfect all right i know

(49:01) you've never really focus on your technique while you're running but smooth technique means good energy efficiency okay let me just grab my stuff to my phone nice and steady pace your heart rate will come up as we go all the way around the outside of the pitch think about making it

(51:22) okay how long could you sustain that for a while a while yeah that's if i'm setting you something to do that's sub max go out for a sub max 5k that's the kind of pace all right about keeping it out your joints making sure that you land with your muscles and then goes through your skeleton it's all controlled and very comfortable okay from an snc point of view it's like the coaches point of view the technical boxes get you going technically and the reason why tom wants you to do this is you feel

(52:00) what he needs you to feel so i can look at a video of the box as well i can do that we'll actually do it like the running actually do it do you understand why you think i'm crackers that's why it's important how long do you reckon you could have sustained that you've given me a specific number i'm back and you can do more than six eight minutes okay that that is the basis what if you're working in that position very very low level you can use any any of the uh so that's what we're going to move on to

(52:47) now a bit of aerobic development where you're stretching yourself a little bit so we have to incorporate regularly all right we spread yourself along so just one on the white line facing up to me one period of work at 45 seconds to 115 seconds all right i reckon if i'm eyeballing it you can get to the other end of the pitch and back in about 45 seconds okay at a pace that we can sustain for four rounds all right i think that's about right if it's not and you don't quite make it that's okay what's more important is the

(53:18) 45 seconds than the distance okay and it's also important that we can sustain the same amount of work does that make sense i will shout your time out from my watch you ready you know what you got to do up and back for 45 seconds if you make it back and i haven't shouted what are you going to do so again 45 seconds work not too late three two one twenty bye yes

(54:37) twenty-five thirty-five all right 10 seconds [Music]

(55:44) all right 10 20. that's should be hard but still smooth bye

(57:06) [Music] twenty-five [Music] 10 seconds left and relax bring yourselves in four five six seven eight nine ten eleven 13 14 15. hey john that life is talking about three four five six seven 8 9 10 11

(58:12) 12 13 14 15. yeah you can see on the turn the ones who want to make the extra yards up for whether it's right well i've done this now and that's where it will go into 15 seconds one more to do i run it to see what you can travel in 15 it's not to get to the line yeah i can get to the line in 15 seconds

(59:17) i yep right when you're all right

(1:01:02) ten seconds make sure you're ready to be on my show yes three more boys three four five one two three four

(1:02:17) anyone not making it 15 seconds get back on the line yep one two three four five five um one person will start from the center circle press each cone and back to the center

(1:03:20) circle each time okay it's six reps of 10 12 yards of shuttle running you're only going to do it once okay i will give you reps of work to do that's more than once a certain amount of rest period but you'll feel how hard it is to do that at max intensity for just one rep who wants to go first right everybody else is jordy pressing can we get a line going down there just so we know who's next you said the standards feel what it's like to do it how long do you reckon it's going to take him

(1:03:59) 45. you ready yeah yep back in good nice and sharp nice and sharp nice and sharp back in get to the lines cams 15 seconds so far [Applause] yep i can keep working when it starts to burn that's the end of work 20 seconds one more rep 23 24 25 26

(1:05:05) 26 seconds 10 seconds quicker quicker quicker 23 24 get back in get back in good next one 11 12. eighteen nineteen twenty good place last one last one get out get out get out 23 24 25 26 well done 12 13 14

(1:06:22) 15 16 17 18 19 20 last one 23 24 25 lovely great pace straight in yep it up it's maximum 23 4 5 6 well done yep get your body load to change directions yes

(1:07:50) [Music] last one get back in well done yep [Applause] yep

(1:09:04) 20 21 2 3 4 24 seconds yep one more shade [Music] more 23 4 5

(1:10:15) 6. come [Music] get out yeah push yourself twenty yes come on

(1:11:28) one more one more one more cone that's one left one this one six three seven get through the eight twenty nine yep come on push yourself come on change up for both feet let's go running second one last one last one get there get there get there yep let's come back last two last one come on last one try and change direction with both legs

(1:12:31) so far everybody's just planning off the right foot every time even if they got double back on themselves does it make sense to double back on yourself and make an extra three-quarter of a turn yes let's go john let's go john nice keep that zip to the good changes right

(1:13:58) why not yep next come on come on let's go good you're good nice and sharp nice and sharp nice and sharp back in turn come on diego come up 26 27.

(1:15:22) let's go well done come on 27 well done let's go ash

(1:16:38) 25 25 come on come on ash you're killing it come on well done let's go come on come on two more come on come on two push yourself last one come on now last one push yourself hit that one let's go finish up come on push yourself get there get there boy good pace

(1:17:47) well done last two last scoop push yourself everything you want come on come on come on let's go get here together finish finish finishing come on nice and sharp that's five come on [Applause] but you've got a massive muscular pump as well okay that's about lactic tolerance all right obviously i'm going to call this the clock face drill but we've only done six numbers yeah there's obviously 12 on the clock there are ways you can progress it put more numbers in to feel the amount of time that you can tolerate

(1:18:46) or you can bring the rest down from what we would prescribe and essentially enable you to do more and more blocks consecutively with less rest okay it's the ability to sustain change of direction over time right um that's it i just wanted you to get a taste of some of the ones that you wouldn't have encountered before and give you some focus points about how to approach them when you're off season program all right for this one specifically like for like fitness how many uh set some reps i'll write that out for you but

(1:19:14) it'll be something like four or five rest for everyone that you're doing so if you're bringing your time down from 25 seconds towards will start in something like a minute and a half two minutes all right anyone else my suggestion but i used is do it with my son and if i didn't do it my mission should do it seriously so you know what somebody can tell you very hard on your own but achievable they've got somebody trained with somebody brilliant but you've seen the standards that's all you're saying got the watch

(1:19:58) you've got the heart rate you know where you're coming from any other questions about the schedule about the exercises in the gym from a simple point of view you know where to find it right you know how to access thank you

**13. Professional Soccer Player At Home Leg Workout | Above Average Joe | GQ Sports - YouTube**

[**https://www.youtube.com/watch?v=8hsONWNqlUY**](https://www.youtube.com/watch?v=8hsONWNqlUY)

Transcript:

(00:00) - You guys getting those chicken legs? - One, two, three, four. I can see the muscle growing already. [laughs] [music] - We're here at the Red Bulls facility to work out. Gonna get me some leg strength. [music] - We're here with Adam, strength and conditioning coach for the Red Bulls. So, I'm curious Adam, what would you do for sort of a pro level athlete to get him to focus on his legs, to get his power and strength up a little bit? - We kind of focus on four things, power, strength, stability, mobility.

(00:29) We'll kind of go through that as I take you through today. - You'll be glad to know I don't have any of those things. [laughs] - [Adam] First off, we're gonna start with power. Power exercise you can do this anywhere. Gym, at home, outside. Very simple, hands on hips, squat down, chest back.

(00:45) Jump up. - Nobody looks cool doing that. - Nobody looks cool doing it. - How am I landing? Like in a squat? - In a squat position, yes. Try to decelerate naturally. Good, not bad. - It's as awkward, it's as uncomfortable as it looks. How many of these am I doing? - Do three by five, or so. 15, no more than five reps.

(01:08) Three sets, five reps. Then you'll transition from that into a [murmurs], so you're just jumping naturally. Act as if there's a hoop up there you want to jump, so right here. - Okay. - Okay? - Am I still doing hands on hips? - No hands on hips. Trying to jump as high as you can. [laughs] You're getting there, you're getting there, good.

(01:37) Try to make the transition from here to here as fast as possible. There you go. Good, very good. So these are just helping with power development, so by doing the non-counter movement jump we're focusing on being able to accelerate from a standing position. - Okay. - When you're doing a regular jump, it's basically, you use a lot of stored energy.

(01:56) There's not much stored energy here. Trying to get that energy to work for you, rather than against you. - You hear how out of breath I am from like, six jumps? [laughs] [music] - So, next thing will be a split squat. So, now we're working on lower body strength. We're building more of the quads and the glutes with this exercise.

(02:18) So, step back, going to try to drop my back knee straight down to the ground. Chest up, okay? And then extend from that position. All right? We'll usually hit anywhere from three to four sets of this of six to eight reps. - Okay. You did six to eight reps both legs? - Correct. Good. - I've always wondered when you're doing, where are you supposed to be looking? At your chest? - Straight ahead is fine.

(02:49) Basically you want to keep a neutral had position. Good. Very good. So, we'll do a lateral squat for growing strength, okay? So, we start off pretty wide stance, okay? Toes facing forward. And then you'll just sink to one side, keeping the opposite leg straight, okay? So, we'll hit eight reps here.

(03:18) Three sets of eights. - So that's working inside here? - Correct. - Okay. [music] You're more sitting back than...? - Correct, good. Bring out, come out a little bit wider, then point that toe directly forward. Good. Try to let this knee come out too far. Good. So, you'll hit eight to the left and eight to the right.

(03:52) - This feels like one of those exercises, feels like small movements, but tomorrow morning when you wake up, it's going to hurt like hell. [laughs] - Good. - So, feeling it like right here, that's right? - Correct. Then a progression from this would be an actual lunge, where you're stepping out each time and coming back.

(04:18) - Give it a try. So I'd step out and ... - Yep. - I've gotta keep that straight though, right? - Yep, exactly. Feel the difference? - Yeah. - Then next we'll do the RDL. So, this will combine strength and stability. So, you can do this double leg or single leg. We're going to do it single leg, just because it will aim the stability focus for guys.

(04:46) You can't do it single leg, start out double leg. Basically, we're just taking a bow with dumbbells. Sticking your butt way out, chest up, okay? - Cool. - So you'll hit anywhere from three to four sets of that, six to eight reps, okay? And then, once you're good with this, you'll progress it to single leg, okay? Gotta keep the leg straight.

(05:09) - And what are you working there? - Hip dominant hamstring. - Okay. - So, you're gonna feel this a lot in your glute and hamstring. - Okay. - So you'll feel more of a stretch than anything, you'll feel it the next day in the pelvis. - Yeah. - So this is the movement that is going to create a lot of soreness if you're not used to doing it.

(05:26) - Where am I hold these, like here? - Just right down here, right by your side. Then think of....that's a squat right there, that's almost a dead lift. So you're gonna want to hinge there. Good, just like you're taking a bath, works better. - I haven't taken a bath in a long time. [laughs] Yeah you can feel it in the back of the hamstrings for sure.

(05:48) So, try one leg here. - Now you can try one leg. Same thing, good. Straight leg, very good. Bring it back. And in between reps you can bring your feet back to starting position and then go again and as a third progression just stay on one foot the entire time. - That's the real pro level shit, right there.

(06:13) - Exactly, exactly. Very good. You can try the other side. - It's like a balance... - You'll probably notice that one side is better than the other. - Yes. - That's natural. - Hence why it's stability, right? Is this stability? - It is. It's stability and strength. So you're working on the strength of the hamstring but you're also working on stability of the lower leg.

(06:39) - All right. - Good. - Now we're going to focus on knee flexion, which is the other focus of the hamstring. So we'll start off here, if you don't have a roller like this, you could use a slide board or towel on a slick floor. So this is called the reverse leg curl, so I'll start off by driving my elbows into the ground, hips up flexing my glute, okay? I'll roll out and roll back up using my hamstrings to do so, okay? Make sure your core is engaged, glutes are flexed.

(07:14) All right? Here we'll do typically three sets of eight, or so. - This is the glamorous life style being a top tier MLS players. - That's right. So hold on, start off down. - Okay, good? - Driving your elbows down, really focus on it, flex your core, now bridge up. Flex your glute, now roll out, roll back in.

(07:38) Good. - How many of these? - Eight. - And so this is working? - Hamstring and glute. - I'll feel this one the most. - Yes, especially if you haven't done it, this is a step up from a leg curl machine and this going from this we like to do a lot of nordic leg curls. Good, that's good. - That was definitely eight.

(08:06) We'll I got it now, I'm ready to be a pro. [laughs] That's all I need, those four exercises you can kick for MLS, right? - Almost, we're almost there. So, next thing we're going to do is calf strength. We'll keep it basic, just a double leg calf raise, okay? But instead of just going up and down bouncing, okay.

(08:24) You'll pause at the top for two seconds and slowly lower down, one, two, three, four. Pause again at the bottom for two, then back up for four. One, two, three, four. That works more on our tendons than it does our actual muscle so we like to utilize time and retention for calf strength. - How interesting.

(08:43) - And it creates a lot more tension in the muscle, so it's not so much localized on your achilles and everything. - Yeah, because I feel like most people you see in a gym are just like this. - Right. - That's interesting that the slower you go, it makes sense, the slower you go and the more it actually [murmurs] the tension works hard.

(09:01) - Right. Typically we'll hit about 12 reps, of two to three sets of 12 reps. Which gives us... - I'll give it a shot. - Hold it and one, two, three, four. Good. One, two, three, four. Good. It's a small range of motion that's hard to control over four seconds, but it definitely makes a difference.

(09:26) - You guys getting those chicken legs? - One, two, three, four. I can see the muscle growing already. [laughs] One, two, three, four. - There's only room to grow. - That's right. [music]

**14. Gym Training | Real Madrid CF - YouTube**

[**https://www.youtube.com/watch?v=wvcUctsHJps**](https://www.youtube.com/watch?v=wvcUctsHJps)

Transcript:

(00:00) [Music] foreign [Music] got a really bad habit If It Moves gotta grab it fuse like a magnet moons won't have it till I'm doomed in a casket I ain't playing got a weird mind if you work eight hours imma work nine if the shoot tastes sour you should taste mine Imma Stay in power for a long time get up now I ain't a quitter toss me the ball I'm a really big hitter big picture I'm a straight killer where I send the song to the highest dinner Got Juice got gas imma move fast new shoes new tracks

(00:41) like who's that I'm new come back better than last yes and no me never gonna look bad I'm never gonna look back slowly take a step today it's what it takes [Music] I take shots to the top I'll get it I got one life imma do all the winner [Music] I'm never gonna look back cause damn I was about to last

(01:56) [Music] that's what it takes [Music] [Music] [Music] foreign [Music]

**15. Top 10 Gym Exercises for Footballers - YouTube**

[**https://www.youtube.com/watch?v=ZeNqdvWNbcE**](https://www.youtube.com/watch?v=ZeNqdvWNbcE)

Transcript:

(00:00) ladies and gentlemen how you doing hope you're having a fantastic day so far fantastic week i hope you and your family are safe and healthy thanks so much for tuning in to another video i really really appreciate it i want to bring you today the top 10 gym exercises for footballers these are exercises that are going to be compound movements that are going to work a lot of muscles at once and they're going to help you become a better stronger more powerful and more explosive footballer obviously these are not the

(00:32) only exercises you should be doing you should also be doing a lot of exercises individualized to you and your position and what you need to get better at what you need to improve on but these are 10 exercises that no matter what will improve the way you play as a footballer as long as you properly integrate it into a proper and smart training plan and training routine enjoy the video and i'll see you guys at the end so the first exercise is a bulgarian split squat which is obviously a single leg exercise one of my favorite exercises

(01:09) but also one of my most hated exercises because it's not easy as you see here i got one leg up on a bench or a barrel i'm going down slowly on the eccentric phase the downward phase and exploding up through the ball of my foot as fast as i can driving through the hamstring the glute and the quad exercise number two is a simple barbell box back squat bar on your back driving your ass back keeping that core contracted the entire time as soon as your ass hits that bench you're driving up as quickly as possible the third

(01:50) exercise also another one of my favorites is a trap bar deadlift this is an excellent exercise for any athlete who also does not want to stress their lower back like a regular deadlift may do you're standing inside the trap bar and all you want to think of is basically trying to jump out of that position while holding onto the bar strongly the next exercise is going to be a dumbbell lunge this is a dumbbell lunge in place i'm really focusing on stability and control here as well as control and contraction

