

Development Season Fitness Training 2




Schedule 2:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Train	Train	Home Training	Train	Home Training	Home Training	Train

Each home training session will be 45min long. Athletes will train 3 times (Tuesday, Thursday, and Friday) at home. There are 12 home training sessions in a month (4 weeks x 3 times/week). Mainly focus on fitness training.


Tuesday 1 (Home Training 1)

Time	Activity	Description	Link	Equipment
0-10min	Warm up	Follow the instructions in the videos to perform a dynamic warm up (other videos in the folder can also be used with preference)	Folder: “Warm up” → “warm up 1”, etc.	N/A
10-17min (7 min)	Speed Training	Explosive Start into 10m Sprint. 6 reps (6 x 10m in total). Start 3 reps with left leg forward and 3 reps with right leg forward. Rest is the time walking back to the start point.	https://www.youtube.com/watch?v=b8MhLGJg-Os (from 1:09)	N/A
17-37min Strength training (20min)	Reverse lunge (leg)	20 reps per leg, tempo 3-0-3, 2 sets, 45s rest between each set	https://www.youtube.com/watch?v=cfA133MhAYs	N/A
	2-arm lateral raise (shoulder)	15 reps, tempo 3-1-5, 2 sets, 45s rest between each set	https://www.youtube.com/watch?v=3VcKaXpzqRo&t=2s	Backpack, textbook, dumbbells
	2-arm overhead press (shoulder)	12 reps, tempo 3-1-5, 2 sets, 45s rest between each set	https://www.youtube.com/watch?v=qEwKCR5JCog&t=2s	Backpack, textbook, dumbbells

	1-leg glute bridge (hip)	15 reps per leg, tempo 2-0-4, 2 sets, 45s rest between each set	https://www.youtube.com/watch?v=oGZcBf8KIK8	N/A
	Side lying crunch (ab)	20 reps, tempo 1-0-3, 2 sets, 45s rest between each set	https://www.youtube.com/watch?v=dFba_OHZ8vc	N/A
	Dead bugs (core)	20 reps, tempo N/A, 2 sets, 45s rest between each set	https://www.youtube.com/watch?v=g_BYB0R-4Ws&t=5s	N/A
37-45min Cool down, stretch, recovery (8min)	<p>1. Standing leg raises (forward, side, back)</p> <p>2. Seated Abductor Stretch 3. Laying Glute stretch</p> <div style="display: flex; justify-content: space-around;">   </div> <p>4. Standing quad stretch (1min – 2min)</p> 			

Thursday 1 (Home Training 2)

Time	Activity	Description	Link	Equipment
0-10min	Warm up	Follow the instructions in the videos to perform a dynamic warm up (other videos in the folder can also be used with preference)	Folder: “Warm up” → “warm up 1”, etc.	N/A
10-30min Strength Training (20min)	Walking lunges (leg)	12 reps per leg, tempo 2-0-4, 2 sets, 45s rest between each set	https://www.youtube.com/watch?v=L8fvypPrzss	N/A
	Push up, hold at bottom (shoulder and chest)	12 reps, tempo 4-1-2, 2 sets, 45s rest between each set	https://www.youtube.com/watch?v=Jv2hgtdfcC8&t=3s	N/A
	1-arm bent row (back and arm)	10 reps per arm, tempo 2-1-5, 2 sets, 45s rest between each set	https://www.youtube.com/watch?v=pYcpY20QaE8&t=2s	Backpack, textbook, dumbbells
	2-leg straight deadlift (back and arm)	12 reps, tempo 2-1-5, 2 sets, 45s rest between each set	https://www.youtube.com/watch?v=b9bHy3ojQWA	Backpack, textbook, dumbbells
	Lateral plank walk (core and shoulder)	10m per side, tempo N/A, 2 sets, 45s rest between each set	https://www.youtube.com/watch?v=3TKAfwjac_0	N/A
	Low to high plank (core)	20 reps, tempo N/A, 2 sets, 45s rest between each set	https://www.youtube.com/watch?v=kJp-8Me6_84	N/A

