

THE ULTIMATE AT HOME FOOTBALL GUIDE



**IT'S DIFFICULT WHEN THERE IS NO ACCESS
TO A GYM OR BEING RESTRICTED TO
TRAINING AT HOME.**

**HOWEVER, THIS CAN'T BE AN EXCUSE TO
STOP YOURSELF FROM IMPROVING**

**FET HAS DESIGNED THESE EFFECTIVE AT
HOME / LIMITED SPACE EXERCISES FOR
YOU TO STAY READY FOR WHEN THE GAME
CALLS**

**THIS PLAN CONISTS OF 6 WEEKLY 2 x
TRAINING SESSIONS WHICH INCLUDE:**

- WARM UP | 3 PHASES
- TECHNICAL DEVELOPMENT
- STRENGTH WORK
- CONDITIONING SETS
- COOL DOWN



**FET IS PROUD TO PROVIDE YOU WITH A
GUIDE FOR SUCH AN IMPORTANT AREA
FOR A PLAYER'S PERFORMANCE**

TRAINING ON YOUR OWN

**WE HOPE THAT THIS IS HELPFUL, IT
CHALLENGES YOU AND MOST
IMPORTANTLY - THAT YOU **ENJOY IT!****

**DON'T FORGET TO #FETATHOME IN ANY OF
YOUR VIDEOS FOR A FEATURE ON OUR
PAGE**

#FETATHOME



WEEK ONE



WARM UP | 3 PHASES

STRENGTH

SESSION 1: PLYO, LOWER & UPPER BODY | SESSION 2: LOWER BODY | CORE

CONDITIONING

SESSION 1: SUICIDES W/ THE BALL | SESSION 2: SUICIDES W/ THE BALL

TECHNICAL

SESSION 1: BALL MASTERY | SESSION 2: FIRST TOUCH

COOL DOWN

SESSION ONE



STRENGTH

