The Non-League Network

thenon-leaguenetwork.co.uk

🏁 Mission 5 - Strength & Conditioning

🎯 Mission Objective



Understand how strength and conditioning can improve your football performance and learn how to use NLN training plans to develop as a player.

Time to complete: 20 minutes

Mission Videos

Click below to watch Mission videos:

- Module 5.1
- Module 5.2
- Module 5.3
- Module 5.4
- Module 5.5

💪 Why Strength & Conditioning Matters

Football is a physically demanding sport.

Every game involves:

- Sprinting
- Jumping
- Changing direction
- Tackling
- Competing physically
- Repeating high-intensity actions

Your physical ability affects how often and how effectively you can perform these actions.

Strength and conditioning helps you become a more complete footballer.

⚽ Strength Training Is For Footballers

A common misconception is that strength training is just about building muscle.

For footballers, it is about performance.

Strength can help you:

Compete Better

Become harder to beat in physical battles.

Move Better

Improve your ability to accelerate, change direction and produce power.

Stay Available

Build resilience and reduce injury risk when trained correctly.

Perform Late In Games

Maintain your physical output when fatigue increases.

🏃 What Is Conditioning?

Football isn't about running long distances. It's about repeated efforts.

A footballer needs to be able to:

- Sprint
- Recover quickly
- Repeat actions
- Maintain intensity

Good conditioning helps you stay effective throughout the whole match.

🧠 Training Smart Around Football

More isn't always better.
A common mistake players make is adding extra training without considering their full week.
You need to think about:

- Team training
- Matchday
- Recovery
- Work commitments
- Your current fitness level

The best programme is one you can consistently follow.

📈 Building Physical Development

Your development should be progressive.

You don't need to become the strongest or fittest player overnight.

Focus on:

Consistency

Complete your sessions regularly.

Quality

Perform exercises correctly.

Progression

Gradually improve over time.

Small improvements create big results.



🏋️ NLN Strength & Conditioning Support

NLN has created resources to help players develop their physical performance.

In-Season S&C Plan

Designed to help players:

- Maintain strength during the season
- Support match performance
- Manage training load

Off-Season S&C Plan

Designed to help players:

- Build a stronger foundation
- Improve physical qualities
- Prepare for the season ahead

Additional Performance Resources

Available:
✅ Strength sessions
✅ Conditioning resources

Find [HERE]

🎯 Choose Your Starting Point

Ask yourself:

What do I need most?

Am I looking to:

💪 Become stronger?
🏃 Improve my fitness?
⚡ Become more explosive?
🩹 Reduce injury problems?

Once you know your focus, you can choose the right approach.

✅ Your Mission Actions

☐ Understand why strength and conditioning matters
☐ Identify your biggest physical weakness
☐ Choose the right NLN plan
☐ Complete your first session
☐ Track your progress
☐ Share your experience with the community



✅ Mission Complete

You have:

✅ Understood the role of strength and conditioning
✅ Identified your physical focus
✅ Started your performance journey

Remember:
The goal isn't to train more. The goal is to train better.

Next step:
🏁 **Mission 6 — Conditioning & Football Fitness**

Find [HERE]