

SOCCER CORE STRENGTHENERS

It is vital that soccer players have a strong core. Following the Core Warm Up program, do this set of 4 exercises. Start with 10 reps each for the first week, then progress to 12, then 15 reps. Once these have been mastered progress to the ADVANCED CORE STRENGTHENERS.



CRUNCHIES

**KEEP LUMBAR SPINE ON GROUND
HANDS HOLD EARS
10 → 15 → 20 REPS**



OBLIQUES

**START ON SIDE –REACH TOP ELBOW
OR & FORWARDS TO KNEES
10 → 12 → 15 REPS EACH SIDE**



REVERSE SIT UPS

**LEGS BENT -PULL HIPS BACK OFF
GROUND
10 → 12 → 15 REPS**



RUSSIAN TWISTS

**HOLD SB TO SIDE -KEEP ARMS
STRAIGHT
10 → 20 → 30 REPS EACH SIDE**

Exercises prepared by RON FOX MS. CSCS. for TSA players

ADVANCED SOCCER CORE STRENGTHENERS

Once you have mastered the initial exercises, try these more strenuous ones. Remember to “belly breath” while performing these. Progress to a heavier load as you improve your core strength.



CYCLUPS

**SIT UP TOUCHING ALTERNATE
ELBOW TO KNEE
12 → 15 → 20 REPS EACH SIDE**



SB REACH BACKS

**HOLD BALL/CUSHION BETWEEN
KNEES REACH SB BEHIND HEAD
12 → 15 → 20 REPS**



LONG ARM JACK-KNIFES

**TOUCH BALL TO GROUND THEN
TO FEET
12 → 15 → 20 REPS**



LUNGE ROTATIONS

**LUNGE FORWARD & TWIST TO SAME
SIDE AS LEAD LEG
6 → 8 → 10 REPS EACH SIDE**

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