

SoccerPlus Education Center
Resistance Training for
the Teenage Soccer Athlete

WHO BENEFITS

- Soccer athletes U-13 and older.

WHY

- **Improved health profile**
 - Decreased osteoporosis risk
 - Improved immune system
 - Increased joint stability
 - Decreased risk of joint / muscle injury
 - Higher lean body mass ratio
- **Strength in itself not important to soccer athletes**
Strength = mass / distance
- **Power important to soccer athletes**
Power = strength / time
- **FSB-SSP Developmental Progression**

WHEN

- Planning the training year
- Outline off-season and in-season.
- **U-13, U-14 = Off-season 1x / week.**
- **U-15 and older = In-season 1x / week; Off-season 2-3 time per week depending upon what else is going on**
- Periodization brief review.

WHERE

- Resistance training can be done anywhere, home, gym, school.

HOW

- Choose the form based upon availability
- Not limited to one 'type' of training in a training cycle
- Muscle mass gain without a subsequent proportional performance gain is counter productive
- Proper technique and then resistance proper technique, leads to greater speeds and force with all motions.
- **GOLDEN RULE: Proper technique and then resistance proper technique, leads to greater speeds and force with all motions.**
- **For each activity, complete two sets 30 second work & 90 seconds recovery.**
- Sports are almost all one-legged or balance-based activities. This is why machine-based activities have less value to soccer athletes. If so, use at certain times of year.
 - I. Body Weight Activities (the use of your body weight or partner's body weight)**
 - a. Benefits
 - b. Drawbacks
 - c. Best time to use
 - II. Neuromuscular Activities (balance incorporated activities)**
 - a. Benefits
 - b. Drawbacks
 - c. Best time to use
 - III. External Weight Activities (dumbbells, barbells, machines)**
 - a. Benefits
 - b. Drawbacks
 - c. Best time to use
 - d. Activity Review video



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Body Weight or Partner Training (9)

1. Bleacher Dips

With your feet on a ball, place hands on the edge of a bench or first row of bleachers. Take a straight leg seated position in between the ball and the bench. Making sure that the shoulders do not rise to the ears, allow the elbows to bend and the buttocks to drop almost to the ground without touching. The arms are then straightened. Repeat.

2. Sliding Abdominal Crunches (Front/Right/Left)

Lying on the ground upon your spine, bend the knees and hips so that the feet are flat on the ground. Place each palm on the front of the same side thigh. By tightening the abdomen and curling the spine, slide the palms up the thigh to (and over if possible) the knee. This requires lifting the shoulder blades clear of the ground. Hold for 5 seconds and repeat. Also perform with both hands on your right thigh and again with both hands on left thigh.

3. Superman

Lying on the ground upon your spine, lift both arms and both legs off of the ground as though you were flying through the air. It is important that you do not twist at the spine to accomplish this task. Hold for 5 seconds. Alternate arm/leg and repeat.

4. Single Leg Squat

While holding hands with a partner, the athlete performs a one legged squat. The leg that is not being trained is kept straight forward while bent at the hip. This allows for better torso positioning. When the desired training volume is achieved, switch legs and repeat.

5. Lunge

This activity can be done with a barbell or dumbbells. If you use a barbell, the bar is evenly loaded and both sides are locked with collars. Hands are placed evenly on the bar utilizing a slightly wider than shoulder pronated grip with thumbs around the bar. Bar is centered on the upper back (on top of the trapezius) below the seventh cervical vertebrae to assure a straight torso. Feet are placed beside each other, approximately hip width apart. Shoulder blades are pulled together and chest is held up and out. Lead foot takes one long step forward. Lead knee position should be directly over the foot at its lowest position, keeping the knee over the ankle for greater stress on the hip extensors. With too short of a step, the knee is past the toes and a large force is placed on the knee extensors. Descend slowly until the front quadriceps is parallel to the floor. Trailing knee should not touch the floor. Back leg stays as straight as possible. Push off with the lead leg, utilizing several short steps if necessary to return to the starting position. Alternate lead legs until the exercise is completed. Can also be done by stepping diagonally at a 45° angle depending on your program

6. Heel Raises in 3 Positions

While standing with both feet facing forward, lift both heels off of the ground and hold for a 2 count. Slowly return to the starting position. This is the first position. The lifting of the heels should be done in a smooth but rapid motion. Then rotate feet externally so that the heels almost touch and repeat. This is the second position. Finally, rotate the feet internally so that the toes almost touch and repeat. This is the third position. The three positions are utilized, as the calf musculature is so broad that all three positions are needed to challenge the structure. Begin with slight hand support if necessary and reduce as you improve balance and control. Progress by performing the activity off of a step.