(02:25) of the quad the hamstring and the glute of the working leg as you see there slight touch with the knee driving back up the next exercise is a dumbbell lateral lunge an excellent exercise for any athlete any footballer because we're working the adductors the groin region which is constantly stressed in athletes especially footballers you're gonna step out step back explosively the next exercise is just going to be a front squat that bar is going to be on the front of your shoulders your elbows are trying to

(02:59) drive up as much as you can really trying to keep a tall and strong torso drive your butt back keep that back as neutral as possible while keeping the core contracted drive back up next exercise moving on to the upper body is going to be a wide grip pull up which is excellent for the lats excellent for your arms and your shoulders all you're gonna do is slowly go down pull up trying to drive your elbows to your pockets trying to squeeze oranges between your armpits next exercise i'm sure you guys and girls have seen this

(03:35) one barbell bench press lie on a bench with your face up grab the bar at about shoulder width slowly lower down and as explosively as you can drive to push that bar up next exercise will be a dumbbell shoulder press sitting on a bench like this you're gonna grab two dumbbells drive them over your head using your shoulders as you see here slowly down power them up as strongly as you can driving with your shoulders up above your head and the last exercise is going to be an inverted bar row this is an excellent exercise to do

(04:16) especially if you can't do pull-ups this will strengthen the muscles that you need to do proper pull-ups as you see here grab that bar shoulder width make sure you're in a steady smith machine or on a steady barbell and you're pulling yourself thanks so much for tuning into the video i really really appreciate you and your support please drop this video a like please drop in a comment let me know what you thought of the video let me know what your favorite exercise is when you're going to hit these

(04:43) exercises please hit that subscribe button and please let me know also in the comments what else you would like to see from me on youtube i want to grow this channel more i want to help more footballers out i want to help more athletes out so please let me know what more you want to see in the comments below i'm about to go hit my workout i will see you guys soon i will talk to you guys soon if you have any questions as always reach out let's keep getting it baby dial and discipline deuces [Music] you

**16. 11 Leg Exercises You Need to Be Doing as a Footballer - YouTube**

[**https://www.youtube.com/watch?v=ff3GDY9zlH8**](https://www.youtube.com/watch?v=ff3GDY9zlH8)

Transcript:

(00:00) what's up homies how we doing hope you're having a fantastic day so far fantastic week hope you're staying safe and healthy during these interesting times i know i know you're tired of the intro by now so let's get right into the video i want to talk to you today about 11 of the top exercises you need to be doing as a footballer [Music] as you'll see within the video i'm gonna coach you through every single exercise they're gonna be lower body push and lower body pull exercises lower body

(00:38) push exercises train the front part the anterior chain of your legs the front part of your legs and they are knee dominant and they're going to be lower body pull exercises which train the posterior chain the back part of your legs so your hamstrings your glutes and your calves i highly highly recommend before trying out getting into any of these exercises to do a proper activation that means mobilizing the joints and the tissue of the lower body that includes the ankles the knees as well as the hips and then after you mobilize those joints

(01:18) and mobilize the tissue i want you to get into some activation specifically some glute activation if you want me to get more in depth on that i can talk about that in another video but i want to provide you these 11 exercises coach you through them and show you how to do them as i always say reps and sets are determined based on where you are in the season your individual goals and your exercise history so like i always say i try not to give you a specific number because it all differentiates from individual individual most importantly is that

(01:53) you're doing every single exercise with maximum intent that means maximum focus and intensity every single rep and even more important doing proper technique and proper quality with every exercise as i say to all my clients and anyone i work with anyone i speak with if you're doing an exercise and you feel any kind of unusual pain especially joint pain immediately stop the exercise speak with a personal trainer or strength and conditioning coach either in your area or contact someone online send them your

(02:28) form and then immediately have them correct you never ever ever push through that type of pain yes i want you to push through fatigue but don't push through sharp pain because the last thing we want you to do when you're trying to optimize your performance is get injured you never ever ever want to get injured in the gym when you're trying to optimize your performance so without further ado let's get right into the video so the first exercise we're going to do is an explosive trap bar deadlift the trap bar deadlift

(02:58) is an excellent exercise for athletes because it appears to be much safer for the lower back and also more sport specific so as you see here you're gonna get into a trap bar you're gonna drop your ass back get into a hip hinge get a nice knee bend and what you're gonna think about as you drive up is driving as hard as you can through your feet and trying to jump through the ceiling slowly lower down as soon as you touch the floor you're gonna immediately explode up through your feet as you see i want your feet to be flat

(03:39) and remain on the floor the entire time but you can slightly elevate onto your toes demonstrating that explosivity as i said in the intro make sure that you bring maximum intent maximum intensity to every single rep in order to increase your strength power and explosiveness for the explosive dumbbell bulgarian split squat we're gonna grab two dumbbells we're gonna put the back foot on a steady surface whether it's a bench or a barrel keep that foot flat keep those laces against the surface and all you're doing is going slowly

(04:20) down about two to five seconds and then without stopping on the bottom you're immediately exploding up driving through the foot as hard and explosively as you can it's absolutely okay and lately i've been stressing to most athletes to let that knee drift over the toe let the knee drift over the toe it's going to really help with your ankle dorsiflexion as well as getting into proper positions and as soon as you hit about parallel you're going to drive up and out being as explosively and athletic as possible

(05:00) through the movement so for the dumbbell romanian deadlift you're gonna pick up two dumbbells all you're gonna do is stand straight on with proper posture and you're just focusing on driving your ass back so as you see here really focusing on driving that ass back slight slight bend in the knee you should feel an excellent stretch in the hamstrings drop the dumbbells only towards right below your knee maybe the middle of your shin depending on your mobility and as you see you're going to feel a

(05:33) nice stretch as soon as you get to that mid shin you're really trying to pull drive your shins back and use your hamstrings and your glutes to pull yourself up as you see here that back is neutral straight the entire time that neck is trying to be aligned with that spine the entire time and as you see here moving fluidly and efficiently through the movement for this barbell rdl you're gonna load up a barbell you're gonna keep your feet about shoulder-width apart toes pointed forward grab the bar at about shoulder width

(06:13) and then all you're doing is driving that ass back trying to keep your back and your neck in as neutral of a position as possible keep those knees very very slightly bent you want to keep it almost straight you're really trying to drive that ass back and pull through the hamstrings you should feel a nice pull through your hamstrings as well as your lower back as you see here you want to drop that bar almost to right below your knees basically where my socks are ending or starting there however you want to think about it

(06:51) and you're just driving that ass back pulling up as much as possible using the hamstrings and the lower back for the fifth exercise we're gonna be working on some stability ball hamstring curls which are excellent for the hamstrings and the glutes obviously working on the posterior chain as you see here you're gonna dig your feet into a stability ball and as you drive your hips high you're gonna pull the ball into your butt using your heels as you see here i want your hands to be driven into the ground

(07:29) activating your scapula so i want you to envision pinching a pencil between your shoulder blades to keep a nice stable base with the scapula as you see you're gonna remain in constant tension let the ball come forward and then repeat like i said drive those hips to the ceiling pull those heels and that ball to your butt so for this exercise you're gonna get yourself into a trap bar as you see you're going to drive your butt back just like the trap bar deadlift and all you're going to do is jump so the same exact motion same exact

(08:10) thought as we were doing with the explosive trap bar deadlift but now we're jumping as you jump you want to have a nice soft landing to decelerate the landing obviously a nice slight bend in those knees take a little pause reset and then repeat with explosive exercises the most important thing is to be as fresh as possible for every single rep and to give your 110 percent to every rap because that's the ultimate way to become faster more explosive and have a quicker first step when you get yourself onto the

(08:47) pitch one last thing if you do not have a trap bar you could do the same exact movement with dumbbells reenact the same exact movement explode as high as you can just have dumbbells by your side so for this exercise you're just gonna lay down a plate you're gonna put the front foot on the plate the back foot is down behind you with that toe extended in a nice lunge position as you see here you're going down slightly touching the floor and trying to explode up as quickly as you can through the ball of that front foot

(09:23) so as you see here using some pretty heavy weight trying to slightly lean over that front leg it's okay if those if that knee goes slightly over the toes you're just trying to be as explosive as possible and control that way down as i said a slight knee touch on the ground is absolutely fine just be explosive all we're doing here is grabbing ourself a weight and getting into a single leg rdl isometric so we're going to be holding in this position for the program for the prescribed amount of time and then we're switching

(09:58) main focus here is a slight bend in the knee the other leg is going to be shooting back to the wall and you're trying to be as tall as possible you should feel an excellent activation in the glute and the hamstring of the bent leg and as always you want to remain with a nice strong core remain as long as possible in the torso from head to foot and do not let the back do not let the hips kip or sway at all you want to stay in this position the entire time it's an excellent way to activate the glutes the

(10:35) hamstrings before any type of session especially especially a speed type session this is a single leg squat to chair i was doing this during quarantine and unfortunately didn't have any access to dumbbells or any weights so i was using a ball as you see as you squat down to that chair slight touch of the chair and then explode up as quickly as you can with that single leg this is an excellent exercise to work on the entire leg as well as your balance obviously if you're a beginner you can use a ball or you can use your body

(11:11) weight if you're more advanced pick yourself up a dumbbell or a plate most importantly proper technique explode up as quick as you possibly can so the dumbbell reverse lunge is an excellent exercise to work on your deceleration ability which is very very crucial for football as well as your acceleration ability so as you see here you're standing with both feet in line you're gonna lunge back with one leg have a knight nice slight touch with the knee if you need to and then what i want you to think about

(11:47) is using that front leg to propel and drive yourself forward as quickly as you possibly can to restart the movement so as you see the lunge back is a nice deceleration movement and the acceleration movement starts with the drive forward from your front leg which is going to be essential for your movement on the pitch as always i want you to try to be as explosive and powerful as possible and put maximum intent concentration focus and intensity into every single rep so for the final exercise we're gonna go

(12:25) with a barbell box squat as you see barbell is on the back basically on my upper back my traps and then all i'm gonna do is drop back drop my butt back have a slight touch of that box and then immediately explode up squeezing my glutes at the top so what i want you to think about at that top position is you're trying to split the floor with your feet this is going to be an excellent way for you to activate your glutes your foot position should be about shoulder width depending on your mobility you could have your feet

(13:03) slightly turned out and you'll be absolutely fine i wouldn't think too much about the foot position feet turned out you want to try to have them in neutral position toes pointed forward but if your mobility lacks you could have them slightly turned out most importantly slight touch of that box as explosive as you possibly can on the way up squeeze those glutes by splitting the four and enjoy it homies thank you so much for watching this video i really really appreciate it most importantly i hope it helped you out i hope it's going to

(13:34) provide you an excellent way to train your legs very very important for any footballer as always i would really appreciate if you just hit that like button drop a comment let me know what you thought of the video what else you want to see from me on youtube and even more importantly share it with people share with friends with family who want to get in shape whether they're a footballer or any other athlete an entrepreneur ceo whatever they are this video can provide value to anyone on the earth any individual any human who's

(14:02) looking to optimize their life and their performance once again thank you so much for watching oh wait make sure you click that subscribe button have a great rest of the day if you have any other questions please reach out to me on email like i've told you guys and girls before i'm sorry i can't get to my instagram dms they're really really flooded hard for me to answer all of them hit me an email and i'll try to get back to you as soon as possible on email have a good rest of the day and most

(14:25) importantly stay safe and stay healthy and even more importantly eat well move often do you love spend time with people you love get a fresh cut like your boy ricky and make sure you're drinking your coffee [Music]

**17. What is a Soccer/Football Specific Gym Routine? - YouTube**

[**https://www.youtube.com/watch?v=qrfFgx53NSQ**](https://www.youtube.com/watch?v=qrfFgx53NSQ)

Transcript:

(00:00) what's going on guys and welcome to the video so this video is gonna be a typical day in the lifestyle vlog but i also want to answer the question of what's the difference between a soccer specific functional gym routine and a gym routine that's just kind of more like bodybuilding or not soccer specific so if you just want to see the answer to that question go ahead and skip here but if you want to stick around and watch the vlog then please do so so welcome to the video [Music] let's see what we can see in the in the

(00:45) coffee readings for today i'm seeing a fat genie from aladdin a heart and two dots i don't know what that means also gonna go with um some greek yogurt strawberry flavored and then i have an orange raspberries and then four eggs are cooking up right now the last thing that i do before i head out to training is that i'm going to take a multivitamin and this brings me to the sponsor of today's video ritual do you guys have the perfect diet every single day of your life probably not and me neither these two

(01:17) easy to take capsules provide 10 nutrients to support a strong foundation for your health there are tons of different multivitamins out there but i choose to take ritual for two main reasons the first is that they're completely transparent about where they source their high quality ingredients from the essential for men daily vitamin contains 10 high quality nutrients such as vitamin a vitamin d omega-3 and zinc that are difficult for many guys to get through diet alone and they don't use any fillers colorants or shady additives

(01:44) and secondly it's their commitment to making their products as sustainably as possible every single bottle uses 100 recycled materials the mailers use recycled newsprint and plant fibers and even the ink is plant-based they also use algal oil instead of fish oil which on average helps save 273 anchovies per bottle i'm using the essentials for men daily multivitamin but they have vitamins out there for everybody they have a multivitamin for women a 50 plus a prenatal a postnatal and they even have vitamins for teenagers

(02:12) they're vegan friendly sugar-free non-gmo gluten free and allergen free it's only a dollar a day to have 10 high quality nutrients shipped directly to your door every single month no strings attached no extra charge if you guys are interested in filling in the gaps in your diet with essentials for men a small step that helps promote a healthy foundation for your body then richard are offering 10 off your first three months by going to ritual.

