

OFF-SEASON GUIDE

CQ NOMADS ACADEMY



HEALTH · STRENGTH · PERFORMANCE

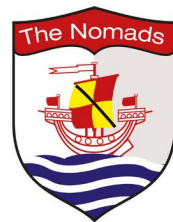


@NUMBERONEHSP -- WWW.NUMBERONEHSP.CO.UK -- INFO@NUMBERONEHSP.CO.UK

GENERAL GUIDELINES

REST & RECOVER!

The off-season is a great-time to rest, recover and get a break from football!



TRY SOMETHING NEW!

Evidence has proven multi-sport athletes are less likely to get injured! Elite athletes such as Harry Maguire, Rafa Nadal, Zlatan Ibrahimovic, Jos Buttler and Novak Djokovic all credit success and their ability in their specific sport to competing in a range of sports through their teenage years.

STRENGTH, SPEED & CONDITIONING!

A range of sports will help with skills such as hand/foot-eye co-ordination, balance, spacial awareness, movement patterns and observation. However, the gym is a great place to work specifically on any areas you might want to improve such as strength, speed, power, injury prevention and the ability to repeat high intensity efforts.

The link between The Nomads and Number One HSP allows you (as a Nomads player) and your friends/family to access a range of opportunities at a discounted rate at the Strength & Conditioning Facility. Below are a list of timetabled and coached sessions anyone is able to attend but the coaches are also available for Athlete Profiling (full athletic assessment including power outputs and height prediction) or individual sessions with coaches that work with the England national teams, Manchester United, Crewe and other academies/senior teams.

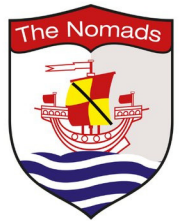
NUMBER ONE HSP COACHED SESSIONS

	16:30	17:30	18:30	19:30
MONDAY	Mini Ninjas	Rapid Fire	Strength & Speed	
TUESDAY		Barbells	Rapid Fire	Strength & Speed
WEDNESDAY		Rapid Fire	Strength & Speed	
THURSDAY		Rapid Fire	Strength & Speed	Barbells
FRIDAY	Athlete Drop*	Kettlebells	Rumble	
SATURDAY	09:30 Rapid Fire, 10:30 Strength & Speed			
SUNDAY	09:30 Strength & Speed, 10:30 Rapid Fire			

Please get in touch or check online for more info
*Must book. 06:30 sessions also available

EXAMPLE PLAN

Different plans work for different people, so it's important to find the one that suits you and your goals. However, here is an example 6 week plan:



	SESSION 1	SESSION 2	SESSION 3
WEEK 1	Badminton	Strength & Speed	Swimming
WEEK 2	Tennis	Rapid Fire	Rumble (Gym Class)
WEEK 3	Basketball	Strength & Speed	Tennis
WEEK 4	Swimming	Rapid Fire	Climbing
WEEK 5	Cycling	Strength & Speed	Mountain Walk
WEEK 6	Running	Rapid Fire	Strength & Speed

For example; Session 1, 2 and 3 could be Mon, Wed and Fri or if it works better for you it could be Mon, Thurs and Fri or any combination!

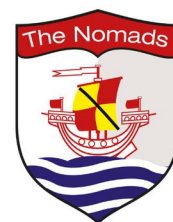
In the above example there is a good mix each week of strength and speed stimulus as well as a range of sports. However, if you really enjoy a single sport there is no reason you shouldn't stick to that e.g. cricket through the summer!

Rumble, Strength & Speed and Rapid Fire are all sessions based at Number One HSP (CH5 2TF) focusing on different physical capacities and abilities.



FOOTBALL SPECIFIC TRAINING

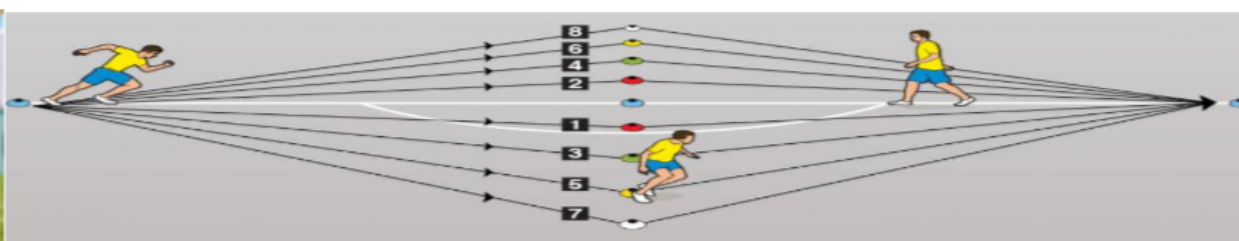
If you do decide to do any football-related training here are some rough guidelines. Please get in touch with the coaches at Number One HSP if you want any more help, coaching or ideas!



