

Shouldn't we do strength training to be better soccer players???

Strength training for soccer early on is a great use of time **IF** a player *ALREADY* ranks above 90%+ of all other players in terms of skill and fitness.

Otherwise, larger gains will be seen in **SKILL ACQUISITION** through puberty.

The first exception to this rule is that all female athletes, (at least) should spend time each session on activation, co-contraction, force absorption, and strength work to help overcome the increased likelihood of knee injury (ACL specifically), due to the different angles created by wider hips, and the preponderance of quad dominant force production.

The second exception to this is if your child is obviously severely lacking in relative strength in the lower body due to lack of activity, etc. Then, strength training and raising general work capacity may be the only thing that catches that athlete up with more developed children.

This DOES NOT include late developers.

BOTTOM LINE...Lift weights? Sure, you can...But, ONLY if you have all other areas of your game locked down...

Skill...Fitness...Grades...Nutrition...Sleep...Play Time with Friends

Then, sure, but remember that your game's biggest bang for the buck until puberty for 95%+ of players?

Skill work! YOU cannot avoid if you want to be a top player, then fitness work.

Then, through consistently lifting weights a few times a week over an extended period, you can **DRASTICALLY** change your acceleration and strength on the ball. Consistency, Strength Training, (not lifting weights). Over Time. Like everything that is worth working for...

Simple, Not Easy

Hope this sparks some action on your part!!

Imagine seeing progress every week, not every season...

That action should start customizing your at-home (WORK) development...

We KNOW just Training once a Week or twice a month isn't going to cut it... no matter how many games you play