

FOOTBALL STRENGTH TRAINING PROGRAM

The weight exercises that will be described in this program will help any athlete get stronger and better on the football field.

As with any exercise regiment, safety should always be the #1 priority. With weightlifting this is even more important. Make sure you or someone else acts as a spotter for the athlete at all times.

We will take a look at Squats, Bench Presses, Inclined Bench Presses, and Power Cleans. We will discuss how the athlete should perform each of these weight lifting exercises. Then we'll discuss an 8 week lifting program for the athlete to follow.

We will not discuss how much weight the athlete should lift. Obviously this will vary depending on an athlete's size, strength, and experience with lifting. If you and the athlete aren't sure how much weight to use, it's always best to start low and then work your way up from there. However, to complete the weight lifting exercises, you will have to know the maximum that the athlete can lift one time. The exercises are based on doing repetitions (reps) at a percentage of the maximum weight the athlete can lift.

For example, say the most the athlete can bench one time is 300 pounds. Obviously, he's going to lift less than this many times to build-up his strength. So, he may be asked to do 70% 8 times. This means he'll bench press 210 pounds (210 is 70% of 300) 8 times.

If for any reason, you or the athlete doesn't feel comfortable lifting that high a percentage of the maximum weight, feel free to lower it. Again, the exercises described here are for the majority of athletes to achieve the greatest results. Don't allow your better judgment to be superseded by these instructions.

In the interest of achieving the greatest results and in keeping the athlete injury free, he should only lift weight three times a week. He also needs to take back to back days off every single week. Therefore, our 8 week exercise regiment will ask the athlete to lift weights on Monday, Wednesday, and Friday. That way he'll have his back-to-back days off on Saturday and Sunday.

Obviously you and the athlete can agree to lift weights on other days besides the ones in this program. Just make sure the athlete only lifts three days a week and always has back-to-back days off.

Performing the exercises as they are outlined at the end of this report, should take an athlete about 45 minutes. Therefore, it can easily fit into even the busiest athletes' schedules.

Let's get started...

For more coaching resources, visit www.Football-Tutorials.com

SQUATS

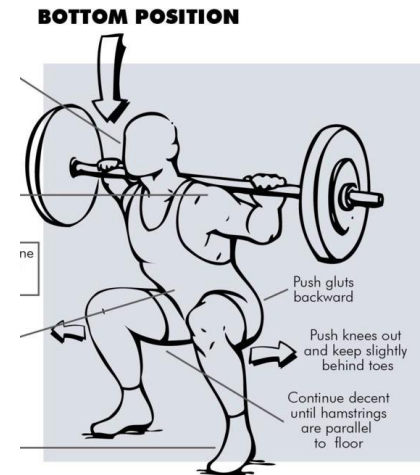
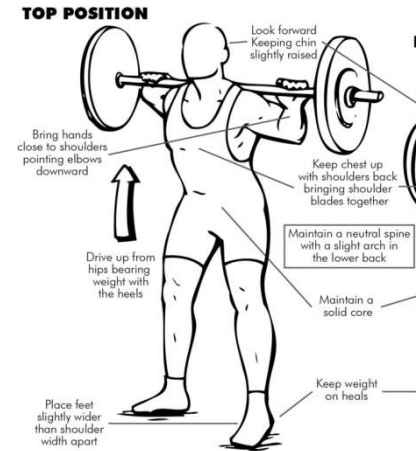
A Squat begins with the bar racked at about the height of the athlete's chest. The first thing the athlete should do is get his hips in a good football position. His entire body should be in line. His hands should be shoulder length apart.

He should bring his head under the bar and rest the bar against his shoulders. Then he should lift and bring the bar back away from the rack.

Then the athlete should bend down until his hips are almost parallel with the floor. He does not want to bend too far because that will put strain on his knees and that could potentially result in an injury.

Once the athlete is done he should then come back up to a standing position. When he comes up, if he wants to build muscle mass for power then he should come up slowly. However, if he wants the squats to help him get faster then he should pop-up fast.

While the athlete is doing squats, you should make sure he is keeping his back straight. To help with his back, the athlete should always have his head up and his shoulders back. If his head comes forward then his shoulders and his back will follow. Do not let your athlete do this.