Change of Direction

No matter your position - **Changing direction** has a HUGE impact on football performance!

Recommendations: Try a drill like the picture below - single step change of direction. Complete all 1 of the 8 runs walk back to the start and do a different one until all 8 complete. Rest 4 mins+ and try again. Complete 2-4 sets.



Max Speed

Speed often determines games! Like change of direction max speed relies a few different components!

Recommendations: Essentially 2 things improve max speed - 1. Running Technique (you'll need a coach to look at this) and your ability to rapidly produce force. To improve the later you need to improve strength (check out Strength & Speed - SAS, sessions on accompanying sheet) as well as practising running fast!

Try 6-8 reps, Sprinting 30-40m on 4mins. So every 4 mins you complete 1 sprint so you are fresh for the next!

Aerobic Capacity (Endurance)

Use your 30:15 score to improve your aerobic capacity!

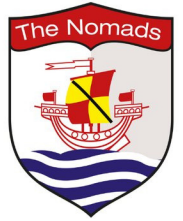
Measure your distance before you start, because in the time given you are expected to cover the distance that is in the table below:

Workout Structure	Finish Level on last 30:15 = Running Distance (Straight Line)		
Run 15s:Rest 15s Max Reps = 10 3 mins rest between sets 2-3 sets	15 = 63m	17.5 = 73m	20 = 83m
	15.5 = 65m	18 = 75m	20.5 = 85m
	16 = 67m	18.5 = 77m	21 = 88m
	16.5 = 69m	19 = 79m	21.5 = 90m
	17 = 71m	19.5 = 81m	22 = 92m

INJURY PREVENTION & ROBUSTNESS

These are great examples of stretches and injury rehab exercises to do during your time off.

A great rule would be - little and often. Set aside a small amount of time each day or 3 days a week rather than a long time on a single day.



Hold each stretch at a point where you can feel slight discomfort for around 30-60s. During this time the discomfort should ease so try to push a little more every 10-15s.

Hamstring Stretch 1:



Hamstring Stretch 2:



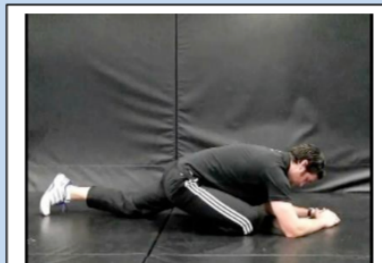
Hip Flexor Stretch:



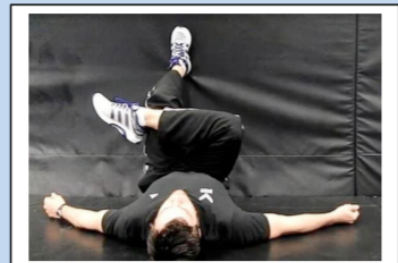
Quad Stretch:



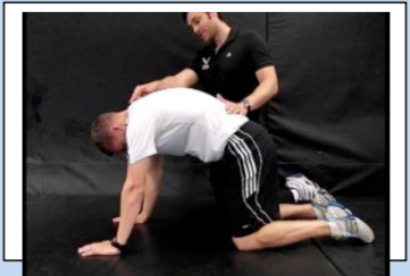
Glute Stretch:



Glute Stretch 2:



Thoracic Stretch:



Calf Stretch - Gastroc:



Calf Stretch 2 – Soleus:



Lumbar Rotation Stretch:



Pec Stretches 1-3 positions:



