



Strength & Speed Program for Soccer Players

By Nicole Robertson – Pro Soccer
Player & Sports Performance Coach

Why Strength & Speed Matter in Soccer

If you want to compete at the highest level, you need to be fast, strong, and explosive. This guide will give you a structured **4-week training plan** to improve your **strength, speed, and agility** so you can dominate on the field.

What You'll Learn:

- ✓ The importance of strength training for soccer performance
- ✓ A complete gym-based program for power & explosiveness
- ✓ Soccer-specific speed & agility drills to maximize acceleration
- ✓ Recovery & injury prevention strategies

How to Structure Your Training

Each week consists of **4 training days**:

- **2 Strength Training Days** (Full body with different phases of training)
- **2 Speed & Agility Days**
- **Bonus: Recovery & Mobility Recommendations**

Weekly Training Split

Day/Focus

Monday: Strength Endurance Day 1 + Sprint Mechanics

Tuesday: Strength Endurance Day 2 + Agility

Thursday: Explosive Strength + Acceleration Drills

Friday: Speed & Change of Direction

*Trainings vary depending on your soccer schedule and where you are in your season.

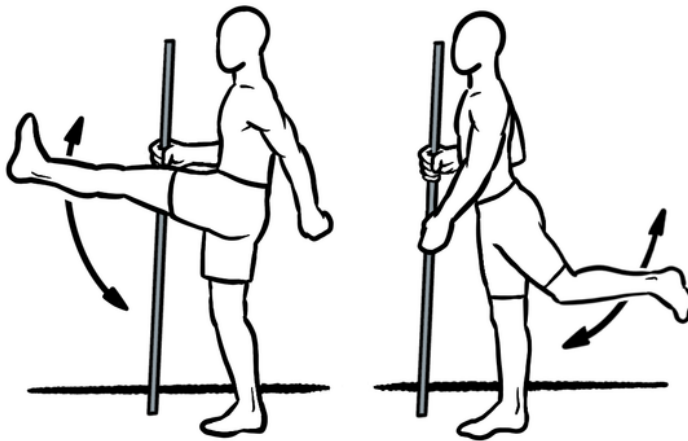
Strength Workouts

Day 1: Strength Endurance

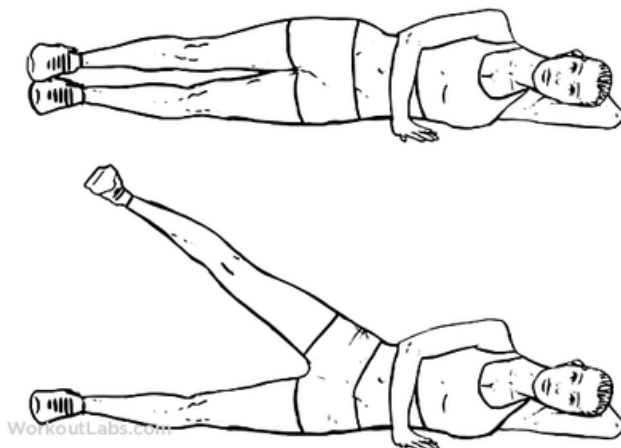
Warm-Up (10 min)

