

## Soccer Training Program

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Field based sports like soccer involve running, jumping, and landing in quick bursts, multiple directions and while managing the ball away from a defender. It requires a complex balance of strength, power, agility and endurance to play soccer without pain or injury. It is known that focusing on a proper landing technique and strengthening the core and hamstrings can help reduce the risk of sustaining a non-contact knee injury in soccer

players. Also, it is suspected that players with weaker neck muscles are at a higher risk of sustaining a concussion. The exercises in this program have been hand-picked from a wealth of research in soccer injury prevention programs, including concussion prevention. Perform these exercises 3 times per week for 6 weeks in the preseason and at least 1 time per week during your season. Good luck and have fun!

**1) Heel Raises:** Stand with your heels hanging off a step. Pick up your left foot. Standing on your right leg only, lift your heel all the way up, then back down slowly. Repeat 3 sets of 15 reps on each leg.



**2) Hip Dips:** Hold 5# weights in each hand. Standing on one leg only with your knee slightly bent, lean your trunk forward while extending your back leg. Keep your stomach tight, your back flat and chest lifted. Repeat 2 sets of 15 on each leg.



**3) Squats with Weight:** Begin standing with a medicine ball at your waist. Lower your hips to the floor, keeping your stomach tight, your back flat, and your knees in line with your toes. Lift back up and repeat.



**4) Single Leg Squat:** Stand holding a medicine ball. Squat down on one leg, keeping your hips back and your knee in line with your toes, try not to lean your trunk or let your knee fall inward. Repeat 2 sets of 15 reps on each leg.



5) **Lunges:** Begin holding onto a medicine ball at your waist. Take a large step forward, bend both your knees and lower yourself to the floor. Lift back up, step back together and repeat, 2 sets of 15 reps with each leg leading.



6) **Lateral Lunges:** Begin with a medicine ball at your waist. Take a large step to the side, sit your hips back and squat down, keeping the opposite leg straight. Lift back up, step together and repeat, 2 sets with each leg leading.



7) **Hamstring Burners:** Begin kneeling with a teammate holding your ankles. Keep your stomach tight and your back flat. With your hands behind your head, move your trunk forward then back again. You should feel a burn in your hamstrings. Repeat 2 sets of 15 reps.



9) **Jump Training:** Begin standing in a proper squat position on the side of a soccer ball. Your hips are back, chest lifted, knees in line with your toes and not falling inward. Jump over the ball and land in the same squat position. Repeat back and forth, 15 times. Jumping with proper technique is more important than jumping with speed. Focus on your alignment.





10) **Neck Strengthening:** Place an exercise band behind your head and hold onto the ends. Tuck your chin, pressing the back of your head into the band. Hold for 5 seconds, relax, and repeat 2 sets of 15 reps.



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11) **Neck Strengthening:** Place an exercise band around your head and hold onto the ends in one hand on the side. Lean your head into the band, touching your ear to your shoulder. Return to start position and repeat 15 to each side.



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12) **Core Stabilization:** Begin lying down with arms overhead, hips and knees at a 90 degree angle off the floor, and stomach muscles engaged, low back in neutral position. Extend one leg out straight, then the other, without touching the floor. Repeat 20 reps on each leg, 2 sets.



13) **Unilateral Bridges:** Begin lying on your back with one knee bent, foot flat, the other straight in the air. Lift your hips off the floor. Lower back down, repeat, 2 sets of 20 on each leg.



14) **Plank Stabilization:** Begin lying on your stomach. Lift your whole body up, supported by your forearms and toes. Lift your right leg and left arm straight out. Lower back down and repeat with left leg and right arm. Repeat 10 reaches on each side.



15) **Press Ups:** Lie on your stomach, hands underneath your shoulders. Lift your trunk up while keeping your hips flat and relaxed. Lower back down and repeat: 1 set of 15.



16) **Thigh Stretch:** Begin standing, hold your heel to your buttock. Hold for 30 seconds on each leg.



17) **Calf Stretch:** Stand facing a wall. Place one leg straight back with toes pointed ahead. You should feel a stretch in the back of the lower leg. Hold for 30 seconds, repeat on each side.



18) **Hip Stretch:** Kneel with one leg bent in front. Shift your hips forward and reach your arm up overhead. You should feel a stretch in the front of your rear thigh. Hold 30 seconds, on each leg.



19) **Groin Stretch:** Squat down and reach one leg straight out to the side. Hold for 30 seconds, each leg.





20) **Hamstring Stretch:** Lie on your back with one leg straight up, holding behind the knee with your hands. Hold 30 seconds, repeat each leg.

