



Home of Football

Exercises for Adult Footballers





General Advice

This resource should be used as a guide only, and you should only ever complete the exercises you feel comfortable completing. You know your own body, so make sure you are exercising in a way that is safe and sensible.

Key Terms:

- Repetitions (reps): Doing the same movement/exercise multiple times. I.e. 10 reps means to complete the exercise 10 times continuously.
- Sets: One group of repetitions is referred to as a 'set'. You may wish to complete multiple sets of an exercise, i.e. 2 sets of 10 reps would mean doing an exercise 10 times, resting, and then 10 times again.
- Routine or Workout routine: A combination of reps, sets and exercises completed in one session.
- Circuit: A combination of a number of different exercises to be completed one after the other.

You can combine multiple exercises in to one 'workout routine', or just complete them individually. To increase physical exertion, you can complete as many repetitions of the exercise as you are comfortable doing. If you want to get more of a cardiovascular workout, combine multiple repetitions in a circuit with multiple exercises and limit the rest time in between exercises. This will get the heart rate up, and also work the associated muscles at the same time.

We have not included information on exercising that can be done outside, but be sure to go for walks, runs or bicycle rides as long as the government advice allows it. When outside, be sure to practice social distancing and do not go outside in groups.

Disclaimer

If you have a medical condition or are taking medication you should consult your own doctor before conducting activity. When participating or conducting any of the exercises or activities laid out in this resource, there is a possibility of injury. If you engage with this resource you agree that you are doing so at Your own risk, that you are voluntarily participating in these activities, and agree to release and discharge Gloucestershire FA from any and all claims or causes of action, known or unknown, which may result from these exercises.



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Stretches:

Sky Reach



Stand upright with your feet close together and facing forward. Reach up above your head with your arms, bringing your hands together and feeling a full stretch throughout your body.

Ankle Grab



Stand with your feet hip-width apart, keep your legs straight and lean forward and grab your ankles or shins depending on how far you can reach.

Torso Rotation



Stand upright with your feet hip-width apart. Raise your arms to your chest with a bend in the elbow. Keeping your hips facing forward, and your arms in position, rotate your chest left and right.



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Stretches:

Neck Roll



Begin the Neck Roll With Your Head Facing Straight.
Roll Your Head to One Side. Roll Your Head Back.
Roll Your Head to the Other Side. Roll to the Front.
Return Your Head to the Start Position.

Side Reach



Complete the sky reach stretch, but when in full stretch position, pull your hands left and hold and then right. You will feel the stretch up the side of your body.

Quad Stretch



Standing upright, lift one leg off the floor, bend the knee and grab hold of your ankle behind you. Pull your foot in towards your bum and keep your leg at hip width. Change legs.



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Stretches:

Calf Wall Stretch



Standing with a wall in front of you, place 1 foot just in front of the wall, and with your other leg straighten this out behind you and point both feet forward towards the wall. Lean into the wall and feel the stretch in the back of your legs. Switch legs.

Sitting Hamstring Stretch



Sitting on the floor, place one leg out straight in front of you on the ground, slightly wider than hip-width. Bend your other leg and place the sole of your foot against your knee. Reach down your straight leg with your hands and lean forward. Switch sides and stretch the other leg.

Tuck Knees In



On a soft surface, lie flat in the floor and then lift your knees up towards your chest. Grab hold of your knees, or if you can't reach these then grab the back of your thighs. Pull your legs towards you and feel the stretch in your bum and backs of your legs.



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Stretches:

Sitting Groin Stretch



Sitting upright on the floor, place the soles of your feet together and pull them towards your body. Keep your feet on the floor, and press down with your legs to keep your knees as close to the floor as possible.

Childs Pose Stretch



On a soft surface, kneel on the floor with your toes together and knees hip-width apart. Lower your chest so it is between your knees and extend your arms up above your head. Stretch your spine as long as you can and aim to press your forehead on the floor.



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Warm Up:

Stepovers



- A. Sit on the edge of the chair, feet hip-width apart. Lean slightly forwards.
- B. Stand up slowly using your legs, not arms. Keep looking forward and do not look down.
- C. Stand upright and then slowly sit down, bottom-first. Aim for 5 repetitions – the slower, the better. You can complete multiple sets of the exercise if you feel comfortable.