(02:34) com elite10 and using my discount code elite10 at checkout thank you to ritual for sponsoring this video all right just about ready to head off to training i'm actually running a little bit late so i gotta go what's that oh i thought it was a coffee dang it what is it for who do you i thought you're going to bring jerome a coffee machine hey i thought rodrigo was bringing you a coffee machine how you doing pretty good bro not too bad [Music] oh [Music]

(03:45) 13. [Music] [Applause] more um [Music]

(04:57) i just back from training right now it was short sharp pretty light to be honest because tomorrow we have like an intra squad scrimmage so um this is like a pre-game type training so we're only out there for like an hour 15 and did some crossing and finishing at the end and stuff uh i am gonna make lunch they gave us lunch after training but it was just a salad i've had a lot of salads in the last few days and i just wasn't feeling it so i'm gonna reheat up some of that chicken curry and rice because maybe made

(05:23) so much of it i've been eating it for like the last week so i'm gonna re-heat up some of that stuff and then i'll probably take a nap have some coffee maybe do a little become elite work but just chill for this afternoon watch some tv okay we got chicken curry i want to watch some modern family on tv right now gucci's just hanging out right here right next to me how you doing gooch good good to hear so i'm gonna eat this and i'm gonna take a little nap of life okay like usual i'm going to take like a

(05:59) 30 or 45 minute nap and then afterwards i'll talk about the uh the gym routines and soccer specific gym routines versus non-soccer specific gym routines so one let's know chase [Music] [Applause] it's so i'm going to take this time right now to talk about soccer or football specific training kind of in general what that looks like my experience with that and how that could look different for different players but before i get into this topic i just want to let you guys know that i'm not a qualified strength and

(06:48) conditioning coach i'm not even a personal trainer i'm just a professional soccer player and everything that i'm going to say is just through my experience learning second hand from strength and conditioning coaches my own research and my own experience as a professional soccer player that's been working on the gym for 15 years now obviously always do your own research and always talk to qualified people so football specific training and general resistance training i think can be summed up behind the purpose of the workout

(07:14) football specific training is pretty much any training that's done in the gym or on the field or wherever that aims to improve the athletic performance of the athlete lower injury risk or lengthen out the career of the player while the purpose behind general resistance training is usually either just to improve strength just to build a better physique or just for general health purposes and as footballers everything that we do in the gym should obviously be trying to help us as footballers there are many

(07:40) exercises out there that just don't really help you as a footballer that much and although many of those exercises aren't necessarily bad it's more about where you should put your time and energy as a footballer to get the best bang for your buck let me give you an example of this when i was 16 to 22 years old back then i definitely definitely was training to become a better athlete and to improve my performance on the pitch but i also had exercises or aspects of my program that weren't 100 football specific i was

(08:08) doing the speed and agility work i was doing the general strength training with large compound lifts i was training the movements but i also was doing bodybuilding type exercises like single arm dumbbell preacher curls for the biceps or skull crushers for the triceps or shrugs to work on my traps or even forearm curls to just get slightly bigger forearms with those movements football specific were those going to help me on the field in any way you could argue that maybe you're trying to keep the full body in balance but

(08:35) honestly they're really not that beneficial to you as a footballer now do i think that harmed me as a footballer do i think those exercises had a negative impact on me on the field honestly not necessarily but i do think it had an indirect harm to my game and this is because you know you have a limited amount of time in the gym you only go there three four times a week and you're only in the gym for one to one and a half hours i shouldn't have focused my limited time and energy on bicep curls tricep curls

(09:01) shrugs or forearm curls and neglected doing the stuff like balance and stability work or focusing on injury prevention movements like the nordic hamstring curls or copenhagens i never did any of that stuff i never did any prehab stuff i never did any balance or stability stuff i really just was in the gym working to become bigger stronger and look better my training regimen was strictly focused around strength speed and physique when it should have been strength speed mobility injury prevention and maybe a little physique at the end

(09:30) now one thing that i do see when it comes to football specific training is that it's going to be a one-size-fits-all program for everybody in reality in my experience i've seen that it looks very different for different types of players and different ages of players it's better to look at the player at the individual level and ask yourself what type of workouts are going to translate to the most improvement or the most benefit on the field and ask yourself is that getting stronger is that getting faster is that

(09:54) a combination of multiple areas is that injury prevention and balancing out the body what is going to help this player see the most bang for his buck in the gym for example from what i've seen most younger footballers benefit the most from a very simple general strength training program with aspects of speed with aspects of strength with aspects maybe even a little bit of hypertrophy a well-rounded program to increase the overall athleticism of the player while some older footballers towards the tail end of

(10:21) their career in the middle of season might do workouts focused around pre-hab rehab and mobility to extend their career and to help prevent injuries in season while not going over with the workload these two training regimens look extremely different from each other yet they're both football specific training regimens honestly i think that even hypertrophy style training where you focus on increasing the size of the muscle has a place in a football specific workout do i think that you should be working on increasing the size of your forearms and

(10:49) traps and biceps and triceps no do i think that you can work in the gym to build a little bit more muscle if you need that yes 100 the focus when you're building the muscle just also has to be on does it perform on the field does it do what i need it to do on the field another big misconception i see when people think about football specific workouts or functional workouts is that they don't include the big the main compound exercises like barbell back squats dead lifts bench press rows stuff like that many many times the

(11:17) boring staple movement like the trap bar deadlift is one of the most beneficial and football specific workouts you can do as a footballer and most professional teams focus their general strength training program for everybody around those basic movements and then they add in the stability they add in the balance they add in the extras that players need for their problem areas or wherever to kind of round it all out but most teams focus their routines around those basic movements of of squatting of lunging of jumping of landing

(11:49) twisting pulling and pushing overall the most football specific workout that you can do as a player is something that's going to be tailored around your body and you as a footballer to help you perform on the pitch to help you prevent injuries and to help you lengthen out your career and that's going to have very similar aspects but it is going to look different as we go from player to player so i hope you guys got some uh some insight from that again i'm not like a certified strength conditioning

(12:13) coach so take it for what it is that's just my experience with everything uh i'm gonna start cooking right now i'm gonna cook a huge meal i'm basically gonna meal prep for the next three or four nights for dinner and i'm just going to make a big chicken alfredo pasta with a ton of mushrooms onions zucchinis everything in there so i'm gonna start cooking it's gonna take a long time but after this i should have dinner for days also if you guys are wondering where mimi is at maybe had to fly back

(12:40) to california she's doing interior design both here in tulsa and in san diego so she had to go back and do some some some in-person interior design work with some clients there and so she kind of just gonna stay there for like 10 days but she should be back in another six seven days or so [Applause] there we go what do you guys think this will be good for a couple meals huh this is so much pasta one thing that sucks about mimi not being here is that we usually have the agreement whoever cooks the other person to do all

(13:34) the cleaning and i got like three pans a huge pot a strainer and all the utensils i use to cook so i'm gonna do a lot of dishes tonight uh and i had to do all the cooking it's a tough life you know anyway i just threw some uh some alfredo sauce over the pasta and that's dinner 10 out of 10.

(13:57) okay kitchen's all clean dishes are all done all the chores are done um now i'm gonna i'll probably watch a movie i'm feeling something really really stupid like hot rod step brothers dumb and dumb or something like that because there's two genres of movies that mimi doesn't like she doesn't like sci-fi like star wars and nerdy stuff like that and she doesn't like stupid humor like the movies i just listed so i definitely am gonna watch something stupid like that i think i'm gonna watch hot rod i haven't seen hot

(14:24) rod in a while it's kind of funny because those are like my two favorite genres and maybe just hates them other than that i'm probably gonna have dessert so i'm gonna probably have like six or seven chocolate chip little small chocolate chip cookies and i'll probably go to bed around 10 o'clock and then uh got the inner squad scrimmage tomorrow so that should be good but anyway guys i hope that you enjoyed the video if you did hit the thumbs up button subscribe and i'll see you guys in the next video

(14:48) bye guys peace you

**18. Pro Footballer's Full Deep Stretch and Yoga Routine | 30 Minute Yoga for Soccer Players - YouTube**

[**https://www.youtube.com/watch?v=SlCu4mLtxqY**](https://www.youtube.com/watch?v=SlCu4mLtxqY)

Transcript:

(00:00) what's going on guys Matt here from become elite and today I want to go through my full mobility stretching slash yoga routine whatever you want to call me just to start this video I just want to say that I'm not like a yoga instructor I'm not a certified stretching specialist or whatever you want whatever you want to call it I'm just a professional footballer and on my off day or maybe twice a week three times a week I'll do a little bit of stretching a little bit of mobility just to help my range of motion get my body

(00:35) feeling a little bit better maybe aid in recovery a little bit but it's nothing crazy I just thought I'd share my full routine takes about thirty minutes so you guys can just follow along and do this with me this is my cat Gucci and she's crazy and she will be running around here so sorry about that just put up with it by anyway here we go I like to start at the very bottom my body and just work all the way up this is gonna be almost all lower body but let's get into it I like to use a little interval

(01:01) timer every stretch is held for about 60 seconds and then other than that it's nothing nothin's too nothing's too crazy so first one I just like to get on my toes and I'm really working on getting stretching the bottom flap of my feet feet are like one of the most underrated things to stretch a lot of people don't stretch this but this is a big one for me especially for soccer players you'll see this is gonna hurt it's gonna be very very tiring and you just sit on your toes and you just put all your

(01:29) bodyweight and just let yourself sink down on your heels and if you guys are like me or you guys play soccer a lot you don't stretch this a lot this is gonna hurt so I've been doing this a while I'm feeling a little bit more flexible than I used to I'm gonna hold this for 60 seconds and again like I said I'm not a normal yoga instructor I'm not a very calming presence but uh but yeah just stick with me so I got 13 more seconds just killing me but the problem is a lot of soccer players when they go through these these

(02:06) stretches and everything are there go through their normal play their feet or other tendons or ligaments or muscles will tighten up from repetitive movements so this stuff is huge the next stretch we're going to do is stretching the top of the feet and almost like the ankles you're literally just going to the exact opposite now let your feet just be flat on the ground and just sit on your heels again again just stretching it's gonna hurt the top of your feet a lot might even hurt your shins or some ankles but that's just

(02:32) going to stretch again the feet and those ligaments and the muscles in there again this is something that would kill me a few years ago I've been making it like a very big priority in my life to just kind of get that range of motion better because if your range of motion isn't good can leave injuries all that all that stuff but I'm one big misconception a lot of people have is they think that like stretching is a huge like injury preventer the best thing we do to prevent injuries is a good strength program this stuff what

(03:01) we're doing right here is just helped with the range of motion it will help a little bit but if you want to prevent injuries that number one thing to do is to get a well-balanced gym program just something I want to say because that's a big misconception with this kind of stuff so there we go there's 60 seconds right there next one what I'm gonna do is just do a calf stretch so I'm working my way up the body we started with the feet and the ankles next we're gonna go into the calf's so I'm just gonna start with the

(03:28) left one start right now and I'm gonna work it a little bit like I I kind of like go until I find some place that hurts like I might move a little bit I might come up and come down push back go forward just kind of get like just really working on range of motion but once I find a place for it like I'm right there I was gonna hold it trying to breathe again I don't know the proper breathing this is just stuff that I like to do as a footballer on my off day sometimes during my week you get over there so I'm doing the left

(04:05) foot right now you can do both feet but I just like to do one foot at a time [Music] we'll go over to the right foot again I don't know if I said it I'm doing I have this interval timer so it's 60 seconds on with like a ten-second intermission between each stretch so over the right foot now same thing [Music] and everybody's a little bit different like everybody's gonna have problem areas some tighter areas for me definitely definitely the feet or

(05:09) something that would have been really tight for me but usually it's the groins and the hip flexors so I'll spend a little bit extra time just for my my program my stretching program for myself that you'll see at the very end but I'm going to try to do everything from the toes up to the like lower back area it's almost done with the right calf now [Music] [Music] there we go now we're gonna move up again at the quads I'm gonna start with the left quad there's a lot of ways to do it you can do whatever your favorite

(05:49) way of stretching the quad is I just like getting down into like a little lying position like this and then leaning back until I can feel that right in the quad area if this hurts your knee which happens with a lot of people when they lie down and do this lying quad stretch if this hurts your knee stand up and stretch your quad find some way that works with you hey modify it modify it for yourself but um I like this works for me I got a really good stretch in I'm pushing in into the hip flexor into the quad and really stretching that and

(06:20) once it starts to like it doesn't hurt as much or it doesn't stretch I don't feel this stretch as much I'm going a little bit deeper dropping myself a little bit lower and just continuing to feel that on the left quad good I knew that this cat would be crazy fetch alright eight more seconds and we're gonna switch to the other leg all right there we go there's the left over the right now something that I won't do in this video but something that I usually do as well is just do a little bit of

(07:06) mobility I did all my full mobility routine with the with the foam roller this video would be an hour long or 45 minutes long but at the end or before this or whatever you guys want use a foam roll or tennis ball lacrosse ball whatever to just do a little bit of extra my trigger point release on your muscle some myofascial you know release go for it so but this is this video will just be my my stretching routine so same thing with the right just leaning back really getting that deep stretch in the quad even up into the hip flexor my hip

(07:38) flexors are always tight I feel like most soccer players their hip flexors and just hips in general are tight because we're always crouched changing directions just trying to release that stretching into it and I'm feeling zero pain in my knees so I'm doing this like I said before if you're feeling any pain to a standing quad stretch do something modify it for your body everybody's body is it's different okay the next one I'm gonna do is just kind of like downward dog at Candice gonna do a little bit the

(08:05) calf's hamstring so working up now during the back side of the body it's gonna come up like this both feet down flat on the ground again I'm not a yoga expert yoga instructor this is my version of the downward dog even if this is the downward dog I'm not even 100% sure I feel this a ton in the calf's behind my knees in my hamstrings and I'm just working on moving my hips backwards into it and trying to keep my back straight even though it's probably not yeah I'm not the most the

(08:52) most flexible person in the world but I've got it a lot better than I used to be it's all about progress I'm sure there's gonna be tons of you guys are much much more flexible than I am or you might be much much more inflexible than I am it's all good there we go for 60 seconds next week a new my one of my favorite stretches called the frog stretch just gonna get down put your knees as wide as you can and you're gonna stretch the adductors now then once you get this position I like to go

(09:23) down into my forearms back it up a little bit but my forearms and then just tilt my whole body backwards and lean backwards and you should feel this right in your groins or your adductors it's a killer this is a big one for me after my my adductor surgeries my doctor my surgeon kept on telling me is like keep keep stretching those a doctors it's gonna tighten up after the surgery so pretty much since my very first surgery second surgery I've just been focusing a lot on stretching out the add vectors so they

(09:53) don't tighten up after uh after the surgeries but they're feeling great now I'm just gonna stretch it try to get deeper I might move my knees as wide as I can until back again [Music] oh okay next one is gonna be pretty much the same thing hitting the adductors again but what I'm gonna do is I'm just gonna do it on one side so I'm gonna stick out one leg to the side I'm just gonna rock back again this time you should feel it again on your addict er all the way up I feel the most like

(10:37) right here like right at the inside part of the addict or almost hamstring on the left side I'm also even feeling a little bit of a stretch my right side as well yeah this is one of my favorite ones I've been doing this a lot after the surgeries and everything but like I said my Pais phone really really good but I'm taking care of it I'm doing a ton of range of motion stuff like this a ton of myofascial release massage your soft tissue work and then a ton of strengthening work tons of Copenhagen's

(11:07) tons of a dr. movements done just everything in general strengthen it and prove the range of motion and just keep everything in balance that's the that's the key yeah Gucci hey what's she doing three two one now switch over the right side [Music] give it a few seconds something I'll do to my stretch is on the exhale try to go a little bit deeper so I'll be up inhale and then as I exhale a little bit deeper and hold and then once the stretch becomes a little bit easier do the same thing inhale and on the

(12:03) exhale go a little bit deeper [Music] fifteen more seconds with this like I said a lot of people think like this stretching routine is like the key to recovery and injury prevention and it helps like don't get me wrong like you're helping yourself doing this but there we go but mainly with recovery it's eating right sleeping right and just being in shape and hydrating yourself and then with with injury prevention it's all about strength training having a good good well balanced physique and well balanced body

(12:58) anyway next stretch right now seated hamstring so we're doing a hamstring now just putting my legs together trying to grab my toes trying to keep my back as straight as possible even though there is definitely some some curve back there driving my toes and trying to pull in again I'm feeling this all the way from the hamstrings down into the the calf's it's a good stretch it's a classic it was like everybody's go-to and it's like okay guys stretch this is everybody's go-to hamstrings

(13:30) [Music] there we go next one spread and you're gonna go straight down the middle now so I'm just spreading it as wide as I can I just have a teammate that can be literally just go like all the way 180 degrees anyway and then just go straight down the middle trying to keep my back straight ish this one I feel like in the hamstrings as well but it's almost also in the Attic tear a little bit inside hamstring versus the the straight leg was like right in the middle of the hamstring this one definitely feeling it

(14:27) from the adductors as well I used to follow if you guys have been following me for a while you know that I used to do all of millionaire hoist yoga and stretching routines for athletes I love millionaire Hawaii and then he just deleted it like he deleted his old channel to leave it all his videos so that was like my favorite yoga routines stretching routine and then it just got to lean it off of youtube so I'm almost creating this as well just for myself to follow along with my own videos of myself if that's weird to watch myself

(15:07) stretching on TV or whatever follow along but I'm sure you guys will follow along with this one as well alright so same thing legs spread we're gonna go to the left side I like just grab with one I also feel it's a ton in my lower back as well like this muscle right back here and a little bit in the hip something's gonna come in here again you know move your body find something that's tight twist a little bit see where see how you feel like this if I twist out I can feel like my lower back tight right here so I

(15:38) might hold it right here go up with the other arm you know whatever you want to do yeah that feels good Oh hold for like 20 seconds 20 more seconds at least heard she's been playing with this this bottle cap for the last hour alright check it out a little bit then we'll go into the other side of the right side in three two one go yeah but like I said about the misconception with stretching and recovery like everybody thinks it's like oh you need to recover like oh he should stretch stretch out your muscles the best thing the best

