



***8 WEEK STRENGTH &
CONDITIONING PROGRAMME***



Importance of Strength & Conditioning

It takes about six weeks to build an athlete's fitness level, athletes should participate in strength and conditioning for 45 minutes at least two times per week during preseason. PureSoccer recommends body weight exercises to get started such as bridges, plank holds and push-ups. After the initial week or two, athletes can add bands, dumbbells (5-8 lbs for youths and 10-20 pounds for older athletes) and medicine balls (2-4 lbs for youths and 6-10 lbs for older athletes) to their routine.

Some soccer specific strength and conditioning exercises include:

- ⚽ lunges
- ⚽ jump squats
- ⚽ push-ups
- ⚽ dead lifts
- ⚽ the shoulder press
- ⚽ squats
- ⚽ Olympic power lifts
- ⚽ Dumb bell power lifts

Abbreviations:

- 🏐 DB: = Dumb bell
- 🏐 Bear Walks: = player on both hands and feet
- 🏐 SB: = Single Bell
- 🏐 Rope & Rotation: = stretches with ropes
- 🏐 Podium: = player on box
- 🏐 Hurdle walks: = players extending legs over hurdles
- 🏐 Straight leg walks: = player on hands and feet, then walk in towards your hands keeping legs straight
- 🏐 Swimming: =Player lies on his stomach with his hands and feet in the air simulating swimming movements
- 🏐 Floor Crunch: = sit up
- 🏐 Podium: = core position

Pre Season Strength & Conditioning - Week 1

DAY 1			
Rope & Rotation, Hurdle walks, Bear Walks (wide & close), Straight leg walks, Leg swings (inside, outside)			
Exercise:	Sets/Reps	Tempo	Rest
Vertical Jumps	3 x 5	Fast	
Power Clean (from hang)	1 x 3		
DB Clean & Jerk	1 x 7		
Pull ups	1 x 10		
SB Single arm DB bench	1 x 10 each side		
SB tricep push up	1 x 10		
Isometric squat - arms overhead	1 x 45 sec		
Floor Crunch + V up	1 x 12		
Podium (3 positions)	1 x 25/25/25	X 3	No Rest
Swimming + back raises	2 x 15		

DAY 2			
Rope & Rotation, Hurdle walks, Bear Walks (wide & close), Straight leg walks, Leg swings (inside, outside)			
Exercise:	Sets/Reps	Tempo	Rest
Vertical Jumps	3 x 5	Fast	
Power Clean (from hang)	1 x 3		
DB Clean & Jerk	1 x 7		
Pull ups	1 x 10		
SB Single arm DB bench	1 x 10 each side		
SB tricep push up	1 x 10		
Isometric squat - arms overhead	1 x 45 sec		
Floor Crunch + V up	1 x 12		
Podium (3 positions)	1 x 25/25/25	X 3	No Rest
Swimming + back raises	2 x 15		

DAY 3			
Rope & Rotation, Hurdle walks, Bear Walks (wide & close), Straight leg walks, Leg swings (inside, outside)			
Exercise:	Sets/Reps	Tempo	Rest
Vertical Jumps	3 x 5	Fast	
Dorsi Flexed over short hurdles	3 x 6 hurdles		
Power clean	4 x 3		
Hurdle jumps (4 High hurdles)	3 x 3		

Pre Season Strength & Conditioning - Week 2

DAY 1

Rope & Rotation, Hurdle walks, Bear Walks (wide & close), Straight leg walks, Leg swings (inside, outside)

Exercise:	Sets/Reps	Tempo	Rest
Vertical Jumps	3 x 5	Fast	
Power Clean (from hang)	1 x 3		
DB Clean & Jerk	1 x 7		
Pull ups	1 x 10		
SB Single arm DB bench	1 x 10 each side		
SB tricep push up	1 x 10		
Isometric squat - arms overhead	1 x 45 sec		
Floor Crunch + V up	1 x 12		
Podium (3 positions)	1 x 25/25/25	X 3	No Rest
Swimming + back raises	2 x 15		