INJURY PREVENTION & ROBUSTNESS

<p>Exercise 1 Glute Wall Holds</p> <p>Cue 1: Posture - Reach head to ceiling stretching body upwards.</p> <p>Cue 2: Push wall away from you with knee (keeping hips facing forwards).</p> <p>Cue 3: Push out slightly with standing leg as if pushing carpet away from you.</p> <p>Sets: 2 Reps/ Time: Start with 20s build up to 1 min</p> 	<p>Exercise 2 Clams</p> <p>Cue 1: Start with Shoulders, Hips & Ankles in straight line.</p> <p>Cue 2: Lift top knee slowly keeping ankles fixed together.</p> <p>Cue 3: Keep hand on hip/ lower back to avoid any additional movement.</p> <p>Sets: 2 Reps/ Time: Start with 20s build up to 1 min</p> 
<p>Exercise 3 Squat to Box</p> <p>Cue 1: Sit back to a seat - hips before knees.</p> <p>Cue 2: "Show Your Badge" ensure mirror or partner can see what's on your shirt.</p> <p>Cue 3: "Separate the floor" push feet outwards gently.</p> <p>Sets: 2 Reps/ Time: Build from 10-25 reps</p> 	<p>Exercise 4 SL Balance with Hip Flexions</p> <p>Cue 1: Reach up to ceiling stretching body tall.</p> <p>Cue 2: Keep hips level, slowly lift knee to parallel to floor and return without touching.</p> <p>Cue 3: Feel strong.</p> <p>Sets: 2 Reps/ Time: Build from 10-30reps</p> 
<p>Exercise 5 Static Lunge</p> <p>Cue 1: Sit down through the middle of your feet.</p> <p>Cue 2: Stand tall and strong .</p> <p>Cue 3: Drive the floor away from you with front leg to return.</p> <p>Sets: 2 Reps/ Time: Build from 10 to 20 reps.</p> 	<p>Exercise 6 Double Leg Glute Bridge</p> <p>Cue 1: Squeeze glutes and lift hips from floor to level with shoulders and knees.</p> <p>Cue 2: Push down into floor with feet.</p> <p>Cue 3: Keep hips level and strong.</p> <p>Sets: 2 Reps/ Time: Build from 12-30 reps</p> 
<p>Exercise 7 Nordic Hamstrings</p> <p>Cue 1: Stay tall throughout movement.</p> <p>Cue 2: Keep distance between top of hips and bottom of ribs the same.</p> <p>Cue 3: Lower to maximal range, falling to floor when can no longer control.</p> <p>Sets: 2 Reps/ Time: 4-10 reps</p> 	<p>Exercise 8 Side Planks from Knees</p> <p>Cue 1: Push down into floor with elbow, lifting shoulders to ceiling.</p> <p>Cue 2: Keep head, shoulders, hips and knees in a straight line without rotating.</p> <p>Cue 3: Be as tall as possible.</p> <p>Sets: 2 Reps/ Time: 30s to 1 minute</p> 
<p>Exercise 9 Y-Balance</p> <p>Cue 1: Reach out in each direction as far as possible.</p> <p>Cue 2: Bend at knee and hip to get as low as possible for each rep.</p> <p>Cue 3: Try not to put your foot down, gently touch floor at maximal reach.</p> <p>Sets: 2 Reps/ Time: 3-6 reps (all 3 points is 1 rep)</p>  <div data-bbox="467 2047 499 2069">Pic 2</div> 	<p>Exercise 10 Front Plank from Knees</p> <p>Cue 1: Push through floor with elbows, lifting shoulders.</p> <p>Cue 2: Keep hips in line with shoulders and knees, don't allow to sag.</p> <p>Cue 3: Be as tall as possible.</p> <p>Sets: 2 Reps/ Time: 30s to 1 minute</p> 

FOOTBALL SPECIFIC TRAINING



NUMBER
ONE

Athlete Profiling

Direction is MORE important than speed!

Name	Sport	D.O.B.	Date Today	Next Test
Sample	All	1/3/05	3/9/18	29/10/18

General Notes

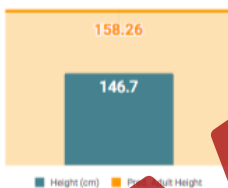
This profile has been designed to create a physical snapshot of your current strengths and areas for improvement. From the data collected the coaches can help to find the fastest way to reach your goals in sport, health and day-to-day life!

Base Measurements

These measurements give us an overview of your current stature and allow us to predict your adult height - if you haven't already reached it!

We also use 'Skulpt' to get an idea of current body fat % although not as accurate as using calipers this is a great guide!

Weight (kg)	38.0
Height (cm)	146.7
Body Fat %	
Sitting Height (cm)	121.4
Predicted % of Adult Height	92.70%
Predicted Adult Height (cm)	158.3



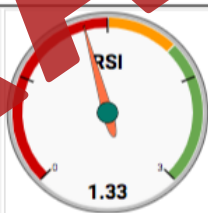
Jumps

The ability to rapidly produce force plays an important role in performance.

