

Competitive Season Fitness Training

Competitive season is the time of year with competitions and games engage in. The goal should be to train at least twice a week. Anything less and athletes will be unable to maintain the muscle mass or strength. The speed and agility session should be performed once a week. The first soccer strength training session should be with heavy weight to maintain muscle mass, and the second should focus on total-body movements.

Sunday +1	Monday +2	Tuesday +3	Wednesday -3	Thursday -2	Friday -1	Saturday 0
Recovery	Home Training	Train	Home Training	Train	Light Home Training	Game

Each home training session will be 40-45min long. Athletes will train 3 times (Monday +2, Wednesday -3, and Friday -1) at home. Saturday (day 0) will be game days and Sunday (day +1) will be the day for recovery. There are 12 home training sessions in a month (4 weeks x 3 times/week). Mainly focus on fitness training.

Monday 1 (day +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
10-40min (30 min)	Speed and Agility Training (technique drills)	Follow the link, the activities start at 4:30. Another link is attached for alternatives	https://www.youtube.com/watch?v=7eyNh8_MGF4 https://www.youtube.com/watch?v=0P_7K5ONoWo&t=2s	Chair, cones, soccer ball

	Sprints	5x40m, rest time will be the time walking back to the start	https://www.youtube.com/watch?v=b8MhLGJg-Os	N/A
	Bounds	3x20m, rest time rest time will be the time walking back to the start	https://www.youtube.com/watch?v=1InbjK0eUN8	N/A
	Zigzag run	3x10m, rest time rest time will be the time walking back to the start	https://www.youtube.com/watch?v=F1e7RowRtus	Cones
40-45min (10min)	Cool down, stretch, recovery	Choose stretches or foam rolling activities depends on the need.	Folder: “Cool down” and/or “Stretching”	Foam rolling

Wednesday 1 (day -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
10-40min (30 min) Strength Training	Back squats	Wear backpack and put books in it. 3 sets and 10 reps. Tempo is 4-1-2. Rest time 45s between each set.	https://www.youtube.com/watch?v=ayESP_Vnobg	Backpack, books
	Long jump	Do 10 jumps with maximum strength. Jump as far as possible.	https://www.youtube.com/watch?v=1TcROVxCoTU	N/A
	Vertical jump	Do 10 vertical jumps with maximum strength. Jump as high as possible.	https://www.youtube.com/watch?v=yAG9eO8CwHw	N/A

	2-arm lateral raise (shoulder)	Hold backpacks with textbooks in the hands. Do 3 sets and 15 reps. Tempo is 3-1-5. Rest should be 45s between each set.	https://www.youtube.com/watch?v=3VcKaXpzqRo&t=2s	Backpacks, textbooks
	1-leg glute bridge (hip)	Perform one-leg glut bridges without any weights. Do 2 sets and 15 reps per leg. The tempo is 2-0-4. Rest should be 45s between each set.	https://www.youtube.com/watch?v=oGZcBf8KIK8	N/A
40-45min (10min)	Cool down, stretch, recovery	Choose stretches or foam rolling activities depends on the need.	Folder: “Cool down” and/or “Stretching”	Foam rolling

Friday 1 (day -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
10-30min (20min)	Full body workout	Follow the video links to perform a 20min full body workout. Options are available.	https://www.youtube.com/watch?v=oAPCPjnU1wA https://www.youtube.com/watch?v=UBMk30rjy0o https://www.youtube.com/watch?v=oKfNUOWuZV8	N/A
30-40min (10min)	Cool down, stretch, recovery	Choose stretches or foam rolling activities depends on the need.	Folder: “Cool down” and/or “Stretching”	Foam rolling

Monday 2 (day +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
10-40min (30 min)	Kettlebell swing	Perform the kettlebell swing at outside. 3 sets and 15reps. Rest time should be 45s between each set.	https://www.youtube.com/watch?v=sSESeQAir2M	Kettelbell, backpack with textbooks
	Upper body: push up	3 sets and 10 reps each. Tempo is 4-0-2. Rest time should be 45s between each set.	https://www.youtube.com/watch?v=IODxDxX7oi4&t=19s	N/A
	Lower body: Bowlers Lunge	3 sets and 10 reps each. Rest time should be 45s between each set.	https://www.youtube.com/watch?v=BnblzTH-OCc	N/A
	Whole body: iron cross	20 reps per side and 2 sets. Rest time should be 45s between each set.	https://www.youtube.com/watch?v=ryg2M7Xr-N4	N/A
	Lower body: Bulgarian Split Squat	3 sets and 10 reps each. Rest time should be 45s between each set.	https://www.youtube.com/watch?v=2C-uNgKwPLE	Maybe weights, such as backpacks, chair, bench
40-45min	Cool down, stretch,	Choose stretches or foam rolling activities	Folder: “Cool down” and/or	Foam rolling