Side-to-sides



- A. Rest your hands on the back of the chair for stability and stand with your feet hip-width apart.
- B. Slowly bend your knees as far as is comfortable, keeping them facing forwards. Aim to get them over your big toe. Keep your back straight at all times.
- C. Gently come up to standing, squeezing (clenching) your buttocks as you do so. Repeat 5 times. You can complete multiple sets of the exercise if you feel comfortable.



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Lower Body:

Calf Raises



- A. If required, rest your hands on a chair or table in front of you.
- B. Take one foot off the floor, and on your standing foot, lift your body up on to the balls of your feet. Once complete, lower the heel to the floor. The movement should be slow and controlled. Aim for 3 sets of 10-15 repetitions. To make this simpler, place both feet on the floor and complete the exercise.

Lunge



- A. Stand up straight, hips facing forward and raise one knee towards your stomach.
- B. Step forward and plant the foot of the raised leg on the floor in front of you.
- C. Push through your front leg to return to the starting position. Complete with the other leg. Raise and lower each leg 5 times. You can complete multiple sets of the exercise if you feel comfortable. To increase the difficulty, place a football on the floor in front of you and reach for the ball when you step down.

High Lunge



- A. Starting in the lunge position as above, but with your back knee rested on the floor, hold your hands in front of your chest.
- B. Ensure your toes are tucked on the floor, and lift your hips up, straightening your back leg.
- C. If you are able to, keep your back straight and lift your arms directly up above your head so you are pointing to the sky. Hold the position for 10 seconds, and then return your back knee to the floor. Repeat this 5 times and then change leg.



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Lower Body:

Squats



- A. Stand upright, with your knees slightly wider than hip width apart. Hold your arms out directly in front of you with your fingers pointing away from your body.
- B. Keeping your back straight and your knees above your ankles (you should be able to look down and still see your feet), squat down so your knees are at 90 degrees.
- C. Push through your feet, knees and hips and raise your body back upright and point your hands towards the sky.
Aim to complete 10-15 squats per set or see how many you can do in 45-seconds.
Complete 3 sets.
To make this exercise easier, perform a shallower squat.
To increase the difficulty, hold weights in both hands using water bottles, dumbbells or kettlebells.

Single Leg Squat



- A. Using a chair, sofa or step behind you, stand upright and place one leg behind you on to that object.
- B. Maintain your balance and bend your front knee so that your back knee lowers towards the floor.
- C. Maintain a straight back at all times and complete the exercise slowly.
Complete 5 single leg squats on each leg and complete 3 sets of this exercise.



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Lower Body:

Goblet Squat



- Hold a football, dumbbell, kettlebell or other weighted object in your hands and in front of your chest and stand upright with your legs slightly wider than hip-width apart.
- Keeping your back straight and your knees above your ankles (you should be able to look down and still see your feet), squat down so your knees are at 90 degrees. Aim to get your elbows to touch the insides of your knees.
- Power up through the legs back in to the upright position. Complete 5-15 reps depending on how much weight you are holding and the difficulty. Complete 3 sets of this exercise.

Wall Sit & Leg Raise



- Using the wall to maintain an upright position and with both feet on the floor, lower yourself so that your knees are at 90 degrees.
- Stabilise yourself with your hands on the wall if needed and adjust yourself if needed so your ankles, knees and hips all create a 90 degree angle.
- Hold this position for 30-45 seconds. To increase the difficulty of this exercise, straighten one leg out in front of you and hold the position with one leg to the floor, hold for 30-45 seconds and then switch legs. Complete 3 sets of this exercise.



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Core Strength:

Leg Raises



- A. Lie on your back, with your arms by your sides and your legs out straight.
- B. Keeping your legs straight, raise them up towards the ceiling, then back down to the floor. Repeat the exercise.

Plank



- A. Begin by getting into a press up position. Make sure your back is straight and tense your abs and your glutes.
- B. Lower yourself on to your forearms and hold your hands together just underneath your chin.
- C. Hold without allowing your hips to sag, and don't forget to breathe.
To make this simpler, hold your position from a standard press-up position, hands on the floor and straightened arms. Hold this for 30-60 seconds. Complete 2-3 sets of this exercise.

Sit-ups



- A. Lie down on the floor with your knees bent and, if possible, hook your feet under something that will prevent them from moving.
- B. Place your hands behind your head and tense your core as you lift your torso up so your upper body forms a V shape with your thighs.
- C. Lower under control back to the start position. Complete 15-25 repetitions of this exercise per set. Complete 2-3 sets.



