

Juniors 14ys plus & Seniors

Individual Player Program

Stay Home Stay Fit





Upper Body

(Exercises are to be completed with 1-minute rest in between sets)

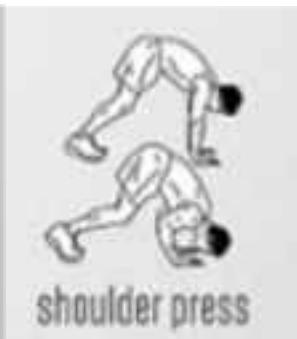
5 x 10



5 x 5



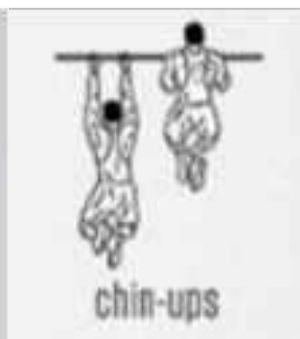
5 x 10



5 x 10



5 x 8



5 x 20





Lower Body

(Exercises are to be completed with 1-minute rest in between sets)

5 x 15

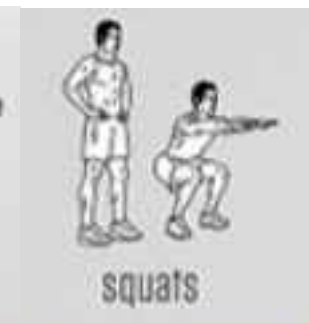
5 x 20

5 x 10

5 x 20

5 x 10

5 x 10





Core

(Exercises are to be completed continuously with 1-minute rest in between)

3 x 20



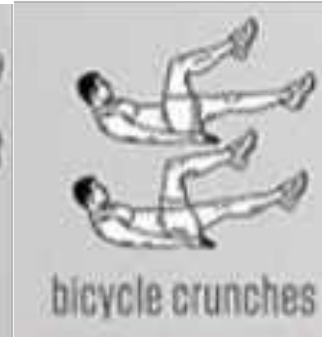
3 x 20



3 x 30



3 x 15



3 x 30 secs





AEROBIC

(To be completed in running trainers, on a track, park or treadmill)

5KM

Target: 28 - 33 Minutes

Please try and use a run-tracking app



ANAEROBIC

(To be completed in running trainers, on a continuous hill / gradient, if available)

