



Aspire International Football Academy

Football FITNESS & CONDITIONING

PROGRAM [Goalkeeper]

“Repetition Consistency Excellence”

Do you want it?

“Aspire is not a club, it's a culture”

*Aspire does not set out to build great teams but
great players that can perform at the next level*

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It starts with you before the team, put in the self work and reap the benefits

The Program Summary

The football off season program is designed to get you physically fit, mentally sharp and technically sound before the season starts. We utilize programs provided to us by professional team academies to assist you in achieving your peak goals. The program will be broken down into 4 main categories, Physical, Technical, Tactical and Mental(your drive, your commitment etc).

We cannot stress the importance of properly stretching before any exercise and a cool down stretch after the session is done for the day. Sports injuries are real and can haunt you for several years if you do not take care of your body.

Your diet also is a key component that we expect every player to use their best judgement on food choices if you want to perform at your peak. This does not cover a meal or diet plan but will be provided as needed. We understand that there are going to be some days that you cannot perform the sessions due to conflicting scheduling and some days you may not feel like it, however you should set aside and prioritize time for yourself, your physical health and mental.

We will provide an alternate session plan if you are short on time for any day. We do not recommend you use these alternate sessions to replace the program but more to be used on days you are not able to do the full sessions. Remember, commitment and perseverance is going to be the key to your success. If you get an opportunity to play the game during the off season, 1v1, 3v3, 5v5 or any small sided games that will take priority over a session day if performed for over an hour. The program is also aimed at improving your touch and ball skills with time on the ball, get your fitness level up and keep you tactically sharp with requirements to watch games and lock on players at times to study movements. This could be your favorite player or a player you want to learn more of or the whole team collectively.

Do you want to play at the next level (college, semi pro, pro)?

You know we can get you there, we are proven, but the answer will be determined by you over the off season



Program at a Glance

Physical

- goal is cardiovascular conditioning and physical strength, enjoy the process
- follow the fitness program as it is laid out, you will have opportunities to make choices on what you perform during your sessions
- if done right, it should be a habit, it should be fun

Technical

- Play as many games as you can
- Choose and perform various technical skills from our program

Tactical

- watch a game or more weekly, enjoy the game, start identifying players, running on and off the ball, locking in on players and seeing how they impact the game.
- Study and read up or watch video on a legend every 2 weeks, why were they great and what impact they had
- Formation study is not required but a plus to learn about what is expected of you in different positions

Mental

- Are you challenging yourself enough? are you critiquing yourself enough and self correcting
- Are you getting up out of bed to train?, are you listening to the voice in your head saying take a day off, no one is watching you?
- Are you focused during sessions?

Your preparation should contain all 6 of the core components:

- 1. Playing/Ball Work:** from handling, footwork to small-sided matches where you can get shots taken at you or large sided games as well, you should get touches as much as possible
- 2. Sprinting:** Do the sprint workouts! Just jogging will not increase your soccer fitness or speed
- 3. Speed and Agility Workouts:** This is crucial to improving your speed and agility
- 4. Running:** jogs at the track or neighborhood, biking, or stationary jogging or biking can be done as well, working on distance here
- 5. Strength Training:** A gym isn't required, if you have weights you can use them or improvise with equipment at home, a broom stick with two bags on each end filled with anything is a good enough piece of equipment. Your body is also a weight, so plyometrics and core work will be a plus as well.
- 6. Watching the Game** - take some time on your rest day and watch a game, pro anywhere in the world



Program in Detail

Choices of the following:

Technical Ball Handling Skills (refer to the ball skills workout below):

- Always start with a 3-5 minute dynamic stretching routine and end with a 5-minute jog and some stretching
- various ball techniques will be required of you to perform on the days, fundamentals are essential.
- allow yourself to fail and keep trying

Interval Sprint Circuit:

- Always start with a 3-5 minute dynamic stretching routine and end with a 5-minute jog and some stretching
- Sprint 100 yards 3 times (rest each run for 1 min)
- Sprint 200 yards 3 times (rest each run for 1 min)
- Sprint 50 yards 2 times (rest each run for 1 min)
- Sprint 100% on every run, don't pace yourself and follow the set/rep sequence
- Take the full rest period, not less (if it seems too long, jog back & run in one direction)
- Focus on getting explosive starts- starting low, driving knees, pumping arms, keeping strides smooth and powerful

Aspire Speed Agility(ASA) Workout (40min max):

See the included Speed and Agility workout page. We do elements of this throughout the year:

- 1 - Ladder (or line of 10 cones) - maximum speed through the course while maintaining good form 16 Total Repetitions (different running patterns)
- 2 - Hurdles (or 4 tall cones/boxes/hangers) - maximum height over hurdles with explosive acceleration/change of direction 12 Total Repetitions (facing, side-on, and one footed)

40- Minute Pulse Run:

This is a long run with "pulses" or short sprints to get your heart rate up:

- Always start with a 3-5 minute dynamic stretching routine (patterned running: skipping, shuffling, and crossovers)
- Push yourself and do pulses (every 10 minutes sprint or run hard for 20-30 seconds)
- End Slow - your last 3-5 minutes should be nice and slow with a good stretch routine afterward

Timed Mile Test:

This is a timed Mile test, you will pick one you are comfortable with at the end of a week. If you met the goal, try for the next:

- 1 Mile in 6 mins
- 2 miles in 13 mins
- 3 miles in 21 mins



Strength Circuit:

Goal is total body strength, and core. Not bulk, not size, if that comes with it, cool but it's not the focus.