PLYO | LOWER & UPPER BODY

- PERFORM EACH EXERCISE IN THE ORDER SHOWN AS A CIRCUIT
- REST FOR 60 SEC IN-BETWEEN EACH COMPLETED CIRCUIT
- REPEAT X 3

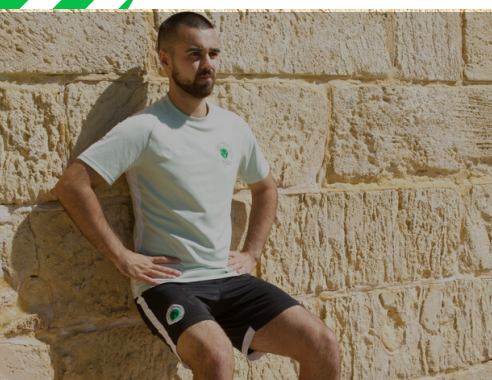
WHAT IS REQUIRED

- **WALL** OR ANYTHING THAT CAN BE LEANT AGAINST
- **5m x 5m AREA**



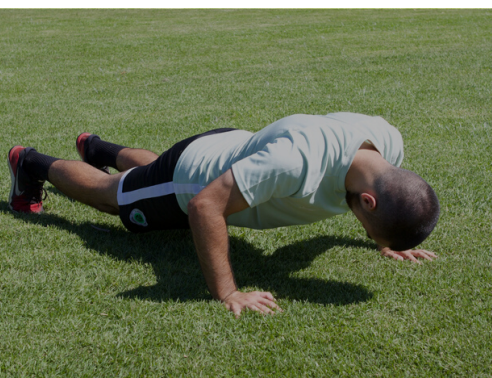
COUNTERMOVEMENT JUMP

6
REPS



WALL SIT

20
SECONDS



ECCENTRIC PUSH UP

6
REPS



SESSION ONE



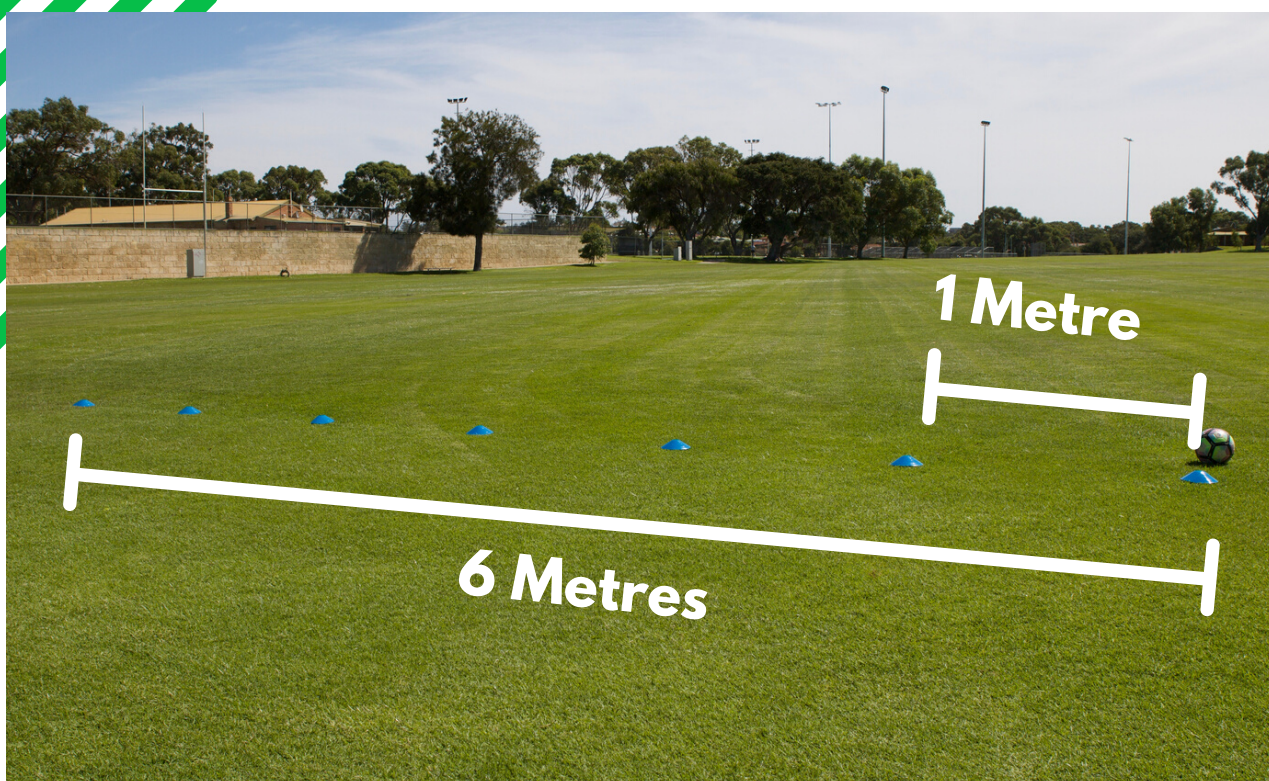
CONDITIONING

SUICIDES WITH THE BALL

- 1 REP = ONCE YOU RETURN TO START
- REST FOR 30 SEC IN-BETWEEN EACH COMPLETED REP
- REPEAT X 8

WHAT IS REQUIRED

- 1 x FOOTBALL
- 7 x MARKERS



CONDITIONING SET

EXERCISE 1



SESSION ONE



TECHNICAL BALL MASTERY

- PERFORM FOR 1.5 MINUTES (3 x ROUNDS | PRACTICE)
- PERFORM FOR 1 MINUTE (3 x ROUNDS HOW MANY CAN YOU GET?)
- REST FOR 30 SEC IN-BETWEEN EACH COMPLETED ROUND
- REPEAT X 4

WHAT IS REQUIRED

- 1 x FOOTBALL
- 4 x MARKERS

OR ANYTHING TO MAKE A
0.5m x 0.5 box/ circle



INSTEP VARIATION

3
REPS



OUTSTEP VARIATION

3
REPS



SOLE VARIATION

3
REPS

INCLUDES BONUS SET!



