

Stability training: Basic 6 (U15 and under)

EXERCISE 1

**Back, buttocks, shoulders****Starting position**

- Lie on stomach. Extend legs, point toes down and tuck tailbone slightly.
- Look down, extend arms out to sides and bend elbows.

Execution

- Raise arms a few inches off ground and hold them there.

Duration

- Hold position 3 x 15 seconds.

Variation

- After raising arms, slowly straighten and bend them.
- Do three 15-second sets.

EXERCISE 2

**Abs, hips, shoulders****Starting position**

- Lie on back.
- Raise legs so that thighs are vertical. Bend knees and flex feet.

Execution

- Roll chin up to chest while pressing hands against knees.

Duration

- Hold position 3 x 15 seconds.

Variation

- With shoulders elevated and hands pressed against one knee, straighten other leg and hold it parallel to ground.
- Hold 10 seconds on each side; four repetitions total.

EXERCISE 3

**Torso, legs, shoulders****Starting position**

- Lie on stomach and prop upper body up on forearms.
- Extend legs behind body and point toes down.

Execution

- Raise hips, pulling in navel, until body forms a straight line.

Duration

- Hold position 3 x 15 seconds.

Variation

- Raise one foot slightly off ground, then other foot, continue rapidly alternating.
- Do three 15-second sets.

EXERCISE 4

**Torso, hips, legs****Starting position**

- Lie on side. Extend bottom arm and rest head on it. Plant other hand in front.
- Bend bottom knee slightly and top knee to 90 degrees. Engage abs and buttocks.

Execution

- Slowly raise and lower top leg.

Duration

- Do four 20-second sets on each side.

Variation

- Straighten bottom leg and plant other foot in front of body.
- Slowly raise and lower bottom leg.
- Do four 20-second sets on each side.

EXERCISE 5

**Buttocks, leg biceps, back****Starting position**

- Lie on back.
- Bend knees and plant heels on ground.
- Extend arms alongside body, palms up.

Execution

- Raise buttocks until stretch is felt in hips.

Duration

- Hold position 3 x 15 seconds.

Variation

- After raising buttocks, lift one foot off ground and straighten that leg, keeping thighs parallel.
- Hold 10 seconds on each side; four repetitions total.

EXERCISE 6

**Back, buttocks, leg biceps****Starting position**

- Start on hands and knees.

Execution

- Raise one arm and opposite leg, keeping back straight and eyes on ground.

Duration

- Hold 10 seconds on each side; four repetitions total.

Variation

- After straightening arm and leg, bring elbow and knee together, tucking chin to chest; then straighten arm and leg again.
- Do eight repetitions on each side; four sets total.

Stability training: Basic 6 Plus (U16 and up)

EXERCISE 1

**Back, shoulders, buttocks****Starting position**

- Lie on stomach.
- Extend arms and legs.
- Look down.

Execution

- Raise upper body, arms and legs. Raise one arm and opposite leg higher, then other arm and leg; continue alternating.

Duration

- Do four 20-second sets.

Variation

- Spread legs. After raising upper body, arms and legs off ground, pull one hand back along body, then the other; continue alternating.
- Do four 20-second sets.

EXERCISE 2

**Abs, hips, shoulders****Starting position**

- Lie on back.
- Raise legs so thighs are vertical. Bend knees and flex feet.
- Press hands against knees.

Execution

- Press into knees while rolling shoulders up. Release pressure and roll back down without laying head on ground. Repeat.

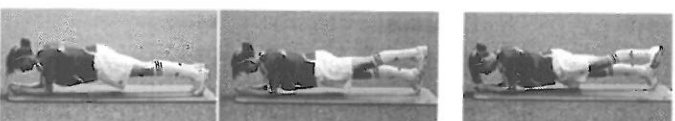
Duration

- Do four 20-second sets.

Variation

- Straighten arms and slowly roll upper body up while stretching arms past thighs.
- Do four 20-second sets.

EXERCISE 3

**Torso, legs, shoulders****Starting position**

- Lie on stomach and prop upper body up on forearms.
- Extend legs behind body and point toes down.