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Core Strength:

Russian Twist



- A. Sit holding a football, dumbbell, kettlebell or weight with your arms extended and feet off the floor.
 - B. Quickly twist at the torso, turning from side to side and moving the weight as you twist.
- Complete 20-30 repetitions of this exercise per set.
Complete 2-3 sets.

Side Plank



- A. Lie on your left side with your knees straight and prop your upper body up to take its weight on your forearm.
 - B. Raise your hips until your body forms a straight line and tighten your core and bum. Hold this position while breathing deeply. Then roll over and repeat on the other side.
- Hold this exercise for 30-60 seconds on each side and complete 2 sets per side.



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Core Strength:

Spiderman Plank



- A. Get into a plank position, resting on your forearms.
- B. Bring your right knee to your right elbow, keeping it off the ground and getting as close as possible to contact.
- C. Return your leg to the starting position.
Repeat with the alternate leg.
Complete 5-15 repetitions with each leg.
Complete 2-3 sets of this exercise.

Star Plank



- A. From a press-up position, walk your palms and toes out and away from your body until they form an x-shape.
- B. Tense your bum, thigh and core muscles to keep a flat line from your head to your hips and toes.
- C. Hold for 20-45 seconds then walk back to a normal press-up position.
Complete 2-3 sets of this exercise.



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Core Strength:

Press Up



- A. Facing towards the floor, place your hands out in front of you, shoulder width apart, your fingers pointing upwards. Your legs should be fully extended with your toes on the floor. Hold your body off the floor using your arms and core muscles.
- B. With your back straight, slowly bend your arms, keeping your elbows by your side. Aim to close the gap between you and the floor as much as you can.
- C. Slowly return to the start.
Attempt 3 sets of 5 to 10 repetitions.
To reduce difficulty, rest on your knees rather than your toes, but be sure to keep your back straight.

Incline Press Up



- A. Start in a press-up position but with your hands on a chair/sofa in front of you.
- B. Make sure to keep your back straight and lower yourself so your chest moves as close to the chair/sofa as possible.
- C. Slowly return to the start.
Attempt 3 sets of 8 to 12 repetitions. To reduce difficulty, rest on your knees rather than your toes, but be sure to keep your back straight.

Decline Press Up



- A. Start in a press-up position but with your feet on a chair/sofa behind you.
- B. Make sure to keep your back straight and lower yourself so your chest moves as close to the floor as possible.
- C. Slowly return to the start.
Attempt 3 sets of 5 to 10 repetitions.



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Core Strength:

Football Press Up



- Get into a press up position with the football in between both hands
- Roll the football to one side and underneath one hand and complete a press up
- Straighten your arms to return to starting position and then roll the ball to the opposite side, place your other hand on top and complete again. That is 2 reps. Complete between 8-16 reps of this exercise and aim to complete 3-4 sets. To make this exercise easier, complete the press up on your knees.

Shoulder Press



- Standing upright, or sitting on a chair with your back straight, hold a weight, bottle of squash, water or milk, bag of sugar or flour or similar in each hand. Make sure both bottles/bags weigh the same!
- Keeping your back straight, lift your arms so your elbows are at 90 degrees with your forearms vertical and your upper arm horizontal.
- Straighten your arms above your head and return to the 90 degree position. Repeat. Attempt 3 sets of 8-15 repetitions dependent on weight of your dumbbells or bottles.

Lateral Raise



- Standing upright, or sitting on a chair with your back straight, hold a weight, bottle of squash, water or milk, bag of sugar or flour or similar in each hand. Make sure both bottles/bags weigh the same!
- Hold both weights down by your side, and whilst keeping your arms straight, lift them so that you form a 'T' shape holding your arms horizontally.
- Return to starting position and repeat. Ensure that you keep your movements slow and controlled. Aim to perform 8-15 repetitions of this for 3-4 sets.



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Core Strength:

Front Raise



- A. Standing upright, or sitting on a chair with your back straight, hold a weight, bottle of squash, water or milk, bag of sugar or flour or similar in each hand. Make sure both bottles/bags weigh the same!
- B. Hold both weights down by your side, and whilst keeping your arms straight, lift them directly in front of you, so your fists are pointing forward. Your arms should be horizontal.
- C. Return to the starting position and maintain a slow and controlled motion.
Repeat 8-12 times and aim for 3-4 sets of this exercise. To make this easier, try it one arm at a time.

