

## SOCCKER (FOOTBALL)

### PHYSICAL PREPARATION PROGRAM

DEVELOPED BY: KINETIC-BANDS.eu

POWER, STABILIZATION, SPEED

**17+ Women** (If you are in the normal and regular training process)

### EXERCISES FOR DEVELOPING STRENGTH, SPEED AND BODY STABILITY

EXERCISE	WORK/REST
<b>KNEE AGAINST THE OPPOSITE ELBOW</b> (push up position)	30s / 30s
<b>KNEE ON THE OUTSIDE OF YOUR HAND</b> (push up position)	30s / 30s
<b>MOUNTAIN CLIMBERS</b> (push up position)	30s / 30s
<b>WIDE LEG SPREAD BY PULLING THE GLUTEUS UPWARDS</b> (laying position)	30s / 30s
<b>2x WIDE LEG SPREAD + 2x SCISSORS</b> (sitting position)	30s / 30s
<b>SIT UPS WITH STRAIGHT ARMS BETWEEN YOUR KNEES</b> (laying position)	30s / 30s
<b>PUSH UP WITH A BALL</b> (alternate left, right hand) + <b>OPPOSITE LEG RAISE</b>	30s / 30s
<b>HIP RAISES WITH ALTERNATE KNEE BEND</b> (body position should always be flat)	30s / 30s
<b>HIP RAISES WITH ALTERNATE STRAIGHT LEG MOVEMENT</b> (body position should always be flat)	30s / 30s
<b>WIDE JUMP FROM ONE LEG TO ANOTHER BY KEEPING DISTANCE</b> (push up position)	30s / 30s
<b>WIDE JUMP BACK AND FORTH</b> (push up position)	30s / 30s
<b>MOVE YOUR LEG UNDER YOUR BODY AND TURN AROUND</b> (push up position)	30s / 30s
<b>SIDE PLANK WITH LEG RAISE AND KNEE BEND</b>	30s / 30s
<b>SKATE</b> (stability)	30s / 60s

### EXERCISES FOR SPEED DEVELOPMENT

EXERCISE	REPETITION/WORK/REST
<b>WALL DRILL WITH BANDS</b>	3x 12s / 50 s
<b>UNRESISTED WALL DRILL</b> (without the bands)	2x 8s / 50 s
<b>HIGH KNEES + WIDE HIGH KNEES</b>	3x 12s + 12s / 60s
<b>ALTERNATE LEG MOVEMENT TO THE OUTSIDE</b>	3x 20s / 60s
<b>SKATE</b> (fast)	3x 20s / 60s

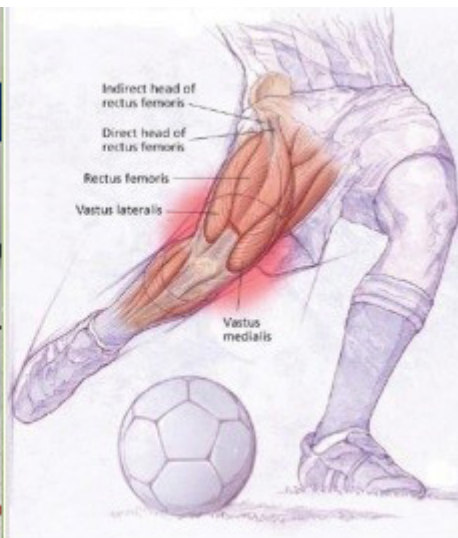
For greater effectiveness selected exercises should be performed with [KINETIC BANDS](#) for resistance.

For more information: [training@myosource.com](mailto:training@myosource.com)

## WHAT ARE KINETIC BANDS AND WHAT ARE THE BENEFITS OF THIS TRAINING TOOL?

- The Kinetic Bands are an indispensable training tool to help meet the physically demanding game of soccer; helping to improve speed, agility, endurance, and athletic performance.
- Wearing Kinetic Bands helps activate more muscle groups with every leg movement which can help raise your athletic performance to a higher level and lower the risk of injuries.
- Strengthens the muscles of the hip joint and adductor (the explosive, fast muscles), which are extremely important when developing your speed, jumping, and explosive power.
- When doing muscle strengthening exercises with resistance, you accelerate the muscle strengthening process.
- It is a training tool you can use during any phase of training, including dynamic warm-up, strength and conditioning, speed, and skill development because it allows full range of motion and further develops soccer-specific movements.

## HOW THE MUSCLES OPERATE WHEN TRAINING WITH KINETIC BANDS



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## STEP BY STEP EXERCISE GUIDE

**Knee against the opposite elbow** – Begin in a Push up position. Move your right knee to your left elbow, and afterward your left knee to your right elbow. Do that movement in high intensity for X (see the plan) seconds.

