

“Re-Season” Training Program

DRILL	DESCRIPTION
Run Tolerance	Aerobic Walk-Run: 2-3 Times a week walk, walk-run or run at an easy pace for up to 45 minutes

FIFA 11+	Perform the exercises of the attached FIFA 11+. Proven program which reduces injury risk. Strength component vital
Copenhagen Adductor Strength	See next Page. 2-3 times a week in pre-season
Box Runs	Using the markings of the 18 yard box, jog the long edge and sprint the short edge continuously for 4mins
Run Throughs	Place 4 cones 20 metres apart in a straight line. Jog from the first cone, increase speed between second and third cone to 60% of maximum sprint speed, slow down and stop at the 4 th cone, walk back. Repeat x 3, then 3 times at 75%, 3 times at 90% of maximum speed.
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.
Calf Strength	Stand on one foot, holding a wall for balance. Slowly rise onto your toes and back down again 3 sets of as many reps as you can (max 20)
“Extra’s”	With a ball practice; juggling, step overs/skill moves, passing against a wall etc Shooting, crosses and goal kicks: limit to 10 a session initially

Training Games	Initially keep fields small and teams of 4-5 to limit kicking distance and maximal run speed. Start at 20 minutes. Aim for maximum 30-45 minutes total game situation training Increase 5 minutes per session and gradually increase size of field to half field 8 v 8 for 45 minutes
Stretching	Lowest priority for injury prevention. Focus on calf, quads groin and hamstrings

Adductor Strengthening Programme

Level 3



Level 2



Level 1



Week	Sessions	Set per side	Repetitions
Pre-season			
<i>Week 1</i>	2	1	3-5
<i>Week 2</i>	3	1	3-5
<i>Week 3-4</i>	3	1	7-10
<i>Week 5-6</i>	3	1	12-15
In season	1	1	12-15

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Aim for Highest Level you can manage. Pain < 3/10

Level One: Lift lower leg

Level Two: Partner holds top leg at knee with both hands

Level Three: Partner Holds Top Leg at ankle and knee