



SOCCER TRAINING



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Compiled and Designed by:
Sport Dimensions

GYMSTICK SOCCER TRAINING

The exercises are grouped into body areas and muscle groups for easier referencing. Each exercise has an explanation of how to perform it, the main muscles being trained and other muscles which are responsible for helping perform the exercise. Please be aware that this list covers the muscles which will be targeted mostly and is not exhaustive.



Choosing Your GYMSTICK

GYMSTICK fitness tool is available in four different resistance levels. The resistance levels are colour coded. The colours are, from lightest to strongest: green, blue, black and silver. You can use the diagram below to choose a resistance level that suits your individual needs. The resistance levels range from 1 to 25 kilograms, depending on the colour

Gymstick meets the exercise needs of everybody - from juniors to seniors, from rehab patients to world class athletes and all fitness enthusiasts from beginners to professional bodybuilders simply because it is so small, light, cost-effective, easy and safe to use and it really adapts to your fitness level.

<p>Light</p> <ul style="list-style-type: none"> • Rehabilitation workouts • exercise for the elderly • 1-10 kg <p style="text-align: right; color: white; font-size: 2em; opacity: 0.5;">Green</p>	<p>Medium</p> <ul style="list-style-type: none"> • Women, junior athletes • 1-15 kg <p style="text-align: right; color: white; font-size: 2em; opacity: 0.5;">Blue</p>
<p>Strong</p> <ul style="list-style-type: none"> • Fit women, men, and young athletes • 1-20 kg <p style="text-align: right; color: white; font-size: 2em; opacity: 0.5;">Black</p>	<p>Extra strong</p> <ul style="list-style-type: none"> • Men and athletes • 1-25 kg <p style="text-align: right; color: white; font-size: 2em; opacity: 0.5;">Silver</p>

Gymstick Soccer Training

The Gymstick is a very effective training tool for Soccer players. Using the Gymstick 3 times a week for 30-40 minutes will improve coordination, balance, strength and flexibility.

The Gymstick is being used in Soccer Academies in Europe as well as by professional soccer and rugby players. The Gymstick is ideal for young athletes and athletes that need to improve their strength and power with increasing muscle mass.

For more information on the benefits of exercising with the Gymstick, log on to www.gymstick.co.uk

Soccer Strength programme

- Warm-up thoroughly for 15 minutes using a dynamic warm-up, without static stretching.
- From the Gymstick Soccer catalogue select 5 upper body, 5 lower body and 5 mid section exercises. Exercises 1 – 22.
- Perform between 3-5 sets of 10 repetitions of each exercise, rest for 30 seconds and move on to the next exercise.
- Ensure that your working at a tempo of 2 seconds , for example pushing upwards at a count of two and then downwards for a count of two. For a more intense work-out, work at a fast pace or increase the number of sets.

Soccer Power Programme

You can do the Gymstick Power Programme 1-3 times per week. This is an intense and explosive session which improves explosiveness and power.

- Warm-up thoroughly for 15 minutes using a dynamic warm-up, without static stretching.
- Follow the exercises 1 to 10. **You are working as fast as you can, but always staying in control and in balance.** Perform 3-5 sets of 10 repetitions with 30 seconds rest between sets.
- **Warm-up**
 1. Plyo Hops (backwards and forwards– legs are moving alternatively backwards and forwards. Count only one leg for ten reps.
 2. Plyo Hops (cross-overs) legs are moving alternatively side to side. Count only one leg for ten reps.

3. Kicking Diagonally – take a couple of steps and kick across the body with right leg, then repeat with the left leg. Count 10 reps on each leg for one set.
4. Side to side hops. Both legs together jumping side to side. Count 10 left jumps for one set.
5. Back to front Hops. Both legs together jumping side to side. Count 10 forward jumps for one set.

