



Eureka Strikers Close Season Program

In general, if you should not run the same fitness session two days in a row.

Make sure that before you begin your warm-up, stretching is essential to this.

Stretching also helps flexibility so you should be doing it regularly.

Try to keep records of your times for the fitness drills.

Week number	Fitness	Strength	Core
1 – week starting the 17 th September	REST	REST	REST
2 – 24 th September	REST	REST	REST
3 – 1 st October	Tempo: 2 sets of 4x100 and 1 set of 3x100 – rest btw reps 45sec, rest btw Set 2 mins Fartlek – 6 laps	2 x program below	1x Pilates 1x Core session below
4 – 8 th October	Tempo: 2 sets of 4x100 and 1 set of 3x100 – rest btw reps 45sec, rest btw Set 2 mins Fartlek – 6 laps	2 x program below	1x Pilates 1x Core session below
5 – 15 th October	Tempo: Set 1 – 4x100, set 2 = 5 x100, set 3 = 3x100 – rest btw reps 45 sec, rest btw set 2 mins Fartlek: 7 laps	2 x program below	1x Pilates 1x Core session below

6 – 22 nd October	Tempo: Set 1 – 4x100, set 2 = 5 x100, set 3 = 3x100 – rest btw reps 45 sec, rest btw set 2 mins Fartlek: 7 laps	2 x program below	1x Pilates 1x Core session below
7 – 29 th October	Tempo: Set 1 – 4x100 set 2 and 3 = 3x100 – rest btw reps 40 secs, rest btw set 2:30 Fartlek: 7 laps	2 x program below	1x Pilates 1x Core session below
8 – 5 th November	Tempo – Set 1 = 4 x 100 + 1 x 200 Set 2 = 5 x 100 Rest btw reps 40 sec, rest btw sets 2:30 Up/down-up Down Long: Set 1 and 2 = 3x100 +1 x 200 Set 3 = 3x 100 Rest btw reps 45 sec, rest btw sets 2 min	2 x program below	1x Pilates 1x Core session below
9 – 12 th November	Tempo – Set 1 = 4 x 100 + 1 x 200 Set 2 = 5 x 100 Rest btw reps 40 sec, rest btw sets 2:30 Up/down-up Down Long: Set 1 and 2 = 3x100 +1 x 200 Set 3 = 3x 100 Rest btw reps 45 sec, rest btw sets 2 min	2 x program below	1x Pilates 1x Core session below
10 – 19 th November	Tempo – Set 1 = 4 x 100 + 1 x 200 Set 2 = 5 x 100 Rest btw reps 40 sec, rest btw sets 2:30 Up/down-up Down Long: Set 1 and 2 = 3x100 +1 x 200 Set 3 = 3x 100	2 x program below	1x Pilates 1x Core session below

	Rest btw reps 45 sec, rest btw sets 2 min		
11 – 26 th November	Fartlek = 8 laps Up/down-up Down Long: Set 1 and 2 = 3x100 +1 x 200 Set 3 = 3x 100 Rest btw reps 45 sec, rest btw sets 2 min	2 x program below	1x Pilates 1x Core session below
12 – 3 rd December	Fartlek = 8 laps Up/down-up Down Long: Set 1 and 2 = 3x100 +1 x 200 Set 3 = 3x 100 Rest btw reps 45 sec, rest btw sets 2 min Tempo – Set 1 = 4 x 100 + 1 x 200 Set 2 = 5 x 100 Rest btw reps 40 sec, rest btw sets 2:30	2 x program below	1x Pilates 1x Core session below
13- 10 th December	Fartlek = 8 laps Up/down-up Down Long: Set 1 and 2 = 3x100 +1 x 200 Set 3 = 3x 100 Rest btw reps 45 sec, rest btw sets 2 min Tempo – Set 1 = 4 x 100 + 1 x 200 Set 2 = 5 x 100 Rest btw reps 40 sec, rest btw sets 2:30	2 x program below	1x Pilates 1x Core session below
14 – 17 th December	Up/down-up Down Long: Set 1 and 2 = 3x100 +1 x 200 Set 3 = 4x 100 Rest btw reps 45 sec, rest btw sets 2 min	2 x program below	1x Pilates 1x Core session below