SESSION TWO



STRENGTH

LOWER BODY | CORE

- PERFORM EACH EXERCISE IN THE ORDER SHOWN AS A CIRCUIT
- REST FOR 60 SEC IN-BETWEEN EACH COMPLETED CIRCUIT
- REPEAT X 3

WHAT IS REQUIRED

- 2 x **MARKERS**
- 5m **AREA**



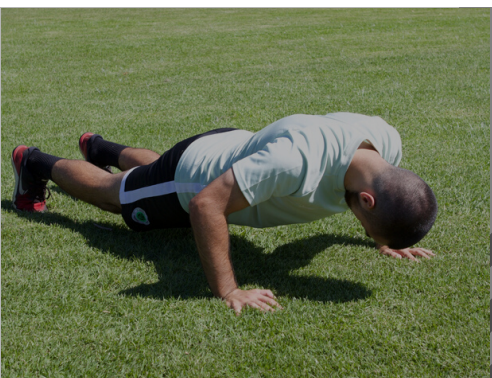
FORWARD HOPS

6
REPS (EACH LEG)



SINGLE LEG RDL

6
REPS (EACH LEG)



PLANK

30
SECONDS



SESSION TWO



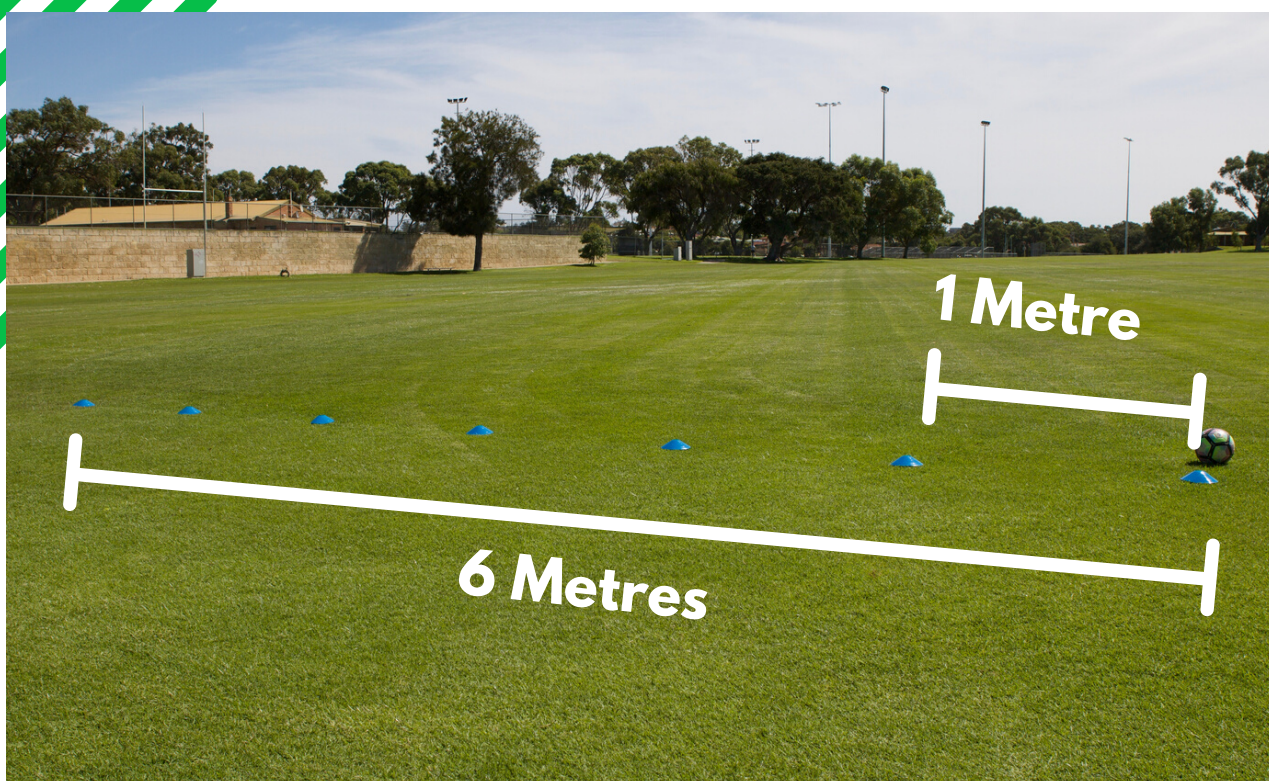
CONDITIONING

SUICIDES WITH THE BALL

- 1 REP = ONCE YOU RETURN TO START
- REST FOR 30 SEC IN-BETWEEN EACH COMPLETED REP
- REPEAT X 8

WHAT IS REQUIRED

- 1 x FOOTBALL
- 7 x MARKERS



CONDITIONING SET

EXERCISE 1



SESSION TWO



TECHNICAL JUGGLING

- PERFORM FOR 1.5 MINUTES (3 x ROUNDS | PRACTICE)
- 3 x ROUNDS HOW MANY CAN YOU GET?
10 JUGGLES = LEVEL 1
20 JUGGLES = LEVEL 2
30 JUGGLES = LEVEL 3 (PRO STANDARD)
- REST FOR 30 SEC IN-BETWEEN EACH COMPLETED ROUND
- REPEAT X 4

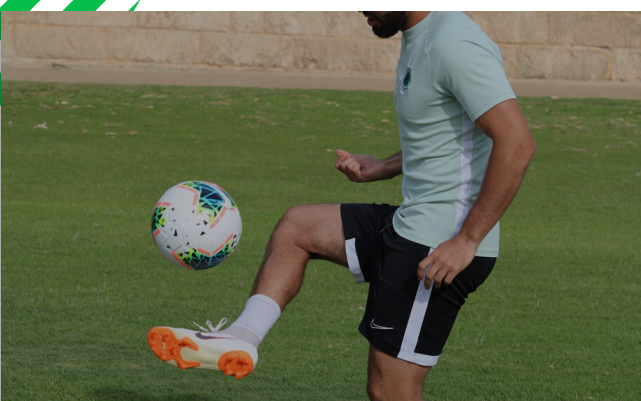
WHAT IS REQUIRED

- 1 x FOOTBALL
- 5m x 5m AREA



LACES VARIATION

3
REPS



INSTEP VARIATION

3
REPS



OUTSTEP VARIATION

3
REPS

INCLUDES BONUS SET!