- **Power Section**

1. Front Squat Power Push. Starting from a front Squat Position, push the Gymstick up as fast as you can going up on your toes and down to a half squat position. Repeat ten times. **5 sets of 10 reps**
2. Upright row. Starting from half squat position pull up as fast as you can going onto your toes and come down to a half squat position. Repeat ten times. **5 sets of 10 reps**
3. Jump-up from a squat with military press. Go down into a squat and then jump up extending the arms and legs. **5 sets of 10 reps**
4. Push-up and Kick down. With the Gymstick on you chest, push your arms up and your heel down and back just off the floor as fast as you can. Repeat ten on each leg **5 sets of 10 reps**
5. Front Squat Power Push. Starting from a front Squat Position, push the Gymstick up as fast as you can going up on your toes and down to a half squat position. Repeat ten times. **5 sets of 10 reps**

- **Recovery Section**

Superman extension for recovery. Lying on you stomach, extend the arms and legs on the floor and then raise each leg, count for 5 and change legs. Do the same with the upper body.

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Strength

1. Squat

Main muscles worked:

- Quadriceps
- Gluteus Maximus

Other muscles worked:

- Erector Spinae
- Gluteus Medius, Minimus
- Transverse Abdominus
- Iliopsoas
- Hamstrings
- Soleus

Instructions:

Stand with feet shoulder width apart and Gymstick resting on back of the shoulders. Flex at the knee, making sure to keep the heels flat on the floor. Push the bottom outwards keeping the back straight and head up. Flex to 90 degrees at the knee, controlling the movement eccentrically. Extend at the knees and return to the start position.



2. Split Squat

Main muscles worked:

- Rectus Femoris -
- Biceps Femoris -
- Gluteus Maximus -

Other muscles worked:

- Semimembranosus -
- Semitendinosus -
- Gluteus Medius -
- Gluteus Minimus -
- Leg Adductor group -
- Transverse Abdominus -

Instructions:

Rest the Gymstick on the upper back. Stand with one foot in front of the other, feet about a stride length apart. Front foot should be flat on the floor, and rear foot with toes in contact with the floor. Bend the back knee towards the floor, and flex the front knee to 90 degrees. Push back up into standing with extension at the knee.

3. Rear Lunge

Main muscles worked:

- Quadriceps
- Transverse abdominus

Other muscles worked:

- Gluteus medius
- Gluteus minimus
- Adductors
- Hamstrings
- Internal and External oblique
- Erector spinae
- Gastroc / Soleus

Instructions:

Stand with feet a few inches apart and Gymstick resting on the back of the shoulders. Step one leg back and flex the knees until the back leg almost reaches the floor. Ensure that the front knee remains behind the toes and the upper body is in neutral. Alternate legs.



4. Lunge with body rotation

Main muscle worked:

- Rectus Femoris -
- Biceps Femoris -
- Semimembranosus -
- Semitendinosus -
- Gluteus Maximus -
- Gluteus Medius -
- Gluteus Minimus -

Other muscles worked:

- Adductor -
- External Obliques -
- Internal Obliques -
- Rectus Abdominus -
- Transverse Abdominus -
- Erector Spinae -
- Quadratus Lumborum -

Instructions:

Stand with the Gymstick resting on the upper back, and feet together. Step forward with one leg, and bend at the knee to 90 degrees. Once bent to 90 degrees rotate the opposite shoulder towards the planted leg. Control the movement back so that the shoulders are square, and push back up to standing with the planted leg.



5. Rear Lunge with Military Press

Main muscles worked:

- Gluteus Maximus
- Rectus Femoris
- Vastus Lateralis
- Vastus Medialis
- Deltoid

Other muscles worked:

- Gluteus Medius
- Gluteus Minimus
- Adductors
- Hamstrings
- Pectoralis Major

Instructions:

Stand with feet a few inches apart and Gymstick resting on the chest. Step one leg back and flex the knees until the back leg almost reaches the floor. At the same time fully extend the elbows, taking the Gymstick above the head. Take special care that the front knee remains behind the toes. Alternate legs.



6. Standing Superman

Main muscles worked:

- Deltoids
- Gluteus Maximus
- Gluteus Medius
- Piriformis
- Erector Spinae
-

Other muscles worked:

- Pectoralis
- Triceps
- Hamstrings
- Quadriceps
- Latissimus Dorsi
- Transverse Abdominus

Instructions:

Stand on one leg, Gymstick at the chest, and one knee in slight flexion. Push back with the non-weight bearing leg into extension at the hip and knee, keeping the foot in dorsi-flexion. At the same time extend the arms up and forwards.