	<p>Tempo – Set 1 = 3 x 100 + 1 x 200 Set 2 = 4 x 100 Set 3 = 3 x 100 Rest btw reps 40 sec, rest btw sets 2:30</p> <p>Up/down-up Down Long: Set 1 = 3x100 +1 x 200 Set 2 = 4x 100 Set 3 = 3 x 100 Rest btw reps 40 sec, rest btw sets 2:30 min</p>		
15 – 24 th December	<p>Up/down-up Down Long: Set 1 and 2 = 3x100 +1 x 200 Set 3 = 4x 100 Rest btw reps 45 sec, rest btw sets 2 min</p> <p>Tempo – Set 1 = 3 x 100 + 1 x 200 Set 2 = 4 x 100 Set 3 = 3 x 100 Rest btw reps 40 sec, rest btw sets 2:30</p> <p>Up/down-up Down Long: Set 1 = 3x100 +1 x 200 Set 2 = 4x 100 Set 3 = 3 x 100 Rest btw reps 40 sec, rest btw sets 2:30 min</p>	2 x program below	1x Pilates 1x Core session below
16 – 31 st December	<p>Fartlek = 9 laps</p> <p>Tempo – Set 1 = 3 x 100 + 1 x 200 Set 2 = 4 x 100 Set 3 = 3 x 100 Rest btw reps 40 sec, rest btw sets 2:30</p>	2 x program below	1x Pilates 1x Core session below

	<p>Up/down-up Down Long: Set 1 = 3x100 +1 x 200 Set 2 = 4x 100 Set 3 = 3 x 100 Rest btw reps 40 sec, rest btw sets 2:30 min</p>		
17 – 7 th Jan	<p>Fartlek = 9 laps Tempo – Set 1 = 3 x 100 + 1 x 200 Set 2 = 4 x 100 Set 3 = 3 x 100 Rest btw reps 40 sec, rest btw sets 2:30 Up/down-up Down Long: Set 1 = 3x100 +1 x 200 Set 2 = 4x 100 Set 3 = 3 x 100 Rest btw reps 40 sec, rest btw sets 2:30 min</p>	2 x program below	1x Pilates 1x Core session below
18 – 14 th Jan – Pre-Season due to commence		2 x program below	1x Pilates 1x Core session below

The Sessions

Note that core and strength can be done together

Strength Training – Core strength is an essential attribute in soccer, these can all be done at home.

- Push ups – 2 sets of as many as you can. 60 – 90secs between each set.

If you can't do full pres ups, do them on your knees, and once you're strong enough, start doing full press ups.

- Pull ups – 2 sets of as many as you can. 60 – 90secs between each set.

If you can, find something you can lie on your back underneath and pull yourself up to. A bar of some description is best, but if you've got a study table, you can usually use that.

- Tricep dips – 2 sets of 10 – 15reps. 60 – 90secs between each set.

Do these on the edge of a chair/couch/bed

- Wall squat – 4reps, hold the position for 90secs or as long as you can. Rest for 60secs between each rep.

Have your back flat up against a wall. Your knees should be bent at a 90 degree angle with your knee joint lining up over your toes. Rest your hands on your thighs.

- Lunges – 2 sets of 6 – 10 lunges on each leg. 60 – 90secs between each set.

Start with feet together; lunge out with one leg keeping your knee over your toe and knee joint at 90 degrees or less. Try not to bend your torso forward too much and keep your eyes looking straight ahead.

Core Training

- Bridge hold – 2 sets of 8 reps. 60 – 90secs between each set.

Do this exercise at the foot of the bed, or on a couch. Lie on your back, place your feet on the edge of the bed and lift your hips and butt off the floor so your body is in a straight line. Hold the position at the top of the movement for 3 – 4secs and lower.

- Ankle touch – 2 sets of 20 touches

Lie on your back with your knees bent – crunch position. With your arms at your sides, reach out to touch your ankle on your right foot, followed by your left so you're working your obliques. Make sure your feet are far away enough so you have to bend at your side and reach out to touch your ankle.

