

Focus Physiotherapy

Centre for Musculoskeletal Injury Management



8 Week Pre-Season Soccer Training Programme

Week 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Long easy run. 20 Min.	Ball Kicks 5 min.	10 min. Warming up (run/jog). Run/Sprint 3x 2 min. Recovery 3 min. (walks or run). 5 min. rest 5 x 10 m. sprint (rec = walk back). 80% (approx. 30 min.)	Rest or X-train.	10 min. Warming up (run). Agility Training 10 min. (Table 1) Ball Kicks. 5 min	X-train	Ball Kicks 5 min.
Evening →	Resistance band kicking practice BOTH legs				Resistance band kicking practice BOTH legs	

Note

- If you have not kicked a ball and played no sport involving sprints and/or change of direction you should start at **week 1**
- If you played a sport such as basketball, indoor soccer, cricket and touch but miss some endurance and long kicks you can probably start at **week 3**.
- **X-train**: this could be anything other than running and kicking. I.e. Core strength or upper and lower body strengthening training, cardiovascular training such as swimming, elliptical trainer, (stationary) bike, rowing etc.
- For Agility training; go to www.focusphysiotherapy.com.au > Information > Downloads > Table 1 Directional Drills
- For a demo of the Resistance Band Kicking exercise go to www.focusphysiotherapy.com.au > Information > Downloads
- Ball Kick sessions should start easy. Use a wall or find a team mate. Make up some 'set pieces' to make it fun.
- Recovery means the "rest" between sets or runs.

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Week 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Long easy run. 25 Min.	Ball Kicks 5 min.	10 min. Warming up (run/jog). Run/Sprint 4x2 min. Recovery 3 min. (walk or run). 5 min. rest 5 x 30 m. sprint (rec = walk back). 80% (approx. 35 min)	Rest or X-train	10 min. Warming up (run) 3x 20" plank 3x 20" side plank Left 3x 20" side plank Right 3x 15 Hamstring bridge 3x 12 Squats Sprint 20 seconds on completion of each exercise	X-train	Ball Kicks 5 min.
Evening →	Resistance band kicking practice BOTH legs				Resistance band kicking practice BOTH legs	

Week 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Long easy run. 30 Min.	Ball Kicks 5 min.	10 min. Warming up (run/jog) Run/Sprint 5x2 min. Recovery 3 min. (walk or run). 5 min. rest 5 x 50 m. sprint (rec = walk back). 80% (approx. 40 min)	Rest or X-train	10 min. Warming up (run) Agility Training 10 min. (Table 1) Ball Kicks. 10 min; Practice Goal kicks (mid distance)	X-train	Ball Kicks 5 min.
Evening →	Resistance band kicking practice				Resistance band Kicking practice	

Week 4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Long easy run. 40 Min. (Include 5 min fast run)	Ball Kicks 5 min.	10 min. Warming up (run/jog) Run/Sprint 5x2 min. Recovery 2.5 min. (walk or run). 5 min. rest 5 x 50 m. sprint (rec = walk back). 80% (session =approx. 40 min)	Rest or X-train	10 min. Warming up (run) 3x 20" plank 3x 20" side plank Left 3x 20" side plank Right 3x 15 Hamstring bridge 3x 12 Burpees Sprint 20 seconds between each exercise	X-train	Ball Kicks 5 min.
Evening →	Resistance band kicking practice				Resistance band Kicking practice	

Week 5

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Long easy run. 15 min w-up. 5 min fast run. 5 min run 5 min fast run. 15 min run (45 min)	Ball Kicks 5 min.	10 min. Warming up (run/jog) Run/Sprint 5x2 min. Recovery 2.5 min. (walk or run). 5 min. rest 6 x 50 m. sprint (rec = walk back). 90% (approx. 35 min)	Rest or X-train	10 min. Warming up (run) Agility Training 10 min. (Table 1) Ball Kicks. 10 min; Practice Long kicks	X-train	Ball Kicks 5 min.
Evening →	Resistance band kicking practice				Resistance band Kicking practice	

Week 6

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Long easy run.</p> <p>15 min w-up 3 x 5 min fast run with 5 min recovery run. 10 min run to complete (50 min)</p>	Ball Kicks 5 min.	<p>10 min. Warming up (run) Run/Sprint 8x1 min. Recovery 2 min. (walk or run). 5 min. rest 5 x 50 m. sprint (rec = walk back). 90% input (approx. 40 min)</p>	Rest or X-train	<p>10 min. Warming up (run) 3x 20 Push Ups 3x 20" side plank Left 3x 20" side plank Right 3x 15 single leg bridging (both legs) 3x 12 Burpees Sprint 20 seconds between each exercise</p>	X-train	Ball Kicks 5 min.
Evening →	Resistance band kicking practice				Resistance band Kicking practice	

Week 7

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Long easy run.</p> <p>10 min w-up 5 min fast 5 min recovery 10 min fast 5 min recovery 10 min fast 10 min recovery (55 min)</p>	Ball Kicks 5 min.	<p>10 min. Warming up (run) Run/Sprint 8x 1 min. Recovery 2 min Rest 5 min. Run/Sprint 10 x 8 sec. 90% input Recovery 20 sec. (8on/20off) (approx. 40 min)</p>	Rest or X-train	<p>10 min. Warming up (run) Agility Training 10 min. (Table 1) 3x 15 Burpees Ball Kicks. 10 min. Practice Long kicks</p>	X-train	Ball Kicks 5 min.
Evening →	Resistance band kicking practice				Resistance band Kicking practice	

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Week 8

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Long easy run. 10 min w-up 10 min fast 5 min recovery 10 min fast 5 min recovery 10 min fast 5 min recovery 10 min fast 5 min recovery 10 min fast 5 min fast 10 min recovery (70 min)	Ball Kicks 5 min.	10 min. Warming up (run) Run/Sprint 8x 1 min. Recovery 2 min Rest 5 min. Sprint 4 x 30 sec. Recovery 1 min. Rest 5 min Sprint 4x 15 sec Recovery 30 sec. (15on/30off) (approx. 50 min)	Rest or X-train	10 min. Warming up (run) 3x 40" plank 3x 20" side plank Left 3x 20" side plank Right 3x 15 single leg bridging (both legs) 3x 12 Burpees Sprint 20 seconds between each exercise	X-train	Ball Kicks 5 min.
Evening →	Resistance band kicking practice				Resistance band Kicking practice	