7. Squat with military press and heel raise

Main muscles worked:

Rectus Femoris
Gluteus Maximus
Deltoid
Gluteus Medius, Minimus
Gastrocnemius
Soleus

Other muscles worked:

Adductor
Piriformis
Transverse Abdominus
Erector Spinae
Triceps brachii
Trapezius

Instructions:

Stand with Gymstick at the chest and squat down to 90 degrees (or less) of knee flexion. Push straight up with the arms, extending at the elbows. At the same time extend at the knees and push into a heel raise.



8. Standing Superman Advanced

Main muscles worked:

Deltoids -
Gluteus Maximus -
Gluteus Medius -
Piriformis -
Erector Spinae -

Other muscles worked:

Pectoralis -
Triceps -
Hamstrings -
Quadriceps -
Latissimus Dorsi -
Transverse Abdominus -

Instructions:

Stand on one leg, Gymstick at the chest, and one knee in slight flexion. Push back with the non-weight bearing leg into extension at the hip and knee, keeping the foot in dorsi-flexion. At the same time extend the arms up and forwards and lean into the extension so the body is at a 45 degree angle.



9. Soccer Kicks

Main muscles worked:

- Adductors
- Quadriceps
- Pectineus
- Gracilis

Other muscles worked:

- Transverse Abdominus
- Internal and External Oblique

Instructions:

Stand with feet shoulder width apart, and rest the Gymstick behind head on shoulders, or on chest. Ensuring that the core is engaged simulate a soccer kick, first with the right, change feet and then with the left, repeat for 10 reps.



10. Lateral cross over jumps

Main muscles worked:

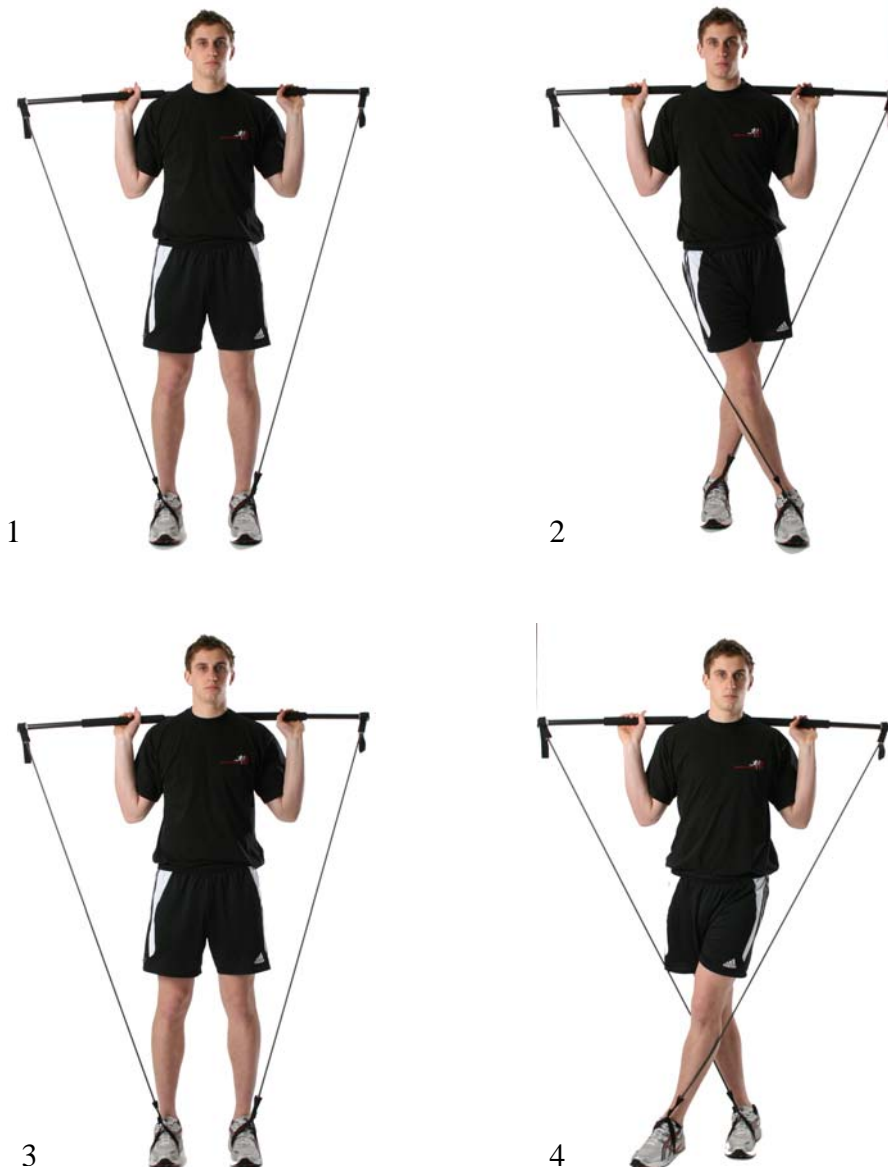
- Adductors
- Quadriceps
- Pectineus
- Gracilis