Execution

- Raise hips until body forms a straight line. Raise one leg, pressing through heel, then lower it and raise the other.

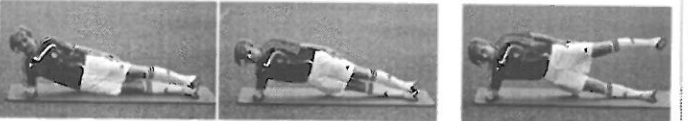
Duration

- Hold 10 seconds per side; four reps total.

Variation

- While legs are raised, rotate feet inward and outward as far as possible.
- Do four 10-second sets on each side.

EXERCISE 4

**Torso, legs, shoulders****Starting position**

- Lie on side and prop upper body up on one forearm. Straighten legs and look straight ahead. Tilt pelvis slightly forward and lay top arm on hip.

Execution

- Raise hips until body forms a straight line. Flex feet.

Duration

- Hold 15 seconds per side; four reps total.

Variation

- While hips are elevated, slowly raise top leg about 12 inches, then lower it.
- Do four 15-second sets on each side.

EXERCISE 5

**Buttocks, leg biceps, back****Starting position**

- Lie on back.
- Bend knees and plant heels on ground.
- Extend arms alongside body, palms up.

Execution

- Raise buttocks. Lift one foot, bend knee and flex feet, then lower back down.

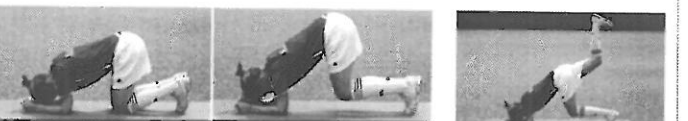
Duration

- Do four 15-second sets on each side.

Variation

- After lifting foot off the ground, straighten knee and stretch leg straight up. Lower leg in a sweeping arc ("pedaling").
- Do four 15-second sets on each side.

EXERCISE 6

**Buttocks, back, leg biceps****Starting position**

- Start on knees and forearms.
- Flex feet and keep thighs vertical.

Execution

- Raise both knees slightly while keeping back straight and eyes on the ground.

Duration

- Hold position 4 x 20 seconds.

Variation

- After raising knees, lift one foot off ground and stretch leg straight up, pressing up through sole of foot. Keep knee bent and back straight.
- Hold 15 seconds per side; four sets total.

Stability training: Super 8 (U17 and up)

EXERCISE 1

**Torso, leg biceps, buttocks****Starting position**

- Lie on back and prop upper body up on forearms. Straighten legs and point toes up.

**Execution**

- Raise hips until torso and legs form a straight line.

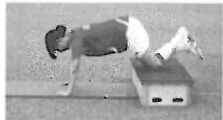
Duration

- Hold position 4 x 20 seconds.

**Variation**

- After raising hips, lift one foot off ground and raise that leg slightly higher.
- Hold 15 seconds on each side; two repetitions total.

EXERCISE 2

**Arms, torso, legs****Starting position**

- Lie on side and prop upper body up on a slightly raised surface (low box or bench). Cross ankles and point fingers slightly inward.

**Execution**

- Do push-ups: Lower body slowly and evenly, then raise it again. Keep back straight and eyes on ground.

Duration

- Do four sets of 15-20 repetitions.

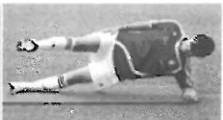
**Variation**

- Start in "normal" push-up position with legs straight.
- Lower and raise body, keeping back straight and eyes on ground.
- Do four sets of 15-20 repetitions.

EXERCISE 3

**Torso, hips, shoulders****Starting position**

- Lie on side and prop upper body up on one forearm. Straighten legs and look straight ahead. Tilt pelvis slightly forward and lay top arm on hip.

**Execution**

- Raise hips until body forms a line. Flex feet. Raise top leg, keep it straight, and slowly swing it forward and back.

Duration

- Do four 20-second sets on each side.

**Variation**

- Instead of swinging top leg, bend and straighten top leg and top arm (bringing elbow to knee). Movements should be smooth and steady.
- Do four 20-second sets on each side.

