



Berlin FA - Health and Fitness

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Introduction

Congratulations on joining Berlin FA! We continue to make steps toward transcending our players and program into the best in the region. If we plan to be the best, we have to train like champions in the pre-seasons. We need to strive to maximize our individual potential on the training grounds so we can be ready to win together as a team! Enclosed is an outline of different workouts, running programs and general health tips! We wish for every member of this team to use this packet as a guideline to strive for physical excellence.

Moving forward our and your goal should be to become a student athlete at a college or university in the coming years. Time is more limited for others, but nonetheless you should aim to improve in some way; academically, physically or technically every single day. It is a lot of responsibility to take on in your teenage years but how you train and study on a daily basis will shape your identity and future careers by deciding where you will attend school.

Recommendations

Rules to Live By

1. Regardless of your team/school schedule, you should aim to meet the following goals every week:

- Conditioning - Twice a week.
- Lifting – Twice a week.
- Touching a ball – 4-5 times a week. Practice can be substituted for ball work.
- Technical Training – once a week

Here is an example of a weekly training schedule of an NCAA soccer player:

Day 1: Recovery Day - Stretch - Juggle
Day 2: Conditioning - Technical Work - Lift
Day 3: Practice with Club Team - Sprints - Lift
Day 4: Recovery Day - Stretch - Juggle
Day 5: Practice with Club Team - Lift
Day 6: Conditioning - Technical Work
Day 7: Game with Club Team

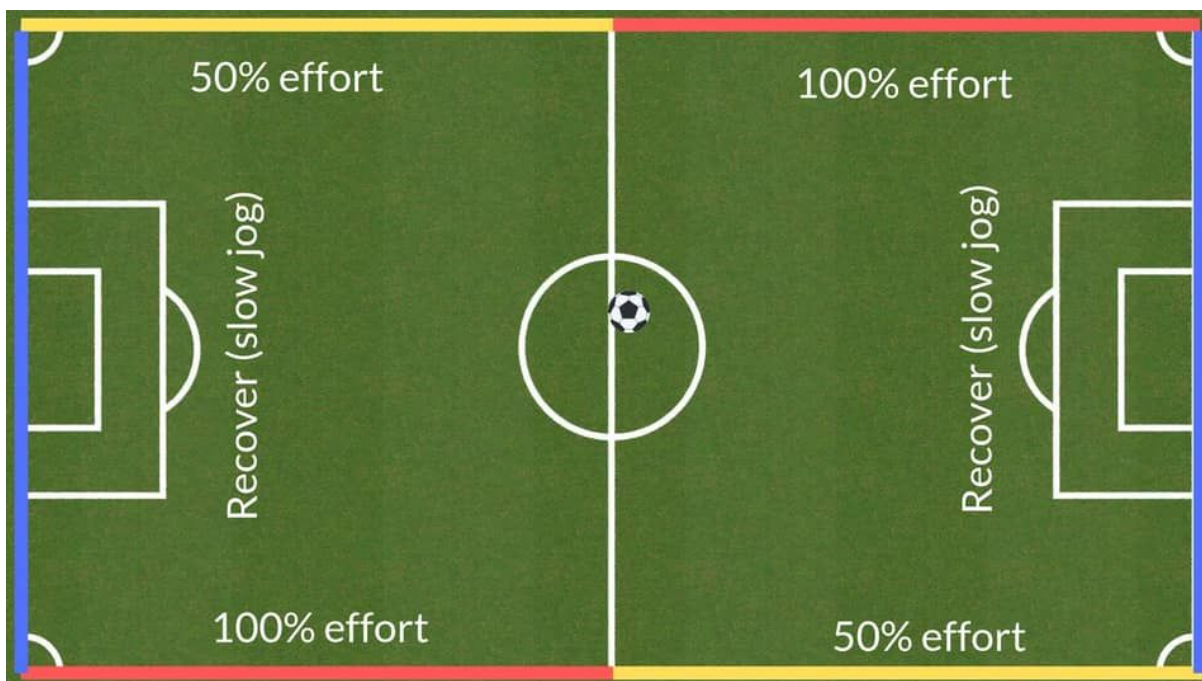
2. Always take two days off from hard training a week to Stretch and Recover. Try not to take two consecutive days off.

Conditioning

Recommended - Two Times a Week

Interval Training

Professional soccer players run on average 10km throughout a 90 minute game, but this is not done at a consistent jogging pace. Most runs are explosive and powerful rather than long and slow, for this reason, high-intensity interval training (HIIT) is the best way to improve cardio as well as replicate running done in a game. This is done by alternating the speed and effort put into a run throughout the workout. A good example to represent different intervals is shown below, where the red is a sprint, yellow is a jog and blue a light jog. We advise you to run in some form twice a week on your own for approximately 30-40 minutes. To maximize results run on intervals whether on a treadmill, running outside or doing some form of shuttle runs, it is best to alternate your effort to maximize results.