Other muscles worked:

- Transverse Abdominus
- Internal and External Oblique

Instructions:

Stand with feet shoulder width apart, and rest the Gymstick behind head on shoulders, or on chest. Ensuring that the core is engaged simulate a soccer kick, first with the right, change feet and then with the left, repeat for 10 reps.



11. Forward & Lateral Plyo jumps

Main muscles worked:

- Quadriceps
- Gluteus Maximus
- Iliopsoas
- Adductors
- Abductors
- Calves (gastrocnemius soleus)

Other muscles worked:

- Gluteus Medius

Instructions:

Stand with feet together and slightly apart and with Gymstick on upper back. Both feet at a time jump forwards and backwards 6 inches across a line. Repeat for 10 seconds. Then do the same thing but jumping side to side.



12. Side Lunge

Main muscles worked:

- Rectus Femoris
- Gluteus Maximus
- Adductor Longus
- Adductor Magnus
- Adductor Brevis

Other muscles worked:

- Gluteus Medius
- Gluteus Minimus
- Biceps Femoris
- Semitendinosus
- Semimembranosus

Instructions:

Stand with the Gymstick resting on upper back, with the feet together. Step laterally with one leg, keeping the foot facing forwards, and flex the stance leg at the knee until roughly 90 degrees. Push up with the stance leg bringing the moving leg back to the starting position.



13. Straight leg dead lift

Main muscles worked:

- Erector Spinae -
- Biceps Femoris -
- Semimembranosus -
- Semitendinosus -
- Gluteus Maximus -

Other muscles worked:

- Transverse Abdominus -

Instructions:

Stand with feet shoulder width apart, and the Gymstick rolled up to add resistance. Hold the Gymstick on your thighs. Keeping the back and legs straight bend forward as far as possible, making sure to have the arms straight. Once flexed as far as possible, straighten back up extending from the hips, again keeping the back and legs straight.

14. Good mornings

Main muscles worked:

- Biceps Femoris
- Erector Spinae
- Gluteus Maximus

Other muscles worked:

- Semimembranosus
- Semitendinosus
- Transverse Abdominus

Instructions:

Stand with the Gymstick resting on the back of the shoulders, feet shoulder width apart, and legs straight. Flex at the hips, up to 90 degrees, keeping the back straight and the head up. Return to starting position, controlling movement at all time. Knees can be slightly bent for tight hamstrings or a lower back problem to reduce stresses through this area.



15. Standing Hamstring Curls

Main muscle worked:

- Biceps Femoris -
- Semimembranosus -
- Semitendinosus -

Other muscles worked:

- Transverse Abdominus -

Instructions:

Place the Gymstick on upper back and stand with feet together. Engage the core and keeping knees together, control your heel towards your glute, then lower slowly.



16. Abduction

Main muscles worked:

- Gluteus Medius
- Tensor Fascia Latae
- Gluteus Minimus

Other muscles worked:

- Gluteus Maximus
- Sartorius
- Transverse Abdominus
- External Oblique

Instructions:

Stand with feet shoulder width apart, then turn the Gymstick around so that the cords are crossed over. Rest the Gymstick on the chest at shoulder height, or behind head resting on shoulders. Ensuring that the core is engaged and the pelvis does not shift, abduct one leg making sure to keep the upper body vertical then return to the starting position.



