

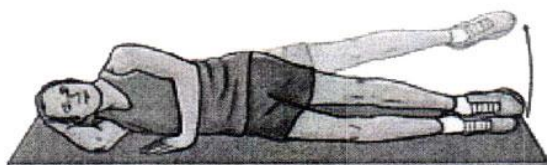


Training Conditioning Program

Session One (repeat three times in week 1)

<u>No</u>	<u>Exercise</u>	<u>Sets</u>	<u>Work/Reps</u>	<u>Rest</u>
<u>1</u>	<u>FIFA 11 Plus Training Exercise</u>	<u>1</u>	<u>1</u>	<u>4 mins at conclusion</u>
2	Skipping Rope (don't skip the skipping)	1	2 x 10 seconds	20 seconds between sets
3	Push ups	1	10	N/A
4	Static Ball Squeeze	1	5 x 10seconds	10secs
4	Side Lying Hip Abduction (both sides)	2	12 repetitions	10secs
6	Prone hold	2	20 seconds	30secs
7	Single Leg Ankle Balance (eyes closed)	1 each leg	60seconds	30secs

Example - Side lying Hip Abduction



Side-lying leg lift

Example - Static Ball Squeeze



© Healthwise, Incorporated

Example - Prone Hold



Example - Single Leg Ankle Balance



Training Conditioning Program

Session Two (repeat three times in week 2)

<u>No</u>	<u>Exercise</u>	<u>Sets</u>	<u>Work/Reps</u>	<u>Rest</u>
<u>1</u>	<u>FIFA 11 PLUS</u>	<u>1</u>	<u>1</u>	<u>3 mins at conclusion</u>
2	3 minute jogging (50% nice speed)	x2	Nil	1min walk
3	Skipping Rope (don't skip the skipping)	1	4x10 secs	20 seconds between rest
4	50 metre stride throughs at 75%	1	2	30secs
5	Static Ball Squeeze	1	5 x 10secs	10secs
6	Side Lying Hip Abduction (both sides)	2	12 reps	10secs
7	Prone hold	2	30 seconds	30secs
8	Single Leg Ankle Balance (eyes closed)	1 each leg	60secs	10secs
	* finish with 5 minute soccer ball juggling			

Session Three (repeat three times in week 3)

<u>No</u>	<u>Exercise</u>	<u>Sets</u>	<u>Work/Reps</u>	<u>Rest</u>
<u>1</u>	<u>FIFA 11 PLUS</u>	<u>1</u>	<u>1</u>	<u>2 mins 30 seconds at conclusion</u>
2	4 minute jogging (50% nice speed)	x 2	Nil	1 minute walk
3	50 metre stride throughs at 75% (with ball)	1	4	30 secs
4	Skipping Rope (don't skip the skipping)	1	5x10 secs	15 secs between sets
5	Static Ball Squeeze	1	5 x 10secs	30secs
6	Side Lying Hip Abduction (both sides)	3	12 reps	10secs
7	Prone hold	3	30 seconds	30secs
8	Single Leg Ankle Balance (eyes closed)	1 each leg	60secs	10 secs
	* finish with 10 minutes soccer ball juggling			

Session Four (repeat three times in week 4)

<u>No</u>	<u>Exercise</u>	<u>Sets</u>	<u>Work/Reps</u>	<u>Rest</u>	<u>Notes</u>
<u>1</u>	FIFA 11 PLUS	<u>1</u>	<u>1</u>		2 Mins rest at conclusion
2	5 minute jogging (50% nice speed)	x 2	Nil	1 min walk	
3	50m stride throughs at 75% (with ball)	1	5	25 secs	Run in Zig Zag lines - every 10m change direction
4	Skipping Rope (don't skip the skipping)	1	6x15 secs		10 secs rest between sets
5	Static Ball Squeeze	1	5 x 10secs	10secs	
6	Side Lying Hip Abduction (both sides)	2	12 reps	10secs	
7	Side Lying Hip Adduction (both sides)	2	12reps	10secs	NEW EXERCISE - refer to pic
8	Prone hold	2	30 seconds	30secs	
9	Single Leg Ankle Balance (eyes closed)	1 each leg	60secs	10 secs	
Finish with 10 mins of juggling the ball				how many juggles can you do?	

