



Get aHEAD Safely in Soccer™

Core and Neck Strengthening Fitness Plan



4-WAY ISOMETRIC NECK EXERCISE

Number of Repetitions: Start with 10 reps total in each of the 4 directions (Goal is to build up to 20 total reps in 2 sets)

Number of Sets: 1 set of 10 reps (repetitions are performed in each of the 4 directions)

% Effort: Can be a range (i.e. one set at 50%, one at 75%, and one at 100%)

Number of Times Per Week: Twice weekly



SHOULDER SHRUG

Number of Repetitions: 20

Number of Sets: 2 sets of 10 reps

Break Time Between Sets: 30 seconds

% Effort: Can be a range (i.e. one set at 50%, one at 75%, and one at 100%)

Number of Times Per Week: Twice weekly



PARTNER SIT-UPS

Number of Repetitions: Begin with 25 reps and as you get stronger build up to 50 at one time

Number of Sets: 1 set

% Effort: 100% effort should always be emphasized

Number of Times Per Week: Twice weekly



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HIP BRIDGE

Number of Repetitions: 5-6 initially. Build up to 10-12 reps. Hold each repetition for a 2-3 second count

Number of Sets: 1 set initially, once 10-12 reps are reached you may add a 2nd set

% Effort: 100% effort should always be emphasized

Number of Times Per Week: Twice weekly



BIRD DOG & SIDE PLANK



Number of Repetitions: 5-6 repetitions on both sides

Number of Sets: 1 set each side

Break Time Between Sets: Sides are alternated so rest occurs naturally between reps

% Effort: 100% effort should always be emphasized

Number of Times Per Week: Twice weekly



LUNGE

Number of Repetitions: 8-12 repetitions on each leg

Number of Sets: 1 set on each side

Break Time Between Sets: Sides are alternated so rest occurs naturally between reps

% Effort: 100% effort should always be emphasized

Number of Times Per Week: Twice weekly