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Strength and conditioning coach

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Phase 1

4 weeks

Strength Development Base:

Guidelines

- Build up slowly Do what you can
- Focus on Technique
- Always warm up
- Progressive overload
- Football training 3 times a week
- Strength development 2 – 3 times a week.
- Keep dates in a notebook when you train.



Programme 1

Warm up

Bodyweight exercises

- Squats - 10 reps
- Jumping Jack's - 20 reps
- Heel flicks - 20 reps
- Hip out - 10 reps on each leg
- Hip in - 10 reps on each leg
- High knees - 20 reps
- Single leg balance - 20 seconds hold on each leg
- Single leg calf raises - 10 on each leg

Do 3 rounds for your warm up

Bodyweight Strength development plan (in video)

Progressive overload 4 weeks for exercises below

Week 1 & 2 (15 Feb- 1st of March)

3 sets of 45 seconds on each exercises- 45 seconds rest in between sets – twice a week

Week 3 & 4 (1st of March- 15th of March)

3 sets of 1 minute on each exercises below – 1 minute rest in between sets- 3 times a week

Exercise 1

- Sideways press up

Exercise 2

- Lateral side hop and hold

Exercise 3

- Plank Arm raise

Exercise 4

- Glute bridges

- **Exercise 5** _Single leg squat

➤ **Cool Down**

Flexibility programme - Stretching- 3 x 30 seconds on each muscle Group- hamstring, calf, Quads ,Groin, Glutes ,lower back , Rotation.