

# INTRODUCTORY CLUB SOCCER STRENGTH TRAINING PLAN

	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
<b>Week 1</b>	Warm-up Level 1 : Part A Level 1 : Part B	Diaphragm Mobility Ball Skills	Warm-up Level 1 : NM Level 1 : Part C	Diaphragm Mobility Ball Skills	Warm-up Level 1 : Part B Level 1 : NM	Diaphragm Mobility Ball Skills	No Strength Training Ball Skills
<b>Week 2</b>	Warm-up Level 1 : Part A Level 1 : Part B	Diaphragm Mobility Ball Skills	Warm-up Level 1 : NM Level 1 : Part C	Diaphragm Mobility Ball Skills	Warm-up Level 1 : Part B Level 1 : NM	Diaphragm Mobility Ball Skills	No Strength Training Ball Skills
<b>Week 3</b>	Warm-up Level 2 : Part A Level 2 : Part B	Diaphragm Mobility Ball Skills	Warm-up Level 2 : NM Level 2 : Part C	Diaphragm Mobility Ball Skills	Warm-up Level 2 : Part B Level 2 : NM	Diaphragm Mobility Ball Skills	No Strength Training Ball Skills
<b>Week 4</b>	Warm-up Level 2 : Part A Level 2 : Part B	Diaphragm Mobility Ball Skills	Warm-up Level 2 : NM Level 2 : Part C	Diaphragm Mobility Ball Skills	Warm-up Level 2 : Part B Level 2 : NM	Diaphragm Mobility Ball Skills	No Strength Training Ball Skills
<b>Week 5</b>	Warm-up Level 3 : Part A Level 3 : Part B	Diaphragm Mobility Ball Skills	Warm-up Level 3 : NM Level 3 : Part C	Diaphragm Mobility Ball Skills	Warm-up Level 3 : Part B Level 3 : NM	Diaphragm Mobility Ball Skills	No Strength Training Ball Skills
<b>Week 6</b>	Warm-up Level 3 : Part A Level 3 : Part B	Diaphragm Mobility Ball Skills	Warm-up Level 3 : NM Level 3 : Part C	Diaphragm Mobility Ball Skills	Warm-up Level 3 : Part B Level 3 : NM	Diaphragm Mobility Ball Skills	No Strength Training Ball Skills

# Soccer Training Program

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