WARM UP

4 Minutes @ 50%



EFFORT 1: 15s ON / 45s OFF

EFFORT 2: 20s ON / 40s OFF

EFFORT 3: 30s ON / 30s OFF

EFFORT 4: 40s ON / 20s OFF

EFFORT 5: 45s ON / 15s OFF

EFFORT 6: 50s ON / 10s OFF

2 Minute recovery after EFFORT 6.

REPEAT 4 TIMES



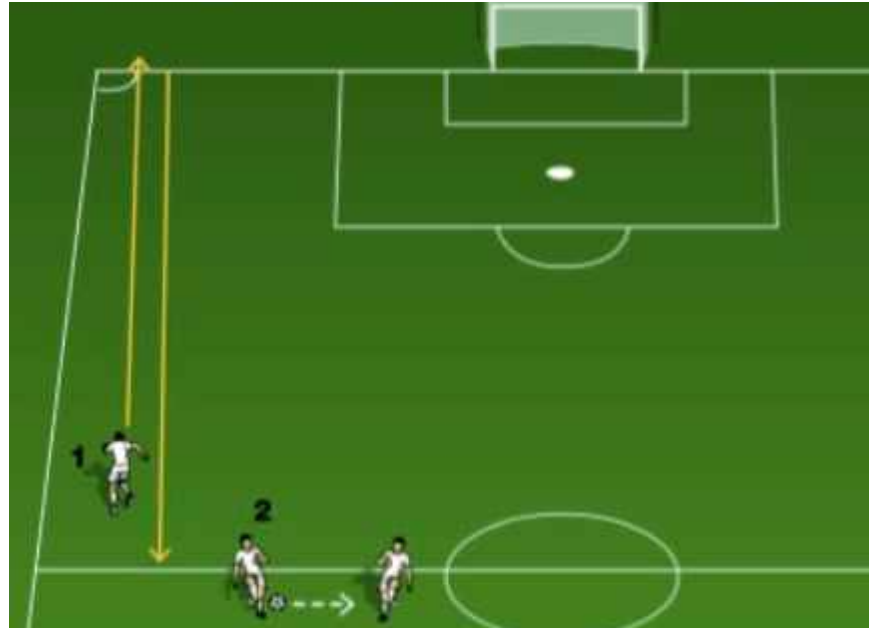
FIELD - BASED 1

To be completed on a pitch, in boots.

1. Start with ball mastery in the centre circle.
2. After 40 seconds perform a maximum effort sprint (with ball) around the corner flag & back to centre circle.
3. The run should be complete within 24 seconds.

Return to ball mastery and repeat.

SETS: 3 REPS: 8



FIELD - BASED 2

To be completed on a pitch, in boots.

1. Starting at the halfway line, perform a maximum effort sprint to the byline and back to halfway. TWICE.
2. After completion, perform 60 seconds of active recovery through 6-yard passing or keepy ups if alone.
3. Repeat methods 1 and 2 until sets and reps are complete.

Return to ball mastery and repeat.

SETS: 2 REPS: 4



FITNESS SCHEDULE

| Wed 14 th | Thur 15 th | Fri 16 th | Sat 17 th | Sun 18 th | Mon 19 th | Tue 20 th |
|----------------------|-----------------------|----------------------|----------------------------|------------------------|----------------------|----------------------|
| Upper Body | Lower Body + Aerobic | Core + Upper Body | Lower Body + Field Based 1 | Upper Body + Anaerobic | Field Based 2 + Core | Lower Body |
| Wed 21 st | Thur 22 nd | Fri 23 rd | Sat 24 th | Sun 25 th | Mon 26 th | Tue 27 th |
| Aerobic | Upper Body + Core | Lower Body | Field Based 1 | Anaerobic | Field Based 1 + 2 | Upper Body |



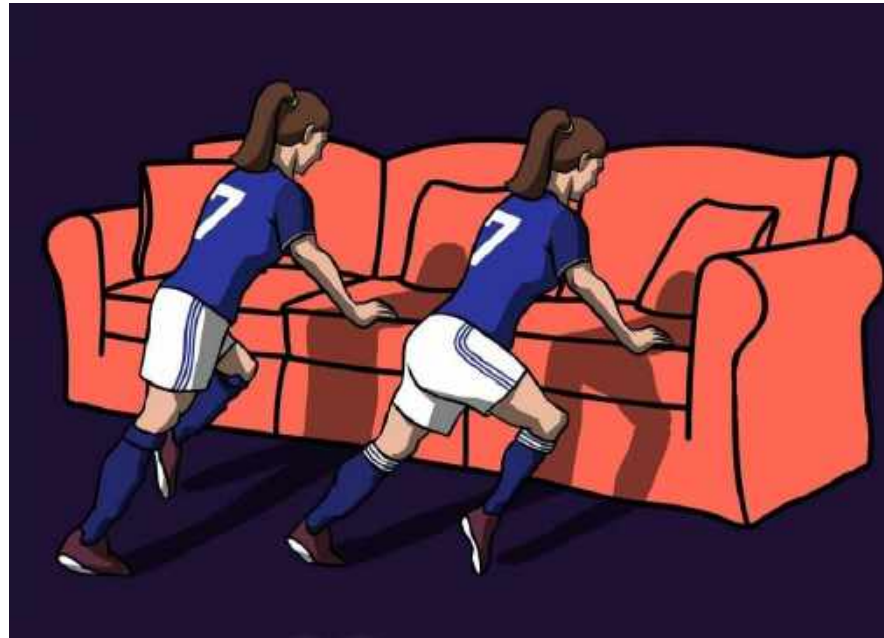
Television Exercises

(Easily done whilst watching the tele)

