

Celtic Strength Training Exercises

You can do all these with or without 5-10 lb. dumbbells. Remember that the objective here is not to build mass. The objective is to make you lean and strong. This starts at the core and moves outward.

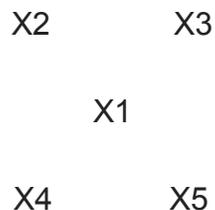
Core Exercises

1. **Forward lunges:** Stand with your arms at your sides, dumbbells in your hands, and step forward with your right leg. Lunge forward and bend your right knee, keeping your body upright, then push back with your heel to the starting position. Remember that your bent knee should not move past the planted toe. Your heel should hit the ground first.
 - a. **Backward lunges:** Same as above, but step backward.
 - b. **Side lunges:** Same as above, but step sideways with one leg, then bring the other one together.
2. **Low Plank:** Get in the pushup position, only put your forearms on the ground instead of your hands. Squeeze your glutes and tighten your abdominals. Keep a neutral neck and spine. Create a straight, strong line from head to toes. Hold that position.
 - a. **Side Plank:** Start on your side with your feet together and one forearm directly below your shoulder. Contract your core and raise your hips until your body is in a straight line from head to feet. Hold the position without letting your hips drop for the allotted time for each set, then repeat on the other side.
 - b. **Single Arm Plank:** Same as low plank, but reach one arm out at a time while holding plank position. Bring arm back into natural position, then shoot the other arm out.
 - c. **Single Leg Plank:** Same as single low plank, but alternate raising each leg while holding plank position.
3. **Leg Lifts:** Sit on floor with legs straight out in front of you. Put your hands face down underneath your tailbone. Lift legs to at least 45 degrees off ground (do not bend knees) and slowly lower them down without touching the ground.
4. **6 inch lifts:** Sit on floor with legs straight out in front of you. Put your hands faced down underneath your tailbone. Lift your legs (do not bend knees) 6-8 inches above the ground and hold it there.
 - a. **6 inch lifts bicycle:** Hold the same posture, but move your legs in pedaling motion like riding a bike. Keep your core tight and hips as close to floor as possible. You must keep legs 6-12 inches above ground.
 - b. **6 inch lifts flutters:** Hold the same posture, but alternate moving your legs up and down no more 6-12 inches off the ground.

- c. **6 inch scissors:** Hold the same posture, move your right leg over your left and alternate. Legs must not hit the floor and movement must be done in a controlled manner.
5. **Push-ups:** Place your hands wider than shoulder-width apart with your feet back behind you and your legs fully extended. With your body in a plank position, lower your body down until your chest touches the ground. As soon as your chest touches the ground, push your body away from the floor and return to the starting position.
 - a. **Sniper Push-ups:** Do a regular push up, but as you go down bring one leg in to almost touch an elbow.
 - b. **Push Up Burpees:** Do your regular burpee, but add in a push up.
6. **Squats:** It's important that you start with your hips back, and not by bending your knees. Keep your back straight, with your neutral spine, and your chest and shoulders up. Keep looking straight ahead at a spot on a wall. As you squat down, focus on keeping your knees in line with your feet. You should do these with a 10 lb. dumbbell max to begin.
 - a. **Squat Jack:** see [YouTube link](#).
 - b. **Pistol Squat:** see [YouTube link](#).
 - c. **Wall sits:** Sit against a wall with your knees at 90 degrees and your back straight against it (do not slouch)-keep hands out straight in front of you.
7. **Pull-ups:** Grab The Bar. Grip it about shoulder-width apart. Hang. Raise your feet off the floor by bending your knees. Pull yourself up by pulling your elbows down to the floor. Pass The bar. Repeat. If you trouble doing pull-ups, find a chair or stool to put under your feet.
 - a. **Chin-ups:** Similar exercise: get chin up over the bar.
8. **Mountain climbers:** Your body should form a straight line from your shoulders to your ankles. Squeeze your abs, lift one foot off the floor, and bring your knee up toward your chest while keeping your body in as straight a line as possible. Return to the starting position, and repeat the movement with your opposite leg.
 - a. **Mountain Climber Opposites:** Same as above, but instead of bring your knees to chest, you bring your left knee towards your right elbow then alternate right knee to left elbow and repeat.
 - b. **Mountain Climber Arms & Legs:** Same as above, but bring your left knee in and left arm in to meet-balance on right foot and right hand, then alternate.
9. **Crunches or Gut Ups:** It may be easier to rest your feet on a chair, or keep them on the floor and just bend your knees. Cross your hands in front of your chest and crunch up towards your knees or legs. See [video link](#).
 - a. **V-ups:** see [video link](#)
 - b. **Reverse Crunches:** see [video link](#)