- Sky Diver – 2 sets of 8 reps

Lying flat out on stomach, lift up arms and legs simultaneously and lower back down onto floor.

- Crunches – 3 sets of 12 – 20reps

Just a crunch, not a sit up!

Hands across chest or behind neck, but make sure you don't pull on your neck.

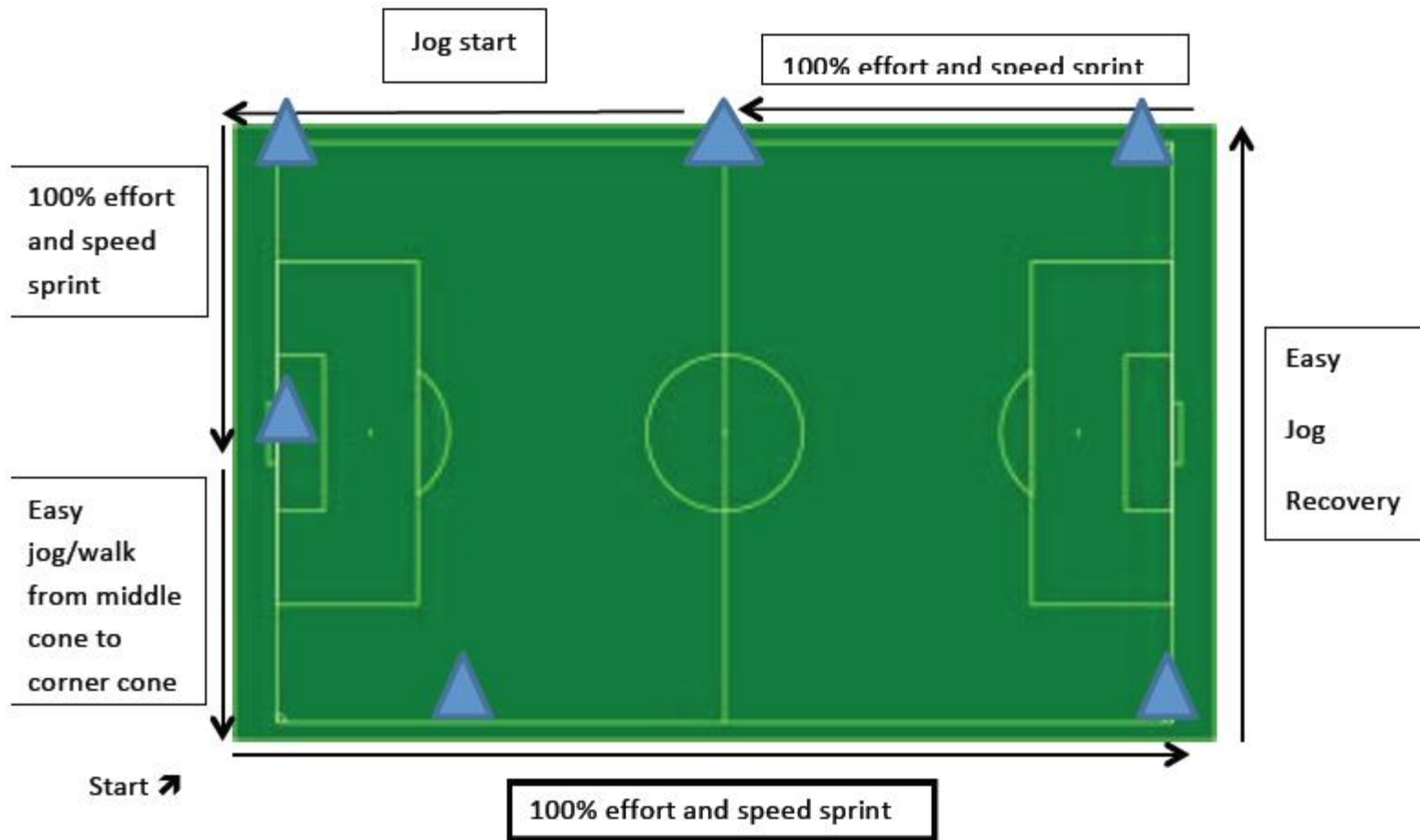
- Hip Raise – 2 sets of 10 – 15reps

Lie on your back with legs in the air and feet crossed over, hands behind head or by your side. Push your feet upwards/lift hip off the ground using your lower abs