(16:33) thing to do for recovery sore muscles is sleep is the number one sleep nutrition and hydration those are like that's gonna give you the 80% results of recovery that's what you should focus on getting eight to ten hours of sleep you should focus on getting enough protein in enough good carbs enough enough healthy fats should be focusing on drinking enough water and that's what's gonna help you recover I see so many players they are doing the stuff like this they're doing an ice bath they're

(16:59) doing the stretching routines but then they go and they're not getting enough protein and they're sleeping six hours at night and it's so backwards your focus should be on your sleep getting enough protein in eating the right stuff hydrating and then the secondary stuff this stuff the stretching the ice basketball is like a supplement to that it's literally a supplement for your recovery it's not the main thing so there we go now we're gonna do my another one of my favorite stretches you

(17:25) can use a couch you can use a wall you can use a Swiss ball you can do anything I like to use the couch I'm gonna put one leg up here stretch back this is gonna really hit the quad and the hip flexor I get such a deep such a deep stretch for this you go forward you can go backwards the more backwards you go the more field on the quad the more forward I go the more I feel in the hip flexor so trying to fight like a happy medium in between the two so I can feel it all down the hip flexor all down the quad this one kills me

(18:16) yeah this one kills me I don't know why I'm just tight always tight right right in here so this is a good one like squeezing my glutes back here oh nice all right now we're gonna do the right one so bring the left foot up with the right foot back I'm trying to put my knee like as far back as I can to get to the couch I'm just gonna push back and a lot of times like people will have their like bellies like really poking for try to bring that in try to squeeze in your abs push out with the glutes and like the hips try to

(18:55) keep your stomach and your abs like engaged when you're doing this at least that's what I've heard and this one I want to know what you guys is like what stretch you feel that like that is the most painful this one this one and the one of the glute ones for me always always kill me whoa there we go alright so now we're gonna do like the same thing I'm gonna be just on the ground what's gonna do the same hip flexor stretch but this time I want to focus more instead of all two quad I'm really focusing all in the

(19:56) hip flexor so again bringing in my core sucking in my stomach squeezing my glute and then just pushing forwards I'm filling it all right here on the hip flexor really pushing forward trying to bring my hip as far as possible all the stretches right here this for me is the tightest the hip right here the hip flexor and have a lot of injuries here too because it would get tight and then it would get weak because I never ever ever did strength strengthening for the hip flexor do my normal you know squats lunges deadlift

(20:34) stuff like that I never did like isolation work band work or whatever for the hip flexor a doctor's etc and that's where all my all my injuries occurred a couple more seconds and then there and this is the next one we're gonna do is just take this leg and come 90 degrees then we're gonna push in I'll give you guys another angle right here but you're basically you're gonna do the same thing move to the side and then you're gonna come in forward and to the side almost diagonally and it should feel a really

(21:05) good stretch again in the adductors hip flexor all in this area this one another really really good stretch something I really like I'm giving you guys some great some great angles right now sorry about that a little bit farther a little bit deeper feeling that really high up here in the a director which is good something I definitely need because I've had partial adductor releases surgery on both the left and the right I've had surgery on both sides of my abdominal wall this is a good one you can even

(21:49) bring your hand right here and kind of even open it up more and then sit deeper that gives me a really deep stretch and I'm also feeling on this side too okay next one we're gonna do the exact opposite so I was stretching the right side now I'm just gonna go got the left knee we're gonna write me up I'm gonna stretch the left hip flexor now same thing not on my stomach out like this bring somebody in a little bit squeeze the glutes are squeeze the glute and then lean forward good deep stretch

(22:26) right right here [Music] this girl she's play telling my thing hey are you doing Gucci seconds so as you can see that I kind of like to work my way up up the body it just helps you mentally kind of visualize it like starting from literally the toes and working all the way up now to the hip flexors high up in the a doctors next we'll do like some glute stuff okay there we go then the same thing bring this leg 90 degrees to the right I'll rotate for you guys the left knee is still down right knee up instead of being up like this

(23:20) degrees I'm gonna use my right hand to kind of like push against this again feel a lot of my right addict dirt my left a doctor a little bit and then just kinda laying into it [Music] try to keep my stomach in a little bit age that [Music] [Music] it also kind of helps you like not forget anything because if I work at the very bottom without toes like ankles calves hamstrings quads adaptors and kind of like work it that way yeah I know I'm hitting everything whoa okay that's enough of that stuff now we're

(24:23) gonna do another all these stretches are like my favorite that's why I'm like including you but another great one I figured for I was gonna come down here bring my leg across reach through then just lean back I'm feeling this a ton in my lower back I'm gonna glue just bringing this in try to keep my back straight bringing this in as much as possible there was once a time where I was so inflexible that I was literally couldn't do this now I'm a lot better [Music] glutes are another thing that tightens

(25:06) up in a lot of soccer players glutes and lower back this is a great one for that [Music] ten more seconds [Music] there we go I was gonna switch sides to the left if this hurts your me ankle again you can do like a pigeon where you come up on like where it's like on the ground but again you know just kind of modify it tweak it move it around until you find a place that feels better it doesn't hurt as much so now I'm working on the left loop just bring this in 60 seconds [Music] perfect like for this for me I sprained

(26:02) my left ankle about a week ago super minor nothing crazy you didn't even have to come out of the training but I'm just feeling like a little bit of pain during this so just gonna move it around a little bit so it doesn't hurt as much there we go that's fine now [Music] you guys probably we're looking for like a nice calming like yoga teacher and then you have me not saying the right names for the stretches talking the entire time okay there we go next one we're gonna do the seal this is

(26:44) a good one just for the stomach hip flexors as well it's come down just like this I'm just gonna push yourself up I always feel this is weird I always feel this on one side more than the other just kind of means like usually it's my right side which probably isn't coming from because I can use my right foot my right leg my right hip flexor old Nordic kick so it's probably why my right abdominals right hip flexor or all just like a little more tight than the left side just good to try to balance it out

(27:17) 30 seconds I'm gonna come back down move my hands a little bit farther back come up again [Music] [Music] my left wrist is killing me like a fraction or something a few years ago next one Child's Pose so same thing from the seal now who's gonna come leaning back the cope of seconds here we go lean straight back it's great for the back upper back lower back look love this one try to reach out as far as you can use your fingers like make yourself go as far then try to bring your butt back as far as you can

(28:23) [Music] [Music] seven six five four okay almost done just had to restart my camera because the 30 minutes was just about done so the the final stretches this crisscross applesauce stretches my as my teacher would say left foot under and I was gonna reach for it I'm feeling this right on the glutes lower back trying to keep my back straight come down as far as I can and just hold right now my left foot is like underneath my right foot and again if you guys are getting any

(29:27) discomfort in your knees at all ankles hips or a weird pain not a stretching pain but like a an actual like kind of twin G pain like something's wrong modify this to a different glute stretch there's tons out there there's one that will go work for your body don't don't push through something and make a you know cuz not not everybody's body is the same so you got to focus on that this is what a great one though I love this one [Music] three two okay then the very last one what we're just gonna do is bring the

(30:10) right foot out and now underneath the left foot and then come forward do the same exact thing at all comfortable and then reach down again there was a time where I was so inflexible with this one that my knees were like way up here I could probably I was like doing this my hands are back here instead of coming forward and doing this so I still have like you know a long ways to go actually I'm pretty happy with my flexibility now but I've come a long way so I'm really easy pretty happy with that I can just

(30:53) reach for it a little bit farther and farther you just hit my microphone what's wrong with you all right almost done [Music] okay that is like my full stretching routine now what I'm gonna do is I'm gonna spend three more minutes to do like the tight areas of my body so this is just something that I like to do because everybody's body is different so whatever you were stretching for this whole thing whatever felt like oh you know I want to revisit that like whether it was this one with the toes whether it

(31:41) was like the adductor one hamstring whatever is tight on your body go and do that stretch for me what's always tight is actually this exact one with the toes and then also the quad one so I'm gonna spend three minutes right now here we go I'm going to start doing the toes this one does this one just kills me I want to get better I want to improve my flexibility of my toes and the ligaments in there this one let me know if this one kills you guys this is the by far the worst stress for me [Music] that's good you can feel that like that

(32:26) pain not pain as the difference between like I've discomfort and a pain this is definitely discomfort but when you feel that discomfort it means that that area is really tight it overworked or whatever and so for like soccer players that run in a tight soccer boot it's laced up tight they're constantly running pushing off the big toes those muscles those ligaments everything is gonna tighten up so it's just good to kind of go do the opposite you know sometimes a lot of those repetitive movements is what causes injury gucchi

(32:56) you go over there yeah already in the rest time okay now I'm gonna do the quad one on the couch one more time we'll start the left push my knee a little bit closer to the couch to back hey how you doing you're evil don't you stretch out yeah almost done easy easy Gucci no I almost locked her away yeah this but she's cute

(34:08) okay now at the right side the very last 60 seconds of the stretching routine Network done and that is the 30 minute match sheltered become elite stretching extravaganza whatever you want to call it [Music] core so I hope you know again like you guys don't have to do these three stretches this is what was tight on me the hip flexors and the feet so whatever whatever was tightest on you whether it was a hamstrings adductors quads glutes whatever you guys want to just get another deeper 60 seconds to stretch

(34:46) again go for it these are just fine three stretches of choice right side again right sides way tighter left side from all the kicking guys so I hope that you guys liked this stretching routine over guys followed along we gots got something out of it like I said quick 30 minutes got the entire lower body in hope you guys liked it even though I'm not the typical yoga instructor or stretching specialist like I said or whatever but if you guys did like this video be sure to save it you know bookmark it whatever so you can come

(35:45) back and use it again share it with whoever might need it and let me know what you guys thought this is my very first yoga video so I hope you guys enjoyed it if you data thumbs up button subscribe I'll see you guys in the next video bye guys peace you

**19. Full Football/Soccer Workout To Develop Explosiveness, Speed, Agility, and Prevent Injury - YouTube**

[**https://www.youtube.com/watch?v=54A1OApyVss**](https://www.youtube.com/watch?v=54A1OApyVss)

Transcript:

(00:00) what's going on y'all so we have a full exercise for you football players soccer players if you're in the US this workout is going to be based on developing changing direction agility movement um development explosiveness and speed as well as prevent an injury because I know one of the main entries for soccer is the hamstrings you guys spend a lot of time running at top speed and doing a lot of stopping and cutting and changing directions which has to do a lot of stressing of your leads and ACLS so hope

(00:28) you all enjoyed this if y'all got any questions please hit me up comment or reach out to me over Instagram or Tick Tock after the now let's get to it all right y'all so we're going to start with the ankles within this exercise okay you guys need strong ankles because you got to do a lot of stopping start and change the direction and cutting okay so in order to do that you need strong solid angles first exercise that we're gonna have is a lateral thinking pot all right so we're going to be on the boss of our

(00:53) feet because that's how we operate when we play and what we're gonna do we're gonna go everything's short keep everything very quick and sweet that way remember getting the in-game moving when you're stopping the cutting all right so it's gonna look like this foreign each ankle all right whichever ankle is weaker I want you to do a couple more reps extra just to eliminate that imbalance all right so next one we add I'll call these ballerinas so we're gonna be hiding the balls of the feet

(01:32) the whole time okay what we're gonna do we're gonna come out to a lunge and still be on the balls of our feet all right at no point will our feet come flat all right if you do feel yourself sink a little bit fix yourself in the back in the whole time around the balls of our feet all right now stay strong on that and we're doing this for time we're gonna go two sets of 15 seconds stay strong stay as high as possible leave the highest point the whole time now we're going to develop that elastic

(02:12) component within the ankles it just develops that any stiffness that you need in order okay what we're going to do we're just going to pop okay so here and really allow you're able to be spring okay you just want to push off push off every time push off and with this you want to go two sets I want you guys to go two sets of twelve each angry and you want to make sure that you're not straight up and down all right bring that leg back a little bit that way you've got some leverage that way you

(02:48) can put some tension on the ankle so now onto the stability portion of the workout so with the stability what we're going to do is build strength within the quads within the knees okay you guys deal with a lot of ACL injuries and then you guys have to cut change direction and as you can see my quad is loaded up now when you cut and you change the Direction all the force is put on your knees so what we're going to do is develop that strength within a knee within the quads okay so what we're going to do if you have weight that's

(03:24) perfect if you don't have any weights that's fine until you can do this without weight so I want you to get a heavy weight we're going to go down slow and controller all right the slower you go down the more you engage that muscle the stabilizer muscles within the quads within the knee as soon as you test and Slow it Up all right slowest possible down perfect don't rush it don't rush it like that because then that defeats the purpose of the exercise all right I'm not rush it don't let yourself fall down

(03:51) control it all the way down okay slow Slow it Up we're gonna go one set of teeth perfect rips ah utilize your input utilize your ankle to keep you balanced all right that's why we did the ankle work all right and what that does it allows you to be able to transfer Force at an optimal level okay you want to be able to cut react to your opponent at a high level and that type of stuff is what helps Arch also next I love this exercise for developing the ability to absorb Force okay so this builds that strength within

(04:41) the knees and within the ankles so what we're going to do and I love this for Speed as well so what we're going to do gonna be here okay be in that runner's position that that powerful squatter position and from here is when we're operating on the balls of the feet okay I don't want you flat foot your foot is going to fire up the claws but this develops that explosiveness that speed that ability to absorb force of cut and change direction all right with these I want you guys to go to two

(05:13) sets okay today only two sets of ten that's all make sure to stay strong when the ball's on the feet all right we're going two sets of ten with those stay strong this is going to develop that ability to absorb Force cut change direction be explosive and run fast what we're doing is developing ground contact time and speed okay this also develops the ankles ability to absorb Force so what we're going to do okay it doesn't matter what it is what we're going to do we're going to come

(05:49) down with both of our feet and bring that leg up as quick as possible so it's going to look like this foreign gauge as well all right everything has to be working as soon as you touch the floor bring that leg up that's about having a quick reaction time okay he reacted to the foil with those I want you guys to go two um three sets I want you guys to go three sets of those seven each leg okay you want to keep them long rep that way you can optimize the development okay if you get too tired speed depletes

(06:29) and then I'll go on to the explosive portion of the exercise with this this develops pure explosiveness okay I want you guys to think of speed all right we want to shoot up as quick as possible all right so what we're gonna do if you have weight that's great if you have kettlebells it's even more green but what we're gonna do is use some dumbbells and some caramels all we're gonna do we're firing for my loading position okay if we firing from this position now you don't have any

(06:53) elasticity and the muscles can't stretch and react the way it's supposed to so that you won't get the development you're supposed to so we're going to be from this loaded position not too high not too low right here Premiere stick it late oh my God this is hard all right I want you guys to go five all right if you can't go six that's good but I want you guys down five no more than six anything after six you start to lose that speed back when you start to lose that optimization so just go five all

(07:32) right pick away this light as well okay you don't want to go heavy away with this a lightweight that you can move fast we're going single legs closing this okay all I'm focused on is you guys getting efficient going upward and I want you guys absorbing that horse down there all right so it should look like this on the balls of our feet and we're going and I want you guys to land and absorb that force on the balls of the feet all right this is going to build that ankle knee strength but also develop that

(08:00) explosive in a single leg okay so here's gonna be like this I want you guys going two sets of five each leg every rep has to count from here oh all right switch it foreign this is the number one exercise to develop the ability to react and change the ratio to cut okay so what we're gonna do you can get a shoe a shoelace whatever any type of object all right I like this height what we're going to do is we want to pause our feet in that explosive position all right and I want you guys we're gonna do two variations

(08:50) with this end all right for the first variation we're going for power and explosiveness you want to be able to develop our ability to produce force and absorb Force efficiently all right so what we're going to do lower the position and work making sure that we emphasize from left to right getting that lateral Direction okay that's how we're gonna do that one so now it's an expiration the main component is developing our ability to react laterally all right we're developing a matter of speed man so