(10min)	recovery	depends on the need.	“Stretching”	
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Wednesday 2 (day -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
10-40min (30 min) Speed and plyometric Training	Explosive Start into 10m Sprint	6 reps (6×10m in total). Start 3 reps with left leg forward and 3 reps with right leg forward. Knees and toes up, drive through 10m each rep. Rest is the time walking back to the start point.	https://www.youtube.com/watch?v=RCox6ARChUA	N/A
	Hop and deceleration focus (pay attention to soft landing)	Start straight leg on one foot. Drop hips, bend knee, load up, and explode. Drive knee to chest in air. Land softly with toes up and on ball of foot. 20 reps per leg (2 sets)	https://www.youtube.com/watch?v=SQ76E1E4bbM	N/A or hurdles
	Splint squat jump for height	Start in split position and back leg extended in a lunge. Explode off ground drive knee to chest in air. Land with both feet at the same time. 15 reps per leg (2 sets)	https://www.youtube.com/watch?v=yncmjpw1_9g	N/A
	Lateral bound to linear bound acceleration	Start on one leg, bound to lateral to other leg and back, bound forward on same leg and then accelerate forward. 10 reps, 2	https://www.youtube.com/watch?v=s0fRi6x-1Og	N/A

		sets.		
40-45min (10min)	Cool down, stretch, recovery	Choose stretches or foam rolling activities depends on the need.	Folder: “Cool down” and/or “Stretching”	Foam rolling

Friday 2 (day -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
10-30min (20min)	Full body workout	Follow the video links to perform a 20min full body workout. Options are available.	https://www.youtube.com/watch?v=oAPCPjnU1wA https://www.youtube.com/watch?v=UBMk30rjy0o https://www.youtube.com/watch?v=oKfNUOWuZV8	N/A
30-40min (10min)	Cool down, stretch, recovery	Choose stretches or foam rolling activities depends on the need.	Folder: “Cool down” and/or “Stretching”	Foam rolling

Monday 3 (day +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
10-20min (10 min) Speed	20m sprint	10s rest	N/A	N/A
	40m sprint	20s rest	N/A	N/A
	60m sprint	30s rest	N/A	N/A
20-40min (20min) strength	Body weight (BW) Squat (leg and core)	12 reps, tempo 5-0-2, 2 sets	https://www.youtube.com/watch?v=mGvzVjuY8SY	N/A
	BW Push up (chest shoulder)	12 reps, tempo 5-0-2, 2 sets	https://www.youtube.com/watch?v=IODxDxX7oi4	N/A
	1-leg straight deadlift (core leg)	12 resp per leg, tempo 3-0-2, 2 sets	https://www.youtube.com/watch?v=b9bHy3ojQWA	N/A
	Triceps dip (arm shoulder)	12 reps, tempo 2-0-2, 2 sets	https://youtube.com/watch?v=3ydgLFLK8e0	N/A
	Side plank hip dip (core)	15 reps per side, tempo 2-0-2, 2 sets	https://www.youtube.com/watch?v=BWQRVB4LyFI	N/A
40-45min (10min)	Cool down, stretch, recovery	Choose stretches or foam rolling activities depends on the need.	Folder: “Cool down” and/or “Stretching”	Foam rolling

Rest time will be 1 min after one set.