<p>30-40min (10min) Cool down, stretch, recovery</p>	<p>Continuous running (light jog) Stopping to do various exercises like: Squat holds. High kicks Trunk Twist kicks</p> <p>The right-side dynamic stretching routine should be completed after training sessions/games.</p> <p>The following link is an example dynamic warm-up that can be used as a stretching routine for players: (125) Full Professional Pre-Match Dynamic Warm Up - YouTube up to the 7mins exemplifies good dynamic stretches</p>	
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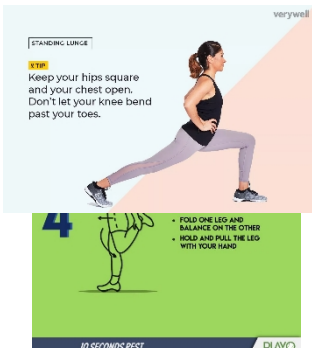
Friday 1 (Home Training 3)

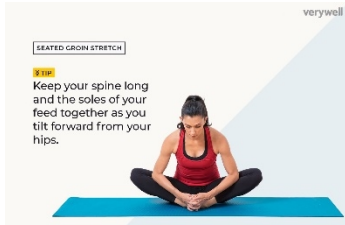
Time	Activity	Description	Link	Equipment
0-10min	Warm up	Follow the instructions in the videos to perform a dynamic warm up (other videos in the folder can also be used with preference)	Folder: “Warm up” → “warm up 1”, etc.	N/A
10-20min (10min)	Agility Training	Follow the instruction in the videos to perform agility training.	Folder: “Agility”	hurdles
20-23min (3min)	Rest	Hydrated and rest	N/A	N/A
23-33min (10min)	Aerobic endurance	This will mainly be the HITT workout. Follow the instructions in the videos. Choose one video with preference and perform the training in there.	Folder: “Stamina” → “aerobic endurance”	N/A
33-45min	Cool down, stretch,	recovery session + foam rolling (FR)		

(12min)	recovery	<p>FR Focus:</p> <p>Quads Hamstring Calf Plantar fascia Glutes IT Band Adductors</p> <p>Recovery Session may include: Light jog Dynamic groin stretches.</p>
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Tuesday 2 (Home Training 4)

Time	Activity	Description	Link	Equipment
0-10min	Warm up	Follow the instructions in the videos to perform a dynamic warm up (other videos in the folder can also be used with preference)	Folder: “Warm up” → “warm up 1”, etc.	N/A
10-20min Speed Training (10 min)	Push up start with 25m sprint	4 reps (4 x 25m in total) Start in bottom position of push up. Explode up, accelerate out with knees and toes up. Rest is the time walking back to the start point.	https://www.youtube.com/watch?v=3JaQcigqO9I	N/A
	Single leg hops	3 reps per leg (2 sets), Start on right leg, do	https://www.youtube.com/	N/A


	into sprint	4 explosive hops forward and followed by an acceleration. Then repeat on the left leg	watch?v=ibrEm5EE5IE	
20-40min Strength training (20min)	Body weight (BW) Squat (leg and core)	12 reps, tempo 5-0-2, 2 sets, 45s rest between each set	https://www.youtube.com/watch?v=mGvzVjuY8SY	N/A
	BW Push up (chest shoulder)	12 reps, tempo 5-0-2, 2 sets, 45s rest between each set	https://www.youtube.com/watch?v=IODxDxX7oi4	N/A
	1-leg straight deadlift (core leg)	12 reps per leg, tempo 3-0-2, 2 sets, 45s rest between each set	https://www.youtube.com/watch?v=b9bHy3ojQWA	Backpack, textbook, dumbbells
	Triceps dip (arm shoulder)	12 reps, tempo 2-0-2, 2 sets, 45s rest between each set	https://youtube.com/watch?v=3ydgLFLK8e0	N/A
	BW iron cross (chest back shoulder leg)	20 reps per side, tempo N/A, 2 sets, 45s rest between each set	https://www.youtube.com/watch?v=ryg2M7Xr-N4	N/A
	Side plank hip dip (core)	20 reps per side, tempo 2-0-2, 2 sets, 45s rest between each set	https://www.youtube.com/watch?v=BWQRVB4LyFI	N/A
40-45min (5min)	Cool down, stretch, recovery	Deep static lunge (1min – 2min) 	Standing quad stretch (1min – 2min)	