DAY 2

Rope & Rotation, Hurdle walks, Bear Walks (wide & close), Straight leg walks, Leg swings (inside, outside)

Exercise:	Sets/Reps	Tempo	Rest
Vertical Jumps	3 x 5	Fast	
Power Clean (from hang)	1 x 3		
DB Clean & Jerk	1 x 7		
Pull ups	1 x 10		
SB Single arm DB bench	1 x 10 each side		
SB tricep push up	1 x 10		
Isometric squat - arms overhead	1 x 45 sec		
Floor Crunch + V up	1 x 12		
Podium (3 positions)	1 x 25/25/25	X 3	No Rest
Swimming + back raises	2 x 15		

DAY 3

Rope & Rotation, Hurdle walks, Bear Walks (wide & close), Straight leg walks, Leg swings (inside, outside)

Exercise:	Sets/Reps	Tempo	Rest
Vertical Jumps	3 x 5	Fast	
Dorsi Flexed over short hurdles	3 x 6 hurdles		
Power clean	4 x 3		
Hurdle jumps (4 High hurdles)	3 x 3		

Pre Season Strength & Conditioning - Week 3

DAY 1

Rope & Rotation, Hurdle walks, Bear Walks (wide & close), Straight leg walks, Leg swings (inside, outside)

Exercise:	Sets/Reps	Tempo	Rest
Vertical Jumps	3 x 5	Fast	
Power Clean (from hang)	1 x 3		
DB Clean & Jerk	1 x 7		
Pull ups	1 x 10		
SB Single arm DB bench	1 x 10 each side		
SB tricep push up	1 x 10		
Isometric squat - arms overhead	1 x 45 sec		
Floor Crunch + V up	1 x 12		
Podium (3 positions)	1 x 25/25/25	X 3	No Rest
Swimming + back raises	2 x 15		

DAY 2

Rope & Rotation, Hurdle walks, Bear Walks (wide & close), Straight leg walks, Leg swings (inside, outside)

Exercise:	Sets/Reps	Tempo	Rest
Vertical Jumps	3 x 5	Fast	
Power Clean (from hang)	1 x 3		
DB Clean & Jerk	1 x 7		
Pull ups	1 x 10		
SB Single arm DB bench	1 x 10 each side		
SB tricep push up	1 x 10		
Isometric squat - arms overhead	1 x 45 sec		
Floor Crunch + V up	1 x 12		
Podium (3 positions)	1 x 25/25/25	X 3	No Rest
Swimming + back raises	2 x 15		

DAY 3

Rope & Rotation, Hurdle walks, Bear Walks (wide & close), Straight leg walks, Leg swings (inside, outside)

Exercise:	Sets/Reps	Tempo	Rest
Vertical Jumps	3 x 5	Fast	
Dorsi Flexed over short hurdles	3 x 6 hurdles		
Power clean	4 x 3		
Hurdle jumps (4 High hurdles)	3 x 3		

Pre Season Strength & Conditioning - Week 4

DAY 1			
Rope & Rotation, Hurdle walks, Bear Walks (wide & close), Straight leg walks, Leg swings (inside, outside)			
Exercise:	Sets/Reps	Tempo	Rest
Vertical Jumps	3 x 5	Fast	
Power Clean (from hang)	1 x 3		
DB Clean & Jerk	1 x 7		
Pull ups	1 x 10		
SB Single arm DB bench	1 x 10 each side		
SB tricep push up	1 x 10		
Isometric squat - arms overhead	1 x 45 sec		
Floor Crunch + V up	1 x 12		
Podium (3 positions)	1 x 25/25/25	X 3	No Rest
Swimming + back raises	2 x 15		

DAY 2			
Rope & Rotation, Hurdle walks, Bear Walks (wide & close), Straight leg walks, Leg swings (inside, outside)			
Exercise:	Sets/Reps	Tempo	Rest
Vertical Jumps	3 x 5	Fast	
Power Clean (from hang)	1 x 3		
DB Clean & Jerk	1 x 7		
Pull ups	1 x 10		
SB Single arm DB bench	1 x 10 each side		
SB tricep push up	1 x 10		
Isometric squat - arms overhead	1 x 45 sec		
Floor Crunch + V up	1 x 12		
Podium (3 positions)	1 x 25/25/25	X 3	No Rest
Swimming + back raises	2 x 15		