Copyright 2014 NFP Gear

For more coaching resources, visit www.Football-Tutorials.com

Image Source:
<http://nfpgear.com/blog/the-power-of-the-perfect-squat/>

BENCH PRESS

The Bench Press helps a player build strength for pushing opponents away from the chest. This is particularly important when a player is blocking or being blocked.

The athlete should lie back on the bench with his knees bent and his feet firmly on the floor. His entire body should be in line – his feet, knees, hips, waist, and shoulders. His hands should be shoulder length apart as he grabs the bar. Remember, this is best to help him have more power with blocking and his hands should always be inside the frame of his body.

The act of lifting the bar up until the arms are completely extended and then bring the bar down to the chest should be controlled at all times.

Remember to always have a spotter for the athlete who is bench pressing the weights.

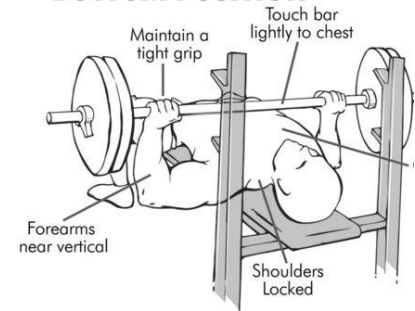
INCLINED BENCH PRESS

The Inclined Bench Press is a variation of the Bench Press. Instead of the athlete lying completely on his back, he is only lying back about three quarters of the way.

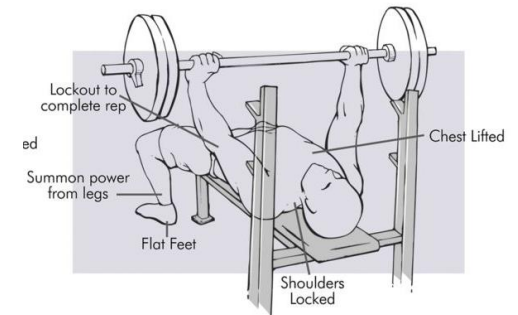
He still needs to be under control at all times and he also need to extend the bar all the way up until his arms are fully extended.

The athlete should have his body aligned at all times and his hands and feet should be shoulder width apart (all in line).

BOTTOM POSITION



TOP POSITION



Copyright NFP Gear 2014

POWER CLEAN

The Power Clean is a little more difficult than the other weight lifting exercises we've discussed. Therefore the athlete should begin by lifting only the bar until he gets the feel for the right way to do this exercise. To begin, the athlete should start in a football position. This is often referred to as the breakdown position. Then the athlete should bend down to pick up the weight.

It's very important that the athlete not bend his back because this will put too much pressure on the spine and the muscles in the back. To ensure the athlete doesn't bend his back, his head should be up and his shoulders should be back at all times. Also, his rear end should drop down as he bends.

Once the athlete picks up the weight, he should bring it up to his hips and assume a football stance and then up to his shoulders by bending his arms at elbow and raising the arms as far as possible while they are bent. From that position the athlete should fold his arms under and drop under the bar with his shoulders while dipping his hips so that his hands turn over and the bar now rests against his shoulders and chest, just under his chin.

The act of bringing the weight up should be all one fluid motion from the time it leaves the floor to the time it's lifted to the shoulders into a resting position. Then he can drop the weight to hip level and then put the weight on the floor. Once the athlete gets the hang of lifting just the bar, you can then begin to add weights.



WEEKS 1 AND 2

MONDAY				
EXERCISE	SETS	1 ST SET	2 ND SET	3 RD SET
Bench Press	3	65% x 8	70% x 8	75% x 8
Squats	3	60% x 6	65% x 6	70% x 6
Inclined Bench Press	3	60% x 6	65% x 6	70% x 6

WEDNESDAY				
EXERCISE	SETS	1 ST SET	2 ND SET	3 RD SET
Bench Press	3	65% x 8	70% x 8	75% x 8
Squats	3	60% x 6	65% x 6	70% x 6
Inclined Bench Press	3	60% x 6	65% x 6	70% x 6
Power Clean	3	Bar x 6	Bar x 6	60% x 6

