

TOP 3 STRENGTH EXERCISES FOR PRE-SEASON

Pre-season is an opportunity to introduce your players to some key fundamental movement skills, introducing them to some core exercises that will form the foundation of a strength and power development programme in the season ahead.

➔ SQUAT

Coaching Points...

- **Spine** - Trunk in proper alignment (trunk angle parallel to shins)
- **Hips** - Hips back and down (shoulders over feet)
- Ankle, knee, hip alignment
- **Feet** - Feet shoulder width apart with equal stance on both legs, push body weight through the outside of the shoe
- **Depth** - Upper thighs parallel to the floor



➔ LUNGE

Coaching Points...

- **Spine** - Trunk in proper alignment
- Ankle/Knee Hip Alignment
- **Hips** - Step forward without any hinging of torso at hips (torso should remain vertical from side)
- **Knees** - Lift knee without any lateral shift in hip or trunk. Keep shin of trail leg steady e.g no turning out or in during pull-through through the outside of the shoe
- **Feet** - feet hip width apart when viewed from the front



➔ ATHLETIC STANCE

The Athletic Stance is a balanced position when your body is positioned over your feet

Coaching Points...

- **Back** is flat; not rounded shoulders or humpbacks
- **Chest** and eyes are up
- **Hips** are back into a neutral position
- **Shoulders** over the knees, knees over the toes
- **Weight** is evenly displaced on each foot



PRE SEASON

By Andy Lindegaard

With a blink of an eye pre-season is upon us, the kids have broken up for the summer holiday's, and with the Premier League starting in August everyone wants to get back into the swing of thing's again.

With the Euros now over, all the media attention is on teams returning back for pre-season, with clips of players being put their paces on the training field getting their fitness levels up for the coming season. The tendency as a youth coach is to echo this and focus the return to pre-season training around fitness - but is this the best approach to take?

A lot will depend on the age of your players, and the stage they are at in terms of their growth, maturation, and development. Whilst taking the players for a run, or getting them to do shuttles is easy to organise and doesn't take too much planning - if your players haven't developed the ability to train anaerobically the shuttles will be a waste of time, and the chances of a group of young players entertaining a 20 minute run, let alone complete it is slim.

Your best bet is to make everything game based, small-sided games are a natural form of high-intensity interval training (HIIT) where young players can naturally manage their own workloads, and you can increase the intensity of the activity by changing the pitch size, number of players, and duration of the games.