(09:23) same concept same position but now we're going quick and fast so here it is foreign that way we can maximize efficiency okay so for the first variation once you guys are going two sets of four there and back is one okay with the quick variation for the second variation I want you guys going three sets of four okay same thing bearing back is one I love this for um stop it on the dime okay so when you guys go to change direction or stop on the dime and react to your opponent this is this key right here so we're going to be on the boss of

(10:03) the feet okay what you're going to do you're gonna come down drop and ball of the feet very rapidly and stick it so we're here to unlock this exercise for developing just that that lateral reactive ability that lateral movement ability all right all we're doing here is stepping our feet through the hurdles and but then on the outside portion we're really getting that lateral push all right developing that lateral first production while also having that ability to really navigate and have a solid a solid fluid foot

(10:42) motion all right so we're here we're going positive feet it'll work with that I want you guys to go three sets for 10 seconds okay we're going time three sets ten seconds and then as you develop as you start to grow as everything starts to become more fluid I want you guys to increase the sex or increase in seconds okay all right y'all I hope you all enjoyed the workout that is part one of a good off season workout that you guys can do to develop changing direction exposing this prevent injury

(11:16) Etc so if you have any questions do not hesitate to hit me up on Instagram or comment I'll get back to you I'll read everything I promise I'll get back to you otherwise enjoy much love to

**20. Lower Body Plyometric Workout for Soccer Players | Gym Edition - YouTube**

[**https://www.youtube.com/watch?v=C1Lek1srXoU**](https://www.youtube.com/watch?v=C1Lek1srXoU)

Transcript:

(00:07) hit the left [Music] [Music] [Music] [Music] uh [Music] so what are we doing today

(01:12) so we just got a bunch of plyos a little bit of lower body power explosiveness and it's ready to take it to the next level so let's do it so we're going to start right here with some depth drops okay and this is just to really warm up the body get our body accustomed to that force absorption that we're about to get into and just to make sure that the body is fully primed for that high intense activity so just step down three times on the right three times on the left and i'm gonna get into some

(01:40) depth jumps [Music] [Music] i don't know how it feels to be brother ferris [Music] all right so we warmed up with the depth drops we then did some depth jumps now we're doing depth approach jumps these are a soccer essential so you're going to start on the box just like we did before and then an approach jump is where you're going to actually come down with one you're going to gather your back leg at the same position as your front leg and then you're going to jump up as high as you can so let me explain

(02:43) [Music] just like that we're going to do two times on the left and then two times on the right it's the header [Music] i step here yeah so it's one step and then gather one step yeah exactly so it's a step down but then you gather your trail leg to the front leg [Music] bad bro [Music] you come down with one [Music] there we go see that header bro somebody throw the man in the ball yes so for the next exercise we have a lateral bound into a box drum this is perfect because we're working in many different directions

(03:39) so i'm going to bound here from this cone and i'm going to do a rotational bound landing on two feet just like this and then as soon as my feet touch the ground i'm gonna go on up so we're combining multi-planar lateral and going for some height this is perfect for soccer players and just all athletes in general so let's get it [Music] um [Music] there we go [Music] nice

(04:54) keep going there you go [Music] yes yes bro yes yes my man's going back to back to back no rest all right so first what we did is we just hit some hurdle hops okay and that's perfect because it is some quick ground contact and some repetitive motion that is super important if you want to get your speed up you want to get your acceleration up you want to get your hops up those are crucial next what we have now we have a sled push okay so we're going to do a 10 yard sled push it's pretty heavy we're

(05:34) going to try to really drive our feet right into the ground to bring our knees up and after that 10 yards we're going to actually get down on the floor from a laying down push-up position we're going to sprint and then we're going to decelerate 10 yards so this is going to be a contrast quick acceleration right to deceleration it's gonna get your speed up let's get it [Music] [Music] get lower explosive start stop on the line [Music] hey it ain't easy

(06:49) but it's always worth it let's go [Music] like i said guys you want to be the best and you got to push your limits all right that's the only way you're going to grow it's the only way you're going to change that's good what we got to say to the people man like brother says brother ferris says it's not easy but it's worth it so for this next exercise this is a very

(07:52) powerful hamstring movement this is going to condition the hamstrings to produce a lot of force very rapidly so it's gonna put my mid back on the smaller box leg straight on the higher box hips up and it's gonna be up left like this off of one leg i'm gonna hold it for about two seconds and then explosively switch i'm gonna do ten percent [Music] it's going to get a speed up guys trust me let's go now don't let the hips drop yeah so we have going on right here at the same time doing that hamstring movement

(08:46) we're going to actually come into an isometric lunge hold and this shin angle you want to really lean forward that's going to actually help strengthen the soleus as well as the gastroc so both muscles of the calves and then you're simply going to edit it onto your toe slow and control down so you can see how much i'm shaking this is no joke it's going to help bulletproof your achilles that it prevent any injury in the lower leg and work on the ankle [Music] stabilization don't even count it

(09:24) [Music] see the musculature the definition of the soccer player my cats are on fire let's get it bro come on bro bulletproof we don't want to see no more ankle injuries [Music] [Music] [Music] go speed games speed games

(10:28) bro how's my man hold this camera bro yeah i'm like yo what's up guys so i'm here today with brother affairs and today we did some lower body plyos amazing workout and if you're someone who wants to improve on their performance explosive anything for any athlete no matter what sport you play go follow brother fares i'll leave his channel linked down below instagram has amazing content as well so if you're not looking for like longer videos maybe something short or something to save

(10:55) maybe just to pull up on your phone while working out check his instagram i'll leave that link down below as well so you can check them out there's gonna be some amazing content hey bro like like the guy said you know if you want to take your game to the next level you know we're just trying to inspire people trying to help people and really just trying to take you out go to that next level so you know be sure to follow this guy i know you already do but taking your soccer players and soccer level

(11:16) your skill everything to that level to where you're just going to be unstoppable on the field so look out for some fire content coming soon you guys do not want to miss it let's go guys [Music] yeah yeah yeah

**21. 8 Exercises to Improve Speed, Agility & Power - YouTube**

[**https://www.youtube.com/watch?v=cCZSTGeSuHM**](https://www.youtube.com/watch?v=cCZSTGeSuHM)

Transcript:

(00:01) [Music] in today's video we'll show you a soccer-specific drill with 8 different exercises that will improve your speed power agility and coordination [Music] so let's start with the setup for this drill first you'll want to set between 6 to 8 cones a half a yard distance away from each other in a straight line then place a soccer ball to the side of the last cone next place two gates five yards behind our starting cone each gate should be three yards and width and placed side-by-side finally place one single cone ten yards

(00:56) away from the end of our cone line now let's briefly touch on the execution of the drill and some very important coaching points first you'll perform a unique coordination agility or power movement as seen in the clip followed directly by a 10-yard sprint to the cone you'll then turn and slowly jog back to the ball place at the side of our cone line as you approach the ball quickly accelerate and speed dribble the ball through the gate on the opposite end now once you dribble through the gate you'll

(01:30) go directly into a recovery period since the focus of this activity is designed more to improve soccer-specific speed and less focused on developing endurance it is critical that you take the appropriate amount of rest time in between each set now we recommend a work to rest ratio of one to five basically if one set takes you 12 seconds to complete from start to finish the rest in between it needs to be 60 seconds now a couple key points to keep in mind when doing these exercises mechanically make sure you keep your

(02:04) feet around shoulder-width apart and you're always on the balls of your feet focus on performing each exercise at 100% intensity this includes the dribbling portion at the end lastly in regards to a weekly plan you can do this workout one to two times per week in each session pick between four to six of the exercises you see today and perform each exercise four times [Music] [Music] [Music] [Applause]

(04:15) [Music] [Music] [Applause] [Music]

**22. Can You Survive Cristiano Ronaldo's 6 Pack Workout? - YouTube**

[**https://www.youtube.com/watch?v=22htlTMaOc8**](https://www.youtube.com/watch?v=22htlTMaOc8)

Transcript:

(00:01) are you ready first exercise heel touches three two one go 20 seconds ten seconds three two one rest next exercise

(01:19) three two one go 20 seconds ten seconds three two one rest next exercise

(02:28) three two one go 20 seconds ten seconds three two one rest and just like a soldier i keep on moving forward always getting closer next exercise oblique sit-ups

(03:38) three two one go i'll wake up every minute you know i leave them all matter of fact [Applause] [Music] three two one rest next exercise oblique sit-ups

(04:48) three two one go [Music] so [Music] 20 seconds [Music] three two one rest only if i let it be i can control anything if i can just think carefully i control my destiny every

(05:55) next exercise flying knee jocks three two one go [Music] [Music] 20 seconds ten seconds [Music] three two one rest [Music] breathing

(07:06) [Music] touches [Music] nothing in sight forever in flight follow those lines we'll make it this time blurry street lights work as a guide to memories that we're making tonight oh yeah we'll make it tonight 20 seconds [Music] three two one rest workout completes

**23. Follow Ronaldo With His Home Leg Workout (No Equipment) - YouTube**

[**https://www.youtube.com/watch?v=vrXrTKhqkdM**](https://www.youtube.com/watch?v=vrXrTKhqkdM)

Transcript:

(00:01) are you ready first exercise three two one go for this exercise step one foot forward with one foot left behind make sure your back knee doesn't touch the floor and both knees should bend at about a 90 degrees angle one tip for the front foot is that the further you step forward the more you will activate your hamstrings and glutes and the closer your front foot is to your body the more you will activate your quads but if you wish to activate your quads more make sure you don't overdo it as don't let your kneecap push

(00:39) past till the point where you feel how to have a discomfort time we're drinking all night in the summer when the air's nice every day is a new life we think it's all right skinny dipping by the pool side three two one rest [Music] [Music] this exercise works your glutes and no it will not make your bum bigger ronaldo definitely doesn't have a big bum even though he does this this is because the exercise strengthens and builds your glutes muscles which will lead to more calories burn due to more muscle mass

(01:37) and more fat will also be burnt overall this exercise will allow you to get a more tone bump instead of a saggy bum i've been okay i've been alright i've been messing around with this girl for a minute she just came down in the summer for a visit we just right now in the moment so we live it i've been okay i've been alright i've been getting down with this girl for a minute moving all around with this girl gonna miss it living right three two one rex [Music] when the air's [Music] let's move on to the other side and if

(02:34) you can't try not to let your back leg touch the ground as you bring your leg down keep a small distance maybe about one centimeters off the ground as long as your foot is not touching the ground this will give an additional challenge to this [Music] everybody exercise loud backstage in the south up north in the clouds losing every bit of doubt as we overcome the drought we just partied so loud cause we made it somehow tank top snap back yeah we run it like that represent to make cash yeah we never look back g6 in the

(03:04) sky yeah we like to fly by lambo so tight yeah we like to drive by three two one rest [Music] [Music] this exercise also works the quads in the glutes but the extra focus is on the inner and outer thighs as you lunge sideways make sure not to bend your body forward too much to prevent falling forward keep your hands together in front of you to maintain [Music] up black and balance can i know what i have to do never walk back never hold back that's the truth [Music]

(04:22) three two one rest [Music] this might look like an awkward exercise but it's not it also works your inner and outer thighs and yes we might not have an expensive machines like the one ronaldo has in the video but this bodyweight version of this exercise will do just fine in working your abductors you should feel a stretch along your thighs [Music] rest

(05:38) [Music] [Music] next exercise squats three two one go another total lower body workout and now they don't make your bump bigger ronaldo is an example this exercise will work your entire lower body including your quads hamstrings and glutes one thing to take note is to imagine sitting on an imaginary chair and then pushing yourself back up keep your body upright and do not bend forward pretty ones they move fast like they living in the city once too much sass but they draw you in with witty tongues it won't last she

(06:29) gonna eat you she a twisted one yeah the way she moved that body round got him pouring up drown try to guzzle it down to the courage they found talking to her right now she gon shoot them all down just another in the crowd yeah three two one rest [Music] finally the last exercise to finish off this cristiano ronaldo leg workout bring your knees towards your hips and you should feel a burn on your quads let's give it our best for this last exercise that not only works your legs but also your abs and get those

(07:27) aesthetic mods like ronaldo's look at me tell me what you see help me let you free i could be everything you want every need come and see all that we could be if you run with me take it fast i'ma make it last just forget the past and we'll be lost within this three two one rest [Music] but for some reason i lost her i'm up and down like i'm sitting you

**24. Get STRONGER with this full body football workout - YouTube**

[**https://www.youtube.com/watch?v=6KlR\_js7SYU**](https://www.youtube.com/watch?v=6KlR_js7SYU)

Transcript:

(00:04) you might have seen footballers with those amazing physiques ripped jacked ready to go but the thing is we don't do that just for the beach there is a specific purpose behind all of the exercises and all the stuff that players do in the gym and it makes you a better player and that's what we've got for you today let's go [Music] so the best thing to do is to break down your workout into parts what we've got is our upper body our explosive movement our leg strengthened power and our core on to the first one

(00:37) [Music] all right guys so we've got four exercises in our push-up super set the first one of course is out wide so what you'll do get your arms set out wide you do not want to crouch like this you guys don't want to hunch like this as best you can try and keep your body flat squeeze your core squeeze your butt squeeze your stomach that'll keep things nice and tight right there and then we'll lower down like this all right we'll do 10 wide push-ups we'll then move in to a normal push-up keep our elbows in

(01:11) we'll go like this 10 more then we'll do diamond right here like this put your arms in a diamond go down like that that works your chest incredibly and then of course we have our lovely push-up blowout set 30 seconds you're just getting in there you're getting your push-ups all right you've got these one-handed push-ups you can do those too like this i'm not going to do it i could do it i could i could do it i just don't want to i don't want to embarrass you guys but do them i just don't want to do it right but

(01:40) that's it all right so we have those four exercises and that is what will bring us together for upper body making us look good rough and tough [Music] all right so one of the most important parts of your game will be your explosive movement no footballer is complete without having quick and fast movement when going to the goal or defending so we've got four exercises right here for you this is your ronaldo embope super series tornado earthquake jammer 3000 all right get ready for it first we set up with squats simple

(02:16) squats everything we will be doing here we do with sets of 10. 10 squats straight down you can do squats right here or you can go all the way down ass to grass squat then we go to a lateral movement all right so that's our lateral lunges you don't have to go all the way down like this we want things to be quick all right so we'll go there there there all right next we'll move on to scissor jumps so that's a bit of a lunge jump what you do is you're here explode up and switch explode up and

(02:44) switch all right and last but not least of course we have our squat jumps so extending out and moving on that's down and then up all of these what we want to do here is not just to get through them as fast as we can we want to make sure our form is good as well once you're done with this grab a little rest grab your weights because it's time to go hard [Music] [Applause] all right so now to take things a bit further if you want to add weights into your workout that's something that you can do of course depending on your age

(03:16) you need to be careful at how much you lift and all that stuff you can rest assured that most footballers do not lift a massive amount of weight with slow movements and stuff like that because the game is not like that you want to be quick so what we have for you today two simple small dumbbells you guys you don't have to do these with weights of course as we said if you want to add a little bit of something here we start with lunges so the idea with lunges and i'll turn to the side that way you guys

(03:39) can see it we don't want to extend out and put pressure on our knee like that when i keep everything in a 90 degree angle if we can so when i do my lunge i keep my body straight i bend down like this and up all right there are a ton of different variations but of course for today because we've put so much load on our other legs all we want to work on today is just going up and down keeping our form simple and just slightly loading the legs like ballers now compound movements are what footballers love to do the reason for

(04:10) this is that you cannot isolate any of your muscles in a game you are not going to find very many footballers in the gym just doing bicep curls because it doesn't apply to the game so compound movements are where it's at right here we've got a squat we bend down you can of course just bend down right here and keep it like this if you're feeling that that's enough for you if not if you want to extend it a little bit more when you come up you push and extend your arms here all right so you can see obviously the clips that

