



STRENGTH TRAINING REGIMEN

AT HOME GUIDE

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Strength & Conditioning Regimen

The purpose of the training schedule is to enhance, with the limited exercise equipment, the power, agility, strength, and cardiovascular endurance of the athletes of the Hoffman United Soccer Club.

This program has a dynamic warm-up, which is essential to perform prior to each exercise. It loosens up the tightened ligaments and tendons. Tendons and ligaments are at an extremely increased risk for injury when they are not warmed up. It also awakens the brain to prepare for physical activity. The nervous system plays an important role in physical activity since all motion must go through the brain first before a muscle is activated. Without a warm-up, the brain isn't able to send signals as fast during initial exercise, and therefore the athlete will not get the most out of their workout. Self-Myofascial Release (SMR), can be done using a foam roller. I have listed a variety of different stretches to begin with. To start, pick 2-3 warm up exercises so you can address any areas of concern.

The warm-up is followed by either a total body strength session or conditioning session, which will help the beginners properly learn the basics of fitness in their sport. You will notice a series of body weight and weighted movements. Weighted movements can consist of household items such as a dowel rod, backpack, milk jug or broom.

The sport specific exercise is followed by a core/agility/ or power session pending the day. This gets the feet ready to be quick, and the body ready to perform more daunting tasks. The hops are important because it gets the ankle, knee and hip joints ready for the impact of plyometric power training

Age Groups:

- 9-11 years old
- 11-12 years old
- 13-15 years old
- 15 years old & up

Session Organization:

- Activation & Mobility Sequence
- Callisthenic Training
- Conditioning

Equipment:

- Water Bottle
- Household items (milk jug, towel, broom, etc)

Mobility & Activation Drills

Tutorial & FAQ Videos:

Importance of Warming Up: <https://vimeo.com/224712194>

Foam Rolling: <https://vimeo.com/224710839>

Aerobic Recovery: <https://vimeo.com/224709412>

Active Recovery: <https://vimeo.com/224709288>

Upper Body Activation Sequence (alternative):

Complete two sets:

30 seconds of Thoracic Mobilization with Bench: <https://vimeo.com/124064393>

30 seconds of Cross-Body Lat Mobilization: <https://vimeo.com/121850312>

30 seconds of Bird Dog: <https://vimeo.com/121835945>

30 seconds of Scapular Wall Slide: <https://vimeo.com/122796178>

30 seconds of Side Lying Windmill: <https://vimeo.com/122798049>

30 seconds of Dead Bug: <https://vimeo.com/121850313>

Lower Body Activation Sequence (alternative):

Complete two sets:

30 seconds of Piriformis Mobility: <https://vimeo.com/122355867>

30 seconds of Prone Hip Internal Rotation: <https://vimeo.com/122357012>

30 seconds of Ankle Mobilization: <https://vimeo.com/122684199>

30 seconds of Squat to Stand: <https://vimeo.com/123731147>

30 seconds of Reverse Lunge with Posteral-Lateral Reach: <https://vimeo.com/122683810>

30 seconds of Walking Spiderman with Overhead Reach & Hip Lift: <https://vimeo.com/124408097>

Age Group: 9-11 year olds

Session I:

Warm Up:

1 x 30 seconds per exercise

- SMR Calves
- SMR Lateral Thigh
- SMR Latissimus Dorsi
- SMR Tensor Fascia Latae
- SMR Thoracic Spine
- SMR Pectoralis
- SMR Hip Flexor
- SMR Piriformis

Core/Balance/Plyometrics:

Single set with 30 seconds of rest between exercises

1A: Single Leg Floor Bridge – 1 x 10 each side

2A: Prone Floor Cobra – 1 x 10

3A: Single Leg Cobra to Hip Extension – 1 x 10 each side

4A: Side Plank – 1 x 20 seconds each side

Resistance:

Single set with 30 seconds of rest between exercises

1A: Air Squat - 3 x 12

2A: Reverse Snow Angel - 3 x 15

3A: Incline Push Up - 3 x 8

4A: Weighted Bent Over Row – 3 x 8 each side

Session II:

Warm Up:

1 x 30 seconds per exercise

- SMR Calves
- SMR Lateral Thigh
- SMR Latissimus Dorsi
- SMR Tensor Fascia Latae
- SMR Thoracic Spine
- SMR Pectoralis
- SMR Hip Flexor
- SMR Piriformis

Core/Balance/Plyometrics:

Single set with 30 seconds of rest between exercises

1A: Side Plank – 2 x 30 seconds each side

2A: Lateral Lunge – 2 x 10 each side

3A: Dowel Upright Row 2 x 20

Resistance:

Single set with 30 seconds of rest between exercises

1A: Goblet Squat – 1 x 10

1B: Squat Jumps – 1 x 10

1C: Pike Push Up – 1 x 10

1D: Weighted Wood Chop – 1 x 10 each side

1E: Incline Push Up – 1 x 12

1F: Mountain Climbers – 1 x 20

Cool Down:

1 x 30 seconds per exercise

- SMR Thoracic Spine
- SMR Latissimus Dorsi
- SMR Tensor Fascia Latae

Session III:

Warm-Up:

1 x 30 seconds per exercise

- SMR Calves
- SMR Lateral Thigh
- SMR Latissimus Dorsi
- SMR Tensor Fascia Latae
- SMR Thoracic Spine
- SMR Pectoralis
- SMR Hip Flexor
- SMR Piriformis

Core/Balance/Plyometrics:

Single set with 30 seconds of rest between exercises

1A: Plank – 1 x 30 sec

2A: Single Leg Romanian Dead Lift – 3 x 12 each side

3A: Hollow Hold – 1 x 30 seconds

4A: Wall Sit – 3 x 30 seconds

Resistance:

Single set with 30 seconds of rest between exercises

1A: Push Up – 1 x 12

1B: Split Stance Row – 1 x 10 each side

1C: Box Squat – 1 x 12

1D: Good Morning – 1 x 10

Cool-Down:

1 x 30 seconds per exercise

- SMR Calves
- SMR Tensor Fascia
- Standing Hip Flexor Stretch
- Pectoral Ball Stretch

Age Groups: 11-12 year old

Session I:

Warm Up:

1 x 30 seconds per exercise

- SMR Calves
- SMR Lateral Thigh
- SMR Latissimus Dorsi
- SMR Tensor Fascia Latae
- SMR Thoracic Spine
- SMR Pectoralis
- SMR Hip Flexor
- SMR Piriformis

Core/Balance/Plyometrics:

Single set with 30 seconds of rest between exercises

1A: Floor Bridge – 1 x 10

2A: Superman Y– 1 x 10

3A: Side Plank with Hip Abduction – 1 x 10

4A: Single Leg Romanian Dead Lift – 1 x 10 each side

Speed/Agility/Quickness:

1A: Squat Jump – 1 x 10

Resistance:

Giant set with 30 seconds of rest between exercises

1A: Prisoner Squat – 3 x 15

1B: Inverted Row: Supinated Grip with broom– 3 x 10

1C: Pike Push Up – 3 x 8

1D: Reverse Lunge – 3 x 8 each side

Session II:

Warm Up: 1 x 30 seconds per exercise

- SMR Calves
- SMR Lateral Thigh
- SMR Latissimus Dorsi
- SMR Tensor Fascia Latae
- SMR Thoracic Spine
- SMR Pectoralis
- SMR Hip Flexor
- SMR Piriformis

Core/Balance/Plyometrics:

Single set with 30 second of rest in-between exercises

1A: Water Bottle Straight Arm Sit Up – 1 x 10 each side

2A: Prone Cobra W – 1 x 10

3A: Lateral Lunge – 1 x 10 each side

4A: Vertical Jumps – 1 x 10

Resistance:

Single set with 30 seconds of rest in-between exercise

1A: Incline Push Up with Rotation – 2 x 12

2A: Dowel Bent Over Row – 1 x 10

3A: Water Bottle Reverse Fly – 1 x 10

4A: Water Bottle Reverse Fly – 1 x 10

5A: Lunge Walk – 1 x 10 each side

6A: Burpee – 1 x 10

Cool-Down:

- Static: Kneeling Hip Flexor (psoas) Stretch x 1 minute
- Static: Ball Latissimus Dorsi Stretch x 1 minute

Session III:

Warm-Up:

1 x 30 seconds per exercise

- SMR Calves
- SMR Lateral Thigh
- SMR Latissimus Dorsi
- SMR Tensor Fascia Latae
- SMR Thoracic Spine
- SMR Pectoralis
- SMR Hip Flexor
- SMR Piriformis

Core/Balance/Plyometrics:

Single set with 30 seconds of rest between exercises

1A: Single Leg Romanian Dead Lift– 1 x 10 each side

1B: Plank – 1 x 30 seconds

1C: Ice Skaters – 1 x 10 each side

Resistance:

Giant set with 30 seconds of rest between exercises

1A: Seated Weighted Shoulder Press – 1 x 12

1B: Weighted Single Arm Row – 1 x 12

1C: Weighted Dead Lift – 1 x 12

1D: Burpee – 1 x 10

Cool-Down:

Stretch as needed

- SMR Calves
- SMR Quadriceps
- Seated Calf Stretch
- Static Kneeling Hip Flexor Stretch
- Latissimus Dorsi Ball Stretch

Age Groups: 13-14 year olds

Session I:

Warm Up:

1 x 30 seconds per exercise

- SMR Calves
- SMR Lateral Thigh
- SMR Latissimus Dorsi
- SMR Tensor Fascia Latae
- SMR Thoracic Spine
- SMR Pectoralis
- SMR Hip Flexor
- SMR Piriformis
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Core/Balance/Plyometrics:

Giant set with 30 seconds of rest between exercises

1A: Floor Bridge – 1 x 10

1B: Plank with Arm Reach – 1 x 10

1C: Single Leg Forward Hop – 1 x 10 each side

Speed/Agility/Quickness:

1A: Lateral Lunge – 2 x 12

Resistance:

Giant set with 30 seconds of rest between exercises

1A: Forward Lunge – 3 x 12 each side

1B: Weighted Single Arm Row – 3 x 12 each side

1C: Weighted Lateral Raise - 3 x 15

1D: Plank Shoulder Taps – 3 x 8 each side

Session II:

Warm Up:

1 x 30 seconds per exercise

- SMR Calves
- SMR Lateral Thigh
- SMR Latissimus Dorsi
- SMR Tensor Fascia Latae
- SMR Thoracic Spine
- SMR Pectoralis
- SMR Hip Flexor
- SMR Piriformis

Core/Balance/Plyometrics:

Giant set with 30 seconds of rest between exercises

1A: Single Leg Floor Bridge – 2 x 15 each side

1B: Leg Levers – 2 x 20

2A: Jumping Jacks – 2 x 20

Resistance:

Single set with 30 seconds of rest between exercises

1A: Box Squat Curl to Shoulder Press – 3 x 6

1B: Static Lunge – 3 x 12 each side

1C: Squat Jump – 3 x 8

1D: Broom Upright Row – 3 x 10

2A: Weighted Bottle Bent Over Row – 3 x 12

2B: Broad Jump – 3 x 8

3A: Push Up – 3 x 8

3B: Modified Push Up – 3 x 8

4A: Mason Twist – 3 x 15

Cool Down:

1 x 30 seconds per exercise

- Static Standing TFL Stretch
- Static Supine Piriformis Stretch
- Static Latissimus Dorsi Ball Stretch
- Static Pectoral Ball Stretch
- SMR Tensor Fascia Latae
- SMR Thoracic Spine
- SMR Lateral Thigh
- SMR Calves

Session III:

Warm-Up:

- Side Plank – 1 x 30 seconds each side
- Good Morning – 3 x 12
- Burpee – 1 x 10