- Plank and Side Plank – 4 x 10s hold of each (on each side) – so total of 12

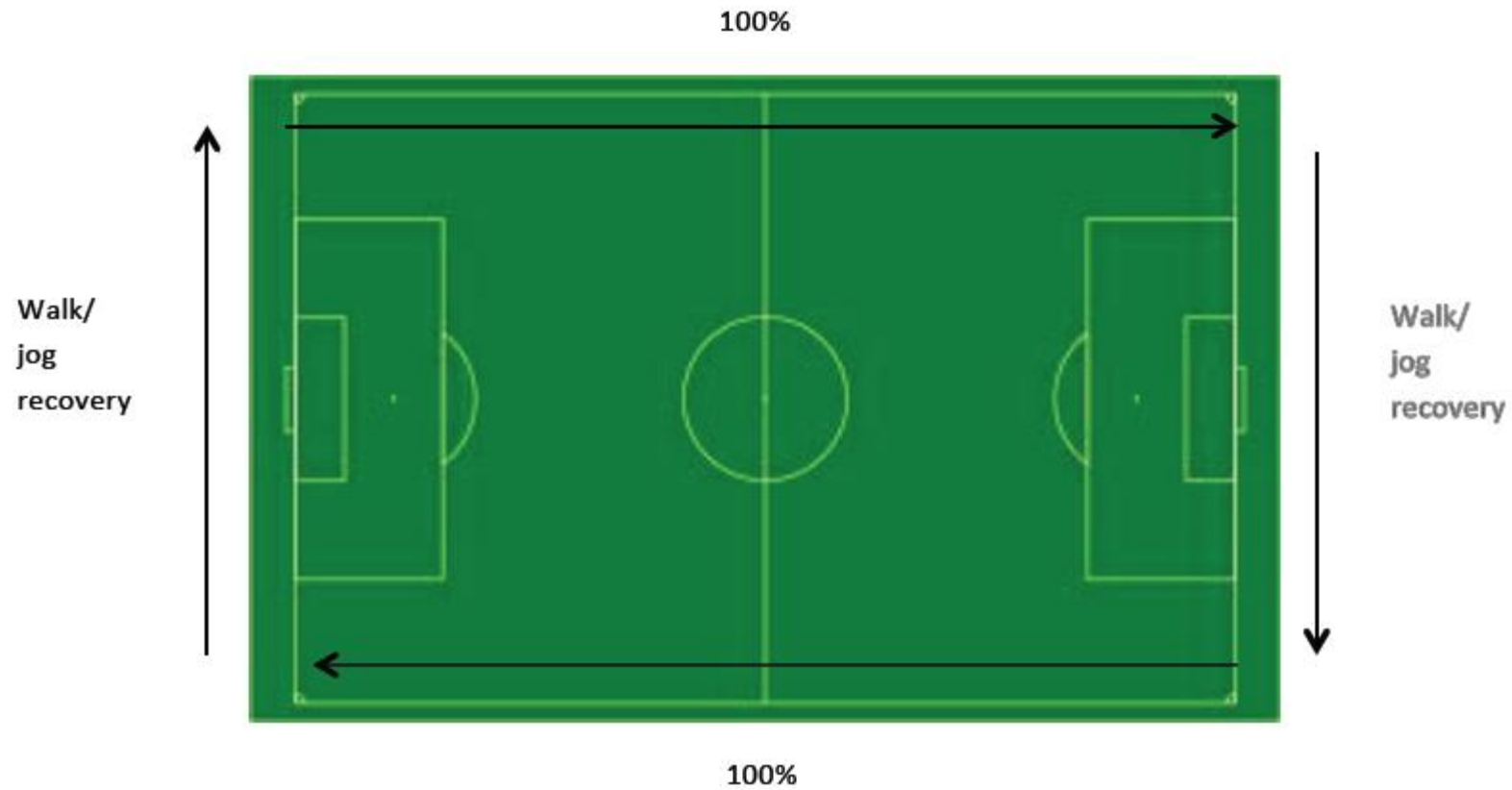
As you progress increase the length of you hold, aim to get to 1 min holds