**Knee on the outside of your hand** – Begin in a Push up position. Lift your right knee to the outside so that it is parallel with the floor. When you do this, make sure you move your head so that you look at your knee. Do the same thing with your other knee and keep repeating this movement in high intensity for X (see the plan) seconds.

**Mountain climbers** - Begin in a Push up position and start raising your knees as high as you can, like you were running on the spot.

**Wide leg spread by pulling the gluteus upwards** – Lay down on the floor and grab someone by their ankles, so that your arms are straight. Start the exercise by lifting your legs two inches from the ground and spread them as much as you can. Lift them up to a 45 and 90-degree angle and spread them on both angles. And finally raise your glute high enough so you are on your upper part of the back and spread your legs. Return to the starting position by lowering your legs to 90 and 45 degrees and a few inches from the ground, remember to spread your legs every time.

**2x Wide leg spread + 2x Scissors** – Lean on your hands and lift your legs a couple of inches from the ground. Spread your legs as wide as you can two times, after that move your legs in a scissor motion (One leg up, the other one down). Continue doing these two motions alternatively for X (see the plan) seconds.

**Sit ups with straight arm movement between your knees** – Lay down and bend your knees for 45-degrees and keep them wide apart. Start doing sit ups by moving your arms between your knees. Do this for X (see the plan) seconds and keep in mind that your arms need to be straight.

**Push ups with a ball** – Do a push up with one ball in your hand. When you go down raise your opposite leg (If you have the ball in your right hand raise your left leg). Switch hands after each push up. Repeat this movement for X (see the plan) seconds.

**Hip raises with alternate knee bend** – Start in a laying position with your knees bent on 90 degrees. Raise your hips, and when you are at the highest point move one knee towards your head. When you do this try not to move your body; keep it stable. Alternately, switch your legs and do that for 45 seconds.

**Hip raises with alternate straight leg movement** - Start in a laying position with your knees bent on 90 degrees. Raise your hips, and when you are at the highest point straighten your leg and move it upwards vertically. When you do this try not to move your body; keep it stable. Alternately, switch your legs and do that for X (see the plan) seconds.

**Wide jump from one leg to another** – Begin the exercise in a push up position with your legs wide apart. Jump to the right side as far as you can, and land on your left foot on the ground and your right foot up in the air wide apart from the other one. Jump back to the starting position and jump to the other side as far as you can, and land on your right foot on the ground and your left foot up in the air wide apart from the other one. Repeat this motion for X (see the plan) seconds.

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**Wide jump back and forth** - Begin the exercise in a push up position with your legs wide apart. Jump forth so that your feet are in line with your hands. Jump back to the starting position. Keep repeating that for X (see the plan) seconds.

**Move your leg under your body and turn around** – Begin the exercise in a push up position. Bend your right knee and turn around. Straighten your leg and raise it. Bend the knee again and turn around again. When you are doing it with your right leg turn to the left. After you did it five times with one leg, do the same with the other leg five times.

**Side plank with leg raise and knee bend** – Begin the exercise in the side plank position and put one hand on your hips. Raise your upper leg as much as you can, hold it for one to two seconds and lower it again. When in the starting position, move your knee towards your head and get back in the starting position. Keep doing that for X (see the plan) seconds and then switch to the other side.

**Skate** - Jump from one leg to another as far and as high as you can. When you land, try to balance your body by standing still on one foot for a couple of seconds. Pay attention to your toes, they should be pointed straight forward.

**Wall drill** – Place the palms of both hands on a wall and walk your feet out backwards until your arms, torso, and legs are extended in a straight line, at a 45 degree angle, away from the wall. Start raising your knees alternately, just like you would do high knees. Keep doing that for X (see the plan) seconds and rest for X (see the plan) seconds afterwards. Repeat that X (see the plan) times.

**Unresisted wall drill** – You will do the same as the in the last exercise, except this time you will take off your Kinetic Bands off. Do this two times for X (see the plan) seconds and a rest between each for X (see the plan)seconds.

**High knees + Wide high knees** – Start doing high knees (Raise your knees as high and as fast as you can) for X (see the plan) seconds after start doing wide high knees (Raise your knees as high, wide and fast as you can) for X (see the plan) seconds. Repeat this three times. Keep in mind that your body needs to be straight when you do this and your arms need to work as fast as they can to help you improve your speed.

**Alternate leg movement to the outside** – Bend your knees and lower your center of gravity. With the tip of your toes on your right foot, reach as far as you can to the right side. Do the same thing with your left foot and repeat this for X (see the plan) seconds. After X (see the plan) seconds of work rest for X (see the plan) minute. Repeat this for X (see the plan) seconds.

**Skate** – Jump from one leg to another as fast as you can. Keep in mind that you need to jump as high and as wide as you can. Whenever you jump on your foot you should land in a 'skating position.'

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