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Football workouts at home without equipment

What are the best training drills and programmes for getting and staying fit for football? We've got some examples for you of fitness drills you can do pre-season and over the winter break and for working on your speed and explosiveness throughout the year.**FITNESS TRAINING FOR FOOTBALLERS: the essentials**Football players need to be physically fit and possess excellent technical and coordination skills. To achieve those goals and do their coaches proud, they need to train all season long to stay fit and perform well on the pitch.Fitness training is essential for players. It is recommended that they train at a steady pace with their team and on their own and also do fitness exercises (with and without the ball) to work on their cardio, speed and strength and to guarantee a good level of performance.Here are some examples of how you can work on your fitness for football and improve your all-round fitness (without a fitness coach) during the pre-season. We also have some fitness drills for the winter break for you, and drills you can do with your team or on your own to work on your speed and explosiveness all year round.Getting and staying fit during the winter breakThe football fitness training drills presented here are more effective if complemented by a running programme.staying in shape during the midwinter breakIf you're a football player and you're looking for a football-specific fitness training programme to help you stay fit during the winter break, then you've come to the right place. Stay right there! Let's go!Staying fit during the festive season so you can perform on the pitchThe winter break has come around and like lots of football players, you're wondering how you can limit the impact of the festive celebrations on your fitness, without taking things too seriously. Here are a few things you might like to think about. Fitness training during the winter break or close seasonHow you get back into fitness training will depend on what you've been doing while you've been off. If you haven't been playing sport during lockdown, the summer holidays or the festive season, you'll need to work your way back in gently to reduce the impact on your body and the risk of injury. If you've done some jogging, a few HIIT sessions or some strength training work, then you should also take things gradually, albeit at a quicker pace. Here's our advice on how to start your pre-season fitness training without picking up an injury. Staying in shape during the layoff**WHAT ARE THE ADVANTAGES** of continuing to train during the layoff?During lockdown it's been difficult to find the motivation to stay in shape. Is it really worth it to go running, do strength training and work on your core fitness? Find out some of the advantages of continuing to train and being match fit for when football starts up again.advantages to continuing to train**HOW TO LOOK AFTER YOURSELF** during the close season.This is a key period in terms of the season ahead and you need to manage it properly. The way you organise yourself depends on the standard of football you play. Here's a model that lends itself well to amateur football (local/regional leagues).**LOOKING AFTER YOURSELF DURING THE CLOSE SEASON**Making sure you don't get injured after a long break.So you're missing your football and feel a bit like a smoker who's just been told to quit (OK, maybe not, but you know what I mean)? Don't worry, you're not alone! Have you been waiting for months, telling yourself: "When football comes back I'll be playing every day"? Then, you need to make sure you don't get carried away and jump straight back into things because you might end up with an injury. Here's some advice on what you need to do to stay injury-free when football starts up again (and it will, one day).**FEAR OF GETTING INJURED** when football returnsFitness training for footballers**WORKING ON YOUR CARDIO AND MUSCLE STRENGTH TO GUARANTEE PERFORMANCE ON THE PITCH**.Football-based cardio workouts at homeSo you're a football player who's looking for tips on how to work on your fitness without a coach and do cardio work at home so that you can be at your best as soon as the season starts?Working on your fitness at home with five strength training drills that work your whole bodySo you're a football player who's looking for a complete body workout programme without a coach so you can build up all your muscles? All from the comfort of your living room or garden? Don't go away because I've got just what you need. 5 exercises for working on your muscles at homeWhat is the best five-minute cardio session for football?The resumption of football is just around the corner and you want to work on your cardio fitness but without it taking up too much time? After all, the holidays are there to be enjoyed. You can find five minutes to keep your cardio fitness going, can't you? Here's a little cardio routine to get you started.