DAY 3			
Rope & Rotation, Hurdle walks, Bear Walks (wide & close), Straight leg walks, Leg swings (inside, outside)			
Exercise:	Sets/Reps	Tempo	Rest
Vertical Jumps	3 x 5	Fast	
Dorsi Flexed over short hurdles	3 x 6 hurdles		
Power clean	4 x 3		
Hurdle jumps (4 High hurdles)	3 x 3		

Pre Season Strength & Conditioning - Week 5

DAY 1			
Rope & Rotation, Hurdle walks, Bear Walks (wide & close), Straight leg walks, Leg swings (inside, outside)			
Exercise:	Sets/Reps	Tempo	Rest
Vertical Jumps	3 x 5	Fast	
Power Clean (from hang)	1 x 3		
DB Clean & Jerk	1 x 7		
Pull ups	1 x 10		
SB Single arm DB bench	1 x 10 each side		
SB tricep push up	1 x 10		
Isometric squat - arms overhead	1 x 45 sec		
Floor Crunch + V up Podium (3 positions)	1 x 12 1 x 25/25/25	X 3	No Rest
Swimming + back raises	2 x 15		

DAY 2			
Rope & Rotation, Hurdle walks, Bear Walks (wide & close), Straight leg walks, Leg swings (inside, outside)			
Exercise:	Sets/Reps	Tempo	Rest
Vertical Jumps	3 x 5	Fast	
Power Clean (from hang)	1 x 3		
DB Clean & Jerk	1 x 7		
Pull ups	1 x 10		
SB Single arm DB bench	1 x 10 each side		
SB tricep push up	1 x 10		
Isometric squat - arms overhead	1 x 45 sec		
Floor Crunch + V up Podium (3 positions)	1 x 12 1 x 25/25/25	X 3	No Rest
Swimming + back raises	2 x 15		

DAY 3			
Rope & Rotation, Hurdle walks, Bear Walks (wide & close), Straight leg walks, Leg swings (inside, outside)			
Exercise:	Sets/Reps	Tempo	Rest
Vertical Jumps	3 x 5	Fast	
Dorsi Flexed over short hurdles	3 x 6 hurdles		
Power clean	4 x 3		
Hurdle jumps (4 High hurdles)	3 x 3		

Pre Season Strength & Conditioning - Week 6

DAY 1			
Rope & Rotation, Hurdle walks, Bear Walks (wide & close), Straight leg walks, Leg swings (inside, outside)			
Exercise:	Sets/Reps	Tempo	Rest
Vertical Jumps	3 x 5	Fast	
Power Clean (from hang)	1 x 3		
DB Clean & Jerk	1 x 7		
Pull ups	1 x 10		
SB Single arm DB bench	1 x 10 each side		
SB tricep push up	1 x 10		
Isometric squat - arms overhead	1 x 45 sec		
Floor Crunch + V up Podium (3 positions)	1 x 12 1 x 25/25/25	X 3	No Rest
Swimming + back raises	2 x 15		

DAY 2			
Rope & Rotation, Hurdle walks, Bear Walks (wide & close), Straight leg walks, Leg swings (inside, outside)			
Exercise:	Sets/Reps	Tempo	Rest
Vertical Jumps	3 x 5	Fast	
Power Clean (from hang)	1 x 3		
DB Clean & Jerk	1 x 7		
Pull ups	1 x 10		
SB Single arm DB bench	1 x 10 each side		
SB tricep push up	1 x 10		
Isometric squat - arms overhead	1 x 45 sec		
Floor Crunch + V up Podium (3 positions)	1 x 12 1 x 25/25/25	X 3	No Rest
Swimming + back raises	2 x 15		