7. Toe Raise Walk

While standing with both feet facing forward and keeping the torso upright and rigid, lift the toes and ball of the foot off of the ground. Hold for a two count and repeat. This will be felt along the front of the shins and strengthens one of the structures often at fault with "shin splints". It is very important with this activity not to rock the upper body to complete the repetition.

8. Ham Drops

With the partner holding the calves and ankles of the athlete tightly to the ground, the athlete kneels with the body rigid from the knees to the shoulders. The athlete then begins to lower the body (rigid from the knees to shoulders) in a slow and controlled manner so that they attempt to lower themselves all the way to the ground. When the athlete begins to fall forward without control, they use their arms to break their fall and return by pushing back up to the starting position. For those who have some hesitation in performing this activity, some padding such as a folded towel should do nicely.

9. Lower Abdominal Presses

With the athlete lying on their back, the athlete holds both of the partner's ankles between the shoulders and the neck. The athlete squeezes the ball between their ankles and presses their legs up so that the ankles are at chest height of the partner. The partner then places their hands as a marker 1 to 1½ feet higher than the height of the athlete's feet. The athlete then attempts to press the feet to this height by bending at their lower abdominal muscles without swinging their legs. As the athlete progresses with this activity, the athlete should attempt to move their ankles higher and higher by lifting their hips higher off the ground.



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Neuromuscular Training (8)

1. Single Leg Dynamic Balancing at Touching Hand at Four Points

Imagine while standing on right foot that you are at the center of a clock face. Have the left hand touch at each clock number moving clockwise from 12 through nine while balancing on the right foot. Switch and repeat while balancing on the right touching counterclockwise from 12 through 3 while balancing on the left foot. Progress to standing on the right foot and having the left hand touch the ground at the same positions and then switch legs. Advanced progression can have the same activities performed in the sand or on a mini trampoline.

2. Wall Slides with Rockerboard

This activity requires the simple construction of a wooden rockerboard. There are many commercial rockerboards available, but I prefer to take a 12" long piece of 2"x4" wood and connect it to the bottom of a 12"x24" piece of 3/4" plywood. This should allow you to have two 12"x12" squares for foot placement on either side of the 2"x4". Perform this activity by placing a soccer ball between the wall and your back. Place the rockerboard on the ground and balance on the board prior to beginning the squat. The squat can only be done while the rockerboard edges are not touching the ground. This forces tremendous coordination of body control, keeping the spine upright, and driving with the proper muscular control.

3. Back Stars

In a push-up position with feet on a soccer ball, bring one leg off of the ball without losing balance. Press the leg straight into the air, and then out to the side away from the body. Then cross the leg underneath the base leg. Hold each for 5 seconds. Repeat with other leg.

With Physioball

4. Alternate Hip Extension on Physioball

Place the physioball into your abdomen while face down with only the feet touching the ground. Keep the arms extended to the side or front for balance. With the body kept flat and trunk stable, lift one leg to torso height and hold. Slowly return to the starting position and repeat with the other leg. This can also be done with a soccer ball instead of a physioball.

5. Physioball Pike

Lie down with a physioball between both thighs and the ground. Keep the legs pinched together and lift the hips into the air by bending at your waist. This causes the ball to roll down your legs. When the ball reaches your ankle, hold for 5 seconds and slowly lower the hips to the starting position. This motion should look like a slow press to a handstand. Walk the ball back in while maintaining balance. To increase difficulty, utilize a soccer ball instead of a physioball.