✓ **Dynamic stretches:**

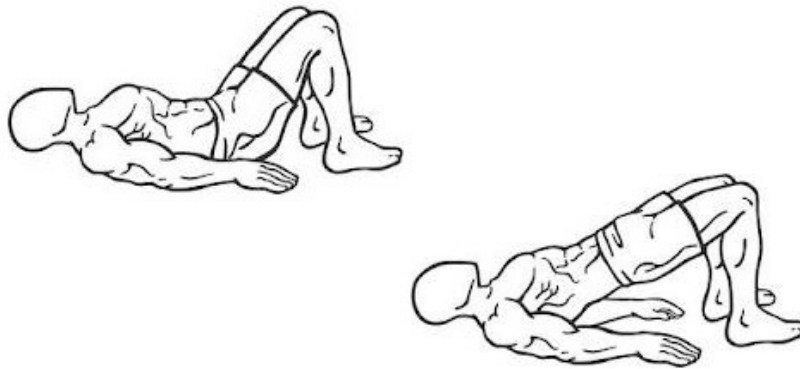
Leg swings - 5 each leg



Lateral Leg Lift - 10 each leg

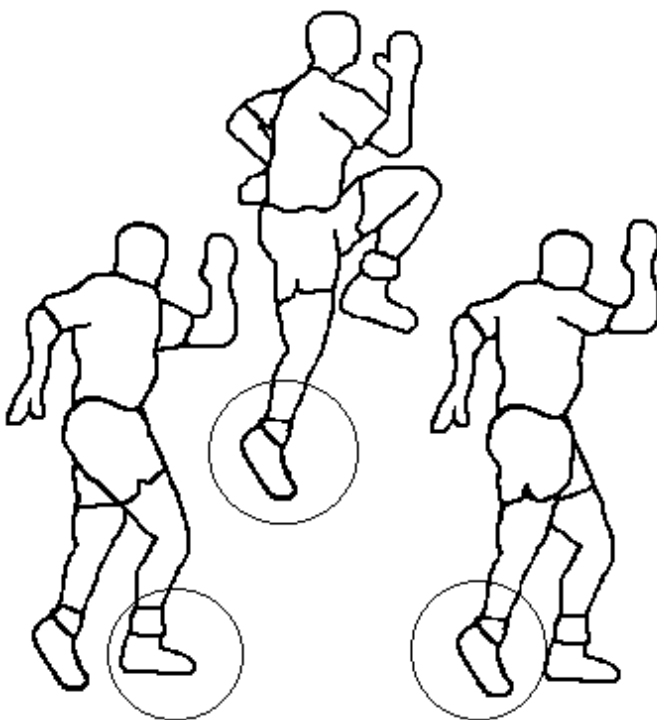


Glute Bridge - 10 reps



✓ Running Mechanics:

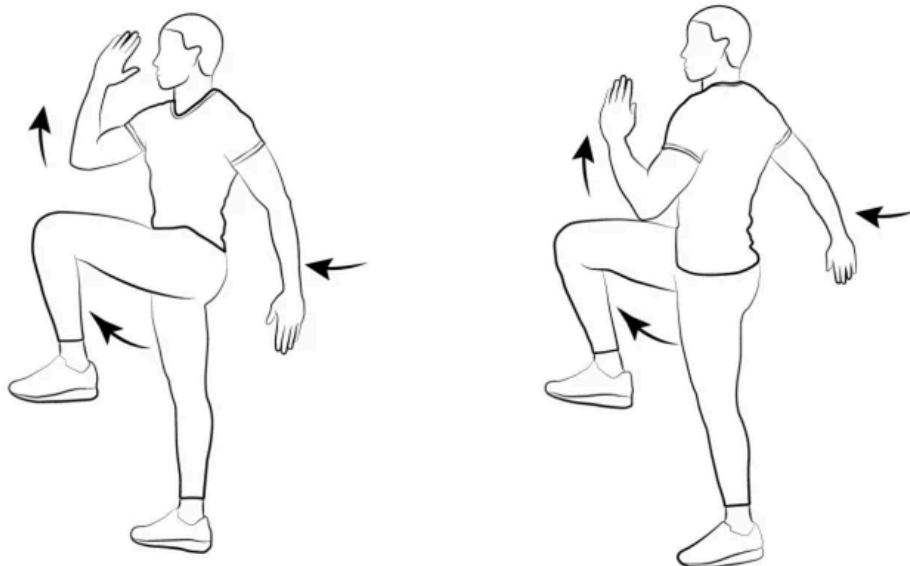
A-skips - 5-10 yards (2 times)



Butt Kicks - 5-10 yards (2 times)



High Knees - 5-10 yards (2 times)



Workout:

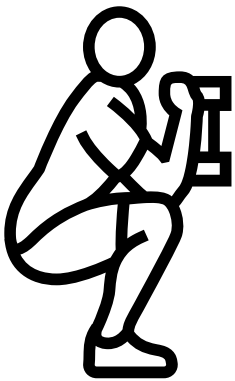
Group 1 (3 sets)

Broad Jumps - 5 reps

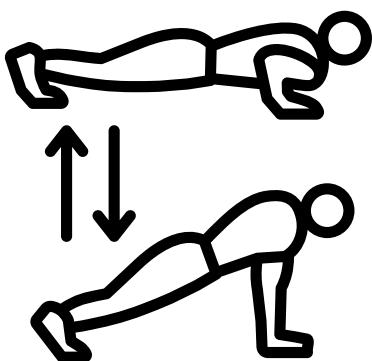


Group 2 (3 sets)