(04:38) we're showing you that's what happens but slowly there once you're near the top you push and you extend your arms for those of you that are trying to get faster your hamstrings are going to be very important to you and rdls are a drill that will help you do that this is a very simple relaxed drill as you can see we've got the two dumbbells here as we bend down slowly like this we keep our arms close to our legs notice that our legs are fairly straight not completely locked but fairly straight as we come down to

(05:07) here we reach somewhere between the middle of our shins and then we come back up into a straight position that's going to give you that speed that mbappe speed that ronaldo speed that usain bolt speed [Music] all right so of course we have to work on our core that is the key to all of your movement nothing moves without your core all right you cannot leave this guy behind so we have a simple sit-up set which of course you grab a ball if you want you can grab a medicine ball you go down touch behind you you'll come back up and

(05:46) then you'll reach all right so down up down up simple as that all right right there simple transition into russian twists don't know why they're rushing but right there all right boom lift your legs in the air twist like this touch the ground each time the faster you can go the better all right from there we'll move straight on to stabilization all right so it's not all about the movement it's all about the twist planks are huge because they will also work your back which is another key

(06:17) part of your core so in here don't slouch once again don't do that keep everything as flat as you can squeeze your arms and everything and squeeze your muscles as you're in this position all right and so you'll hold this position for about 15 seconds maybe 30 seconds if you're more advanced of course you can hold this for a minute or longer alright once you're here we'll switch to the side if you want to add something to it raise your arm up in the air if you want to add even more to it lift your leg up in

(06:47) the air hold it there or pump like this okay there are even things you can do like this like this all right get creative with it because that's exactly what we would do obviously then we catch this other side same things apply you can also do things like this and once you're done here you chill relax grab a drink and roll out all right guys that's the vid make sure to leave a like comment and subscribe get your recovery drink in ah drink of champions we will see you later make sure to check out will john check out all the links in

(07:22) the description box for all the stuff we have and enjoy your day and enjoy your life ball forever

**25. How to build a perfect body for football! - YouTube**

[**https://www.youtube.com/watch?v=JNCLB\_ml7e4**](https://www.youtube.com/watch?v=JNCLB_ml7e4)

Transcript:

(00:00) [Music] have you ever wondered how you build the optimal body for football well luckily i'm here with christian from performance lab who's going to tell us a little bit about it christian today is going to show me a couple of drills that are essential for football players and most of them you can actually just do at home at any time so how is the optimal football player built it's important to to start with that there is no perfect football uh we have two different uh guys uh their top level cristiano and

(00:37) missy and they are two totally different body compositions so there is no perfect footballer but there are some similarities between those two that we know and we will work on and what are those similarities they are tremendous lower body strength of course they are agile they have great stamina endurance they are very powerful they are quick thinking and decision making in the game and of course in the modern game it's very important to be mentally strong so do you have any drills to be able to obtain these skills that they have in

(01:13) common you can do it on a general basic level and we we incorporate them in in injury prevention program and i will show you today cool let's go today we will show six exercises uh which target the the lower part of the body we'll have focus on the quads the hamstrings the calves and the glutes okay so for muscle groups for the first drill we'll show the reverse nordics which is uh for the quads i will show it first and guide you through afterwards we'll be here try and get you can get this one or you can do this one try and be here

(01:56) arms aside and get down here on three seconds three seconds up three seconds down like this three seconds up and three seconds down and fill the tension and get up for this one i will say go for if you if you haven't done the exercises before the exercise before do it two times eight two times a week for drill number two we have the nordic hamstring of course working on the hamstring it's a partner exercise so i need a little help from you and then i will guide you afterwards so here down on your knees hold my calves or around the angles

(02:52) hold here hold hold hold hold hold hold hold as far as you can okay so you don't actually go three seconds and don't go up again you just let your fall okay [Music] great up again and for this exercise i think it's important to start low so five repetitions two times two set two times a week to start with that's the protocol and then you can up then you can progress it okay when you get more and more familiar okay [Music] for the third drill we have the copenhagen adapter exercise where you're working on the inner

(03:45) dignified here football is not only flex and axe it's not only in this plane is also sideways so it's a movement in the sidewalk plane so we also need some strength in here first one is we can do this one we can do it static here like this progress it to some dynamic work and you can also do it with a longer lever static and do it with dynamic two yeah yeah that's fine and don't tilt so be like this straight then then you do it static i can feel it already yeah and then the progression can also be that you made the lever longer

(04:39) and keep it static and then move into a more dynamic position yeah do it like this and with the longer lever for the repetition i would recommend you do it three times eight also twice a week [Music] so drill number four we are working on a split squat and progress it into a bulgarian space squad so we'll show it first split squat here standing in in the split position blowing lowering your legs down here three seconds one two three so three seconds down three seconds up that's fine okay progress it further two bulgarian

(05:25) space squad here get down up here one two three feel the tension in the glutes and the quads and the tension over here you should start with a split squat if you're not familiar with the exercise then we'll start with the split squat here okay so i've seen a lot of people do it like do it fast yeah but as i mentioned earlier prevention we can do it lowering the eccentric face yeah we could we can say we can mimic the motion it's not completely a kicking motion but we'll get some tension here and then we'll make the kick here so we

(06:00) make the footballer ready for what he's going to do on the pitch okay okay so this is something they take note for this rule number five uh the romanian deadlift staggered two types of injuries with the hamstring it's a hamstring exercise is when you go reach for a ball in there or when your high intensity run try to stop feel the pull and the hamstrings so we're going to prevent that okay without the kill well first little split stains here lowering down here feel the tension here and go up so we're basically work on the

(06:44) hinge here but this way upper body this way and work on the glute here little split stance a little closer here yes that's fine yeah that's fine and keep your arms aside work on the hinge so i'm pulling this way and pulling this way i will say to start with three times ten two times a week start with a start without weight or start with a with a two to four kilos drill number six single leg calf raises work on of course as we also mentioned earlier tend intolerance we see a lot of injuries with the with

(07:33) the tendon achilles tendon calf off season preseason when you're preparing to to to to get ready uh on the field uh all change surfaces okay so from artificial turf surface to grass for example okay okay okay it can be a partner exercise i need a little support from you here i do it here one second up one second down okay and try to be straight in my foot when i go up here i'm on my first toe the big toe and lowering down slowly here okay so one second up one second one second up one second down okay and then we can wait it up progression

(08:23) or a dumbbell or if you have something at home grab a bag kettlebell moms groceries bags yeah do anything and this is how much 10 kilos 10 kilos yeah not much and for this exercise you will you can and you will feel a burning sensation in your cuffs i really do and we like that fill the sensation and then build it up slowly start with 15 repetitions without weight put some weight on and progress it so there you have it guys there is no such thing as a perfect footballer but these drills will help you to get as close

(09:08) as possible and these drills are actually applicable to any age and any skill level so there's no excuse not to do them and with that said i hope you guys enjoyed the video and if you did leave a like and a comment down below if you want to see more videos like this also tap that subscribe button with bell notifications on because there will be a new video with christian coming out in the near future and i will see you guys next time

**26. HOW TO IMPROVE YOUR WEAK FOOT | Easy steps and training drills - YouTube**

[**https://www.youtube.com/watch?v=EW4N16-0obw**](https://www.youtube.com/watch?v=EW4N16-0obw)

Transcript:

(00:00) in football having a decent week foot is important but not everyone trained it and if you're stuck with a dead week foot most people just avoid using it but today I'm here to help you guys I'm gonna get you started with some of the things I did to help me transform my weak foot from something I would only use it matches to run and use as a standing foot for my right to something that I would actually say is usable in an actual football match and for clarification going forward when I mention my strong in my weak foot my

(00:32) right foot is old trusty and my left is all rusty as you can see here but Jay why do I need a good weak foot I mean I'm a perfectly good player using primarily my strong foot here well the thing is that as good of a player as you may be with primarily your strong food but having a dead weak foot is just no good at least if you want to do something with your football because if you look at professionals I'd say that 99% of them all have at least a decent weak foot because they have to even if you look at someone like Matthew who has

(01:11) an absolutely deadly one of a left foot he's also able to use his right foot what's a efficiently enough if he has to see the reason it's nice to have a good week foot is because it makes it a lot easier to adopt to every situation in the game and basically play more fluid football now of course you need to have a good first touch with both of your feet because it makes you able to go in both directions when the ball comes to you simply adapt to where the defender is of course you also need to be able to

(01:42) have at least a decent level of passing and crossing with your weak foot because that makes it a lot faster to execute those things instead of having to stop the ball readjust the body and set up your weak foot which gives the defender time to recover and that's the second part because if they know that you're constantly gonna set yourself up for your strong foot you're much easier to shut down unless you're Dimitar Berbatov of the part of rest man you have the meanest travela in the world or you

(02:13) don't need your weak foot like ever if you do have two very strong feet however you're gonna be extremely difficult to defend against because you'll be very unpredictable as the defenders know that you can punish them going to either side of them just take a look at young Mason Greenwood from Manchester United who is so good with both feed that is kind of difficult to tell that supposedly his left is the best one so the defenders know that if they just try and shut that one down he's just gonna go to his ridin school

(02:45) anyway so having a strong weak foot is going to make you more versatile and you need it if you have absolutely any ambition of ever going pro because you might be the best player on your team with your strong foot but if the Scout sees that your weak foot is kind of broken he's most likely not gonna take you but how do you do it well the simple answer would be to say use it but to be a bit more concrete I did primarily three things I started familiarizing my left foot with the ball by doing juggles and dribbles then I moved on to doing

(03:24) wall passing drills and right now I'm working on improving my power and my accuracy because yes I'm actually also still working on improving my wig foot because as you can see right now well it's still pretty weak [Music] so for the familiarization and the process of making my Whitford used how the pole actually feels well I started juggling and then force myself to incorporate my left foot and at least every other touch so right left right left right left and so on and as I got more confident with that I started to

(04:02) also incorporate using my left foot even more that could be right left left right left left right left left and so on basically to force my left foot to get used to the weight of the pole and how it feels when it moves around how much force I need to put on it now after that I put the bowl on the ground and then did a lot of little six like dribbles moving around all over the pitch just to get myself used to how it feels to dribble primarily using my left foot it's really awkward at first but it quickly catches on then you can move on

(04:38) to using a wall or basically anything that will bounce the ball back to you and here I suggest that you do a pass you take a directional touch and then you set yourself up for the pass again to make it as much like as possible now most people are gonna tell you to only use your weak foot constantly but I found that it works better for me if I actually switch between using my strong foot three times and then swapping to my weak foot to make sure that my body and my brain is able to seamlessly switch between the two feet in a match and the

(05:08) key is to basically just figure out the technique how your position your body with your strong foot and then apply the same thing to your weak foot and then just keep going basically finally I'm currently working with a target that could be the smaller seven aside goal and here I'm basically doing standard target practice where I'm getting my body used to the position and the power and the movement of the leg and the plant foot and all that stuff in order to get the ball off the ground and have some sort of accuracy over more than a

(05:41) couple of meters which I'm currently okay with and because I'm not yet good enough to do the really hot pole long cross field passive stuff with my weak foot I'm currently going for cross bars on this distance but it's tough the only thing you can do though is to repeat repeat repeat repeat and then do it again and if all else fails buy fifa coins to upgrade your cart because as we all know that's the only shortcut to success now the reason that my left foot is still pretty rough even though I'm 31 and should be more or

(06:19) less ambidextrous by now is that I simply started using it too late so don't be like Jay learn from my mistakes and actually start incorporating this as soon as you possibly can take it seriously force yourself to do this in trainings because let's be honest you just learn quicker when you're a kid and you don't want to end up like me at age 25 with a left foot that doesn't work so really guys take it seriously and I promise you you're gonna be a much much better player for it in other words it is so so so important to

(06:57) have a good week foot as a football player especially if you're serious about it guys what is your best tip to improving your weak foot well as always you should let us and the rest of the community know in the comment section right down below you kind of goes over go and grab yourself on an awesome pair of materials in the link to unisport or come right over there don't forget to go subscribe to the channel if you haven't already and then you can go online how to include more as a football player in

(07:20) the playlist in the bottom of your screen with that said guys I'm signing off cheerio

**27. 5 MINUTE WORKOUT | Improve as a footballer - YouTube**

[**https://www.youtube.com/watch?v=LtpD6c\_ayjE**](https://www.youtube.com/watch?v=LtpD6c_ayjE)

Transcript:

(00:00) [Music] all right guys this is the five minute pro footballer workout to make you faster stronger and more technical and all you need is a little bit of space and a ball let's go [Music] this workout is simple and straight out of the pro preseason playbook one minute of work and 15 to 20 seconds of rest just listen to good old will john in your ear and we will tell you exactly when to switch warm up on your own and let's go straight into the workout with our cuts guys that means here tap the ball out and cut recover quickly

(00:45) out and cut all right 30 seconds on the clock let's go alright [Music] don't stop [Music] keep going head up every once in a while even if you go wide try to come back to center don't worry about your form lean probably like five seconds left i hope all right finish up last one and boom good all right guys just have a look at me v pullback is our next thing out out all right so it's fine if you take a couple touches like this just stay active okay 30 seconds on the clock let's go stay active that's all that matters

(01:43) all this stuff will pay off if you do it consistently regardless if you mess up [Music] try stay consistent where's jay mike when you need him he's not ever out here doing these workouts said he was going to be here and then he ditched [Music] damn it's hot all right 15 second break it's just a friendly reminder tell you to subscribe uh trying to do some good stuff here at unisport so appreciate it if you subscribe all right guys we got push-ups right now we got 30 seconds of push-ups and we got 30 seconds of planks before we hop back

(02:30) up and do some more with our feet if you cannot do push-ups for 30 seconds and you're getting a little tired just do your best to hold when you're up here like this just hold and tighten and wait out to 30 seconds all right so for those of you that can do it just keep pumping try and get down as far as you can 30 seconds on the clock and let's do it of course let's start with normal push-ups [Music] let's do some diamond push-ups put those hands in the center [Music] keep going keep going a little wider

(03:08) [Music] finish it up wink at the camera and get swole like this and we're done quick switch over to planks no break tight stomach all right 30 seconds on the clock and we're on now just hold here for this first ten and then follow as we make it a little bit more active reach under your arm and up down up down up other side [Music] and one more done cool quick break again back up on our feet let's go all right guys we got cruyff and juggling a little bit of technique for the cruyff if you want to tap it out to the side

(04:08) go like this get a touch in between that's fine if you want to do a longer version of the kroy go like this catch it i suggest you guys try and do both all right then we're going to juggle with our left keeping the ball low 15 15 with the right on to some more fitness guys ready 30 seconds on the clock let's go [Music] normal kroy make sure to sell it like you're going to shoot like you're going to cross all right change up your crois if you haven't a couple extra touches almost done and done

(05:05) walk it off for a quick sec active rest here juggle nice and low 15 seconds go you can move just keep the ball underneath your waist left foot only right doesn't matter if you drop it just keep going done a little rest a little more and we're almost done in this next one we have squats we have lunges and then you're done 30 seconds let's go chair squats just down here halfway like this you can have your arms out if you want

(06:09) if you're looking for a harder workout just put them up in the air like this guarantee you it'll get annoying but it's all worth it in the end all right about 15 seconds has gone by i hope squat lower all right about this pace the reason we don't go faster we're not trying to make an explosive workout trying to build some strength and we're good immediately into lunges guys starting our left we'll do about 15 seconds and go all right look to try not have your knee extend too far over your ankle

(06:51) about this pace your other knee bent straight down enjoy life tell me when we got 15 seconds going on the clock switch it up oh boy and done pat yourself on the back all right my people that is the vid you know what to do like comment and subscribe check out our playlist down below let us know what else you want to see from us here at unisport well john signing off subscribe goodbye

**28. Full Body Strength Workout & Technical Training Session | A Day In The Life of a Footballer - YouTube**

[**https://www.youtube.com/watch?v=3lnQjuwfwcM**](https://www.youtube.com/watch?v=3lnQjuwfwcM)

