



# ATLETIC

*DNA IN DEPTH*







*Why do you value strength and how important has it been to your athletic development?*

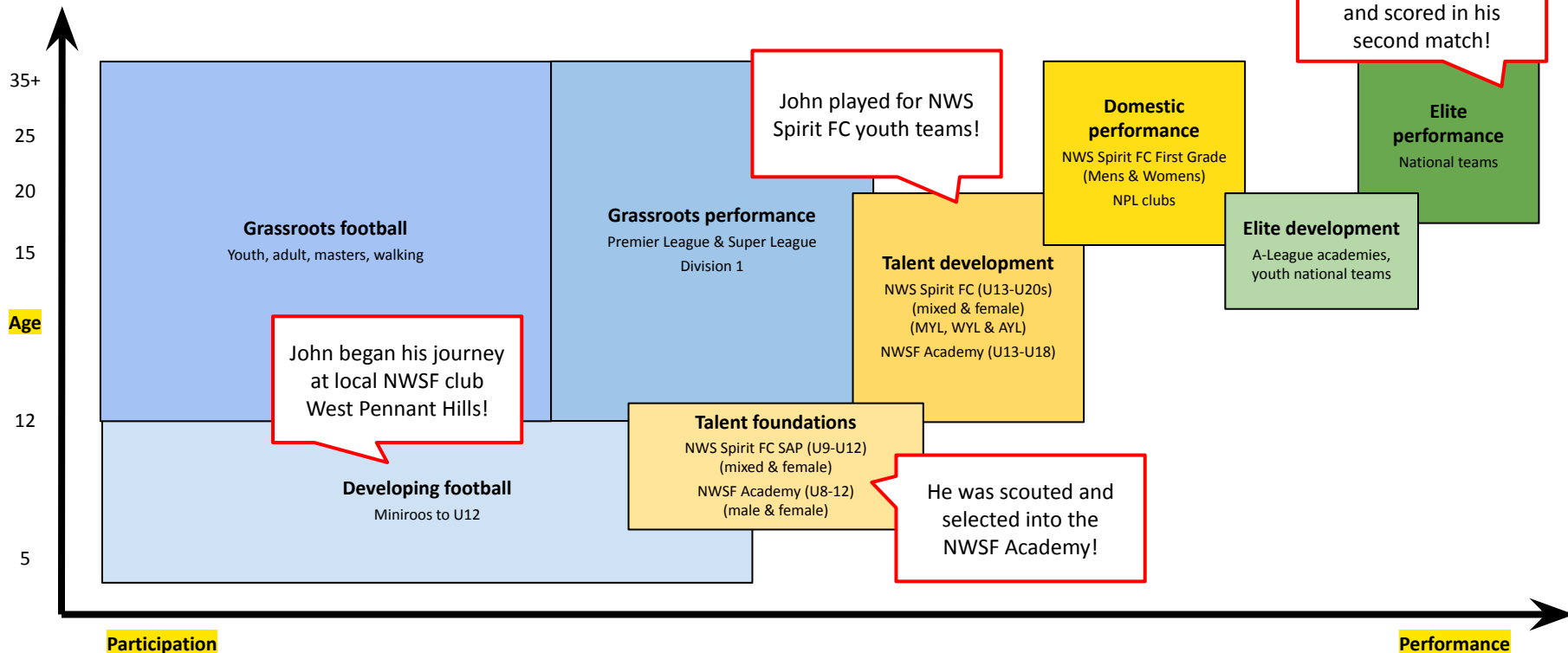


# John Medale





# Pathway



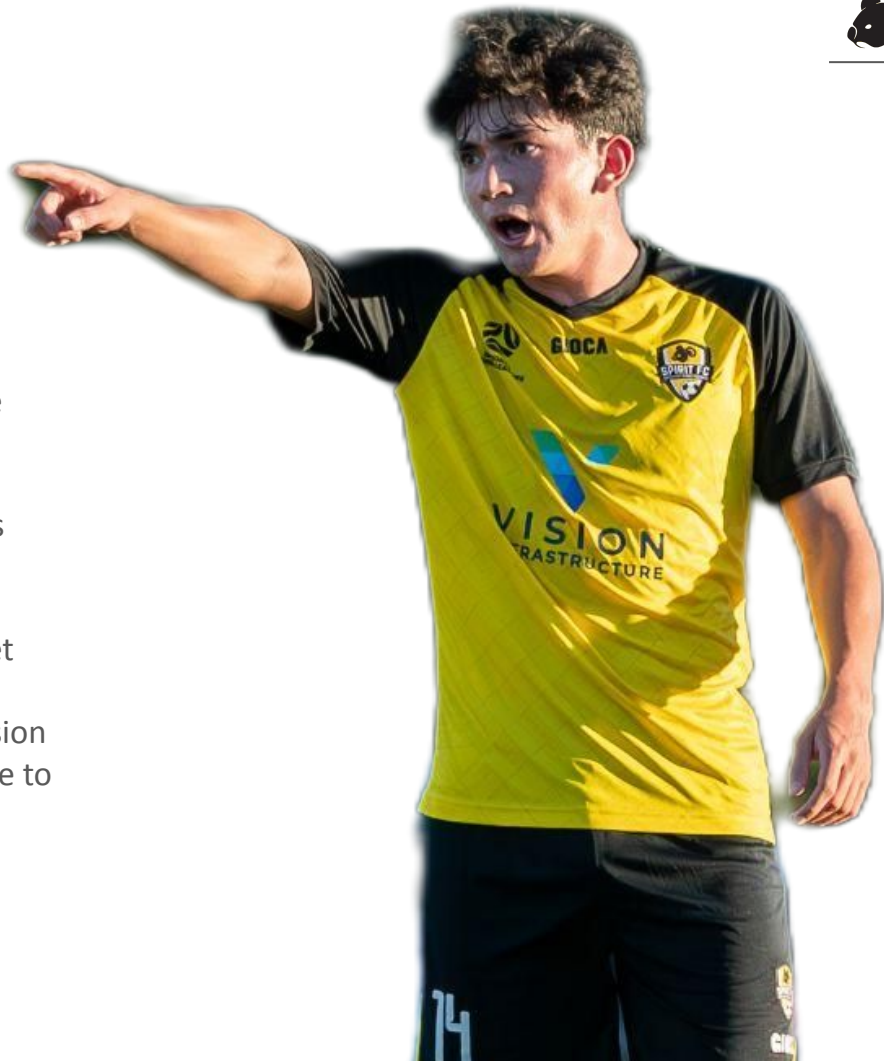


**Why strength?**




# Why strength?

- Essential for individual performance development in the different components of soccer performance.
- Improving players' ability to generate power, acceleration, speed, agility and withstand contact.
- Incorporating strength for players at younger ages, begin the long term athletic development
- Prevents players from sustaining injuries
- Increases strength of muscles, ligaments, tendons and bones
  
- Program with purpose
  - Exercise programs serve purpose, they're designed to target the components
  - Exercises chosen aid the improvement, along with progression in weight, reps, sets or variation of the exercise. This is done to achieve development to be better than your opponents.







*“You don’t rise to the occasion, you sink to the level of your training”*





**Activity: What are some in game examples of when strength is shown?**



# Some examples...

- Shadowing the ball away from opposing players
- 1 v 1 to win the ball
- Out jump opposing players to win a header
- Withstand contact from defending player when on the ball
- Successfully tackle players
- Improve balance and maintain control during dynamic actions
- Strike the ball with more power when shooting or long range passing
- Withstand external forces due to strong ligaments, tendons and joints, preventing injury
- Increase endurance, allowing players to maintain a high performance for longer durations



# Spirit class examples







# **Loading & periodisation**



# Preseason

- Build upon the players capacity from previous season, and improve their capacity
- Increasing strength, power, speed, aerobic capacity, anaerobic capacity
- Slowly build up volume prescribed, and increasing intensity/ load
- The preparation done is to be in the best physical condition and meet the physical demands for the long season







# In-season

- Maintain players physical capacity gained from pre-season
- If we stop strength training, players will regress, which will impact their performance and ability to withstand the physical demands of the season
- Load, volume and intensity is managed to maintain gains, but not overwork players whereby injuries can slowly occur due to over training





# Post-season

- Important for rest and recovery from a full season
