

SECTION B – Train For Fast & Noticeable Improvement

Module 7: Efficient Workout Routine To Increase Speed, Explosive Power, and Skills

To become better at football, we must train like a footballer.

This seems like an obvious statement, yet if you were to analyse the gym workouts of many players they would resemble that of a bodybuilder not a soccer player.

We will use specific exercises to improve our soccer specific athleticism.

If you want to dominate on the pitch, make the commitment to become a better athlete. Athleticism will allow you to impact the game on a different level.

Obviously we always want to improve technical skills (playing our sport is the most important) so we will obviously add some technical training to our gym session.

This explosive soccer specific workout – will ensure that we:

- Increase speed, quickness, and sharpness
- Improve soccer specific movements
- Boost technical skills (touch, dribbling, passing & shooting)
- Become stronger and build better core strength
- Build bigger and more powerful legs
- Develop strength and core stability
- Improve mobility and reduce chance of injury
- Also develop upper body physique and aesthetics
- Improve breathing efficiency and stamina
- Reduce muscles soreness and promote recovery

How are we going to be consistent?

1) Gym or At Home Alternative (no excuses)

You may not have access to a gym, own a membership, or have time to make it there on any specific day. For that reason, I have provided an “at home alternative” to this workout. Therefore, you have no excuses.

2) Concentration and Focus

No distractions during training (the worst of all: phones).

The only reason you to have your phone with you, is to listen to music or motivational podcasts while you train. Do not waste time or distract yourself by using your phone between sets.

During rest periods focus on calming your breathe and encouraging your body to recover faster (this is a skill in itself).

Also, analyse your last set:

how can you perform the next one with better quality?

3) More Done In Less Time

Many people will spend 2 hours in the gym and achieve minimal results. You are going to take the opposite approach. Your objective is to spend less time in the gym than everyone else and get better results.

You will achieve this by being organized and efficient and focused (no distractions). Bring intensity to your workouts and commit to performing each exercise with your best effort and quality.

What is the gym routine? (50 min)

Warm Up (10 mins)

- 1) Walk with 5 Breathe Holds
- 2) Mobility Stretches:
 - a) Assisted Full Squat (x 1 min)
 - b) Rotations (x 3 each direction)
 - c) Leg Swings (x 20 each side)
 - d) Dynamic Soccer Warm Up
 - e) Hamstring Hip Flexor Hold

Bands (5 mins)

- 1) Lateral Strides (x 20 seconds)
- 2) Forward Strides (x 20 seconds)
- 3) Hip Flexor Drives (x 20 seconds)

Repeat x 1 without resistance bands

Speed & Quickness (10 mins)

- 1a) Side Step (x 1 each direction)
- 1b) Figure 8 Step (x 1 each direction)
- 1c) Lateral Shuffle (x 1 each direction)

- 2a) Quick Step To Sprint (x 1 each direction)
- 2b) Side Shuffle To Sprint (x 1 each direction)
- 2c) Cross Step To Sprint (x 1 each direction)
- 2d) Rotation To Sprint (x 1 each direction)

Skills (10 mins)

- 1) Passing & Dribbling Drill (x 3 sets w/ 50 alternate juggles between each)
- 2) Shooting & Dribbling Drill (x 3 sets w/ 50 alternate juggles between each)

Core (5 mins)

- 1) Farmers Walk (x 50 yards each side)
- 2) Front Bridge (x 30 seconds)
- 3) Side Bridge (x 30 seconds each side)
- 4) Glute Bridge (x 30 seconds)

Explosive Legs (10 mins)

- 1) Squat (1 x 20 reps)
- 2) Quad Extension (1 x 20 reps)
- 3) Calf Raise (1 x 20 reps)
- 4) Hip Adductor (1 x 20 reps)
- 5) Hip Abductor (1 x 20 reps)
- 6) Glute Thrust (1 x 20 reps)
- 7) Hamstring Curl (1 x 20 reps)

Additional but recommended training:

Body Building (optional) - max 15 mins

- 1) Select 1 Exercise for specific body part
- 2) Start at light weight for 20 reps & Pyramid Up To 3 reps
- 3) Reverse Pyramid down to 25 reps (w/ 30 second isometric hold)

**30 seconds rest between sets*

Steam (optional) - 10 to 30 mins

Relax in steam (read book, listen to podcast, stretch, etc.)