Fartlek



This drill is done continuously until all required reps are complete. There is no rest in between laps because the rest is built into each lap. Each athlete will run at his/her own pace. Some athletes are faster and some are slower. If this is too easy for your team, increase the tempo on your easy jog sections, if this is too hard for you, then use a walk recovery from the goal centre cone to the corner after last 100% effort.

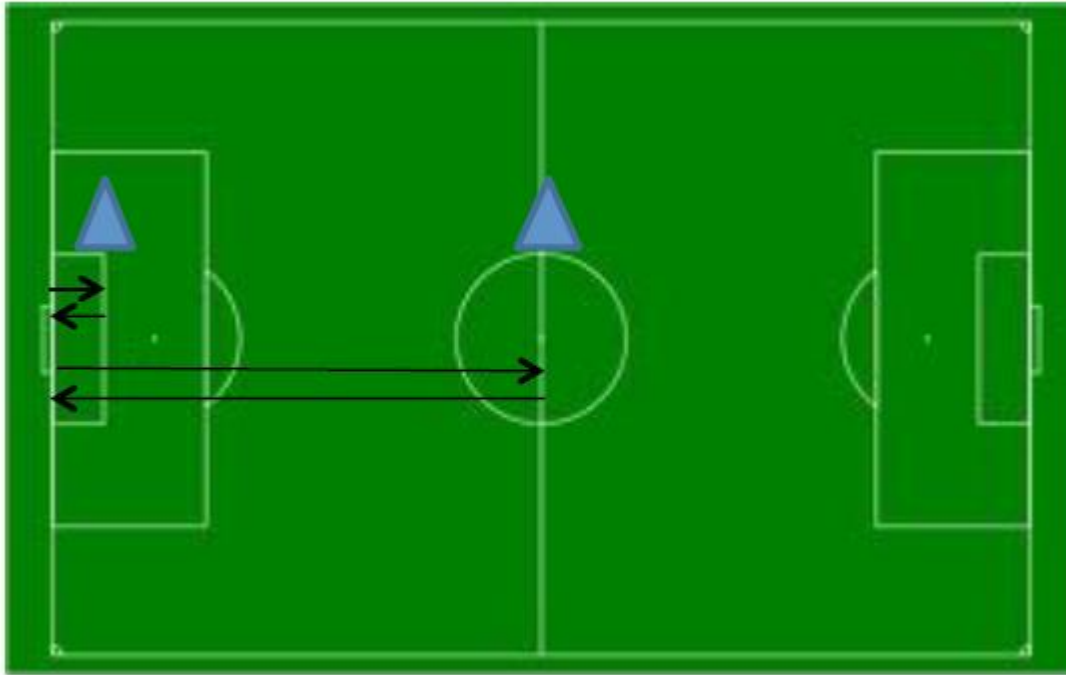
Tempo



How to perform the Tempo Drill

Run from end line to end line at the prescribed speed for each athlete.
Important Note: The athletes must sprint full speed for the entire length

Up and Down (100)Up and Down Long (200 rep)



100 Rep – Start sprinting at 100% speed and intensity from the end line. Sprint to the first cone, which is 6 yards from the end line. Cut and return to the end line, immediately when hitting the end line cut again and sprint to the midline cone. When you touch the midline immediately cut and sprint to the end line.

200 rep -

Start sprinting at 100% speed and intensity from the end line. Sprint to the first cone, which is 6 yards from the end line. Cut and return to the end line, immediately when hitting the end line cut again and sprint to the midline cone. When you touch the midline immediately cut and sprint to the end line. Upon hitting the end line immediately repeat the same sequence where you sprint to the 6 yard line then return to the end line then sprint to the mid line and finally to the end line again.