EXERCISE 4

**Back, buttocks, leg biceps****Starting position**

- Start on knees and forearms.
- Look down, point toes down and keep back straight.

**Execution**

- Lift one foot off ground and stretch that leg straight up, pressing up through heel; then lower it and raise other leg.

Duration

- Do two sets of 15-20 reps per side.

**Variation**

- Do same sequence holding a resistance band wrapped around one foot.
- Do two sets of 15-20 repetitions per side; movements should be smooth and steady.

EXERCISE 5

**Abs, hips, legs****Starting position**

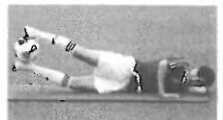
- Lie on side with back straight, knees slightly bent and a soccer ball held between them. Bend bottom arm and lay head on it.

**Execution**

- Lift both knees and thighs off ground, then slowly raise and lower legs while still holding ball.

Duration

- Do two sets of 15 repetitions per side.

**Variation**

- Straighten legs and hold ball between feet. Plant top hand on ground in front of chest. Slowly raise and lower legs while still holding ball.
- Do two sets of 15-20 repetitions per side.

EXERCISE 6

**Torso, buttocks, leg biceps****Starting position**

- Start on hands and knees with a resistance band wrapped around one foot, holding ends in hands.

**Execution**

- Pull in navel and extend leg straight back. Hold position briefly (about three seconds), then bring leg forward again.

Duration

- Do two sets of 15 repetitions per side.

**Variation**

- While extending leg back, also extend opposite arm forward.
- Do two sets of 15 repetitions per side.

Stability training: Super 8 (U17 and up)

EXERCISE 7

Torso, shoulders, arms**Starting position**

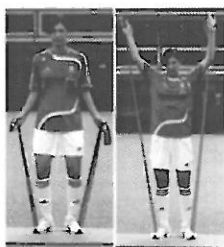
- Stand on a resistance band (or balance board on band), holding ends at hip level. Point toes slightly outward and bend knees slightly.

Execution

- Extend arms up and out, stretching through whole body and gazing straight ahead. Lower arms and repeat.

Duration

- Do four sets of 20 repetitions.

**Variation**

- Cross hands in front of hips.
- Extend arms one at a time, always bringing hands back to hips and keeping shoulders parallel to ground.
- Do two sets of 15 reps per side.



EXERCISE 8

**Abs, pelvic floor****Starting position**

- Lie on back with arms extended alongside body and legs straight up, feet crossed.

**Execution**

- Lift buttocks a few inches, keeping lower back on ground. Slowly raise feet toward sky; repeat.

Duration

- Do four 20-second sets.

**Variation**

- Bend both legs at knees. Raise shins a few inches straight up (not toward chin); repeat.
- Do four 20-second sets.

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Stability training: Top 10 (U19 and up)

EXERCISE 9

**Torso, arms, legs****Starting position**

- Lie on stomach with hands under shoulders, fingers pointing slightly inward.
- Straighten arms to push body up.

**Execution**

- Raise one hand to opposite elbow and put it back down, then repeat with other hand. Lower body back down.

Duration

- Do four 25-second sets.

**Variation**

- After lowering body back to ground, pick up both hands and clap them behind back.
- Do four 25-second sets.

EXERCISE 10

**Back, shoulders****Starting position**

- Lie on stomach, looking down, with arms extended in front of body and a ball in each hand, plus a third ball between feet.

**Execution**

- Simultaneously lift all three balls a few inches off ground, then put them back down.

Duration

- Do four 25-second sets.

**Variation**

- After raising arms, slowly bring them back alongside body, then forward again (keeping feet on ground if necessary).
- Do four 25-second sets.

EXERCISE 11

**Torso, leg biceps, buttocks****Starting position**

- Lie on back holding a resistance band stretched across hips. Prop upper body up on forearms, straighten legs and point toes up.

**Execution**

- Raise hips until torso and legs form a line. Lift one leg at a time, rotating foot in and out for five seconds while elevated.