		<p>Groin stretch “seated” (1min – 2min)</p> 
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Thursday 2 (Home Training 5)


Time	Activity	Description	Link	Equipment
0-10min	Warm up	Follow the instructions in the videos to perform a dynamic warm up (other videos in the folder can also be used with preference)	Folder: “Warm up” → “warm up 1”, etc.	N/A
10-30min Strength	BW Split squat (leg)	12 reps per leg, tempo 3-0-3, 2 sets, 45s rest between each set	https://www.youtube.com/watch?	N/A

Training (20min)			v=9Sk_yZ2DQY&t=1s	
	BW Plank walk (arm shoulder core)	15 reps, tempo N/A, 2 sets, 45s rest between each set	https://www.youtube.com/watch?v=1mPOD3IZxII	N/A
	Lateral squat (leg)	12 reps per leg, tempo 2-0-4, 2 sets, 45s rest between each set	https://www.youtube.com/watch?v=RkiYM02RtJI&t=2s	N/A
	Glute bridge	20 reps per leg, tempo 2-0-4, 2 sets, 45s rest between each set	https://www.youtube.com/watch?v=SwyDMwpcW38	N/A
	Farmer's Walk	60s, N/A, 2 sets, 45s rest between each set	https://www.youtube.com/watch?v=hx24PM6gXs8	N/A
	Plyometric lunges	15 reps per leg, hold at bottom, 2 sets, 45s rest between each set	https://www.youtube.com/watch?v=R-pa3aQLVHA	N/A
30-40min (10min)	Coordination	Follow the video, link is on the right. Rest time is included.	https://www.youtube.com/watch?v=_roIKu-fmyY&t=18s	N/A
40-45min (5min)	Cool down, stretch, recovery	<p>3. Standing leg raises (forward, side, back)</p> <p>4. Seated Abductor Stretch 3. Laying Glute stretch</p> <div style="display: flex; justify-content: space-around;">   </div>		

		<p>5. Standing quad stretch (1min – 2min)</p> 
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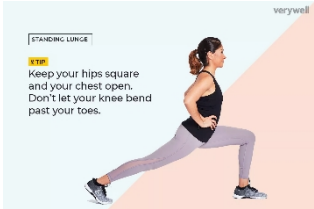
Friday 2 (Home Training 6)

Time	Activity	Description	Link	Equipment
0-10min	Warm up	Follow the instructions in the videos to perform a dynamic warm up (other videos in the folder can also be used with preference)	Folder: “Warm up” → “warm up 1”, etc.	N/A
10-30min Speed Training (20min)	Push up start with 25m sprint	4 reps (4 x 25m in total) Start in bottom position of push up. Explode up, accelerate out with knees and toes up. Rest is the time walking back to the start point.	https://www.youtube.com/watch?v=3JaQcigqO9I	N/A
	Single leg hops into sprint	3 reps per leg (2 sets), Start on right leg, do 4 explosive hops forward and followed by an acceleration. Then repeat on the left leg.	https://www.youtube.com/watch?v=ibrEm5EE5IE	N/A
	Split stance jumps	10 reps per leg (2 sets), Start in split position, explode for max height and exchange legs and arms in air. Max effort in each rep.	https://www.youtube.com/watch?v=2-C4Aq8lvO4	N/A