6. Abdominal Bridges with Physioball Under Feet

Lie with a physioball underneath your feet. Keep the knees and hips bent so that the heels rest on the physioball. By contracting the buttocks, low back and hamstring muscles; lift the torso so that it forms a straight line from the knees to the shoulders. Hold for a 5 count. Progress to a soccer ball. Progress to support with one leg at a time with the other leg raised into the air.

With Med Ball

7. Ham Throws with Medicine Ball

While standing, place a soccer ball between your ankles. Forcefully bringing your ankles to buttocks, lift the ball into the air behind your head so that it flies over your head and can be caught with both arms. Progress to higher throws with a goal of increased time the ball spends in the air. Progress to utilizing a goalkeeper medicine ball (1-2kg) and then to a full medicine ball (4-6Kg).

8. Latissimus Medicine Ball Bounces

While standing with the elbows raised to ear height, grab a bouncing medicine ball (such as a Nemo™ ball) and forcefully throw the ball to the ground in order for the ball to bounce back to torso height. It is important to forcefully move both at the elbows and shoulder to work the latissimus muscles. Progress to heavier ball.



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Free Weight Training (9)

1. Bleacher Dips

With your feet firmly on the handles of parallel bars or a dip rack, press arms straight and allow the body and legs to hang freely and minimize any sway or swinging. Bend at the elbows and slowly allow the whole body to move downward until the arms reach 90 degrees of bend making sure that the shoulders do not rise to the ears. In a controlled yet fast motion, press the arms straight raising the body to the upright position. Repeat.

2. Long Head Bicep Curls

Using a shoulder width stance, a palm-up grip is utilized with the thumbs around each dumbbell. Dumbbells rest on the front of the thigh with both arms fully straight. Begin with the right arm. The dumbbell moves slowly and in control from the thigh to the top of the head with the arm bending at both the elbow and at the shoulder. Do not allow the elbows to move away from the body. Slowly lower the dumbbell with one arm while perform the same activity with the left arm. Pause momentarily at the top and bottom to avoid a punching motion or bounce

3. Front Raises

Using a shoulder width stance, a palm-down grip is utilized with the thumbs around each dumbbell. Dumbbells rest on the front of the thigh with both arms fully straight. Begin with the right arm. The dumbbell moves slowly and in control from the thigh to shoulder height in front of the body with the arm remaining straight. If this is very difficult without bending at the elbows, reduce the resistance. Slowly lower the dumbbell with one arm while perform the same activity with the left arm. Pause momentarily at the top and bottom to avoid a punching motion or bounce

4. Upright Rows

This activity can be done with either a dumbbell or a barbell. If you use a barbell, the bar is evenly loaded and locking collars are utilized. Shoulder width stance is utilized. Knees are slightly bent and low back is in pelvic neutral. The palms face towards the athlete and thumbs around the bar with the elbows pointed outwards. Pull the bar in a slow and controlled motion from straight arms until the bar touches the collarbone. At top position, the elbows are higher than the shoulders. Slowly lower the bar again in a controlled manner. Do not allow the low back to leave pelvic neutral or allow the upper back to round. Allow the arms to straighten fully when lowering the bar

5. Bent Over Rows

This can be done with either a dumbbell (the other hand supports on a bench) or with a barbell utilizing both arms. Shoulder width stance. Knees are slightly bent and low back is in pelvic neutral. The palms face towards the athlete and thumbs around the bar. Bend forward at the hips until the torso is almost horizontal. Pull the bar in a slow and controlled motion from straight arms until the bar touches the lower rib cage. The key is to have the shoulder blades meet together at the mid back

Slowly lower the bar again in a controlled manner. Do not allow the low back to leave pelvic neutral or allow the upper back to round