FRIDAY				
EXERCISE	SETS	1 ST SET	2 ND SET	3 RD SET
Bench Press	3	65% x 8	70% x 8	75% x 8
Squats	3	60% x 6	65% x 6	70% x 6
Power Clean	3	Bar x 6	Bar x 6	60% x 6

For more coaching resources, visit www.Football-Tutorials.com

WEEKS 3 AND 4

MONDAY				
EXERCISE	SETS	1 ST SET	2 ND SET	3 RD SET
Bench Press	3	65% x 10	70% x 10	75% x 10
Squats	3	60% x 8	65% x 8	70% x 8
Inclined Bench Press	3	60% x 8	65% x 8	70% x 8

WEDNESDAY				
EXERCISE	SETS	1 ST SET	2 ND SET	3 RD SET
Bench Press	3	65% x 10	70% x 10	75% x 10
Squats	3	60% x 8	65% x 8	70% x 8
Inclined Bench Press	3	60% x 8	65% x 8	70% x 8

FRIDAY				
EXERCISE	SETS	1 ST SET	2 ND SET	3 RD SET
Bench Press	3	65% x 10	70% x 10	75% x 10
Squats	3	60% x 8	65% x 8	70% x 8
Inclined Bench Press	3	60% x 6	65% x 6	70% x 6
Power Clean	3	60% x 6	65% x 6	70% x 6

For more coaching resources, visit www.Football-Tutorials.com

WEEKS 5 AND 6

MONDAY				
EXERCISE	SETS	1 ST SET	2 ND SET	3 RD SET
Bench Press	3	70% x 10	70% x 10	80% x 10
Squats	3	65% x 8	70% x 8	75% x 8
Inclined Bench Press	3	65% x 8	70% x 8	75% x 8

WEDNESDAY				
EXERCISE	SETS	1 ST SET	2 ND SET	3 RD SET
Bench Press	3	70% x 10	75% x 10	80% x 10
Squats	3	65% x 8	70% x 8	75% x 8
Inclined Bench Press	3	65% x 8	70% x 8	75% x 8

FRIDAY				
EXERCISE	SETS	1 ST SET	2 ND SET	3 RD SET
Bench Press	3	65% x 10	70% x 10	75% x 10
Squats	3	60% x 8	65% x 8	70% x 8
Inclined Bench Press	3	60% x 6	70% x 6	75% x 6
Power Clean	3	60% x 6	65% x 6	70% x 6

For more coaching resources, visit www.Football-Tutorials.com

WEEKS 7 AND 8

MONDAY				
EXERCISE	SETS	1 ST SET	2 ND SET	3 RD SET
Bench Press	3	75% x 10	80% x 10	85% x 10
Squats	3	70% x 8	75% x 8	75% x 8
Inclined Bench Press	3	70% x 6	75% x 6	80% x 6
Power Clean	3	70% x 6	75% x 6	75% x 6

WEDNESDAY				
EXERCISE	SETS	1 ST SET	2 ND SET	3 RD SET
Bench Press	3	75% x 10	80% x 10	85% x 10
Squats	3	70% x 8	75% x 8	75% x 8
Inclined Bench Press	3	70% x 8	75% x 8	80% x 8

FRIDAY				
EXERCISE	SETS	1 ST SET	2 ND SET	3 RD SET
Bench Press	3	80% x 10	85% x 10	85% x 10
Squats	3	70% x 8	75% x 8	80% x 8
Inclined Bench Press	3	75% x 6	80% x 6	85% x 6
Power Clean	3	70% x 6	75% x 6	75% x 6

For more coaching resources, visit www.Football-Tutorials.com

Looking For More Football Coaching Resources?

If you haven't had a chance yet – you can upgrade your order to include the complete Essential Football Drills collection by going to:

<http://www.football-tutorials.com/p/upgrade-essential>

Visit <http://www.coachstevetucker.com> for our complete list of books and videos

Or, check out my free coaching blog at <http://www.football-tutorials.com>

Like my Facebook page for free drills and plays!

<https://www.facebook.com/FootballDrillsandPlays>