Resistance:

Single set with 30 seconds of rest between exercises

1A: Push Up with Knee Drive – 3 x 12

1B: Weighted Single Arm Row – 3 x 12 each side

1C: Goblet Squat – 3 x 12

1D: Lateral Lunge - 3 x 6 each side

Cool-Down:

1 x 30 seconds per exercise

- SMR Calves
- SMR Quadriceps
- Static Kneeling Hip Flexor Stretch
- Static Seated Calf Stretch

Age Groups: 15 & Up

Session I:

Warm-Up:

Single set with 30 seconds of rest between exercises

1A: Plank with Punch – 1 x 10

2A: Single Leg Balance – 3 x 30 seconds each side

3A: Speed Ladder: Ali Shuffle – 1 x 10

Resistance:

Single set with 30 seconds of rest between exercises

1A: Pike Push Up – 3 x 12

1B: Dowel Bent Over Row – 3 x 12

1C: Weighted Dead Lift – 3 x 12 each side

1D: Bicycles (core) – 3 x 12

Cool Down:

1 x 30 seconds per exercise

- SMR Calves
- SMR Lateral Thigh
- Static Kneeling Hip Flexor Stretch
- Static Latissimus Dorsi Stretch

Session II:

Warm-Up:

- Cat/Cow Drill – 1 x 10
- Reverse Lunge – 1 x 10 each side
- Single Leg Jump – 3 x 12

Resistance:

Single set with 30 seconds of rest between exercises

1A: Decline Push Up – 3 x 12

2A: Incline Stance Single Arm Row – 1 x 10 each side

3A: Goblet Squat – 3 x 12

4A: Single Arm Kettlebell Swing – 1 x 10

Cool-Down:

Stretch as needed

- SMR Calves
- SMR Lateral Thigh
- Static Supine Bicep Femoris Stretch
- Static Pectoral Ball Stretch

Session III:

Warm-Up:

- Cat/Cow – 1 x 10
- Step Up to Balance Transverse, Curl to Overhead Press – 1 x 10
- Jumping Jacks – 1 x 30 seconds

Resistance:

Single set with 30 seconds of rest between exercises

1A: Pike Push Up – 1 x 10

2A: Dowel Upright Row – 1 x 10

3A: Single Arm Romanian Dead Lift – 3 x 12 each side

4A: Single Arm Kettlebell Swing – 1 x 10 each side

Cool-Down:

1 x 30 seconds per exercise

- SMR Calves
- SMR Latissimus Dorsi
- SMR Tensor Fascia Latae
- Static Standing Hip Flexor Stretch
- Static Latissimus Dorsi Ball Stretch

Exercise Database:

- Push Up: <https://vimeo.com/122357903>
- Incline Push Up: <https://vimeo.com/121949309>
- Shoulder Press: <https://vimeo.com/122797099>
- Bent Over Row: <https://vimeo.com/121835944>
- Lateral Lunge: <https://vimeo.com/121836544>
- Squat to Box: <https://vimeo.com/121836999>
- Prisoner Squat: <https://vimeo.com/122356281>
- Goblet Squat: <https://vimeo.com/121853329>
- Dead Lift: <https://vimeo.com/121834063>
- Reverse Lunge: <https://vimeo.com/121836545>
- Step Up: <https://vimeo.com/121837001>
- Single Leg Glute Bridge: <https://vimeo.com/123358572>
- Plank: <https://vimeo.com/122355869>
- Side Plank: <https://vimeo.com/122797100>
- Reverse Crunch: <https://vimeo.com/122683376>
- Bodyweight Squat Thrust: <https://vimeo.com/121836549>
- Mountain Climber: <https://vimeo.com/122319723>
- Burpee: <https://vimeo.com/121837274>
- Prone T Raise: <https://vimeo.com/122357020>
- Prone Y Raise: <https://vimeo.com/122357898>
- Prone YTI: <https://vimeo.com/122357899>
- Supine Psoas March: <https://vimeo.com/123732073>