

Published based on [Instant Weight Training Soccer Strategies Anyone Can Use](#)

# **Instant Weight Training Soccer Strategies Anyone Can Use**

### [Weight training soccer](#)

You may not agree, but check this out. [Weight training soccer](#) is very essential while coaching the player on sports that needs a lot of strength, and, or explosive power. Even players for whom strength and power is not a main attribute tend to benefit from strong abdominal and lower back muscles.

In this article you will find the basic concept of weight training for soccer using simple techniques for applying those concepts.

Specificity is a common principle in soccer strength training. The idea is that to train your players to practice in a manner which is similar to that when they play on the fields. For Example: Runners practice through running and swimmers through swimming.

Speed is the main factor to put effort to when training, so as to develop power. Weight training programs should be prepared explicitly for individuals taking into consideration their role in team sports, their age, physical and mental capacity to take stress, and the level at which they are to play.

### [Soccer Fitness](#)

When this kind of information is available to a coach while planning a fitness training program, it ensures a good start.

Physical conditioning usually requires activities that improve specific training. Like for developing aerobic and strength and power fitness exercises, running and weight lifting are also performed by swimmers.

Injury prevention is also something which is commonly overlooked although it is an important part of weight training soccer. Although it does not contribute directly to an increase in a player's performance, injury prevention can positively support a player's performance by ensuring that he or she is fit to play at crucial times in the event calendar.

Soccer is a sport which involves running, sprinting, turning and twisting, side-stepping, and setting for an attempt. The "anterior and posterior chain," are the chain of muscles which are required to perform these actions must be given importance to develop strength, stability and power.

Hence the core lifts, like squats and deadlifts are essential working out for building these muscles. The normal soccer fitness program should be useful if special importance is given to these two core lifts that are crucial for leg, hip, back and abdominal strength.

You may also include a swimming program to focus added attention on the shoulders, arms and back muscles.

Typically strength programs involve heavy masses with only some repetitions. As we have talked earlier some sports require mass and power but some others like soccer requires a good combination of strength with flexibility, speed and resistance; especially the midfielder.

Working on very special muscle groups can also enhance the performance even if primary strength, power or endurance gains are lacking. These include the lower back and hamstrings, and the quadriceps muscles that direct knee joint function.

So there you have it. Keep these points in mind when weight training soccer since football is a sport for which you may not initially consider weights to be an advantage. You can also join our youth soccer coaching community that has a plethora of informative articles, weekly newsletters, and videos to help you better understand the concepts of youth coaching.

Andre Botelho is a recognized authority in youth soccer coaching and has already helped thousands of youth coaches to dramatically improve their coaching skills. Learn how to explode your players' skills and make training fun by downloading your free ebook at: [Soccer Practice Tips](#).

You can also find this article published on [Instant Weight Training Soccer Strategies Anyone Can Use](#), and on the tag pages [fitness](#), [fitness training program](#), [lower back muscles](#), [player](#), [weight](#), [weight training programs](#).