Shuffle Press Up



- A. Start in a press-up position with one hand ahead of your shoulder and one behind.
- B. Lower yourself to the floor and press up. That's one rep.
- C. At the top of the move, jump or walk your hands into the opposite position, then do the next rep. Continue alternating.
Aim to complete 6-12 reps of this exercise for 3-4 sets. For increased difficulty, try to push yourself off the floor on the way up so that you can swap hand location in mid-air.

Rotational Press Up



- A. Start in a press-up position and lower yourself to one side, twisting as you do so most of your weight is on one shoulder.
- B. Press up, then do the same on the other side. That's two reps.
Aim to complete 5-10 reps for 3 sets. To make this easier, complete the exercise from your knees rather than from the standard press-up position.



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Core Strength:

Diamond Press Up



- A. Start in a press-up position and place your hands together under your chest so your index fingers and thumbs form a triangle.
- B. Lower yourself towards the ground as far as possible. Aim for your chest to touch your hands. Press back up to the start.
Aim to complete 5-10 reps for 3 sets. To make this easier, complete the exercise from your knees rather than from the standard press-up position.

One-leg Press Up



- A. Start in a press-up position with your hands shoulder width apart.
- B. Raise one leg, keeping your glutes tight, and do a press-up.
- C. Switch legs and repeat. That's two reps.
Aim to complete 8-12 reps of this exercise for 3-sets.



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Core Strength:

Chair Dips



- A. Sitting on the floor with a chair behind you, place your hands on the front of the chair straighten your legs out in front of you, heels on the floor.
- B. Powering through your arms, lift your body up so your backside is level with the chair, hover here for 1 second.
- C. Lower yourself towards the floor again by bending at the elbows as far as you can, before lifting back up.
Attempt 3-4 sets of 8-16 repetitions.
To reduce difficulty, bend your legs at the knee and bring your feet closer to your body.

Bicep Curls



- A. Hold a pair of weights (filled water bottles will do) and stand with your feet hip-width apart.
- B. Keeping your arms by your side, slowly bend them until the weight in your hand reaches your shoulder.
- C. Slowly lower again.
Attempt 3 sets of 8-15 repetitions dependent on weight of your dumbbells or bottles.



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Cardio:

Squats/Jumping Squats



- Stand upright, with your knees slightly wider than hip width apart. Hold your arms out directly in front of you with your fingers pointing away from your body.
- Keeping your back straight and your knees above your ankles (you should be able to look down and still see your feet), squat down so your knees are at 90 degrees.
- Push through your feet, knees and hips and raise your body back upright and point your hands towards the sky.
- To complete a jumping squat, power through the upward movement and jump into the air with your body straight.

Jumping Lunges



- Start in an upright position, step forward into a lunge position so your front knee is at 90 degrees and your back leg goes up onto your toes.
- Push yourself back up to upright and jump into the air with your body straight.
- On landing, switch your leg position, so your front leg should be now at the back and vice-versa.



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Cardio:

Burpees



- Stand upright, with your knees slightly wider than hip width apart. Hold your arms out directly in front of you with your fingers pointing away from your body.
- Keeping your back straight and your knees above your ankles (you should be able to look down and still see your feet), squat down so your knees are at 90 degrees.
- Push through your feet, knees and hips and raise your body back upright and point your hands towards the sky.
- To complete a jumping squat, power through the upward movement and jump into the air with your body straight.

Star Jumps



Star Jumps

- Stand upright with your arms by your side and knees slightly bent.
- Jump up, extending your arms and legs out into a star shape in the air.
- Land softly, with your knees together and hands by your side. Keep your abs tight and back straight during the exercise and continue the exercise for the set amount of time.



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Cardio:

Toe Taps



- A. Stand with the football slightly in front of you.
- B. Alternate placing your foot on top of the football whilst jogging on the spot.
- C. Repeat the exercise.

Stepovers



- A. Stand with the football on the floor in front of you.
- B. Move the right leg in a clockwise direction around the football.
- C. Place the foot back on the floor.
- D. Repeat with the left leg moving anticlockwise around the football. Try not to knock the football.
Repeat the exercise.

Side-to-sides



- A. Stand with a football slightly in front of you. Using your instep, knock the football from your right foot to your left foot and back again.
- B. Try to do this whilst on the spot.



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