



# FITNESS 4 FOOTBALL

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## SAMPLE STRENGTH & POWER DRILLS

The development of strength and power relies on resistance training and involves exercising at various loads, modes, speeds, angles and frequencies. The combination of these variables dictates the outcome of the resistance programme.

It is essential that players develop strength and core stability before progressing to power drills. Strength alone will enhance speed and jumping ability even before starting specific power training options. Consider all the training principles before starting a strength or power programme.

## THESE SAMPLE DRILLS ARE NOT AN EXERCISE PRESCRIPTION

These sample drills are not an exercise prescription but a list of drills that may be used to develop strength & power. We suggest that you progress slowly through the drills, adhering to the guidelines, and use light weights or just your body weight at first. Focus on technique and consult a weight lifting professional for guidance.

## BRACE THE ABDOMINALS DURING ALL DRILLS

For all the drills you are encouraged to brace your abdominals. To do this, imagine you need to stop yourself from 'peeing' and 'scoop' the lower part of your stomach, below the navel, 'up and in' to activate the 'trans abs.' This does not need to be a maximal effort - to isolate this muscle it is better to apply a 2-3 out of 10 effort. Also contract your remaining abdominal muscles to achieve a 'full brace' and breathe normally. This will help stabilise your pelvis during the drills.

**WARM-UP THOROUGHLY BEFORE PERFORMING STRENGTH & POWER DRILLS AND ENSURE THAT THE SURFACE YOU USE IS FLAT AND FREE FROM OBSTACLES.**

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The sets, repetitions and rest times are examples only, and are not appropriate for all users.

## 1. LEG PRESS - DOUBLE LEG

- Feet & knees hip width apart
- Control descent to 90 degree knee flexion
- Return to start position by extending knees
- Avoiding hyperextension knees
- Maintain flat feet throughout

Complete 3 sets of 8 repetitions.  
Rest 60 seconds between sets.



## 2. LUNGE - DUMBBELL

- Feet hip width apart
- Grip dumbbell in each hand
- Take a large step forward, descend until leading thigh is parallel to floor
- Return to start position by rapidly extending leading leg
- Maintain upright posture throughout

Complete 3 sets of 8 repetitions.  
Rest 60 seconds between sets.



## 3. PULL UP - PALMS DOWN

- Lie under a bar
- Grip wider than shoulder width, palms face downward
- Maintain straight body position, heels contact the floor
- From hanging position, pull chest toward bar

Complete 3 sets of 8 repetitions.  
Rest 60 seconds between sets.



## 4. PUSH UP - MEDICINE BALL

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- Hand(s) on medicine ball, toes on floor, body straight
- Lower chest towards floor, push up slowly
- Maintain posture throughout



Complete 3 sets of 8 repetitions.  
Rest 60 seconds between sets.

## 5. STEP UP JUMPS - DUMBBELL

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- Select knee high box or lower
- Stand in front of box, one foot on top of box
- Extend step up leg rapidly, jumping for height
- Land with the other foot on the box
- Repeat the action aiming to jump for maximum height



Complete 3 sets of 8 repetitions.  
Rest 60 seconds between sets.

## 6. SPLIT JUMP - DUMBBELL

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- Feet, hip width apart in long split stance
- Dumbbell in each hand
- Descend rapidly into split squat position
- Immediately jump for height
- Land with stance reversed, immediately jump again
- Maintain upright torso throughout



Complete 3 sets of 5 repetitions.  
Rest 60 seconds between sets.