Transcript:

(00:00) foreign [Music] excuse me [Music] hi guys welcome back to another video so we are at the training facility we do not have team training today so I came in to get some individual work starting with a strength session so I know quite a few of you have been asking for some strength exercises so I'm going to show

(01:03) you exactly what I do and the exercises that I include in my personal strength program I do this twice a week during season and then I have one plyometric session per week during season so I showed that in my previous video if you're interested in checking that one out I'll leave a link on the screen right now but today is all about strength and then once we're done with the strength session we're going to do an individual technical session as well not putting too much on the legs in that session because we're going to be doing

(01:27) a lot in the strength workout so we'll just be going through some first touch works and distribution work just stay in shop on the board during these off days so before we head in as always I'm going to be taking kickoff so kick off something I've been taking throughout my season it's a football specific supplement designed by top nutritionists who work with high level clubs such as Athletico Madrid really good quality ingredients for example l-citrulline which is something that increases blood

(01:54) flow in the body and if you can increase your blood flow you're going to get more oxygen to the muscles which means you're going to improve your endurance so if you've got some really tough sessions coming up or you're training every day you can take a supplement like this and you're going to feel the benefits and you're going to be able to enjoy those intense sessions at your Peak for longer which means you're going to get more out of your performance so I'd really recommend kickoff I'm trying the lemon

(02:15) and lime flavor today I've also tried the blue raspberry and the original flavor both great ones I'll take a scoop about 30 minutes before I start training and I always feel energized focused and ready to go by the end of my warm up so if you're interested in checking out kickoff for yourself I'm going to leave a link in the description box down below as well as my unique code which is exclusive to seven MRC viewers and you can get a huge discount off your order so I'd really recommend it it's used

(02:41) with some of the top players on the planet and you can add this to your daily routine and it's going to improve your performance so check them out I'll leave links in the description option as well as my unique code but anyway we're going to get inside get warmed up and then we'll get into the strength session so I'm going to walk you through my four strength session starting with the warm-up It's always important to warm up before any kind of activity just to get some fresh oxygenated blood into all the

(03:05) muscles and also some blood flow into the joints really important to get those nice and loose ready to go you don't want to be causing any injuries because of not warming up properly so starting the static bike for about five minutes then I do some backwards treadmill walking as well for about two to three minutes this is a great way to get some blood flow into the knees of course we're going to be doing some squats and some movements that involve stress on the knees today so it's important to get

(03:31) some blood flow in there and then I just do about a five minute jug as well just to ensure I'm as warm as can be before getting into some explosive strength movements we're going to be putting some weight on the body so we need to make sure we're ready to go then for some extra activation I like to work with the bands this just really gets the is hard to activate areas such as the glutes as you can see here activating the hamstrings as well I'm also activating the hip flexors because we are going to

(03:58) do some strength work on those today so I want to make sure they're also activated then just getting some Mobility work in so we're just getting some leg swings here open up the hips and groins and then some forwards backwards as well this is great for loosening up the hamstrings then my final Mobility is just some lunges and twists this just really gets everything under tension and then I move into my bulk of the strength session so starting with some backwards walks this is similar to the treadmill walking but now

(04:26) we're just adding more resistance you might have seen these exercises posted around the internet and how important they are for bulletproof in the knees and I can't agree more they really get some blood flow in there and strengthen all the muscles around the knees to take the pressure off I've really found a lot of benefits from doing these backwards walks with the sled you can increase the weight and the great thing about this exercise you can put as much weight as you possibly can because you can't

(04:51) really over stress it because if you put too much weight in the sled just won't move so you can really load it up here and build some strength in your backwards walking so after doing 15 yards there and back I'll repeat that three times then I go into the gym I'm just getting a few leg extensions here just to get some activation in the quads I'm working with a very light weight and working each leg individually just to make sure all the fibers are awake and as you can see doing the same thing here

(05:18) but this time working the hamstrings so I don't like to do a lot of my strength work on the machines but just use them for a bit of activation then I like to work with the freeways so going into some deep squats here as you can see I'm using a slant board this allows my knees to go over the toes so you can really strengthen through that range of movement in sports in football your knees are always going over the toes so if you don't add some resistance in your strength program over the toes you're

(05:43) just leaving yourself susceptible to knee injuries so I do five reps and then I do three sets of the skull Watts as you can see here knees are really going over the toes loading up the quads and hamstrings being slow on my downwards phase and then a little bit quicker and explosive with my upwards fees so this is really going to strengthen the glutes quads and hamstrings then after completing three sets of five squats with about a minute rest in between each set and move into Nordic curls and Nordic curls are by far the best

(06:14) exercise for strengthening your hamstrings and they've actually been shown to significantly reduce the risk of an ecl tear as well so I can't stress enough how important it is to incorporate nordics into your weekly schedule if you don't have a Nordic strap like I do there's a way you can do this at home with a towel you can kind of wedge it under the door you can look up a YouTube tutorial on how to do that but there's a lot of different ways you can achieve Nordic curls but find some way to do it because you're going to see

(06:41) a huge benefit from them as a footballer your hamstrings are taking a lot of stress especially when you're sprinting so making sure sure they're strong and less susceptible to injury is going to keep you on the pitch longer so for nordics I usually do three sets of five with a good two to three minutes rest between each because they are very intense took me a while to get to the stage where I can go down and up without my hands so start where you need to using your hands for assistance then I go into some calf raises so I'm just

(07:11) doing 10 on each leg working each leg individually because you spend a lot of time on one leg as a footballer you rarely spend time on two legs and I'm holding a kettlebell I think it was 35 pounds in my opposite hand and then just using the bar there for some stability and then I do three sets of ten on each foot the calves are really important as well to try and strengthen because that's a injury risk area as well for footballers now I'm going into some hip flexor flexions so as you can see driving my knee up your hip flexor is a

(07:44) very underrated muscle group in terms of strengthening in the gym I don't see any enough footballers doing it but your hip flexors take so much stress especially with sprinting so I'll leave a link in the description as well to the monkey foot which I was using there to strengthen them then I went into some barbell shoulder raises so as you can see I'm lifting the bar above my head really important to strengthen your upper body as well as a footballer a lot of your power is actually generated from

(08:11) your upper body for these I did three sets of five then I went into some pull-ups in which I did three sets of ten the pull-up is an excellent movement for your upper body it really improves your strength in your shoulders your chest your back your lats it's almost the entire upper body workout you really engage the core as well so three sets of ten and with the pull-ups I like to pair them with push-ups so in between each set of my pull-ups I'm doing push-ups and I like to do 20 in a row this is a good burn again this time we're working

(08:46) the triceps the chest and it's a great core work out as well you can do push-ups at home 25 in the morning 25 at night 50 a day you're going to see a huge Improvement in your strength and core stability then I do spend some isolated time on the core as well the core is the center of your athletic performance so it's important to keep it strong if you have a weak core essentially you're adding weakness to every movement you do and that's how you get overuse injuries so keeping that core strong is a non-negotiable so for

(09:16) each of these exercises I'm just doing 10 repetitions going straight from one to the other then I do three rounds of this entire circuit so I'm doing some leg raises now you'll feel your hip flexors flexing as well for this one so this will add a little bit of extra strength work to your hip flexors which is never a bad thing and then we finally go into some Russian Twists so we want to engage the obliques as well you'll find your entire core will be burning after doing these three exercises

(09:42) consecutively and working with a 16 pound border just to add some extra weight but you can do this without also and then after doing my Core workout I like to finish with some copenhagen's copenhagen's are really important for strengthening up the groin area which is a part of the body that footballers are especially susceptible to injuring so I just hold this for 20 seconds on each side and repeat that three times you can hold it for longer or shorter so strengthening the inner thigh is really important don't overlook the Copenhagen

(10:12) definitely add this one into your weekly strength program then after completing 20 seconds on both sides and doing three rounds I go into the technical all right guys so that's the strength session complete good work out there as you can see we're really covering the entire body and those exercises they're all compound movements which means it involves various muscle groups in one action and that's more applicable to the game of football you're always using multiple muscles in one action so that's

(10:39) the workout that I typically do twice a week to help me with injury prevention the reason it's so important is because when you're playing football and you're changing direction as you plan after you've been running a high speed you're putting multiple times your body weight into your joints so you want to be able to protect those and the way to do that is to lift more than just your body weight so this resistance training loads up the muscles protects the joint so that when you change direction they're

(11:06) prepared to deal with that load because if they're not your body is going to be weak in that area and your joint is going to take the full load and that's how you can get an injury so really important to do some kind of strength workout multiple times per week to make sure your body's prepared especially if you're training every day so that's a workout I'll typically do it's going to rest for 10 to 15 minutes I'm going to get a quick hit of protein so I'm taking recover and that's just going to give me

(11:30) some protein some carbs and also some electrolytes so that I can start that rebuild process because when you do this kind of strength workout you're tearing the muscles very slightly so you want to repair those the way to do that is to get a good quality protein sauce so we're going to rest here recharge a little bit then I'll warm myself up again and then we're going to get into the technical portion of today's session so today is all about just Basics getting a lot of touches first touch

(11:54) work we're not trying to put too much on the legs just get a little bit of dribbling work through first touch and some distribution into some small targets so should be good oh [Music] [Music] foreign [Music] [Music] [Music]

(13:38) foreign [Music] [Music] [Music] [Music] [Music]

(14:46) thanks [Music] [Music] [Music] foreign [Music]

(16:01) [Music] foreign [Music] [Music] [Music] [Music] [Music]

(17:19) foreign [Music] [Music] [Music] [Music] what's up [Music]

(18:27) [Music] foreign [Music] [Music] [Music]

(19:51) foreign [Music] [Music] [Music] guys back home now and nothing really eventful happened since the training today just got home refueled with a four egg omelette and half an avocado then I had a protein berry smoothie that had a whole banana in it mixed berries vanilla protein powder mixed with collagen whole milk and Greek yogurt so plenty of protein and carbs right after an intense training session not so much the technical but the strength training

(20:55) in particular you want to be refueling in the right way plenty of protein and carbs and then I had loads of water as well it's really important to hydrate because even in the strength session you're getting rid of a lot of fluid you're sweating and then the technical session as well you're going to continue to sweat so replenishing all of those stores this is really important especially directly after the session this is going to help your body recover refuel rebuild so that you can actually

(21:19) get the most out of the training you don't want to put in all that hard work then sell yourself short by not taking care of your nutrition so a couple of tips for hydration as well in my water I like to put either half a lemon or half a lime and then sprinkle in some sea salt or as an alternative you can just drink coconut water because not only do you need the water but you need the electrolytes and the sodium so that your body can store it as well really key for hydration hope you enjoyed both of those

(21:44) sessions I know I did and as always let me know in the comments section down below if there's anything in particular you want to see from these Day in the Life episodes and I'll try my best to include them in a future episode For You So the plan for the rest of the evening is to finish editing this video get a good foam roll and stretch to get out some of that soreness have a good meal so I'm gonna have some pasta chicken and green vegetables then a nice cup of tea before bed and get a good night's rest

(22:10) so we can get up and do it all over again tomorrow so hope you enjoyed today's video if you did make sure you smash the like button hit that subscribe button for weekly training videos and I will see you guys in my next video [Music] thank you [Music] [Applause] [Music]

**29. Best Gym Exercises for Soccer - YouTube**

[**https://www.youtube.com/watch?v=gIdz9CdZetA**](https://www.youtube.com/watch?v=gIdz9CdZetA)

Transcript:

(00:00) you have the skill you have the endurance but you're missing that one piece to make you Elite out on the pitch we're gonna give you six exercises to make you a b soccer player and we're gonna start right soccer to the US of a football to the rest of the entire world is a sport where athletes have crazy joint angles there's a lot of crazy speed and there's a lot of technique and skill that goes into running fast dribbling and jumping through various angles so the athleticism required for innate body

(00:36) reactions inside the sport of soccer are absolutely immense and we've got to remember that phrase innate body reactions strength is extremely important when we want to develop that kinesthetic vocabulary that's going to lead to better reactions that's going to lead to better neural drive better neural intelligence and through strength training we can develop elasticity which is going to help us prevent any injuries while also increasing our performance out on the fuel so we want to strength train in a way that's going to have an

(01:08) applied aspect where we can go into these long-term durational strength characteristics but we also want a strength train that's going to be a little bit more Sports specific that's going to help us succeed in those situational aspects of the game even if you're not a soccer player we have to be able to run at very high speeds we also need incredible endurance over a long period of time we don't want to get too crazy too big and too bulky I'm looking at you sucker dads soccer players are asked to run a lot

(01:39) but that isn't all that they're asked to do so if we can look at the durational strength characteristics that's needed in the sport of soccer we know they need to have blast impulse they have to jump and run really really rapidly okay we also know that they need to have power endurance so they need to be able to have a large amount of power after running for 5 10 15 minutes they also need classical endurance okay that's a key aspect behind the game it's 90 plus minutes okay it's a very long game so

(02:09) they do have to have that Baseline of classical endurance they do need to do some type of cardio I believe that's a key aspect behind their success however they get a lot of cardio done on the field specifically when they're doing their soccer Based training their football Based training okay so if we look at and do simple LSD work three to four times a month I think that probably would suffice looking at speed improvements we should probably try to get 3 three to four speed based sessions running with a sled dealing Hill Sprints

(02:39) stuff like that every single month as well now on a weekly basis I think two to three weekly strength sessions will help improve that blast impulse while they're getting that classical endurance from that long slow distance work from their specific soccer base work where they're going to be running up to 10 kilometers when they're inside of their matches and then that takes us into the situational strength characteristics so we initially covered the durational strength characteristics now we're

(03:06) covering situational strength characteristics they're going to need transient speed okay so there's a lot of deceleration acceleration there's planting stopping cutting a lot of agility goes into it they're going to need Max velocity where they're running at Full Tilt full speed as quickly as possible that happens quite a bit on the large pitch they're also going to need absolute strength to back up the amount of force that goes into jumping that goes into cutting that goes into different positions especially for

(03:35) looking at a goalie but in all reality the absolute strength won't be as important as training that blast impulse that's going to help support that transient speed now before we start wrecking our opponents out on the pitch we are going to be giving away one free t-shirt in this week's YouTube live to enter that giveaway comment down below make sure that you subscribe to the channel and that all notifications are present and then show up at our live on Tuesday 9 A.M Eastern now let's get back

(04:03) to those exercises so we can become better soccer players what's it like being unable to decelerate and actually kick the ball one of those exercise funnels that we can use to improve our ability to decelerate and absorb energy and then ideally kick that soccer ball is going to be based in that technical coordination realm and that's going to take us to the point where we have to accelerate heavy weight very very quickly that's going to help with our blast impulse that's going to help us be more explosive that's going to take us

(04:32) to the two box power clean so we have DJ here who's to demonstrate a two box clean and he wants to move that as quickly as possible right off those boxes and this is going to be in a position that's similar to where you might be about a quarter Squad maybe a little bit deeper than a quarter Squat and if you notice that quick catch give me one more where he has to absorb that energy and prevent himself from being pulled forward that's going to help train that compression getting into the fold and improving that trunk control you can

(05:04) do this for 10 singles if we're inside of the season and we need volume to be a little bit lower let's say you do 10 signals at 80 that's not anything crazy or you could do six doubles during the Ascension phase you want to rest for about a minute to a minute and a half unless we're doing those on the minute drills and that's going to improve your ability to jump higher run faster absorb energy decelerate quicker and that is going to help you with your specific skills but again make sure you're using

(05:33) some type of weight a lot of soccer players like to avoid the weights but if you're moving those heavy weights fast that's going to optimize your body's neural drive so to be an elite level soccer player we don't need to have huge huge legs we don't need to squat a house but this next exercise is going to help you improve your leg strength while running faster so when we're doing strength based work for soccer we've got to look at how can we increase our Max velocity how can we improve our Dynamic