Lifting

Recommended - Two Times a Week

Strength Training

We advise you to get to the gym to workout two times a week. To begin it is crucial to warm up before working out, be sure to appropriately stretch the muscles you plan on working out in a session as well as begin with lighter weights to begin with and progress to your target weight. Secondly it is important to allow your muscles to recover, do not workout the same muscles multiple days in a row and choose to work on a muscle group that is not hurt or sore before beginning a workout.

American soccer is a sport of speed and strength, to keep up with power it is necessary to start putting on muscle. To increase strength it is best to lift heavy, optimally most exercises should be performed 6-8 times per set, and be performed in 3 sets to promote lean muscle growth. These 6-8 reps should be at maximum effort, if you perform 8 reps it should be difficult to do a 9th and impossible to do a 10th, if it is not, increase your weight.

Equipmentless Workouts

Below is a link to a pdf containing simple workouts that can be done at home without any equipment. It would be best to get into the gym but these are still better than nothing. These workouts are rated in difficulty and it is suggested to stick to the level 4 or 5 exercises as the others are too easy.

<https://darebee.com/pdf/paperbacks/100-hiit-workouts.pdf>



Weighted Workouts

This section will showcase some basic workouts for different muscle groups.

- Clicking on the exercise will link you to a guide on that exercise
- Each exercise should be performed in 3 different sets of the suggested rep
- Listen to your body and choose a rested muscle group to exercise, **DO NOT** exercise muscles that are already sore - it leads to injuries
- It is good to switch up the exercises you do, feel free to sub in some of the 'other exercises' if your workouts have become stale

Legs

Exercise	Reps
Warm Up	5 Minutes of Running/Stretching - 1 set
Barbell Squats	8 x 3
Dumbbell Lunges	8 x 3per leg
Calf Raises	12 x 3
Dumbbell Goblet Squat	8 x 3
Leg Extension	8 x 3
Hamstring Curl	8 x 3
Other Exercises	
Barbell Hip Thrust	8 x 3
Single Leg Press	8 x 3
Hack Squat	8 x 3
Lying Leg Curls	8 x 3



Chest and Triceps - Push day

Exercise	Reps
Bench Press - Barbell or Dumbbell	8 x 3
Incline Bench Press - Barbell or Dumbbell	8 x 3
Tricep Dips or Bench Dips	8 x 3
Seated Tricep Press	8 x 3
Push ups or Knee Push Ups	Until Failure x 3
Cable Crossovers	8 x 3
Other Exercises	
Skullcrushers - Triceps	8 x 3
One Arm Dumbbell Press - Chest	8 x 3 per arm
Dumbbell Flies - Chest	8 x 3
Tricep Pushdown	8 x 3

Shoulder Exercises

Can be done with Triceps in place of Chest exercises

Exercises	Rep
Push Press	8 x 3
Arnold Press	8 x 3
Deltoid Raises	12 x 3
Dumbbell Shoulder Press	8 x 3



Back and Biceps - Pull Day

Exercise	Reps
Deadlift	8 x 3
Bent-Over Rows	8 x 3
Lat Pulldown	8 x 3
Cable Rows	8 x 3
Hammer Curls	10 x 3 per arm
Cable Curl	8 x 3
Other Exercises	
Suspended Row - Back	Until Failure x 3
Preacher Curl - Biceps	8 x 3
T-Bar Row - Back	8 x 3
Pulls Ups / Can be Machine Assisted	Until Failure x 3

Abs

Exercise	Reps
Decline Crunch	Until Failure x 3
Plate Twist	40 x 3
Leg Raises	25 x 3
Cable Crunch	12 x 3
Exercise Ball Pull- In	20 x 3
Hip Raise	25 x 3
Other Exercises	
Ab-Roller *Difficult Exercise	10 x 3
Bottoms up	15 x 3
Elbow to Knee	20 x 3

Full Body Workout Example

Deadlift - Full Body	8 x 3
Barbell Shoulder Press - Shoulder	8 x 3
T-Bar Row - Back	8 x 3
Tricep Dips or Bench Dips	10 x 3
Push Ups	Until Failure x 3
Leg Extension	8 x 3
Decline Crunch	Until Failure x 3
Plate Twist	40 x 3

Exercise Database Link

You may use the following resources to find more exercises by clicking on the muscle group you're looking to train: <https://www.bodybuilding.com/exercises/finder>

Stretching Database Link

The same Website has a database for stretching as well, if you click on the following link and choose the appropriate muscle group:

<https://www.bodybuilding.com/exercises/finder/?exercisetypeid=3>



Technical Work

This section will go over some simple drills that are doable on your own anywhere that aim to improve your touch. If you can get someone else or a group to play with - even better.