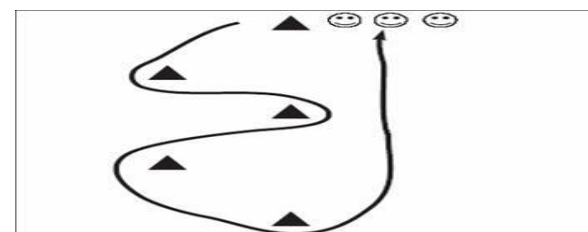
Session Five (do twice in week 5)

<u>No</u>	<u>Exercise</u>	<u>Sets</u>	<u>Work/Reps</u>	<u>Rest</u>	<u>Notes</u>
<u>1</u>	FIFA 11 PLUS	<u>1</u>	<u>1</u>		1 min rest 30 secs at conclusion
2	5 minute jogging (50% nice speed)	x 3	Nil	45 secs walk	
3	50m stride throughs at 75% (with ball)	1	6	20secs	Run in Zig Zag lines - every 10m change direction
4	Skipping Rope (don't skip the skipping)	1	7x20 secs		10 secs rest between sets
5	Static Ball Squeeze	1	5 x 10secs	10secs	
6	Side Lying Hip Abduction (both sides)	2	12 reps	10secs	
7	Side Lying Hip Adduction (both sides)	2	12reps	10secs	NEW EXERCISE - refer to pic
8	Prone hold	2	30 seconds	30secs	
9	Single Leg Ankle Balance (eyes closed)	1 each leg	60 secs	10 secs	
Finish with 10 mins of juggling ball				how many juggles can you do?	

Example - Side Lying Hip Adduction



Example - Zig Zag Runs - change direction every 10m



Session Six (do twice in week 6 and repeat twice in week 7)

<u>No</u>	<u>Exercise</u>	<u>Sets</u>	<u>Work/Reps</u>	<u>Rest</u>	<u>Notes</u>
<u>1</u>	FIFA 11 PLUS	<u>1</u>	<u>1</u>		<u>1 mins rest at conclusion</u>
1	6minute jogging	x 3	Nil	30 secs walk	
2	The Box run at 75% with the ball)	1	6	30secs	Run in Zig Zag lines - every 10m change direction
3	Skipping Rope (don't skip the skipping)	1	8x20 secs	10secs	with ball - NEW EXERCISE - refer to pic
4	Static Ball Squeeze	1	5 x 10secs	10secs	
5	Side Lying Hip Abduction (both sides)	2	12 reps	10secs	
6	Side Lying Hip Adduction (both sides)	2	12reps	10secs	
7	Prone hold	2	45 seconds	30secs	
8	Single Leg Ankle Balance (eyes closed)	1 each leg	60 seconds	10secs	

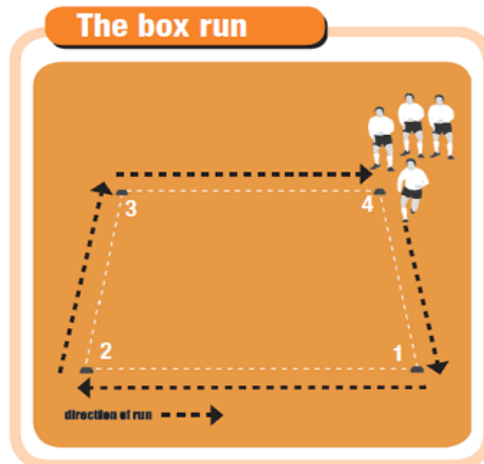
Juggling the ball for 15 minutes

How many can you do?

Exercise - Forward/Backwards run

Direction = Backwards

The box run



Direction = Forward

Instructions below -

go from start (4) to 1, back to 4, go to 2, back to 1, from 1 to 3, back to 2, from 2 to 4. (that's 1 set)

Direction = Forward (turn sharp with inside of foot)

Direction = Backwards