Plyometric Exercises: Beyond building strength, it is important to build our power, acceleration, and agility in our lower body. Combined with a strong core- you will less likely have an injury and be prepared to compete at the highest level physically.

1. **Knees to chest:** Jump as high you can and bring your knees into chest. Explode up into air using your arms. Try to land lightly on feet and when you hit ground go right back up again.
2. **Plyo-lunges:** Similar to standing lunges, but with power and speed. [See video.](#)
3. **Frog jumps:** [See video.](#)
4. **Squat jumps:** [See video.](#)
5. **Lateral jumps over ball:** Set ball on floor. Jump back and forth with feet together over the ball.
 - a. **One legged jumps over ball:** Same as below, just jump on one leg.
6. **Dot Drill:** Set up cones as seen below about a yard apart in all directions. Start at X1 to X2 to X1 to X3 to X1 to X5 to X1 to X4 to X1. Players should do this as fast as they can on keeping both feet together. Can also do this on one leg.



Stretching Exercises

This last bit, though you may find trivial is very important. It will prevent injuries and offer quicker recovery time from game to game. Each strength training should conclude with this 5 exercises. Also, they are yoga poses and extremely helpful that you breathe and take them seriously.

1. Downward facing dog pose
2. Warrior 1 pose
3. Half fronts split pose
4. Pigeon pose
5. Wide-angled seated forward bend pose

<https://www.doyouyoga.com/5-yoga-poses-for-soccer-players-77387/>

Workouts (45 minutes maximum)

Soccer strength workouts serve two purposes. They can obviously build strength and power, but can also build your anaerobic capacity at the same time. Since soccer fitness is different than most, your workouts should also match the type of fitness. For your workouts, then you should exert maximum output for short periods of time with short periods of rest. While you shouldn't do this everyday, it is a good idea to go with this type of workout every other day.

Workout 1 Example (Increase time 15 seconds every 10 workouts until you reach 2 minutes, also increase 15 seconds)

Combine 3 exercises doing each for 1 minute with a 60 second rest after 3 exercises. You will do 3 sets of each combination. For example:

- Push-ups, leg lifts, and mountain climbers (3 sets each for 1 minute. Rest for 1 minutes between the three exercises).
- Pull-ups, crunches, and Frog jumps (3 sets each for 1 minute. Rest for 1 minutes between the three exercises).
- Planks, lunges, and lateral jumps (3 sets each for 1 minute. Rest for 1 minutes between the three exercises).
- Finish with all stretching exercises

Workout 2 Example

Pick 10 exercises alternating between upper core, lower core, full core, and plyometric activity. Start the activities at 45 seconds, active rest for 45 seconds (footwork or juggling). Example:

Strength Exercise	Active Rest
Push-ups	Juggle
Crunches	Footwork
Squats	Juggle
Knees to Chest	Footwork
Sniper push-ups	Juggle
Leg lifts	Footwork
Reverse lunges	Juggle
Squat jumps	Footwork

Planks	Juggle
6 inch leg lifts	Footwork

Finish with your stretching exercises.

This should get you started. There is plenty more to explore and different combinations you can do. You should do between 100 and 200 push-ups per day and 250-500 sit-ups per day regardless of workout day or not. You will feel better and look better. **Do them in sets that you are comfortable with, not all at one time.**