**FIVE-MINUTE CARDIO SESSION**emphasis on weight training: A five-minute strength training session that will work your lower body.Are you up for a five-minute strength training session that will work your lower body, without a coach? Before we get into the details, I should tell you that it will allow you to maintain your muscle mass but nothing more. This programme won't help you squat 180kg. It's very effective but it's not a magical short cut.5 minute strength workout**Emphasis on weight training: Building up your muscles for football without equipment**This is an early-season session that focuses on muscle development and which you can dip back into over the course of the season. Football players need to use all their muscles. They work more than their legs. You can do these drills in small groups to make them more fun and switch them up during the session. building your football muscles without equipmentMake your return to the pitch successful with a bespoke strength training programme.Football players are technicians who express themselves as part of a system thanks to their physical and mental abilities. Here's strength training programme just for you.preparing and working out for the new football seasonlogging for fitness training or how to be quick on your feet Running, stamina work, pace, speed of reaction and explosiveness: what is the best bespoke programme for football players? If you want to be at your best when the new season starts, you need a special close-season programme (from mid-July). Here's a circuit-training programme I've come up with so you can work on your speed of reaction, pace and explosiveness.speed, spring and explosiveness Skip to main content **Advertising**Published: Nov 18, 2015 at 05:54 AMIn my many years as a certified strength and conditioning specialist, I've had the opportunity to take advantage of some of the world's finest sports performance technology and equipment.While much of the advances in strength and conditioning equipment have dramatically improved current athlete's strength, speed and agility, there are still basic bodyweight movement exercises that can improve an athlete's performance. Bigger and more expensive is not always better.This article will focus on five bodyweight resistance exercises that will train the entire body. No membership, travel or fancy equipment is needed for these exercises.An "oldie but a goodie." This exercise, when performed correctly - with the elbows close to the trunk and no arching of the lower back - is a great upper body and core strengthening exercise. To build increased muscles size, perform four to five sets of 15 reps. If power is desired, more weight than your body might be needed, so a weighted vest may be used to increase the intensity of the movement. To improve power, three to four sets of five to six reps is the target. There should be total fatigue at the fifth or sixth rep. If there is not, increased intensity/weight will be needed.This exercise may look easy to execute, but it is a challenge for your hip muscles. This exercise targets the hip muscles that assist in lateral speed and agility. To perform this drill, lie on one side and separate the legs from each other (about a foot). Then, only using the lower forearm that is in contact with the ground for support, lift the hip off the ground and rise up as high as possible. Then return back down to the floor in a slow, rhythmic fashion. Furthermore, maintain the one-foot distance between the legs consistent throughout the entire movement. Perform three sets of 10 reps on each side.3. Matrix Multi-Angle LungesThe matrix multi-angle lunge is a combination of three different lunges. This exercise will strengthen the leg muscles to help improve movements in all directions. First is a lunge to the front, then to the side and then lunge backwards as if you're turning to chase someone. Perform six lunges in each direction for three sets. If bodyweight is too easy, grab some dumbbells or use a weight vest.This drill will develop leg power to help improve speed on the field. Begin by standing on one leg in front of a sturdy chair then slowly lower the hips down to the seat of the chair. Gently touch the chair with the hips and then return back to the starting standing position. Attempt three sets of eight reps.This exercise will strengthen the triceps, which are critical in football because they assist in blocking, throwing and many other fundamental skills. In this exercise, start with your hands on the chair, knees bent and feet on the ground. Gradually lower the body down toward the floor while bending the elbows. Then, while pushing into the chair, return back to the starting position. Attempt three sets of 10 reps.Bodyweight exercises are an excellent way to safely and effectively strengthen your muscles. Many times, being able to control one's own bodyweight first before going to traditional weights is one of the most important foundational steps in a proper strength program.Even though "well-adorned" workout facilities are full of equipment, do not forget the best original strength building equipment is your own body.- Brett Fischer is the owner/founder of the Fischer Institute in Phoenix, Ariz. He is a licensed physical therapist, certified athletic trainer, certified strength and conditioning specialist and a certified dry needling provider. He has worked with the University of Florida, New York Jets, PGA & Senior PGA Tour and the Chicago Cubs.*Looking to get fit? Check out NFL Up! for workouts and tips and the NFL Up! Instagram feed for quick images and videos.*This article has been reproduced in a new format and may be missing content or contain faulty links. Please use the Contact Us link in our site footer to report an issue. 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