

# Football Strength & Conditioning

The Non-League Network

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# FOOTBALL STRENGTH & CONDITIONING

**Goal:** Build strength for football movements, improve stability and power, and finish with some conditioning.

## 🔥Warm-Up

**Bike – 5 mins**
Start easy and gradually build the pace. Get the body warm, don't gas yourself.

**Walking Lunges + Rotation – 8 each leg**
Long step, knee tracking over the foot. Rotate towards the front leg.

**Glute Bridges – 12**
Drive through the heels and squeeze the glutes at the top. Control back down.

**Lateral Band Walks – 10 steps each way**
Stay low, keep tension on the band and don't let the knees collapse in.

**High Knees / A-Skips – 15m**
Quick feet, tall posture. Focus on rhythm and getting the knees up.

**Lateral Shuffles – 15m**
Stay low, push off the outside foot and stay controlled.

Top Tip
**Unsure of what these are?**

Use YouTube to search and help guide you through each activity

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## 💪Strength

**Bulgarian Split Squats – 3 x 8 each leg**
Control down, drive up through the front foot. Keep your balance and don't rush.

**Lateral Lunges – 3 x 8 each side**
Push your hips back as you step out. Keep the working foot planted and drive back to the middle.

**Single-Leg RDLs – 3 x 8 each leg**
Soft knee, push the hips back and keep your back flat. Think about controlling the movement rather than reaching for the floor.

**Step-Ups + Knee Drive – 3 x 8 each leg**
Drive through the foot on the step. Finish tall and bring the opposite knee through with control.

**Think:** Strong leg, good balance, controlled movement.

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## 🛷Sled Work

**Sled Push – 4–6 x 15–20m**
Get your body angle right and drive through the floor. Short, powerful steps. Build force without losing your position.

**Backward Sled Drag – 3 x 15–20m**
Stay tall and take controlled steps backwards. Drive through the whole foot and keep constant tension.

**Rest:** 60–90 secs between efforts.

## ⚽Football Movement Circuit – 3 Rounds

**Reverse Lunge + Knee Drive – 8 each leg**
Step back under control, then drive through the front leg and bring the knee through.

**Lateral Step-Up – 8 each leg**
Control the step and drive up through the working leg. Focus on stability.

**Single-Leg Calf Raises – 12 each leg**
Full range. Control down, drive up strongly.

**Pallof Press – 10 each side**
Brace your core and resist the rotation. Stay square.

**Farmer Carry – 20–30m**
Stand tall, shoulders back and walk under control. Keep the core tight.

**Think:** Football movements. Balance, control, strength and stability.

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## 🚴 Finisher

**6 rounds**

**20 secs hard**
Push the pace.

**40 secs easy**
Recover and get ready for the next effort.

The hard efforts should be challenging, but you should still be able to maintain good form.

## 🎯 Main Focus

**Strong. Athletic. Controlled.**

Don’t just move the weight. **Own the movement.**

**Choose ONE session. Don't do all four.**

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