DAY 3			
Rope & Rotation, Hurdle walks, Bear Walks (wide & close), Straight leg walks, Leg swings (inside, outside)			
Exercise:	Sets/Reps	Tempo	Rest
Vertical Jumps	3 x 5	Fast	
Dorsi Flexed over short hurdles	3 x 6 hurdles		
Power clean	4 x 3		
Hurdle jumps (4 High hurdles)	3 x 3		

Pre Season Strength & Conditioning - Week 7

DAY 1			
Rope & Rotation, Hurdle walks, Bear Walks (wide & close), Straight leg walks, Leg swings (inside, outside)			
Exercise:	Sets/Reps	Tempo	Rest
Vertical Jumps	3 x 5	Fast	
Power Clean (from hang)	1 x 3		
DB Clean & Jerk	1 x 7		
Pull ups	1 x 10		
SB Single arm DB bench	1 x 10 each side		
SB tricep push up	1 x 10		
Isometric squat - arms overhead	1 x 45 sec		
Floor Crunch + V up	1 x 12		
Podium (3 positions)	1 x 25/25/25	X 3	No Rest
Swimming + back raises	2 x 15		

DAY 2			
Rope & Rotation, Hurdle walks, Bear Walks (wide & close), Straight leg walks, Leg swings (inside, outside)			
Exercise:	Sets/Reps	Tempo	Rest
Vertical Jumps	3 x 5	Fast	
Power Clean (from hang)	1 x 3		
DB Clean & Jerk	1 x 7		
Pull ups	1 x 10		
SB Single arm DB bench	1 x 10 each side		
SB tricep push up	1 x 10		
Isometric squat - arms overhead	1 x 45 sec		
Floor Crunch + V up	1 x 12		
Podium (3 positions)	1 x 25/25/25	X 3	No Rest
Swimming + back raises	2 x 15		

DAY 3			
Rope & Rotation, Hurdle walks, Bear Walks (wide & close), Straight leg walks, Leg swings (inside, outside)			
Exercise:	Sets/Reps	Tempo	Rest
Vertical Jumps	3 x 5	Fast	
Dorsi Flexed over short hurdles	3 x 6 hurdles		
Power clean	4 x 3		
Hurdle jumps (4 High hurdles)	3 x 3		

Pre Season Strength & Conditioning - Week 8

DAY 1			
Rope & Rotation, Hurdle walks, Bear Walks (wide & close), Straight leg walks, Leg swings (inside, outside)			
Exercise:	Sets/Reps	Tempo	Rest
Vertical Jumps	3 x 5	Fast	
Power Clean (from hang)	1 x 3		
DB Clean & Jerk	1 x 7		
Pull ups	1 x 10		
SB Single arm DB bench	1 x 10 each side		
SB tricep push up	1 x 10		
Isometric squat - arms overhead	1 x 45 sec		
Floor Crunch + V up	1 x 12		
Podium (3 positions)	1 x 25/25/25	X 3	No Rest
Swimming + back raises	2 x 15		

DAY 2			
Rope & Rotation, Hurdle walks, Bear Walks (wide & close), Straight leg walks, Leg swings (inside, outside)			
Exercise:	Sets/Reps	Tempo	Rest
Vertical Jumps	3 x 5	Fast	
Power Clean (from hang)	1 x 3		
DB Clean & Jerk	1 x 7		
Pull ups	1 x 10		
SB Single arm DB bench	1 x 10 each side		
SB tricep push up	1 x 10		
Isometric squat - arms overhead	1 x 45 sec		
Floor Crunch + V up	1 x 12		
Podium (3 positions)	1 x 25/25/25	X 3	No Rest
Swimming + back raises	2 x 15		

DAY 3			
Rope & Rotation, Hurdle walks, Bear Walks (wide & close), Straight leg walks, Leg swings (inside, outside)			
Exercise:	Sets/Reps	Tempo	Rest
Vertical Jumps	3 x 5	Fast	
Dorsi Flexed over short hurdles	3 x 6 hurdles		
Power clean	4 x 3		
Hurdle jumps (4 High hurdles)	3 x 3		