Squat Jump (SJ) - Indication of concentric strength
Counter movement Jump (CMJ) - Indication of muscular strength/power
10 Jump Test - Indication of ability to rapidly produce force

The Eccentric Utilisation Ratio (EUR) in basic terms is the difference between SJ & CMJ jump heights, as a %. Ideally, this should be approx. 30% in favour of CMJ.

Reactive Strength Index (RSI) indicates your ability to rapidly produce large amounts of muscular force!



Overhead Squat - General Mobility, Stability & Control

OH Squat gives us a good idea of general mobility & flexibility.
3 = Perfect form, 2 = Performed with compensation,
1 = Poorly performed, 0 = Unable due to pain.

Score	Foot/Ankle	Knee	LPHC	Shoulder	Head	Other
3		Valgus R	Lumbal Arch			

Dorsiflexion Ankle Mobility

Ankle mobility is a common limiting factor through a range of movements like squats and lunges. It is also a very common place for injuries so it's a good place to start when assessing your current movement patterns/ability.

Aim for 50-50% and scores over 40!



Nordics - Posterior Chain Strength

This gives us an idea of how strong your posterior chain is - Hamstrings, Glutes, and all the muscles of the back of your body!

Break Angle	135.3
Torque	230

Aerobic Capacity

MAS Run
Distance Covered: 1200
Time (s): 242
Metres Per Second: 4.96

In basic terms - Higher aerobic capacities are linked to better recovery within and between exercise as well as obviously being linked to improved performance in sports most sports!

Watt Bike
Saddle Height: 0
Air Resistance: 5
Max HR (bpm): 237
VO2 est. (ml/kg/min): 49.3

MAS Run - Use your Metres Per Second (m/s) score to make sprint or longer interval distances individual to you for max progression!

Wattbike - Off-feet conditioning and a good gauge of VO2 max.

What's a good score?	MAS Run (m/s)	Watt Bike
	Pro Football (Serie A): 4.91	David Beckham (Football): 67.6
	Rugby League: 4.36	Martin Johnson (Rugby Union): 60.6
	Hockey (International): 4.79	Chris Froome (Cycling): 84.5
	Mid. Dist. Runner (1.5-3km): 6.22	Seb Coe (Mid. Dist. Runner): 77
	Long Dist. Runner (10km+): 5.79	Andy Murray (Tennis): 59

Upper Body

Upper Body Push

A wide range of sports, activities and exercises require the ability to either produce large amounts of muscular force or repeated efforts over time. In addition these qualities are a good measure of shoulder health and upper body strength in general.

Press Ups --> Failure

21

Upper Body Pull

Upper body pulling has obvious advantages in sports such as swimming, climbing and canoeing but also plays a huge role in posture. Good posture is vital to save and use energy efficiently when running, cycling and in fighting sports!!

Isometric Pull Up --> Failure (s)

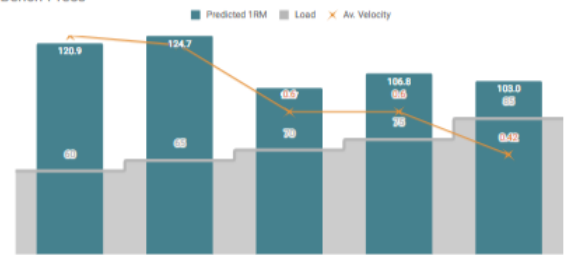
52

We can roughly work out your 1RM by taking the bar velocity from your best rep!

Any change in velocity at an absolute load equals a change in performance!

0.04m/s = 2-2.5% change and 0.07m/s = approx. 5%.

Bench Press



Bench Pull



Coach Summary

A well-rounded score here from These baseline scores will mean much more following the second test as we'll be able to see how his training affects his body. His overhead squat score is brilliant, and paired with the ankle mobility score, this tells us he should be able to gain strength through full ranges of motion in his lower-body exercises providing he performs them with correct form. His upper-body endurance scores were good as well. His RSI score may be of less concern due to the nature of canoeing (RSI is indicative of how well an athlete can react with their feet upon ground contact, more applicable to team sport athletes having to run, jump or change direction quickly). As sport is improvement in this score won't necessarily transfer to his performance. His VO2 max score represents his ability to utilise oxygen during exercise and gives us an indicator of his cardiorespiratory fitness, with a higher score possibly leading to improved endurance performance.