Wednesday 3 (day -3)

Time	Activity	Description	Link	Equipment
0-10min	Warm up	Follow the instructions in the videos to	Folder: “Warm up” →	N/A

		perform a dynamic warm up (other videos in the folder can also be used with preference)	“warm up 1”, etc.	
10-40min (30 min)	One leg elevated glute bridge	15 reps per leg, tempo 4-0-2, 2 sets	https://www.youtube.com/watch?v=daSFhYo9tsY	N/A
	Push-up Plank Shoulder Tap	15 reps per arm, tempo 4-0-2, 2 sets	https://www.youtube.com/watch?v=StCOnB6qHaY	N/A
	V-Up	20 reps, tempo 2-0-4, 2 sets	https://www.youtube.com/watch?v=CRCprXsWSI4	N/A
	Backpack Reverse Lunge	20 reps, tempo 4-0-2, 2 sets, change the dumbbell in the video into backpack with textbooks or heavy water bottles	https://www.youtube.com/watch?v=sjlsISvHyZs	Backpack, textbooks, water bottles
	Push up, hold at bottom	12 reps, tempo 4-1-2, 2 sets	https://www.youtube.com/watch?v=Jv2hgtdfcC8&t=3s	N/A
	Low to high plank	20 reps and 2 sets	https://www.youtube.com/watch?v=kJp-8Me6_84	N/A
40-45min (10min)	Cool down, stretch, recovery	Choose stretches or foam rolling activities depends on the need.	Folder: “Cool down” and/or “Stretching”	Foam rolling

Rest time will be 1 min after one set

Friday 3 (day -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
10-30min	Full body workout	Follow the video links to perform a 20min	https://www.youtube.com/	N/A

(20min)		full body workout. Options are available.	watch?v=oAPCPjnU1wA https://www.youtube.com/watch?v=UBMk30rjy0o https://www.youtube.com/watch?v=oKfNUOWuZV8	
30-40min (10min)	Cool down, stretch, recovery	Choose stretches or foam rolling activities depends on the need.	Folder: “Cool down” and/or “Stretching”	Foam rolling

Monday 4 (day +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
10-40min (30 min) Strength training	Upper body: elevated push up	15 reps, tempo 4-0-2, 2 sets, 30s rest between	https://www.youtube.com/watch?v=SKPab2YC8BE	Bench or chair, medicine ball
	Upper body: bench dip	15 reps, tempo 4-0-2, 2 sets, 30s rest between	https://www.youtube.com/watch?v=c3ZG14pAwZ4	Bench or chair, medicine ball
	Lower body: lateral lunges with weight in hand	14 reps, tempo 3-0-2, 2 sets, 30s rest between, hold weights in hand, such as weighted backpack, dumbbells, etc.	https://www.youtube.com/watch?v=qCA8E-dF8cI	Dumbbells, backpack

	Lower body: Side leg lift with band	15 reps per leg, tempo 4-0-2, 30s rest between, use tighter resistance band	https://www.youtube.com/watch?v=3w0cmENyeAw	Resistance band
	Core: bird dog	20 reps per side, 45s rest between, 2 sets	https://www.youtube.com/watch?v=dDMvch2Z9yY	N/A
	Core: dead bugs	20 reps, 2 sets, 45s rest between	https://www.youtube.com/watch?v=MVCX9wRd_h0	N/A
40-45min (10min)	Cool down, stretch, recovery	Choose stretches or foam rolling activities depends on the need.	Folder: “Cool down” and/or “Stretching”	Foam rolling

Wednesday 4 (day -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
10-40min (30 min) Speed and plyometric Training	Push up start with 25m sprint	4 reps (4×25m 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	https://www.youtube.com/watch?v=ibrEm5EE5IE	N/A

		followed by an acceleration. Then repeat on the left leg.	https://www.youtube.com/watch?v=4sCHeKR5TJM	
	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 per leg (2 sets). Start with a max broad jump, land softly and accelerate through 10m. Repeat the drill on the opposite leg.	https://www.youtube.com/watch?v=NtUvX0z-MYg	N/A
40-45min (10min)	Cool down, stretch, recovery	Choose stretches or foam rolling activities depends on the need.	Folder: “Cool down” and/or “Stretching”	Foam rolling

Friday 4 (day -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
10-30min (20min)	Full body workout	Follow the video links to perform a 20min full body workout. Options are available.	https://www.youtube.com/watch?v=oAPCPjnU1wA https://www.youtube.com/watch?v=UBMk30rjy0o https://www.youtube.com/	N/A

			watch?v=oKfNUOWuZV8	
30-40min (10min)	Cool down, stretch, recovery	Choose stretches or foam rolling activities depends on the need.	Folder: "Cool down" and/or "Stretching"	Foam rolling