Core 3 sets for each:

- 1) Planks (front and both sides)
- 2) Pushups (normal, wide, narrow and clap)
- 3) Pullups(normal grip, wide grip, narrow grip), over and under grips. if no equipment local park playground or skip
- 4) abdominal work, crunches, V-up

Weights (again can use comfortable weight, not too heavy, reps to 25-30 each set) 3 sets for each:

- 5) bicep curls
- 6) overhead press
- 7) tricep dips (can be done on stairs or chair)
- 8) non weighted squats (3 sets, 50 reps) and weighted squats (3 sets, 20 reps)
- 9) calf raises (can be done on stairs)
- 10) quad work, wall sits for 30 - 40 seconds (great when watching something or ending a session)

Game Watching:

Take in a game a week, watch for fun and try to identify players movements on and off the ball to improve your tactical awareness and knowledge, can lock in on a particular player and watch their movement. Can be a pro men or women game, really doesn't matter, you can learn a lot from any game you watch if you do it right. Critique some of the players movements and technique, ask yourself why did they play that ball or run that way.

Take the time and every two weeks study a legend of the game, we have too many that have shaped the game you love and they are great based on just being technically and tactically sharp during their games and perform each time they are asked not by luck but by their dedication to improving themselves.

The Aspire Weekly Program

Mix and Match Exercises, the Fun begins

- stick to the schedule plan below and choose any of the exercises mentioned above in the Program in Detail as it coordinates with the days of the week.
- Build your own weekly plan
- Don't over work yourself and don't underwork yourself

Workout Categories

- Strength Circuit - pick 2 Core and 1 weighted exercise
- Skills workout - follow the ball skill program as described below, is designed to get 500 touches each session, totaling 2000 for the week
- Sprint Workouts - follow as described above
- Play small sided games - if possible play small sided games - [Alternate workout with 10 burpees and 2 ball skills for 15 mins]
- Aspire Speed Agility (ASA) - follow as described, be creative on your patterns and change of direction movements.
- Time Mile Test - pick a mile test of your choice, challenge yourself if you completed a test for the next time
- Cross Training - swimming, cycling, basketball, tennis or any alternate sport or activity
- Watch a Game - take in a pro game either Sat or Sun or both, look for tactical plays and study players
- Review a Legend (every 2 weeks) - look up a legend on youtube or netflix or read a book to learn about the impact they had on the game, their playing style, what made them great. take notes, think about adding something from them to your game
- Time Crunch Alternatives: just something quick if you can't get to the full session that day, cant have two days of this back to back and cant have more than 2 in a week
- DAY OFF - rest and relax

THE SCHEDULE

Below is an example of a typical week for the off season training program. You should be able to run a timed-mile near your personal best and do the interval sprint workout without significant fatigue when you arrive for preseason at Aspire.

Make your own weekly schedule, build from the base below

Strength: 2x, Running: 1x, Speed: 2x, Sprinting: 2x, Play/Skill Work: 5x

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------------------------|------------------------------------|---|---|------------------------------------|---|---|
| -Strength Circuit -Skills Workout | -Sprint Workout -Skills Workout | -ASA (speed agility) -Skills Workout | -Strength Circuit -ASA or Cross Training | -Sprint Workout -Skills Workout | -40-Minute Run or Time Mile Test -Play small sided* | -DAY OFF activities - watch a game - review a legend ever 2 weeks |

**Playing competitively should always be a priority whenever you have the option*

**skip small sided if ran 2 or 3 miles and pass test*

**watch a game can be an alternative*

**if you play small sided first you can skip test that week*

Time Crunch Alternative Workout, pick one (not a replacement for a day but just to keep it going)

- Core [pick any 2]
- ASA
- Sprint Workout
- Small sided games
- juggling [30 mins]
- Stairs Run [5 mins stair climbs] * 5 (rest 2 mins in between each 5 min reps)

Ball Handling and Footwork Skills Workout:

The Ball Handling part of this workout is designed to get you "2,000 Touches a Week"(500 a day) and should take no more than 15-20 minutes. It's fine to change the sequence of activities or add/change things to emphasize a weak area or a particular skill but don't hide! Don't avoid a particular turn or move because it's not comfortable. Challenge yourself to do many of these activities including the footwork ball handling as well. Always stretch a bit first and between sections as needed.

