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 devlop 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

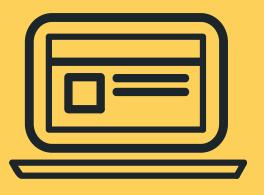
12 Minute Cooper Run

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 ohysical 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 players ability to execute technical skills, such as dribbling, shooting, and tackling, by providing stringer muscle support and better body control.

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ENHANCED PHYSICAL LITERACY

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

BOOSTED CONFIDENCE

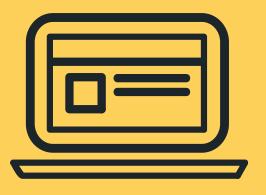
As players witness improvements in their physical capabilities, their self esteem and confidence on the field often increase, positively influencing their performance and enjoyment of the game.

LONG TERM ATHLETIC DEVELOPMENT (LTAD)

Establiching 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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UNDESTANDING OF HEALTHY HABITS

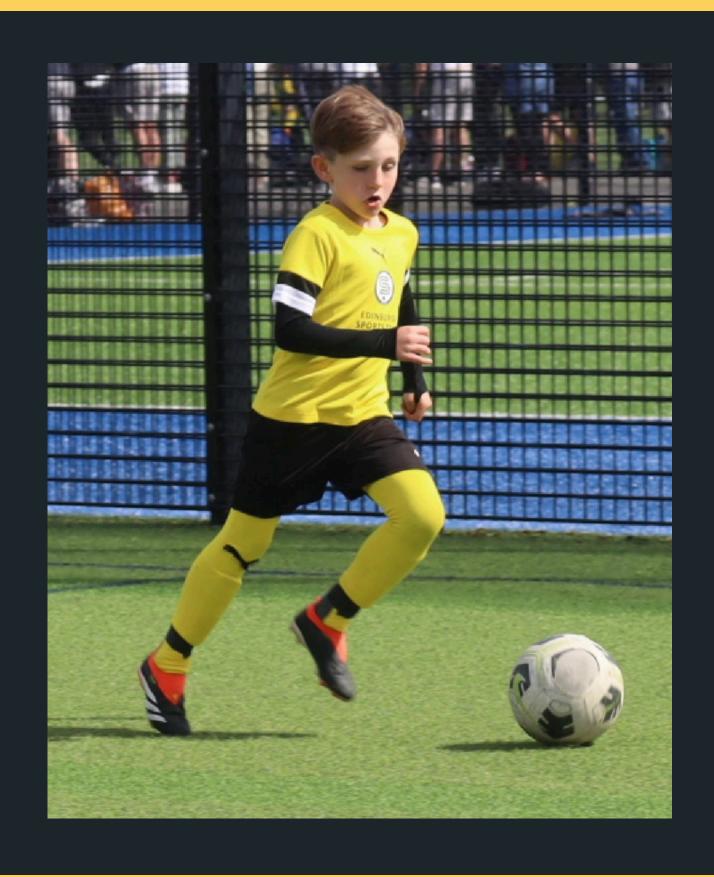
Young players learn the importance of fitness, nutrition, and overall well being, fostering a holistic approach to their athletic development.

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 regimne 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 resiliance. 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 shaoe not only better players, but well rounded individuals, ensuring the future of the sport remains bright and promising.