17. Upright Row

Main muscles worked:

- Erector Spinae -
- Quadriceps -
- Gluteus Maximus -
- Deltoids -
- Trapezius -

Other muscles worked:

- Rotator Cuff -

Instructions:

Stand with feet shoulder width apart, making sure to keep a straight back. The forearms should be pronated with a narrow grip on the Gymstick. Pull up with the arms, flexing at the elbows and abducting at the shoulders, then control the movement eccentrically back to standing position.

18. Standing Body Rotation

Main muscles worked:

- External Oblique
- Internal Oblique

Other muscles worked:

- Rectus Abdominus
- Erector Spinae
- Quadratus Lumborum

Instructions:

Stand with feet shoulder width apart, Gymstick on shoulders, a slight bend in the knees. Rotate shoulders and hips. Return to starting position. Then rotate to the opposite direction.



19. Side Bend

Main muscles worked:

- Quadratus lumborum -
- Psoas Major -

Other muscles worked:

- External and Internal oblique -
- Erector Spinae -
- Multifidus -

Instructions:

Stand with feet shoulder width apart and Gymstick resting on back of shoulders. Ensuring an upright posture, flex body to the side. Do not allow pelvis to move. Repeat to opposite side.

20. Leg extension in lying

Main muscles worked:

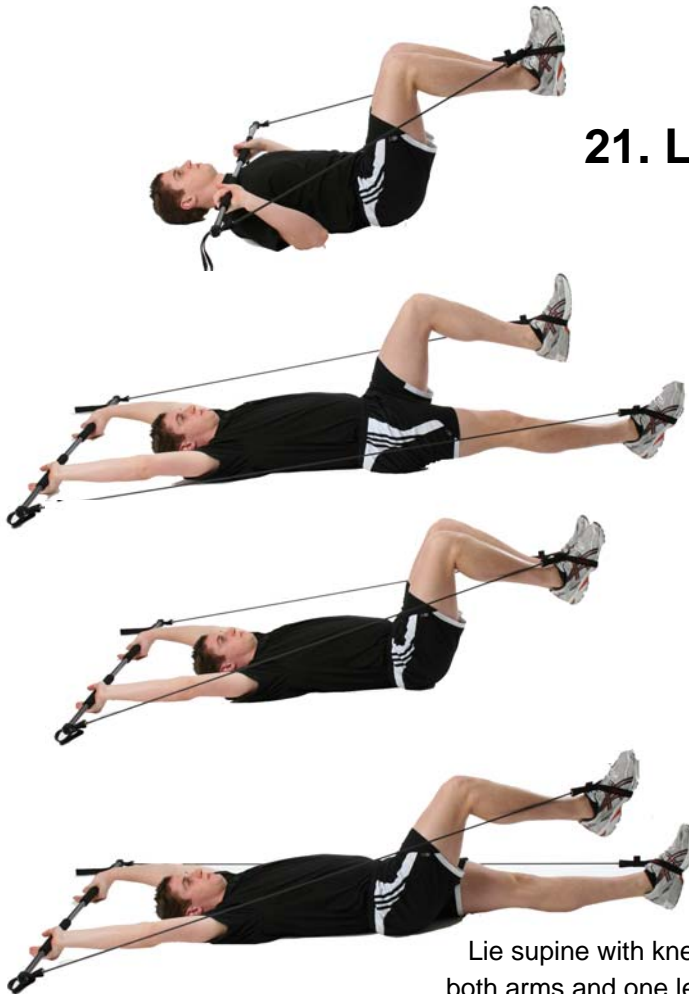
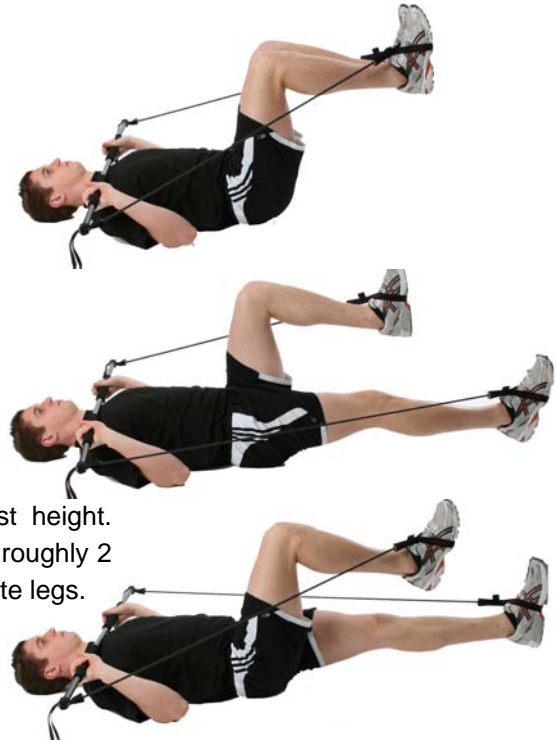
- Rectus Abdominus
- Transverse Abdominus
- External and Internal Oblique

