

# STARTERS & WMF S&C PROGRAMME

## A PROGRAMME THAT DELIVERS ACROSS MULTIPLE PRINCIPLES

Our S&C programme for youth soccer players will tap into all the components of both Health Related and Skill Related Fitness, often within the same session. We will build and develop confidence as well as technical ability and an education in safe training.



# 6 WEEK PROGRAMME, MULTIPLE TOPICS



Agility, Balance,  
Co- Ordination



Power, Reaction  
Time, Speed



Endurance



Strength



Flexibility



Recovery

All of which are complimentary to each other and create a hollistic approach



# PERFORMER FOCUSSED

## ATHLETICISM AT ITS CORE

The desire is to 'build engines', capable of performing to the best of their ability. What this means is that when applying themselves to their sport, our young athletes will not be held back by a lack of fitness, strength or flexibility. They can then focus their energies on technique, with the endurance taking care of itself.



# Movements and Exercises

AGILITY	BALANCE	CO ORDINATION	POWER	REACTION TIME	SPEED
Box Jumps, Depth Charges, Agility Ball, Skipping, Cones, Ladders, Squat and Deadlift Variations, Plyometric Hurdles and Movements	Step Up and Knee Drive, SLDL, Lateral Lunge, Around the Clock, Plank Shoulder Taps, SL Squat to Stand, Squat Jumps, Farmers Walk, Unilateral Work	Walking Lunges, Overhead Squats, Bird Dog, Planks, Skipping, Jumping Jacks, Crab Walks, Lateral Lunge, SLDL	Jumps, Plyometrics, KB Swings, DB Snatch, Sprints, Jump Squats and Lunges, DB Snatch, DB Thrusters, Resistance Bands	Ball Drops, Ladders, Agility Ball, Box Jumps, Bounding, Plyometrics to Sound, Light Walls and Pods	All the across, Specifically Lower body exercise

**Muscular Strength, Muscular Endurance, Cardiovascular Endurance, Fleibility**



# Cross Over



All the movements and exercises listed before, plus many more, are multifacted and help young players to improve over multiple areas of fitness.

This allows us to build comprehensive and bespoke programmes, whilst concentrating on mastery of movements and techniques.

Long term this should see a reduction in over training, soft tissue injuries, and training breakdown. While also ensuring that young athletes are exactly that, athletes, capable of performing in multiple disciplines as they grow and their own interests may shift.

# MEASURABLE PROGRESS



## PRE PROGRAMME TESTING

All components of  
Fitness are testable  
to generate baseline  
data



## STRUCTURED SESSIONS

Sessions are  
developed to improve  
those areas of  
fitness, whilst  
educating the  
performer



## TAKE AWAYS

There will always be  
exercises and  
movements to take  
away from each  
session to work on  
and improve away  
from the gym



## CONCLUSION OF PROGRAMME TESTING

Re testing to  
measure the  
improvements that  
have taken place  
during the course of  
sessions



## DEVELOPMENT PLANS

All performers will  
leave with  
development plans and  
points to work on in  
order to continue to  
develop



# FITNESS TESTING



Illinois Agility Run



Balance Test



Alternate  
Hand/Wall Test



Vertical Jump Test



Ruler Drop Test



30m Sprint Test



12 Minute Cooper  
Run



1 Minute Push  
Up/Sit Up Test



Grip Strength Test



Sit and Reach Test

# BACKED BY RESEARCH AND ACADEMIA

A quick review of trending ideas.



## INJURY PREVENTION

Tailored S&C programmes enhance muscular strength and flexibility, which can help reduce the risk of injuries common in Football, such as sprains and strains.

## IMPROVED PERFORMANCE

These programmes focus on developing key physical attributes such as speed, agility, power and endurance. Enhanced performance in these areas positively affects overall gameplay.

## SKILL DEVELOPMENT

A solid S&C foundation can improve a player's ability to execute technical skills, such as dribbling, shooting, and tackling, by providing stronger muscle support and better body control.



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## ENHANCED PHYSICAL LITERACY

S&C can improve general motor skills and body awareness, which are essential for young players as they learn the game.

## BOOSTED CONFIDENCE

As players witness improvements in their physical capabilities, their self esteem and confidence on the field often increase, positively influencing their performance and enjoyment of the game.

## LONG TERM ATHLETIC DEVELOPMENT (LTAD)

Establishing an S&C base early helps prepare young athletes for the demands of higher levels of competition as they grow older.

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## UNDERSTANDING OF HEALTHY HABITS

Young players learn the importance of fitness, nutrition, and overall well being, fostering a holistic approach to their athletic development.

## PSYCHOLOGICAL BENEFITS

Engaging in regular physical training can lead to improved focus, discipline, and stress management, contributing to better mental health outcomes.

## TEAM COHESION

S&C programs often promote teamwork and camaraderie, as players participate in training sessions together, fostering social bonds.





# In a Nutshell

## Why sign up to S&C?

Integrating S&C into the training regime of young grassroots players not only enhances their physical performance and reduces injury risk, but also fosters vital life skills such as discipline, teamwork, and resilience. As these young athletes develop a strong foundation in both their physical and mental capabilities, they are better equipped to navigate the challenges of football and life beyond the pitch. Emphasising this holistic approach will ultimately shape not only better players, but well rounded individuals, ensuring the future of the sport remains bright and promising.