



Home of Football

Exercises for Over 50's 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

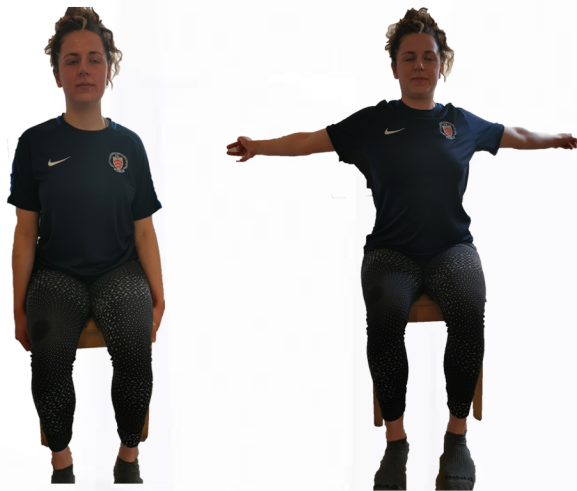
If you have a medical condition or are taking medication you should consult your own doctor before conducting activity. When participating or conducting any of the exercises or activities laid out in this resource, there is a possibility of injury. If you engage with this resource you agree that you 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.



Home of Football

Stretches:

Chest Stretch



- A. Sit upright and away from the back of the chair. Pull your shoulders back and down. Extend your arms out to the side.
- B. Gently push your chest forward and up until you feel a stretch across your chest. Hold for 5 to 10 seconds and repeat 5 times.

Upper Body Twist



- A. Sit/ stand upright with your feet flat on the floor, cross your arms and reach for your shoulders./ put your arms straight out.
- B. Without moving your hips, turn your upper body to the left as far as is comfortable. Hold for 5 seconds.
- C. Repeat on the right side. Do 5 times on each side.

Hip Marching



- A. Sit upright and do not lean on the back of the chair. Hold on to the sides of the chair.
- B. Lift your left leg with your knee bent as far as is comfortable. Place your foot down with control.
- C. Repeat with the opposite leg. Do 5 lifts with each leg.

Stretches:

Ankle Stretch



- A. Sit upright, hold on to the side of the chair and straighten your left leg with your foot off the floor.
 - B. With your leg straight and raised, point your toes away from you.
 - C. Point your toes back towards you.
- Try 2 sets of 5 stretches with each foot.

Arm Raises



- A. Sit upright with your arms by your sides.
 - B. With palms forwards, raise both arms out and to the side, and up as far as is comfortable.
 - C. Return to the starting position.
- Keep your shoulders down and arms straight throughout. Breathe out as you raise your arms and breathe in as you lower them.
- Repeat 5 times.

Neck Stretch



- A. Sitting upright, look straight ahead and hold your left shoulder down with your right hand.
 - B. Slowly tilt your head to the right while holding your shoulder down.
 - C. Repeat on the opposite side.
- Hold each stretch for 5 seconds and repeat 3 times on each side.



Lower Body, Core Strength & Balance:

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Sit to Stand



- 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.

Squats with Chair



- 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.

Calf Raises



- A. Rest your hands on the back of a chair for stability.
- B. Lift both heels off the floor as far as is comfortable. The movement should be slow and controlled. Repeat 5 times. You can complete multiple sets of the exercise if you feel comfortable. To make this more difficult, perform the exercise without support and/or use just one leg.

Lower Body, Core Strength & Balance:

Sideways Leg Lift



- A. Rest your hands on the back of a chair for stability.
- B. Raise your left leg to the side as far as is comfortable, keeping your back and hips straight. Avoid tilting to the right.
- C. Return to the starting position. Now raise your right leg to the side as far as possible.
Raise and lower each leg 5 times. You can complete multiple sets of the exercise if you feel comfortable. To increase the difficulty, complete the exercise without support.

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.

Leg Raises



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

Upper Body:

Wall Press Up



Bicep Curls



Press Up



- Stand arm's length from the wall. Place your hands flat against the wall at chest level, with your fingers pointing upwards.
- With your back straight, slowly bend your arms, keeping your elbows by your side. Aim to close the gap between you and the wall as much as you can.
- Slowly return to the start.
Attempt 3 sets of 5 to 10 repetitions. To increase difficulty, move your feet further from the wall.

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

- Kneel on the floor and place your hands out in front of you, shoulders width apart, your fingers pointing upwards.
- 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.
- Slowly return to the start.
Attempt 3 sets of 5 to 10 repetitions. To increase difficulty, keep your body out straight, resting on your toes rather than your knees.

Upper Body:

Shoulder Press



- Hold a pair of light weights (filled water bottles will do) and sit upright in a chair.
 - 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.

Chair Dips



- Sitting on the floor with a chair behind you, place your hands on the front of the chair put your legs out in front of you, bent knees.
 - Powering through your arms, lift your body up so your backside is level with the chair, hover here for 1 second.
 - Lower yourself towards the floor again by bending at the elbows as far as you can, before lifting back up.
- Attempt 3 sets of 5 repetitions. To increase difficulty, straighten your legs out in front of you.



Home of Football

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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