	Broad jump into 10m sprint	5 reps (2 sets), Start with a max broad jump, land softly and accelerate through 10m.	https://www.youtube.com/watch?v=NtUvX0z-MYg	N/A
30-40min (10min)	Balance Training	Watch videos from sync folder. Follow instructions there and perform a 10min balance training.	Folder: “Balnce”	N/A
40-45min (5min)	Cool down, stretch, recovery	<p>Continuous running (light jog) Stopping to do various exercises like: Squat holds. High kicks Trunk Twist kicks</p> <p>The right-side dynamic stretching routine should be completed after training sessions/games.</p> <p>The following link is an example dynamic warm-up that can be used as a stretching routine for players: (125) Full Professional Pre-Match Dynamic Warm Up - YouTube up to the 7mins exemplifies good dynamic stretches</p>		

Tuesday 3 (Home Training 7)

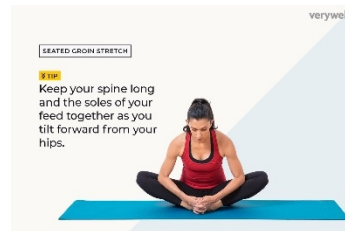
Time	Activity	Description	Link	Equipment
0-10min	Warm up	Follow the instructions in the videos to perform a dynamic warm up (other videos in the folder can also be used with preference)	Folder: “Warm up” → “warm up 1”, etc.	N/A
10-20min (10min)	Speed training	Explosive Start into 10m Sprint. 6 reps (6 x 10m in total). Start 3 reps with left leg	https://www.youtube.com/watch?v=b8MhLGJg-Os	N/A

		forward and 3 reps with right leg forward. Rest is the time walking back to the start point.	(from 1:09)	
20-40min Strength Training (20min)	One leg elevated glute bridge	15 reps per leg, tempo 4-0-2, 2 sets, 30s rest between each set	https://www.youtube.com/watch?v=daSFhYo9tsY	N/A
	Push-up Plank Shoulder Tap	15 reps per arm, tempo 4-0-2, 2 sets, 430s rest between each set	https://www.youtube.com/watch?v=StCOnB6qHaY	N/A
	V-Up	20 reps, tempo 2-0-4, 2 sets, 30s rest between each set	https://www.youtube.com/watch?v=CRCprXsWSI4	N/A
	Dumbbell Reverse Lunge	20 reps, tempo 4-0-2, 2 sets, 30s rest between each set	https://www.youtube.com/watch?v=sjlsISvHyZs	Backpack, textbook
	2-leg straight deadlift	12 reps, tempo 2-1-5, 2 sets, 30s rest between each set	https://www.youtube.com/watch?v=b9bHy3ojQWA	Backpack, textbook
	1-Leg Straight Leg Elevated Push Up	10 reps per leg, tempo 2-0-4, 2 sets, 30s rest between each set	https://www.youtube.com/watch?v=aVW1vXEvPeY	N/A
40-45min (5min)	Cool down, stretch, recovery	<p>Deep static lunge (1min – 2min)</p> 		

Standing quad stretch (1min – 2min)



Groin stretch “seated” (1min – 2min)



Thursday 3 (Home Training 8)

Time	Activity	Description	Link	Equipment
0-10min	Warm up	Follow the instructions in the videos to perform a dynamic warm up (other videos in the folder can also be used with preference)	Folder: “Warm up” → “warm up 1”, etc.	N/A