I. Ball Control:

Warm up for 5 minutes by dribbling the ball with quick touches changing direction and speed. Use all parts of the foot and stay in a small space where lots of touches and turns are required. Take another 5 mins getting familiar with the ball and simple catches to get the ball handling technique down as a warm up, this is very light.

Each Day you pick one of the 3 areas to cover the touches needed. No need for all the handling sessions in 1 day. Pick one activity a session and work on that one and come back and finish the others in other days.

Handling [both hands] - Choose one of the following each session:

1. Low catch[300] below waist:

-- using a wall or having someone give you low shots straight to the hands

2. Med catch[300] chest level:

-- using a wall or having someone give you med shots straight to the hands

3. High catch[300] slightly above head, no jumping needed:

-- using a wall or having someone give you high shots straight to the hands

Single Hand Handling [each hand]:

4. catch and throw back same hand[100] x2 :

-- using a wall or having someone throw you a ball and catch it and throw it back with the same hand. change hands

II. Footwork:

This session will have some agility movements to cover side to side movements.

1. Lateral Shuffle Drill:

-place two cones or items 6-8 feet apart and shuffle feet side to side for 50 reps for 3 sets. eyes up during these drills and hands up.

Do each of these touches and turns for about 1 minute each:

1. Inside Roll:

-- Roll the ball across your body from outside one foot with the sole of that foot and stop the ball with the inside of the other foot. (think "roll and stop")

2. Outside Roll:

-- Roll the ball across your body by reaching across your body with the outside and sole of one foot and stop the ball with the inside of the same foot. (think "reach and stop")

3. Side to Side Push-Pulls:

--Tap the ball back and forth with the inside of your feet. Push the ball forward with one foot and pull it back the sole of the opposite foot. (Alternate dragging the ball straight back with one foot then across your body with the other foot.)

4. Pull-Push:

-- Pull the ball back with the sole, then tap the ball forward with the instep or top of the same foot. You can turn a slow circle and alternate feet and direction.

5. Pull a V:

-- Pull the ball back the sole of the foot while turning, then take the ball away with the inside of the same foot.

6. Pull a V (Opposite foot):

-- Pull the ball back with the sole of one foot, then push the ball diagonally forward with the other foot.|

Juggling(optional -good for cool down):

Assist in becoming a complete player. Try to do all touches with one surface: head, thigh, and feet only for 1 minute each. Always do some foot juggling with no spin on the ball. Can also free juggling to get to your highest number.

“ASA” - Aspire Speed, Agility Program

This program has four primary components and should take about 40 minutes to complete.

I. Agility and Quickness:

(10 Cones one step apart or the Ladder - maximum speed through the course while maintaining good form)

| | |
|----------------------|-------------------------|
| 16 Total Repetitions | 4 2-legs facing forward |
| | 4 2-leg lateral/side-on |
| | 4 single-leg |
| | 4 with rotation |

II. Plyometric/Power Running:

(4/5 Cones or Hurdles - maximum height over hurdles with explosive change of direction or pace after the hops: sprint-aways (explosive take-off on last landing) - come-backs (sprint forward/backward back to start), lateral (zig zag with target cones)

| | |
|----------------------|--------------------------------|
| 12 Total Repetitions | 4 Facing Up – Single/Both Feet |
| | 4 Lateral Hops |
| | 4 Single-Leg or Turning |

III. Lower Body Strength:

20-30 Repetitions Each (pause at the bottom of each rep and use good form - knee over foot):

Standing Parallel Squat
Single-Leg Lunges
Lateral “or Side-On” Lunges
Scissors Lunges
High Knee Hops
Kneeling Ham Falls

IV. Core Body Strength:

Always - (60 Seconds or 30 reps of each)

“V-Sits” and planks (“bows & toes”)

Pass the Ball partner exchanges (Medicine Ball Twist) (can skip if no medicine ball, can do 3 sets of pushups)

Choice - (2 exercises - 20-30 reps each):

Partner Assisted Sit Ups, Crunches, Incline Sit-Ups, Hanging Knee Raises

Remember Why You Are Here

Our Mission

To provide youths the opportunity to play football regardless of funding, develop social, psychological, physical and technical/tactical skills to prepare them to enter professional teams, pro academies and colleges through pathways we create for them. Our proven model focuses on the long term development of each player to ensure they are armed with the necessary skill sets to thrive in any environment.

We utilize the knowledge provided by our global affiliates and partners at professional clubs and academies to develop a unique program for youth development.

Aspire does not set out or focus to create great teams, we focus on creating great players who can compete at the next level including college, pro and just being a great member of society.

Aspire is not a club, it's a culture.

Our Vision

Provide the highest quality development to all players in the social, psychological, physical and technical/tactical phases at no cost and develop world class citizens and athletes.

Our Values

We focus on developing the character of the player and promote life lessons through the sport in order for them to develop the following skills:

- Leadership
- Goal setting
- Communication
- Social skills
- Time management
- Emotional
- Problem solving & decision-making
- Teamwork

Our values will naturally develop players that want to be great and are easily adaptable.