

THE TRAINING PROGRAMME

An S&C programme will detail all exercises in all sessions with either time, loads or intensities those exercises have to be performed.



Individual sessions are a component of the training week. Ideally the sport coach and S&C coach will plan the training week together to organise the S&C training to fit in with the football training at the right time to ensure the optimum adaptation, stress and recovery.

Training sessions can be classified according to their primary purpose:

REGENERATION - to recover and adapt

PREPARATION - to be ready to train

CONDITIONING - to build capacity and tolerance

REHABILITATION AND REDUCING THE RISK OF INJURY

The biggest value an S&C coach can have is when a player is injured. Not only to rehabilitate post injury but to re-develop the physical abilities and fitness levels to return to play.

If not done properly a player may enter a competitive match situation and get re-injured.



Performance Solutions
Display empathy • Give autonomy • Create competence

STRENGTH & CONDITIONING FOR FOOTBALL

by performancesolutions.info

Strength & Conditioning is sport specific fitness training. Everything other than the technical and tactical sports training could be classed as S&C.



The S&C coach would programme all physical training - fitness, agility, speed, and specific strength training exercises.

An S&C programme will develop specific physical qualities such as force or power and allow a player to cope with the stresses of playing football.

Including an S&C programme as part of your training week will reduce the risk of injury, develop physical characteristics to become a more efficient mover and allow you to be more able to perform the technical and tactical requirements of the game.

REGENERATION

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10 prone raises
10 lunge stretches with turn
10 cross body leg swings
10 knee to wall stretches
2 minute couch stretch

Complete post session
Complete as isolated session
Complete game day +1

3-4 x per week

PREPARATION

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20 hip bridges
20 straight leg flutters
10m inchworm
10m bear crawl
10 press ups into side plank
20m lateral steps in semi squat
20m step and stick
10m lateral step and stick
10m lateral hops
2 x 20m run with half turn
2 x 20m run with full turn

Complete pre session
Complete as isolated session
Complete game day -1

3-4 x per week

CONDITIONING

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5m - 10m - 20m sprints
10m hops for distance
10 x 5-10-5 drill (20s recovery)
2 x 10 squat jumps
10 x hands free turkish get up

Complete during session
Complete as isolated session
Complete game day -3

1-2 x per week