Simple Dribbling

Keep your pace high in the following simple drills to improve your dribbling. Set up two cones approximately 6 yards apart, use different touches to go around them in a figure 8 pattern to practice your touch:

- ❑ **Inside the foot:** use only the inside of your left and right foot, exploding out of each turn.
- ❑ **Outside the foot:** use only the outside of your left and right foot, exploding out of each turn.
- ❑ **360 turn:** Using any part of your foot, dribble in a figure 8 direction, but this time at each cone, dribble 360 around the cone and then explode to the next cone.
- ❑ **Sole of the foot:** use only the sole of your left and right foot, exploding out of each turn.
- ❑ **Sole Roll Inside:** Dribbling around two cones in a figure 8 direction, dribble with any part of your foot and when coming out of the turn, sole roll with the bottom of your foot across your body and speed dribble with the inside of the opposite foot.
- ❑ **Sole Roll Outside:** Dribbling around two cones in a figure 8 direction, dribble any part of your foot and when coming out of the turn, sole roll with the bottom of your foot across your body and speed dribble with the outside of the opposite foot.

Juggling

Juggling Challenges to work on your touch

1. Juggle 50 times with both feet keeping the ball below your waist
2. Juggle 3 low, 1 high with feet (10x)
3. Juggle 3 low, 1 high drop to a knee, get back to feet and control (10x)
4. Juggle 3 with right foot, 3 with left foot, 3 with head (10x)
5. Juggle 2 low touches with right foot, 1 high touch and repeat with left foot (10x)
6. 80 touches with both feet moving forward and backwards



Wall Work

Inside a gym or outside find a wall or another player, use the different variations of drills below to allow you to practice passing with every part of your foot and also different distances. Make sure you are challenging yourself to become a better player by passing a well weighted ball at game pace.

Passing

- ❑ **One touch 5 yards:** Stand 5 yards away from the wall and as quickly as possible pass against the wall one touch, alternating feet.
- ❑ **Inside the foot pass 10-20-30 yards:** Working end line to end line, start out passing a ball 10 yards with pace. Move back to 20 yard and 30 yards. The ball should stay on the ground at all times and everything should be done two touch sequence, alternating feet.
- ❑ **Driven balls 30 yards:** Working 40 yards away drive the ball with your laces to a target on the wall. If you can, put an “X” on the wall and try to hit the “X”.
- ❑ **Whipped balls 30 yards:** 30 yards away whip a ball with the inside of your foot to the opposite wall in the gym alternating feet. Really concentrate on the bend of the ball. If you can, put an “X” on the wall and try to hit the “X”.

Turns - Pass to Self off the Wall then Turn

- ❑ **Bounce or self-pass:** As the ball comes off the wall, create separation by touching the ball backwards which will allow you to square up to the defender.
- ❑ **Half-Turn:** As the ball comes off the wall; you receive the ball side-on with your one foot only slowing the pace of the ball down enough to turn out with your other foot. Never slow the ball down and dribble out with same foot and the ball should never stop moving.
- ❑ **Inside the foot turn:** As the ball comes off the wall; be side-on and with the inside of your foot turn with the ball towards your opposite shoulder. Tighter the turn the better.
- ❑ **Outside the foot turn:** As the ball comes off the wall; be side-on and with the outside of your foot turn towards the same shoulder. Tighter the turn the better.



Nutrition

They say fitness results are 70% diet and 30% exercise so it is worth mentioning some nutritional tips for an athlete. Everyone's needs can differ depending on current body weight, height, and other factors, for that reason It is imperative that you weigh yourself twice a week to monitor your needs. If you are losing weight you don't need to lose, add another full healthy meal to your daily intake as well as increase water intake throughout the day, particularly after workouts. If you are gaining weight increase the intensity/amount of workouts, and reevaluate your eating and drinking habits.

Nutritional Rules to Live by

1. Aim to eat 3-4 meals a day and 2 healthy snacks
2. Do not skip breakfast
3. Drink lots of water
4. Stay away from fried foods
5. Don't drink soda/alcohol
6. Have a small snack or glass of milk before bed

Eating Around a Workout

30-60 minutes before a workout: Eat fruits, protein, and a high carbohydrate sports drink.

During workout: drink 150 mL of water every 20 minutes

Right after a workout: Drink a protein shake

30-60 minutes after a workout: Eat a meal high in carbs and protein

2-3 hours after workout: Eat a healthy, well balanced meal



This plan will continue to be updated and added to throughout the year as we see fit. If you have any questions about this plan or anything fitness related feel free to send an email to:

Sam@berlinfa.com