10-30min (20min)	Front Elevated Squat (weight)	Foot Split	12 reps per leg, tempo 4-0-2, 2 sets, 30s rest between each set	https://www.youtube.com/watch?v=oCi209N3nVk	N/A
	1-arm pullover		10 reps per arm, tempo 4-0-2, 2 sets, 30s rest between each set	https://www.youtube.com/watch?v=B5JNwDkZWjk	N/A
	1-Leg Straight Leg Elevated Push Up		10 reps per leg, tempo 2-0-4, 2 sets, 30s rest between each set	https://www.youtube.com/watch?v=aVW1vXEvPeY	N/A
	Front Plank with Backpack		1min, tempo N/A, 2 sets, 30s rest between each set	Perform a 1min plank with your school backpack on.	Backpack, textbook
	Skater Squat		6 reps per leg, tempo 4-0-2, 2 sets, 30s rest between each set	https://www.youtube.com/watch?v=zH0qj4JuQGQ	N/A
	Spiderman plank		15 reps per side, tempo N/A, 2 sets, 30s rest between each set	https://www.youtube.com/watch?v=HVyHcAlg61g	N/A
30-40min (10min)	Aerobic endurance		This will mainly be the HITT workout. Follow the instructions in the videos. Choose one video with preference and perform the training in there.	Folder: "Stamina" → "aerobic endurance"	N/A
40-45min (5min)	Cool down, stretch, recovery				

		For each exercise above, hold for 1min – 2min each side.
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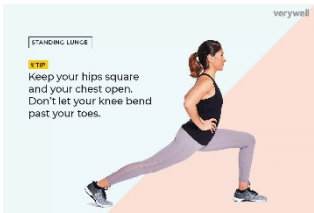

Friday 3 (Home Training 9)

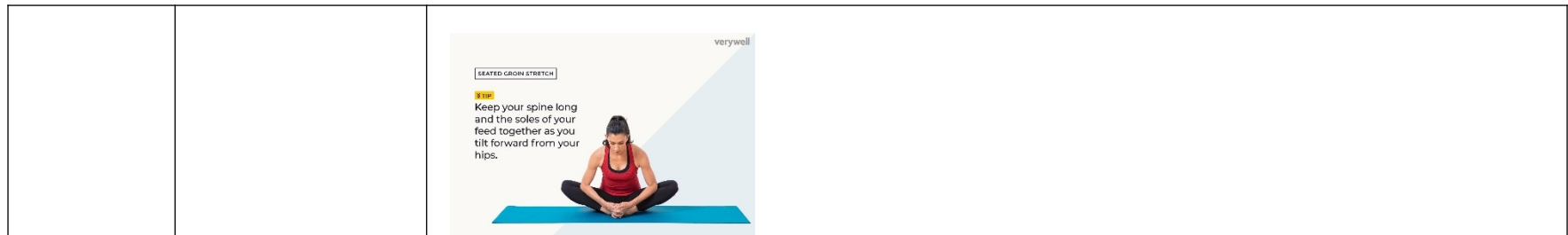
Time	Activity	Description	Link	Equipment
0-10min	Warm up	Follow the instructions in the videos to perform a dynamic warm up (other videos in the folder can also be used with preference)	Folder: “Warm up” → “warm up 1”, etc.	N/A
10-30min Speed training (20min)	Push up start with 25m sprint	4 reps (4 x 25m in total) Start in bottom position of push up. Explode up, accelerate out with knees and toes up. Rest is the time walking back to the start point.	https://www.youtube.com/watch?v=3JaQcigqO9I	N/A
	45 degree lateral bound	15 reps per leg (2 sets)	https://www.youtube.com/watch?v=xUF5jjeQLbc	N/A
	Split stance jumps	15 reps per leg (2 sets), focus on the height	https://www.youtube.com/watch?v=m0IrF39BxI0	N/A
	Broad jump into 10m sprint	5 reps (2 sets), Start with a max broad jump, land softly and accelerate through 10m.	https://www.youtube.com/watch?v=NtUvX0z-MYg	N/A

30-40min (10min)	Aerobic endurance	This will mainly be the HITT workout. Follow the instructions in the videos. Choose one video with preference and perform the training in there.	Folder: “Stamina” → “aerobic endurance”	N/A
40-45min (5min)	Cool down, stretch, recovery	MID-WEEK TRAINING SESSION CAN INCLUDE ANY OF THE PREVIOUS EXERCISES PREVIOUSLY MENTIONED. OPTIMAL IF A COMBINATION OF DYNAMIC AND STATIC STRETCHES ARE USED.		