6. High Back Squat

The bar is evenly loaded and both sides are locked with collars. The height of the bar on the rack is approximately mid-chest height. Hands are placed evenly on the bar (pronated) using a slightly wider grip than shoulder width grip with the thumbs around the bar. Step under the bar with both feet. Place upper back in the center of the bar with the bar resting across the posterior deltoids and the middle of the trapezius. Chest is held up and out while shoulder blades are pulled together. Straighten both legs to lift the bar off the rack and take one step backwards. Position feet approximately shoulder width or slightly wider with toes pointed slightly outward (externally rotated). Feet remain flat on floor with the head faces forward throughout the motion. Torso is held in pelvic neutral, straight and rigid throughout the activity. The weight is over the heels of the feet - never over the toes. As knees bend, they stay over the ankles. Descent slowly (45° per second) until the tops of the thighs are either 1) parallel to the floor or 2) knees are at a 90° angle depending upon your program. Push the bar up to the starting position as rapidly as can be done with full control of the bar and weight. Keep hips under the bar as much as possible. Do not shift the knees towards each other (so that knees touch). Step back into the safety rack taking small steps and communicating with your spotter

7. Lunge

This activity can be done with a barbell or dumbbells. If you use a barbell, the bar is evenly loaded and both sides are locked with collars. Hands are placed evenly on the bar utilizing a slightly wider than shoulder pronated grip with thumbs around the bar. Bar is centered on the upper back (on top of the trapezius) below the seventh cervical vertebrae to assure a straight torso. Feet are placed beside each other, approximately hip width apart. Shoulder blades are pulled together and chest is held up and out. Lead foot takes one long step forward. Lead knee position should be directly over the foot at its lowest position, keeping the knee over the ankle for greater stress on the hip extensors. With too short of a step, the knee is past the toes and a large force is placed on the knee extensors. Descend slowly until the front quadriceps is parallel to the floor. Trailing knee should not touch the floor. Back leg stays as straight as possible. Push off with the lead leg, utilizing several short steps if necessary to return to the starting position. Alternate lead legs until the exercise is completed. Can also be done by stepping diagonally at a 45° angle depending on your program

8. Shoulder Shrug

Shoulder width stance. Knees are slightly bent and low back is in pelvic neutral. The palms face towards the athlete and thumbs around the bar. Arms are straight and elbows are pointing out. Raise the bar in a slow and controlled motion attempting to get the shoulder summit to touch the ear. Slowly lower the bar again in a controlled manner. Do not allow the low back to leave pelvic neutral or allow the upper back to round.

9. Hang Clean

Well marked, dry power clean area preferably on an elevated and padded Olympic platform. This activity can be done with either dumbbells or a barbell. If you use a barbell, load he bar evenly loaded and use locking collars. Hands are placed evenly on the bar utilizing a slightly wider than shoulder pronated grip with thumbs around the bar. Shins are very close to the bar or lightly touching. Feet are slightly rotated out, shoulder width stance. Shoulder blades are pulled together and chest is held up and out. Trapezius muscles relaxed. Arms straight with elbows pointed to the sides. Knees are inside arms, the low back is in pelvic neutral and straight and the head is facing forward. Shoulders are over or slightly ahead of bar. Inhale before the bar leaves the ground to ensure a tight torso. Smooth, slow easy pull off of the floor. The athlete dips to the hang position by bending forward at the waist so the shoulders are slightly in front of the bar while the back remains flat. The legs are flexed slightly, arms held straight. The head is facing forward and the feet are flat. The bar is pulled explosively as the legs extend completely in a jumping action. The bar remains as close to the body as possible throughout the action. Shrug the trapezius to continue to move the elevated bar. Continue upward pull by pulling with the arms. Keep elbows high, moving up and out, elbows over the wrist



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Plus Training (1) U-16 and older

Dead Lift

During the entire lift, keep the spine and pelvis in Pelvic Neutral position. Place the hands in one overhand (pronated) and one under (supinated) grip. The knees and hips are bent so that the spine is perpendicular to the ground. The starting position should look like a baseball catcher coming out of a stance. Feet remain flat on the ground at all times with the head forward throughout the motion. Begin to lift the bar by contracting the gluteals, tucking the hips and lifting with the legs. Come to a standing position by slightly arching your spine backwards. If the resistance is correct, your perceived arching backwards will actually bring your spine into a straightened position. The descent is a repeat but opposite performance of the ascent remembering to assure that the legs do the work.