Other muscles worked:

- Gluteals
- Hip Flexors
- Adductors
- Quadriceps
- Hamstrings
- Erector Spinae

Instructions:

Lie supine with knees flexed and the Gymstick at chest height. Extend one leg keeping your core tight. Keep arms and legs roughly 2 inches above the floor. Return to starting position and alternate legs.



21. Leg extension in lying with shoulder flexion

Main muscles worked:

- Rectus Abdominus -
- External and Internal Oblique -
- Transverse Abdominus -
- Deltoids -

Other muscles worked:

- Gluteals -
- Adductors -
- Hip Flexors -
- Quadriceps -
- Hamstrings -
- Erector Spinae -
- Triceps -
- Trapezius -
- Pectorals Major -

Instructions:

Lie supine with knees flexed and Gymstick at chest height. Extend both arms and one leg, keeping your core tight. Keep arms and legs roughly 2 inches above the floor. Return to starting position and alternate legs.

22. Sit up with Bicep curl

Main muscles worked:

- Biceps Brachii
- Rectus Abdominus

Other muscles worked:

- Iliopsoas
- Rectus Femoris
- Internal and External Oblique
- Brachialis
- Brachioradialis
- Pectoralis Major
- Pronator Teres
- Triceps

Instructions:

Lie supinated with knees bent and feet flat on the floor. With hands shoulder width apart rest the Gymstick upon the quadriceps with the grip/ palms facing upwards. Perform a sit-up whilst flexing the elbows to bring the gymstick towards the chest. Lower yourself back down towards the floor controlling the gymstick eccentrically to the quadriceps.



23. Sit up with Reverse Bicep curl

Main muscles worked:

- Biceps Brachii -
- Brachialis -
- Brachioradialis -
- Rectus Abdominus -

Other muscles worked:

- External and Internal Oblique -
- Rectus Femoris -
- Iliopsoas -
- Pectoralis Major -
- Triceps -

Instructions:

Lie supinated with knees bent and feet flat on the floor. With hands shoulder width apart and with grip/ palms pronated and facing downwards rest the gymstick upon the quadriceps. Perform a sit-up whilst flexing the elbows to bring the gymstick towards the chest. Lower yourself back down towards the floor controlling the Gymstick eccentrically to the quadriceps.



24. Sit up with Upright Row

Main muscles worked:

- Rectus Abdominus
- Biceps Brachii
- Deltoids
- Trapezius

Other muscles worked:

- Rectus Femoris
- Iliopsoas
- Internal Oblique
- External Oblique
- Transverse Abdominus

Instructions:

Lie supinated with your knees bent and heels on the floor. With the hands roughly 3 inches apart and the grip/ palms pronated and facing downwards, rest the gymstick upon the quadriceps. Perform a sit-up flexing at the elbows and abducting the shoulders to about 90 degrees. Lower the body down towards the floor and bring your arms back to their original position.



25. Seated Body Rotation

Main muscles worked

- Rectus Abdominus -
- External Oblique -
- Internal Oblique -
- Transverse Abdominus (feet off) -

Other muscles worked:

- Iliopsoas -
- Rectus Femoris -
- Biceps Brachii -
- Deltoid -
- Semispinalis -

Instructions:

Sit on the floor with legs bent and heels touching the floor. Rest the Gymstick on the upper back. Holding the Gymstick with a wide grip, rotate the body aiming to turn as far as possible. Then rotate in the opposite direction. This exercise can be performed with the heels on or off the floor depending upon difficulty.