20 Half Squats



20 Climbers





20 Sofa Dips

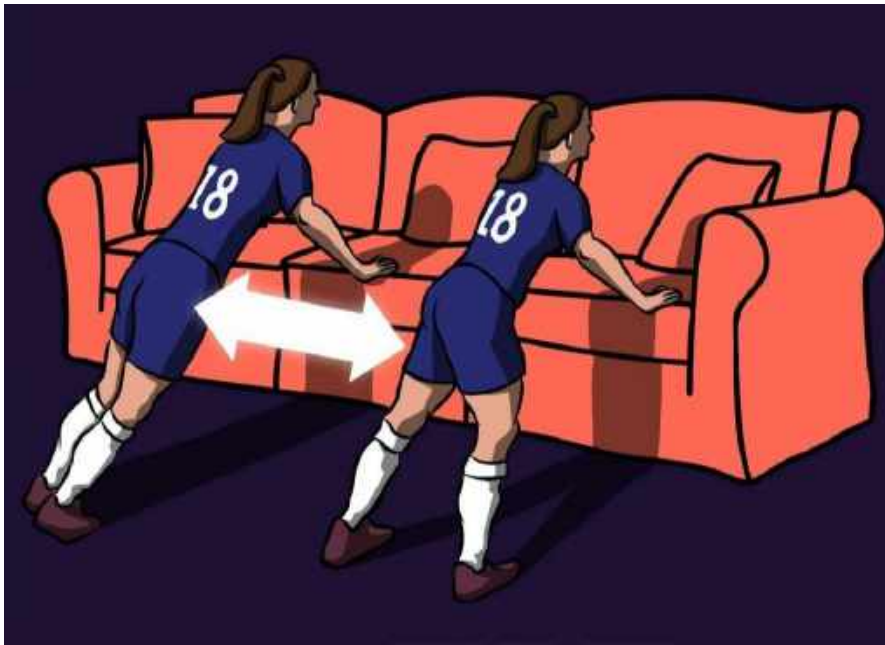


15 Leg Raises





20 Side-to-side Sofa Walks



10 Raised Leg Circles





11 Welsh Way Moves

SKILLS SCHEDULE

(Please spend between 15-25 minutes each day)

| Wed 14 th | Thur 15 th | Fri 16 th | Sat 17 th | Sun 18 th | Mon 19 th | Tue 20 th |
|----------------------|-----------------------|----------------------|----------------------|--------------------------|-----------------------------|----------------------|
| Robson-Kanu Turn | Stepover | Stop Turn | Stop and Go | Flipper | Inside & Outside Hook | L - Move |
| Wed 21 st | Thur 22 nd | Fri 23 rd | Sat 24 th | Sun 25 th | Mon 26 th | Tue 27 th |
| V - Move | Rollover | Double Stepover | Pirouette | Pick + Perfect Favourite | Film Favourite Skill & Send | |



11 Welsh Way Moves

Here are the 11 Welsh Way Moves Video Links

1) ROBSON-KANU TURN

<https://youtu.be/eNRsHdcWZGE>

2) THE STEPOVER

<https://youtu.be/DVI33v4IHnc>

3) THE STOP TURN

https://youtu.be/9wQ3kP85_gc

4) THE STOP & GO

<https://youtu.be/S3ruO9etvuE>

5) THE FLIPPER

<https://youtu.be/Wtm-tszBJHQ>

6) INSIDE & OUTSIDE HOOK

<https://youtu.be/X3p-CAkXxiI>

7) THE L-MOVE

<https://youtu.be/LbvXHKEUgTs>

8) THE V-MOVE

<https://youtu.be/lry6IG3LD5Q>

9) THE ROLLOVER

<https://youtu.be/25aTBMsJ3p8>

10) THE DOUBLE STEPOVER

<https://youtu.be/Rf4jb0M-hnw>

11) THE PIROUETTE

<https://youtu.be/vSivvoVaYsI>



Recommended Soccer Documentaries

NETFLIX



prime video





We'll be back Soon