- Leading into pre-season it is important to prepare players for the high intense season, so training but lightly
- Focus on weak points in players performance (X-Factor)





# X-factor

## Strength Development

*For players to further enhance their strength training in addition to the team-based strength sessions. This training will provide individual coaching of resistance training exercises, to develop confidence in strength and gym settings, as well as the creation of individualized strength training programs. Note this does not replace team-based strength but complements it.*

- Term 2 sessions starting soon; commences from Monday 29th April and finishes Friday 5th July (10 weeks)
- The cost is \$280; **\$28 per session!**





# **Insight to strength sessions**





# Programming



**W14: In Season - April**

	Sequence	Exercise	Set	Rep	Weight	Tempo	RPE
			3	8	KB	2,0,X,1	6-7
Lower	A1	KB RDL	3	10	RB		6-7
Upper	A2	Partnered Resistance Band Row	3	6	WP		6-7
Core	A3	Leg Lowers	3	10	KB	1, x, 1, 1	6-7
Upper	B1	KB Push Press	3	10	KB/ MB	1, 1, 1, 1	6-7
Lower	B2	Static lunges	3	6 (es)	RB		6-7
Core	B3	Kneeling pallof press	2	5 (es)	RB		6-7
Injury prevention (knee)	R1	Monster Walk (Foot outwards)	2	Walkout to comfortable length	BW		6-7
Injury prevention (hmst)	R2	Hip Bridge Walkout	2	15 each side	BW		6-7
Injury prevention/core (ankle)	R3	Single Leg Pogo					

**Goal For Program**

- Maintenance of full body strength, repping the weight, with full range of motion, utilising proper technique and form
- Player's understand the purpose of strength and find enjoyment
- Player progression is maintained with new or progressed exercises
- The prescription of exercises helps prevent players sustaining injuries, to reduce unavailability of players

**Warm up W14/15**

Fifa11+ (a range of dynamic exercises to prepare players for game demands)  
 Plyo - Dynamic Lateral Bounds to sprint or Broad Jump to sprint  
 Sprint + COD - Forward - Backward - Forward (5-5-10)

# Questions?







# Key takeaways

- Strength training in...
  - Pre-season, prepares players for competition
  - In-season, maintains gains
  - Off-season, provides time to work on weak points and make them strengths
- Incorporating strength training into a football player's routine is crucial for enhancing performance, and helping to prevent onset of injuries
- Programming with a purpose, to enhance football specific components, is a successful model for effective strength development
- Our first grade players and professionals value strength; these are great role models to encourage our players

# Thank you!