26. Seated Body Rotation with alternate hip flexion

Main muscles worked:

- Rectus Abdominus
- External Oblique
- Internal Oblique
- Transverse Abdominus

Other muscles worked:

- Iliopsoas
- Rectus Femoris
- Deltoid

Instructions:

Sit on the floor with legs bent and heels an inch off the floor. Rest the Gymstick on the upper back with a wide grip. Rotate the body aiming to turn as far as possible, whilst flexing the opposite knee to the elbow and straightening the other leg. Then repeat in the opposite direction.



Power

Warm up

1. Split Jumps

Main muscles worked:

Quadriceps -
Biceps Femoris -
Gluteus Maximus -
Iliopsoas -
Adductors
Calves (gastrocnemius soleus)

Other muscles worked:

Gluteus Medius -

Instructions:

Stand with one leg in a lunge position with the Gymstick on upper back. Both feet at a time jump up and change legs, into a split jump.



2. Straddle Jumps

Main muscles worked:

Quadriceps -
Biceps Femoris -
Gluteus Maximus -
Iliopsoas -
Adductors
Calves (gastrocnemius soleus)

Other muscles worked:

Gluteus Medius -

Instructions:

Stand straddling a step with Gymstick on upper back. Both feet at a time jump up onto the step and down again, as quickly as you can.

1. Squat with military press and heel raise

Main muscles worked:

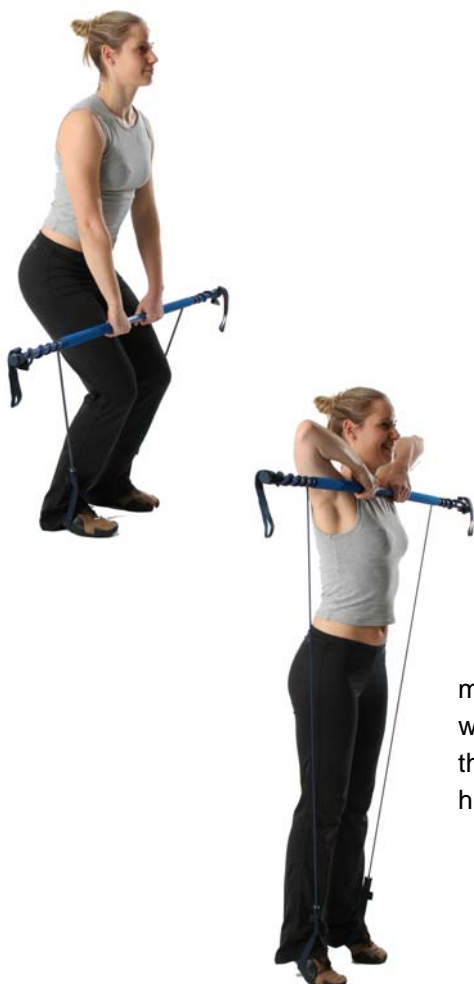
- Rectus Femoris
- Gluteus Maximus
- Deltoid -
- Gluteus Medius, Minimus -
- Gastrocnemius -
- Soleus -

Other muscles worked:

- Adductor -
- Piriformis -
- Transverse Abdominus -
- Erector Spinae -
- Triceps brachii -
- Trapezius -

Instructions:

Stand with Gymstick at the chest and squat down to 90 degrees (or less) of knee flexion. Push straight up with the arms, extending at the elbows. At the same time extend at the knees and push into a heel raise.



2. High Pull with Heel Raise

Main muscles worked:

- Deltoids -
- Trapezius -
- Erector Spinae -
- Quadriceps -
- Gluteus Maximus -
- Gastrocnemius -
- Soleus -

Other muscles worked:

- Rotator Cuff -

Instructions:

Stand with feet shoulder width apart, hips and knees slightly flexed, making sure to keep a straight back. Forearms should be pronated with a narrow grip on the Gymstick. Pull up with the arms, flexing at the elbows and abducting at the shoulders, whilst extending at the hips and knees and pushing up onto the balls of the feet.

