


The 
Ultimate Guide to
**WEIGHT
TRAINING**
for
SOCCKER

second edition



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Part I



Soccer Specific Training

*With Weight Training, Knowledge is the
Key to Success*

INTRODUCTION

By opening *The Ultimate Guide to Weight Training for Soccer*, you have taken your first step towards achieving your athletic potential. This book is loaded with the most up-to-date sports weight training information and features a year-round soccer-specific weight-training program. Upon completion of the text, you will know how to properly, safely, and effectively perform over 80 exercises and you will be ready to begin your training.

The true importance of this book lies in the soccer-specific programs in the front of the book. They were created for one reason and one reason only; to improve your soccer-playing potential. They do this by increasing your strength, explosion, power, endurance, and flexibility in the parts of your body that are most important for soccer. Each program has been synergistically created to supply you with the advantage you will need to beat out your teammates and to outperform your opponents. By following the programs, you will build your muscles with strength and endurance as well as explosion, power, and agility. When the season begins, you will be physically prepared and mentally ready to compete at the highest of your potential.

The programs were constructed in such a way that you will be on the top of your game the day the season starts and you will be able to maintain your strength and power throughout the season. The off-season program is set up as a two-day split, four days per week, which means you train all of your muscle groups over the course of two training sessions followed by a rest day. The off-season is where you will build your foundation of strength and power. The preseason routine is designed to further enhance your physical abilities enabling you to peak with strength and power at the

MUSCULAR ENDURANCE TRAINING

The first and third routines of the off-season cycle are to enhance your muscular endurance. Weight training for muscular endurance differs greatly from strength and power training. Strength training builds up size, bulk, and strength; power training builds explosion, speed, and intensity; and endurance training builds your stamina by enabling your muscles to work longer without fatiguing. Weight training to increase your muscular endurance requires many slow movement repetitions to train and build your slow-twitch muscle fibers, which are responsible for increased endurance and stamina.

The keys to endurance training are as follows:

Low weight, high reps: Proper endurance training calls for lifting light weights many times. Weights that are less than 60% of your one-rep max are ideal. With more repetitions comes increased muscular endurance, or the ability of your muscles to operate at a high level over time. Every additional repetition helps to increase your muscular endurance. Typically, sets involving at least 20 repetitions are considered to be training your muscular endurance.



Log on to www.sportsworkout.com and use an interactive one-rep max calculator to quickly and easily determine your one-rep max for any exercise.

SOCCER CONDITIONING PROGRAM

The following article has been written by Jayson Hunter, Rd, CSCS.

This program is a year long program designed to have an athlete peaking right before the season begins or tryouts for a team. It builds upon itself in intensity and conditioning. It covers all aspects of soccer such as agility, quickness, power, explosiveness, and endurance. I also included some exercise descriptions for those exercises that you may not be familiar with.

Speed/Agility Program

Frequency: 2x a week

Warm-up

High Knee run	3 sets x 15yds
Skipping	3 sets x 20yds
Side Shuffle	3 sets x 20yds
Knee to chest walk	3 sets x 20 yds

Complete the warm up in a circuit style fashion where you start with the first exercise and continue immediately into the next one and so forth until you complete all of them a total of 3 times.

All exercises should be performed as fast as possible, but in good body control. Focus on quick feet and lower legs to go faster.

(Jun-Aug)

Run, Backpedal, Run	3 sets x 40yds
Carrioca	3 sets x 15yds
Run, Shuffle, Run	3 sets x 40yds
Single Leg Hops	2 sets(each leg) x length of ladder
Ickey Shuffle in Ladder	2 sets x length of ladder
In/Out Jumps	3 sets x length of ladder
40 yd sprints	4 sets Rest 3min between sprints
20 yd sprints with manual resistance	4 sets Rest 3 min between sprints

(Sep-Nov)

Carrioca and Turn	4 sets x 20 yards
Diagonal Jumps	4 sets x ladder
Get ups and sprint	4 sets x 10 reps
Zig Zag Drill	4 sets x 30 yards
10 yard sprints	6 sets x 10 yards

(Dec-Feb)

Run, Backpedal, Run	4 sets x 30 yards
Carrioca and Turn	3 sets x 40 yards
Double Leg Hops	4 sets x ladder
Single Leg Lateral Hops	3 sets (each leg) x ladder
40 yard sprints	6 sets Rest 1 min
30 yard sprints	5 sets Rest 1 min
20 yard sprints	4 sets Rest 1 min