DB Goblet Squat - 8-10 reps

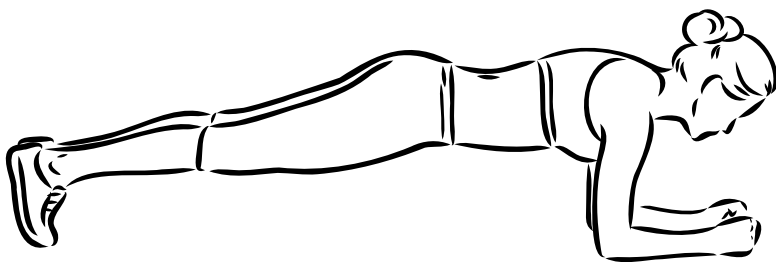


Push-ups - 8-10 reps

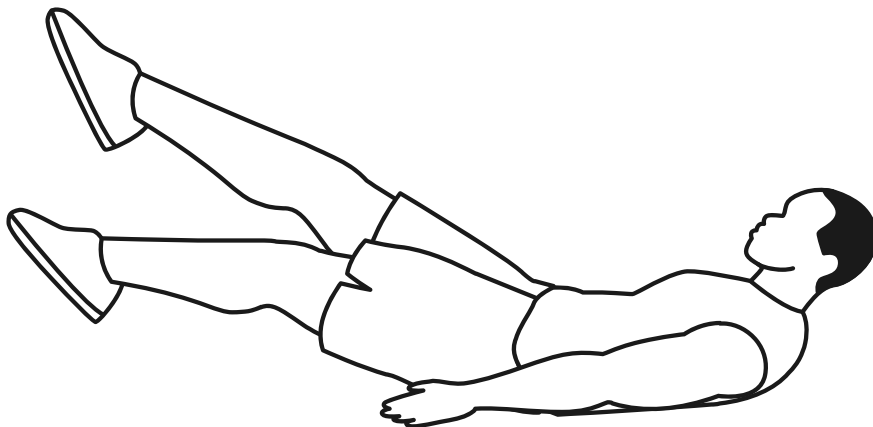


Group 3 (3 sets)

Plank - 30-60 seconds



Flutter Kicks - 30-60 seconds



Day 1: Strength Endurance

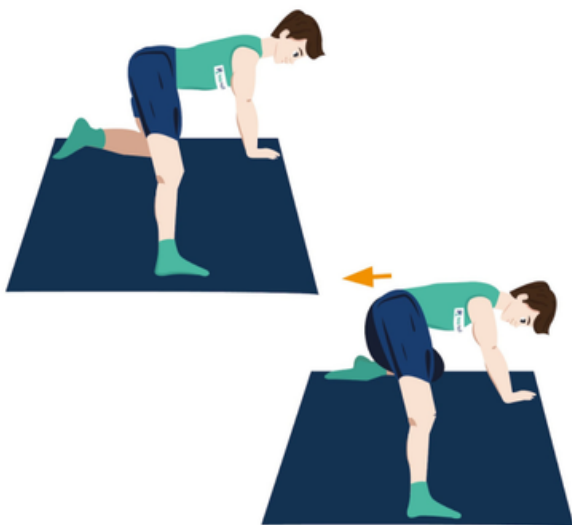
Warm-Up (10 min)

✓ Mobility:

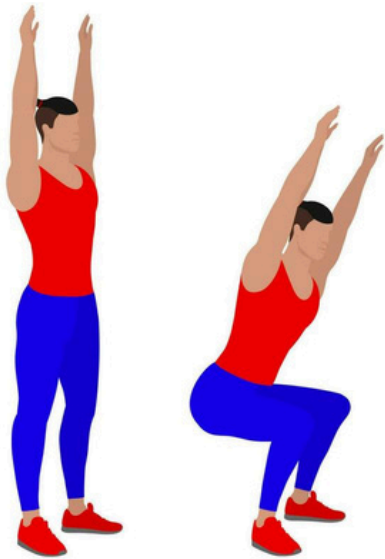
T-Spine Rotation - 10 reps each



Single Leg Adductor Rock - 30-60 seconds



✓ **Activation:**
Overhead Squat - 10 reps



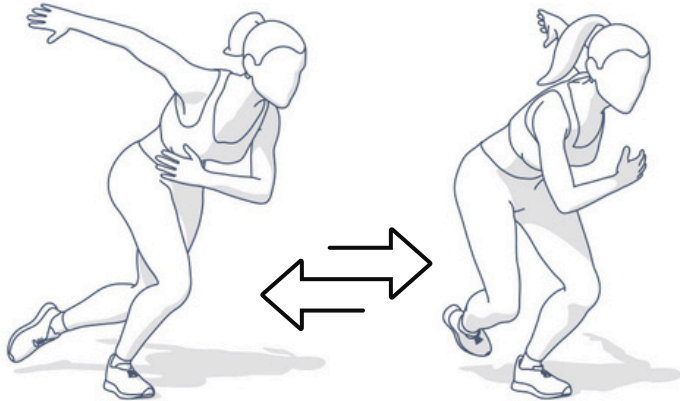
Lateral Lunge - 10 reps each



Workout:

Group 1 (3 sets)

Ice Skaters - 5 reps each

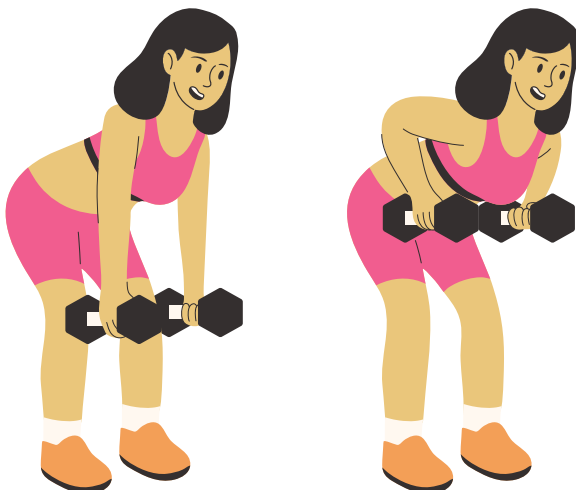


Group 2 (3 sets)

DB Lunge - 5 reps each

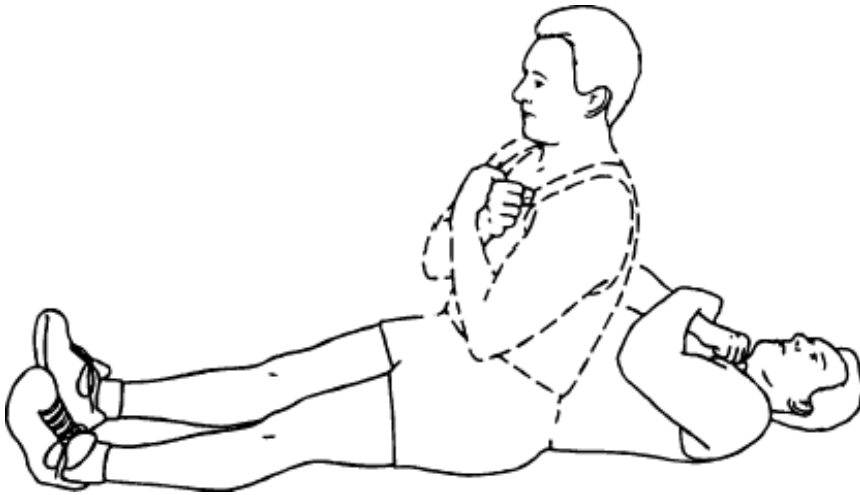


DB Bent Row - 8-10 reps

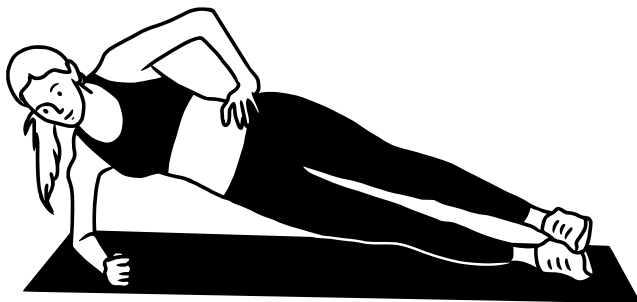


Group 3 (3 sets)