3. Jump-up from squat with military press

Main muscles worked:

- Quadriceps
- Gluteus Maximus
- Gastrocnemius
- Soleus
- Deltoids

Other muscles worked:

- Gluteus Medius
- Gluteus Minimus
- Adductors
- Piriformis
- Hamstrings
- Triceps

Instructions:

Stand with the feet shoulder width apart, with the Gymstick positioned on the chest. Half squat, flexing at the knee to roughly 90 degrees, making sure to keep the knees behind the toes. Explosively extend at the knees and elbows, up into a jump. Land on the balls of the feet, then go back onto heels for the half squat position.



4. Standing Superman

Main muscles worked:

- Deltoids -
- Gluteus Maximus -
- Gluteus Medius -
- Piriformis -
- Erector Spinae -

Other muscles worked:

- Pectoralis -
- Triceps -
- Hamstrings -
- Quadriceps -
- Latissimus Dorsi -
- Transverse Abdominus -

Instructions:

Stand on one leg, Gymstick at the chest, and one knee in slight flexion. Push back with the non-weight bearing leg into extension at the hip and knee, keeping the foot in dorsi-flexion. At the same time extend the arms up and forwards.



5. Squat with military press and heel raise

Main muscles worked:

- Rectus Femoris
- Gluteus Maximus
- Deltoid
- Gluteus Medius, Minimus
- Gastrocnemius
- Soleus

Other muscles worked:

- Adductor
- Piriformis
- Transverse Abdominus
- Erector Spinae
- Triceps brachii
- Trapezius

Instructions:

Stand with Gymstick at the chest and squat down to 90 degrees (or less) of knee flexion. Push straight up with the arms, extending at the elbows. At the same time extend at the knees and push into a heel raise.



Flexibility/Recovery

1. Standing Hip Flexion

Main muscles worked:

- Iliopsoas
- Sartorius
- Psoas Major
- Transverse Abdominus

Other muscles worked:

- Quadriceps
- Peroneals

Instructions:

Stand on one leg with Gymstick behind your back, resting on your shoulder. Add resistance if needed. Ensuring that the core is engaged and the pelvis does not shift, control the leg up to 90 degrees hip and knee flexion, keeping the foot in slight dorsi flexion. Then control the leg back to the starting position.



2. Prone Superman with back extension

Main muscles worked:

- Erector Spinae
- Spinales dorsi
- Quadratus lumborum
- Longissimus Dorsi

Other muscles worked:

- Serratus Anterior
- Gluteals
- Deltoids
- Triceps
- Pectoralis
- Supraspinatus
- Infraspinatus



Instructions:

Lie prone with arms outstretched and hands shoulder width apart. Lift your upper body off the floor. Ensure the hips do not come off the floor and your arms remain straight and close in to the head.

3. Prone kneeling with hip and knee extension

Main muscles worked:

- Gluteus Maximus
- Gluteus Medius
- Piriformis

Other muscles worked:

- Hamstrings
- Gluteus Minimus
- Erector Spinae
- Transverse Abdominus

Instructions:

Kneel on all fours, Gymstick positioned under the hands. Ensure spine is neutral. Engage the core then extend one leg out behind so it is parallel to the floor. Ensure the foot is dorsiflexed and the pelvis remains stable. Alternate legs.



4. Prone Superman with alternating Hip extension

Main muscles worked:

- Gluteus Maximus -
- Erector Spinae -
- Longissimus Dorsi -
- Serratus Anterior -

Other muscles worked:

- Gluteus Medius -
- Piriformis -
- Deltoids -
- Triceps -
- Pectoralis -
- Supraspinatus -
- Infraspinatus -

Instructions:

Lie prone with arms and legs extended. Lift one leg off the floor keeping the knee in extension. Take special care to ensure that the hips do not come off the floor. Repeat the exercise on the opposite side. To recruit more gluteal work, dorsiflex the foot.



5. Supine Unilateral Hip Flexion

Main muscles worked:

- Rectus Abdominus
- Transverse Abdominus

Other muscles worked:

- External Oblique
- Internal Oblique
- Iliopsoas
- Rectus femoris
- Deltoids
- Triceps

Instructions:

Lie supine on the floor with the legs and arms extended. Lift both legs off the floor about an inch or two and control one leg up into 90 degrees hip flexion making sure to keep the opposite leg controlled and horizontal. The working leg should remain in control as you lower it down to in line with the other leg. Then alternate.