(06:01) trunk control how can we enhance our ability to decelerate as quickly as possible and that's going to bring us to the single leg Squat and if we think about even doing something like this one two three boom up fast one two three up fast one more one two three up fast that's gonna help us improve our Max velocity that's going to transfer really really well to Top End speed it's also going to help us throw on the brakes a little bit quicker we don't need to use a ton of weight let's say we're using 50

(06:36) 60 70 kilos with that slow eccentric that's going to improve our ability to decelerate quickly single leg squats also help with that chaos coordination you're inside of a game you've got to jump really high maybe you land a little weird on that one leg if we develop our glute strength our quad strength even our hamstring strength and we land in a specific way this strength comes into play okay so that's another big factor around single leg squat I recommend doing single leg squats on a leg power

(07:05) day or unbroken on that impulse day and you can do these throughout all different phases okay all the way from the exposure phase to the summit phase and one of my favorite rep schemes would be four sets of three unbroken maybe one set of seven as quickly as possible you could work up to 70 80 kilos for those triples and then drop down to 50 to 60 kilos rest for about two minutes because you are doing both legs so you're going to be under tension a little bit longer from that unilateral base training and

(07:35) if you need a stable single leg squat stand and Pad head over to garagecrank.com and pick yours up today what's the point of training the upper body for soccer you can't even use your hands this is where training the upper body in a manner that's going to demand specific code contractions is really really important and when we're training upper body for soccer players we want to look at stimulating that upper body strength while also training that Dynamic track control and that's where Pull-Ups come into play so if I get up

(08:04) on the pull-up bar I want to see if I have a plate thanks Jake if I have a plate behind me here I have to hold that position and I can all refuel my hamstrings lighting up tremendously that's gonna force me to pull up I want to come down nice and controlled sit here and I'm going to feel that in my hamstrings and in my abs to control that positioning come back up oh geez down one more so you can train specific exercises like a pull-up in a very unique manner by flexing those hamstrings and squeezing the trunk at the exact same time that's

(08:45) going to transfer really well to the soccer field and exercises like these can be found inside of our app Peak strength it can be hard to train specifically for your sport but it's really nice when you have a program put together for all of those goals that you need to become a better player Peak strength was designed specifically for athletes just like you so you can go in select soccer I want to become a better soccer player put in the number of days that you're going to train put in the peak date and then it's going to design

(09:12) a program specific to your needs and the equipment that you have so you can optimize your overall performance so remember one of those key ways behind training your upper body as a soccer player is using a unique way to increase that load in stimulating that trunk control hamstring strength even to a point I would recommend doing these pull-ups with the weight on your calves or even a weight in your toes and you can do that on the upper body power day you could even do this on an Impulse training day and you could do say four

(09:41) sets of four and then maybe one drop set to failure or one set of 10 to 12 pull-ups that's a really really good way to strengthen your upper body increase your trunk control and in turn enhance your ability to plant cut run faster and be more agile with the soccer ball when are the arms used during soccer during throw-ins accessory movements are used to create mechanical tension in specific joints that might be beat up or might need to be optimized for a specific movement patterns to a sport so let's

(10:14) take for example we're talking about throw-ins how can we actually stimulate through an accessory movement through improving our mobility and thoracic extension our latch strength our trunk strength as we're trying to execute a throw and this brings us to a really really unique exercise known as The Miracle Grow and we've talked about improving that Dynamic trunk control and that's exactly how we designed Peak strength based off of those specific exercises for soccer everything's going to come back to improving your Dynamic

(10:46) trunk control improving your ability to decelerate improving your ability to absorb energy and react at a faster rate so you can head over to peakstrength.app the Google Play Store the Apple iOS store and you can download Peak strength today for five free workouts that's one free week of training the worst thing that's going to happen is you're going to get five free workouts and you can cancel at any time during those seven free days but this is the step that you need to take to start your journey to

(11:18) attain Peak strength now back into the miracle grows if we're setting up on the bench okay I want to get set where my hips are able to move a little bit I want my thoracic extension to be triggered here and I want to squeeze through my abs while flexing my hamstrings okay so we're going to get a diamond handle here up on the dumbbell take my hat off actually I'll I'll go full bro I want to extend here okay I want to get my elbows to flex get deep deep deep come back up and extend over my face

(11:50) make sure that you are extending over your face okay nice and mobile deep lengthen the lats lengthen the lats pull okay one more lengthen the lats lengthen the laps pull and we need to make sure that we're focusing on Elbow flexion elbow flexion elbow flexion pull pull pull boom up fast okay so this is a really really unique exercise typically it's going to be done on that upper body power day it could also be done on impulse day typically around 2A or 3A in the exercise selection and we want to focus on really really good speed and

(12:25) tension through our ABS as we finish that exercise I would do this during the comprehension phase a little bit during the Ascension phase pull it out during the summit phase because it can make your triceps and your lats and your abs extraordinarily sore you could do this for four sets of seven one drop set of twelve it's gonna help improve the that upper body mobility and your ability to freaking launch the soccer ball from the sideline I'm sure you're thinking when are we going to focus on joint work when

(12:51) are we going to focus on different aspects that can improve our stability but first we've got to ask the question why is the hip joint omnidirectional because the hip joint is so complex it plays a major role in things like chaos coordination and that means being able to cut in various different ways in one sequence of movements so think about running full speed slamming on the brakes cutting another Direction and then getting the ball past your goalie right setting up a really offensive attack that's where we also need to

(13:21) train it to be more stable so that when we're hitting something at high speed like a very rapid cut we're able to handle that tension and that's where this next exercise comes into play this is going to be a banded Cossack Squat and typically I would recommend doing this with your foot on a Furniture slider okay so if we have this banded here one of the things that we can do is we would put our heel here and even just as I'm holding this I can feel that hip adduction okay so there's a lot of

(13:51) tension inside of my hip there's a lot of tension inside of my groin this is going to play a major role and even just my striking ability to actually kick the ball okay but what we can do is we can get set here slide in lengthen lengthen lengthen come back up okay so even with the hip abduction we can actually go through a nice slow eccentric and we're even gonna start to feel this anchor on this side we're gonna have nice ankle mobility and our knee joint is going to track forward when we dorsiflex here again length and

(14:21) length and length and come up rapid okay so we want to really focus on pulling through that full range of motion deep up so we're going to feel that plant here and then we're going to feel almost That Swing motion here very similar to what you're doing when you're kicking the ball this is a great accessory that you can do on that leg power day you could do on that impulse day it's going to improve your entire hip girdle with your stability and with your overall strength and it's going to enhance your

(14:49) movement vocabulary a lot of athletes don't do complex accessories and that can be a detriment to their overall movement vocabulary that can be a detriment to their overall performance so do this movement for four sets of six make sure you're doing it on each leg and again you can do that on leg power day you can do that on impulse day make sure that you're doing this throughout the entire year to strengthen the entire hip girdle and then you can use other exercises like plyometric movements or reflexive movements which we're going to

(15:16) get into to help feel that mind muscle connection between a slower Movement Like an accessory movement and those higher speed more coordinated movements if only there's a way to train rapid strength movements unilaterally maybe there is so when we're looking at training unilateral movements we've got to think about how we can train things to be autonomous how can we train our body to apply a very large amount of force through a complex movement using absorption of energy and then reusing that energy to change direction there's

(15:50) got to be exercises that we can use that in turn will develop those innate body reactions and that's where this next exercise comes into play and this is going to be a drop dumbbell to a box with a snatch so what we can do to actually teach this movement is that we want to think about how can we develop a large amount of force how can we develop that ability to coordinate and handle that trunk control so the first thing that we can do is just get set in position here and work through that dumbbell snatch okay so we can even just

(16:21) think about our shoulder our hip extension on this down leg coming down it's almost like a single leg RDL okay but as we want to make this more complex we want to train that semi-autonomous patterning we want to train that ability to have that innate body reaction and you're going to see that reaction here so we're now we're going to go into we go a little bit quicker into the box then the next step now we're going to go here boom boom okay and if you notice right there I started to rotate a little

(16:50) bit I immediately started to rotate and sort of make up for where that dumbbell was pulling me one of the main things we want to focus on is absorbing that energy without being pulled out of our pattern so if we can drop again here okay boom boom and then over time we can try and delay that drop I want to drop it and catch a little bit lower and then that's going to help train that acceleration boom boom okay so now what we're looking at is how can we train strength work making us a little bit more athletic making us a little bit

(17:21) faster a little bit more coordinated while using those other strength movements that we showed you the two box power clean okay the single leg squat the sliding banded caustic squat that stuff's going to come into play with this drop dumbbell snatch to a box okay so you can do this as a reflexive movement on Athlete Day or on impulse day you can see those days specifically inside of our app Peak strength which we mentioned earlier also I would recommend keeping the Reps to about two to three reps on each side these are complex

(17:51) movements you're going to get fatigued your heart rate will go up just like mine is right now just from doing something this simple and you can start lighter let's say you start with a 20 pound dumbbell or a 15 pound dumbbell do this on those specific days and make sure you build into this complex exercise you can use those easier progressions earlier in the periodization model so let's say you're doing that in the comprehension phase but then the more advanced movement comes during the summit phase when

(18:15) you're trying to lead into that big time Peak so soccer players follow each and every one of these exercises and make sure that you slowly build into your strength patterning we want to focus on that innate body reaction we also need to make sure that we can build the efficiency of your muscle and if you guys need help with your programming head over to peakshrink.

(18:35) app the Google Play Store the Apple iOS store and you can download Peak strength today again for five free workouts because remember freaks if you want to become a champion you've always got to cultivate your power peace

**30. 6 Exercises SCIENTIFICALLY SHOWN To Make You Faster - YouTube**

[**https://www.youtube.com/watch?v=L7OiZdmSoQg**](https://www.youtube.com/watch?v=L7OiZdmSoQg)

Transcript:

(00:00) if you want to run faster then keep on watching because in this video i'm going to show you six exercises that are scientifically proven to make you faster in just a few weeks i'm going to show you each exercise the benefits the science behind it and how to do it down to the weights sets and reps let's get into it the jump score has been shown to improve sprint times by multiple studies including this one with 60 subjects which found that eight weeks of jump squats significantly improved 50 meter

(00:25) sprint times for the first four weeks they did eight sets with four reps for the last four weeks they did four sets with eight reps three minutes rest in between each set in every single session they did this for a total of three times per week for eight weeks the question is should you train light weights at a high speed or heavy weights at a slower speed they study put it to the test in order to see the difference in sprint times for eight weeks they had group one use thirty percent of their body weight then

(00:53) they had a group two use eighty percent of their body weight they found that the group that used eighty percent rat significantly slower meanwhile group 1 who used 30 ran significantly faster to make this even better i like performing these barefoot and i recommend a moderately soft surface if you're starting to implement them because if you were sneakers your body has a hard time getting a feel for the ground tends to land harder and there's a lot more impact placed on your joints on the other hand doing these barefoot i found

(01:18) it easier to engage my foot muscles calves and land softly this way we're strengthening our feet and improving the power in the legs at the same time research shows that elastic resistance based hip flexor strength training improves sprint times specifically in the 10 and 40 yard sprints which is equivalent to 9 and about 36 meters the subject trained three times per week for a total of eight weeks each training session consisted of one hip flexor exercise with elastic resistance for three sets of 10 reps with 75

(01:50) of their one rep max with the final set performance of failure in this case we're training the hip flexors to fire powerfully from a static position i see this transferring over the best to the sprint start and if you don't have an elastic band here's what you can do instead nearly every gym has one of these cable machines so you can use this attachment and get into this position not only is it shown to improve sprint times but it's also a killer ab workout if you've learned anything new so far

(02:13) make sure you hit the like button for me literature suggests the exercises that strongly activate the glutes and hamstring muscles such as the remaining deadlifts transfer over to maximum speed sprinting because research shows that eccentric training causes greater improvements in sprinting ability than concentric training if you combine these two concepts it makes logical sense to perform eccentric romanian deadlifts the second study i mentioned eccentric training was performed twice a week for six weeks using ten reps the first week

(02:41) consisted of one set and an additional set was added each week for a total of six sets by week six not only can these transfers were better to spring the traditional deadlifts but due to the nature of the movement you don't need as much weight so there's less stress on your lower back to make this even better you can do these with a single leg if we have the appropriate balance the problem with these though is that it's very easy to do them wrong because it's a very high coordination movement to solve this

(03:05) we can use a foam roller to ensure correct posture to the hips and use a kettlebell to make sure we're going down low enough this study used 50 high school athletes to test the effectiveness of unresisted and resisted sled pushing over the course of eight weeks they found significant improvements in five to 20 meter sprint times in the group that performed sled pushes and no improvements in the group that did unresisted sprint training i found in my experience that pushing a sled does two things that are very

(03:29) effective to sprinting one it makes it easy to get in the correct posture for acceleration and get very low which is quite difficult to do without pushing a sled the only guys i've seen we're able to get down low on the star are elite sprinters like asafo powell two it teaches you exactly how it feels to drive the leg back into the ground behind your center of gravity without worrying about falling on your face which is also hard to do because normally this requires you to have correct posture in the first place along

(03:53) with a great deal of explosive power in the studies subjects have two slept pushing training sessions every week for eight weeks with light moderate and heavy loads each group saw significant improvements especially over the first five meters the group that had the most improved sprint times was the one that used heavy loads by the way if you guys aren't sure on how to do any of these exercises i'll be posting on tik tok how to do them as well as variations for each one there's some controversy in the

(04:17) community as to whether or not these transfer words are sprinting well a meta-analysis reviewed six studies that tested the impact of hip thrust as from performance they found that four out of six studies reported a significant improvement in sprint times here's a key factor that is likely the root of all the confusion the two studies who failed to see any results used heavier weights which leads us to the conclusion that lighter weights moved at higher velocities are ideal for improving sprint times with the hip thrust in

(04:43) these studies the benefits were seen in subjects after training for just eight weeks or even less in some cases it's exactly what they did in one of the studies that successfully improved sprint times it did four sets each week and work their way down from a 12 rep max to a six rep max there's not significant research on this but i found to make these better i like taking things a step further and doing single leg hip thrust as well at the end of the day sprinting is a single leg movement so it makes sense to also target each

(05:10) leg individually as some of you guys know i interviewed an olympian a while back matthias buehler who is a two-time olympian eight times national champion and trained at the same camp as andre de grasse he's been helping me out with training and he's also recommended to me the single leg hip thrust during the summer phase of the sprint the hamstrings have to work extremely hard as two important things happen one side flexion occurs it must contract to bend the leg so as leg extension occurs the hamstring must lengthen under high

(05:33) amounts of force having weak hamstrings that can't handle high amounts of force in this manner is one of the reasons behind hamstring injuries in order to prevent that we must train the hamstrings to be very strong as they lengthen otherwise known as eccentric strength the nordic curves have been shown in multiple studies including this meta-analysis as a highly effective exercise for preventing hamstring injuries studies also show that nordic curls significantly improved spring performance in 10 meter sprint times

(06:00) after just 10 weeks of training here's how they implemented this exercise over the course of 10 weeks they increased the training frequency from once a week all the way up to three times per week they perform two to three sets with five to twelve reps gradually increasing the volume over time this is the hardest hamstring exercise i've ever personally done i've only seen two people who can go all the way down to the ground and come back up the knees are her toe guy and tyree kill one of the fastest

(06:24) players in the nfl i'll be honest with you guys the other week i actually found something in my hamstring i thought i almost pulled it fortunately i did it but now i'm doubling down on this along with a few other eccentric hamstring exercises to make this even better we can use a medicine box rather than dropping to the ground once our body is exhausted we can use it to get more time under tension and get further down to the ground again if you learn anything new so far in this video make sure to like button for me as effective as these

(06:46) exercises are then that can help us run faster unless we have a scientific approach to warming up before sprinting you can click here right now to watch this video and it'll show you exactly how to do that