



20 YEARS
PARKSIDE
SPORTS PHYSIOTHERAPY

FOOTBALL INDIVIDUAL TRAINING PROGRAM

DRILL	DESCRIPTION	REST	DURATION
FIFA 11+	Perform the exercises of the attached FIFA 11+	0mins	20mins
Box Runs	Using the markings of the 18 yard box, jog the long edge and sprint the short edge continuously for 4mins	5mins	4mins
Shuttle Runs	Measure out cones at 5m, 10m and 15m. Sprint to each cone and back as quick as you can. Focus on accelerating as quick as you can after each directional turn. Perform 3 times.	5mins	5mins
Goal Line Sprint	Starting at the goal line, sprint to the 18 yard box as quick as you can. Your rest is your walk back to the goal line. Perform 6 times.	2mins	6mins
"Extra's"	With a ball practice; juggling, step overs/skill moves, shooting, passing against a wall etc	0mins	10mins
			TOTAL: 45mins