Tuesday 4 (Home Training 10)

Time	Activity	Description	Link	Equipment
0-10min	Warm up	Follow the instructions in the videos to perform a dynamic warm up (other videos in the folder can also be used with preference)	Folder: “Warm up” → “warm up 1”, etc.	N/A
10-40min Strength Training (30min)	BW Split squat	12 reps per leg, tempo 3-0-3, 2 sets, 30s rest between each set	https://www.youtube.com/watch?v=9Sk_yZ2DQY&t=1s	N/A
	BW Plank walk	15 reps, tempo N/A, 2 sets, 30s rest between each set	https://www.youtube.com/watch?v=1mPOD3IZxII	N/A
	Lateral squat	12 reps per leg, tempo 2-0-4, 2 sets, 30s rest between each set	https://www.youtube.com/watch?v=RkiYM02RtJI&t=2s	N/A
	Glute bridge	20 reps per leg, tempo 2-0-4, 2 sets, 30s rest between each set	https://www.youtube.com/watch?v=SwyDMwpcW38	N/A

	Farmer's Walk	60s, 2 sets, 45s rest between each set	https://www.youtube.com/watch?v=hx24PM6gXs8	N/A
	Plyometric lunges	15 reps per leg, hold at the bottom, 2 sets, 45s rest between each set	https://www.youtube.com/watch?v=R-pa3aQLVHA	N/A
40-45min (5min)	Cool down, stretch, recovery	<p>Deep static lunge (1min – 2min)</p>  <p>Standing quad stretch (1min – 2min)</p>  <p>Groin stretch “seated” (1min – 2min)</p>		



Thursday 4 (Home Training 11)

Time	Activity	Description	Link	Equipment
0-10min	Warm up	Follow the instructions in the videos to perform a dynamic warm up (other videos in the folder can also be used with preference)	Folder: “Warm up” → “warm up 1”, etc.	N/A
10-30min Strength Training (20min)	Walking lunges	12 reps per leg, tempo 2-0-4, 2 sets, 30s rest between each set	https://www.youtube.com/watch?v=L8fvypPrzss	N/A
	Push up, hold at bottom	12 reps, tempo 4-1-2, 2 sets, 30s rest between each set	https://www.youtube.com/watch?v=Jv2hgtdfcC8&t=3s	N/A
	1-arm bent row	10 reps per arm, tempo 2-1-5, 2 sets, 30s rest between each set	https://www.youtube.com/watch?v=pYcpY20QaE8&t=2s	Backpack, textbook

	2-leg straight deadlift	12 reps, tempo 2-1-5, 2 sets, 30s rest between each set	https://www.youtube.com/watch?v=b9bHy3ojQWA	Backpack, textbook
	Lateral plank walk	10m per side, 2 sets, 30s rest between each set	https://www.youtube.com/watch?v=3TKAfwjac_0	N/A
	Low to high plank	20 reps, 2 sets, 30s rest between each set	https://www.youtube.com/watch?v=kJp-8Me6_84	N/A
30-40min (10min)	Balance Training	Watch videos from sync folder. Follow instructions there and perform a 10min balance training.	Folder: "Balnce"	N/A

40-45min
(5min)