Straight Leg Sit-up - 10-20 reps



Side Plank - 30-60 seconds



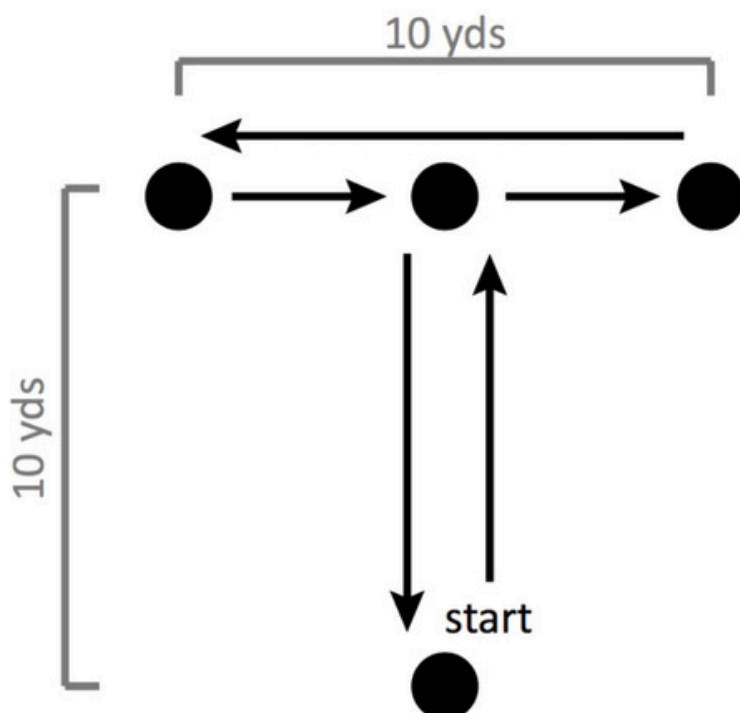
Speed and Agility Drills

Acceleration Training:

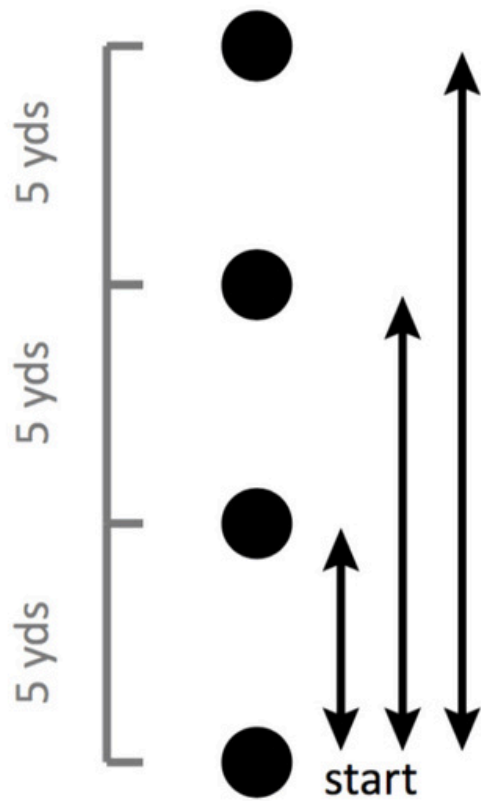
Sled Sprints - 4 sets of 15 yards



T-Drill - 4 sets



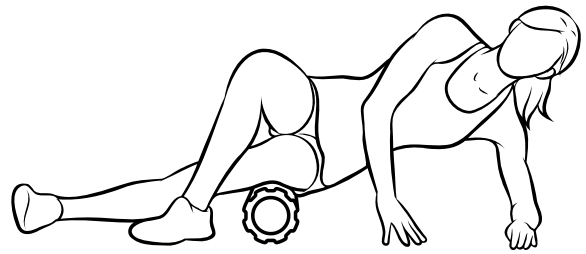
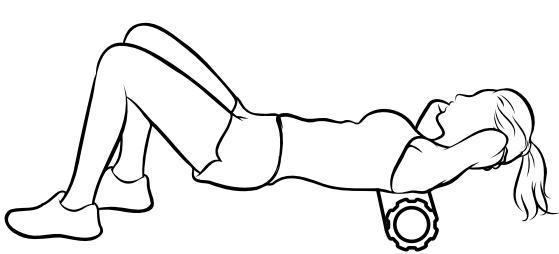
5-10-15 yard Shuttle - 4 sets



*Rest between each set of sprints should be long so you can get a full recovery before your next set. It is not a cardio workout. The purpose of these sprint exercises to have you run at your max effort, which means long rests (2-4 minutes).

Recovery & Injury Prevention

- ✓ **Post-Workout Cooldown:** Foam rolling + stretching
- ✓ **Nutrition Tips:** Focus on protein & carbs for muscle recovery
- ✓ **Sleep & Hydration:** At least 8 hours of sleep & drink lots of water



Want a Customized Training Plan?

 **Work with Me 1-on-1!** Get a fully personalized strength & speed plan tailored to your position, goals, and schedule. DM me on Instagram (@nlprosoccerdevelopment) or visit <https://www.nlprosoccerdevelopment.com/re motestrengthtraining> to start a 30-day free trial!