Cool down, stretch,
recovery

POST GAME STRETCHES FOOTBALL



1

SHOULDER STRETCH

- FOLD ONE ARM
- STRETCH THE OTHER ARM
- LOCK IT INSIDE THE FOLDED ARM
- PULL FOLDED ARM CLOSER TO THE CHEST

10 SECONDS REST PLAYO

POST GAME STRETCHES FOOTBALL



2

TORSO STRETCH

- STAND STRAIGHT
- FOLD ONE ARM BEHIND THE HEAD
- HOLD THE ELBOW OF THE OTHER ARM
- BEND THE BODY TOWARDS ONE SIDE

10 SECONDS REST PLAYO

POST GAME STRETCHES FOOTBALL



4

QUADRICEPS STRETCH

- STAND STRAIGHT
- FOLD ONE LEG AND BALANCE ON THE OTHER
- HOLD AND PULL THE LEG WITH YOUR HAND

10 SECONDS REST PLAYO

POST GAME STRETCHES FOOTBALL



5

HAMSTRING STRETCH

- SIT WITH LEGS STRETCHED OUT
- FOLD ONE LEG
- HOLD THE FEET OF THE OPEN LEG WITH BOTH HANDS
- STRETCH YOUR FOOT FORWARD

10 SECONDS REST PLAYO

Below is some additional information to help the coaches develop the stretching routines further in the future.

Dynamic Stretching for Soccer Games and Practice

Source: [Dynamic Soccer Stretches | PRO TIPS by DICK'S Sporting Goods](#)

Prep for your match with these basic soccer stretches.

The new thinking on game and practice preparation embraces “dynamic stretching,” or activity-based exercises that gradually increase reach and speed to prepare your muscles for movement. Here are a few simple dynamic stretching activities you can perform to warm up before you take the pitch:

Frankenstein's

Stand on the end line, hold your arms straight out in front of you and stiff leg kick as if to kick your opposite palm. Take a few steps and repeat with the opposite leg. Continue until you get to the 18-yard line, turn around and return to the end line.

Butt-Kicks

Just as the name implies, stand straight and jog to the 18 and back while bringing your feet up to kick your rear end.

High-Knees/Knee Hugs

Jog to the 18 and back bringing your knees up as high as you can as if you're trying to bring them to your chest. Alternatively, you can move through this exercise more slowly by hugging each knee to the chest as you bring it up.

Closed-Knees

In this exercise you will be working the hips. Bring one leg up and out (away from the other leg) simultaneously until the knee is bent 90 degrees, then bring it back in. Repeat with the other leg. Move to the 18 and back alternating between legs with a skip or shuffle between each full motion.

Open-Knees

Similar to the closed-knees exercise, except you are moving your leg in to out. Lift your leg while bringing it in until the knee is bent 90 degrees and swing it out, then repeat with the opposite leg.

Front-to-Back Hip/Leg Swing

Stand in place and kick one leg forward and back in a pendulum-like motion for several seconds. Repeat with the other leg.

Lateral Hip Swing

Similar to the front-to-back leg swing, stand in place and swing one leg from side to side for several seconds. Repeat with the other leg. You may need the help of a partner to maintain balance. Avoid kicking them.

Forward, Backward Arm Circles

Rotate your arms at the shoulder in a full circle forward and backward for several seconds.

Rotational Windmill

Let your arms hang loosely as you twist at the waist in both directions, allowing the motion to lift your arms up and away from the body. Continue to do so for several seconds.

Ankle Rotations

Either stand with the toe pointed into the turf and work your ankle in circles with your leg or hold your foot off the ground in front of you and rotate your foot at the ankle. Repeat with the opposite foot.

Pre-Game Soccer Stretches

Flexibility is going to serve you well now and into the future. The American College of Sports Medicine recommends stretching each major muscle group at least two times a week for 60 seconds per exercise.

Yet static stretching — standing or sitting and holding a muscle stretch for that minute — isn't great for soccer players before a game. WebMD reports, "Static stretching before exercise can weaken performance, such as sprint speed...The most likely reason is that holding the stretch tires out your muscles."

Key Muscle Groups for football:

- Hip flexors — these help your powerful kick.
- Quads — used in sprinting and kicking.
- Calves — when you're running up and down the field, you'll be fatiguing your calves.
- Hamstrings — need to be loose to accommodate soccer's quick starts and stops.
- IT band — these fibers running along the outside of your thigh help stabilize your joints.

- Shoulders — will make a difference to your throw-ins but also help to open your chest and release tension (since many of us store tension in our shoulders).