Duration

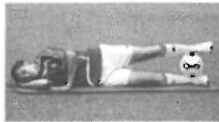
- Do four 25-second sets.

**Variation**

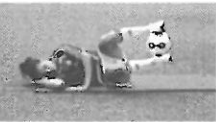
- Wrap a second band loosely around ankles (lifting legs against resistance).
- Do four 25-second sets.

Stability training: Top 10 (U19 and up)

EXERCISE 4

**Abs, hips, legs****Starting position**

- Lie on side with back straight, knees slightly bent and a soccer ball held between feet. Bend bottom arm and lay head on it.

**Execution**

- Lift knees and ankles off ground, then slowly and smoothly bend and straighten legs while still holding ball.

Duration

- Do two sets of 20 repetitions per side.

**Variation**

- Lie on back with a ball between feet. Pull in navel, bend knees and elevate feet.
- Bend and straighten legs, pressing hands and lower back against ground.
- Do four sets of 20 repetitions.

EXERCISE 5

**Back, hips, buttocks, legs****Starting position**

- Start on knees and forearms.
- Look down, point toes down and keep back straight.

**Execution**

- Lift knees off ground. Swing one leg out, keeping knee bent and foot flexed, then other leg. Keep hips parallel to ground.

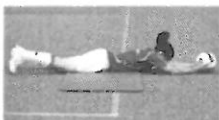
Duration

- Do 25 seconds per side; four reps total.

**Variation**

- Instead of swinging leg out, extend it straight back, rotating foot sharply inward, then bring knee forward alongside body while rotating foot out.
- Do 25 seconds per side; four reps total.

EXERCISE 6

**Back, abs, hips, legs, arms****Starting position**

- Lie on stomach across a mat with arms and legs extended, holding a ball in hands.

**Execution**

- Raise upper body, arms and legs off ground, then roll onto side without letting ball or feet touch ground.

Duration

- Roll back and forth 15 times.

**Variation**

- Hold a second ball between feet.
- Roll all the way over onto stomach and back again without letting ball or feet touch ground.
- Roll back and forth 15 times.

EXERCISE 7

**Abs, legs, arms****Starting position**

- Lie on back holding a ball, with arms and legs extended.

Execution

- Raise knees while rolling upper body up toward them. Lay ball on shins, then roll back down to starting position. Roll up again and retrieve ball.

Duration

- Do four sets of 25 repetitions.

**Variation**

- Do same sequence with a resistance band stretched under shoulders, holding ends in hands.
- Do four sets of 25 repetitions.

**Sides, legs, shoulders****Starting position**

- Lie on back with knees bent and raised and a ball between feet. Flex feet and extend arms out to sides, palms down.

Execution

- Keeping knees bent, slowly swing legs from side to side without touching ground.

Duration

- Do four sets of 25 repetitions.

**Variation**

- Straighten legs and hold ball between feet. Swing legs from side to side as far as possible without touching ground.
- Do four sets of 25 repetitions.

EXERCISE 8

**Back, thighs, buttocks****Starting position**

- Lie on back with knees bent and a resistance band around ankles (ends in hands at sides).

Execution

- Raise buttocks, then straighten one leg into line with torso while raising arms to shoulder level. Repeat on other side.

Duration

- Do four 30-second sets.

**Variation**

- Stretch leg straight up, then lower it in a sweeping arc ("pedaling") while raising and lowering pelvis.
- Do four sets of 15 repetitions per side.

**Back, shoulders, arms****Starting position**

- Lie on stomach holding a ball with arms extended and a second ball beside hands. Spread legs and point toes down.

Execution

- Lift first ball and swing it over second ball, touching ground on each side. Keep toes on ground.

Duration

- Do four sets of 25 repetitions.

**Variation**

- Do same sequence with a resistance band wrapped tightly around ankles and ball held tightly between fingertips.
- Do four sets of 20 repetitions.

Stability training: Expert 12 (U21 and up)

EXERCISE 1

**Hips, sides, shoulders, legs****Preparation**

- Have a partner help with resistance band or check its positioning if needed.

**Starting position**

- Lie on side and prop body up on one forearm. Wrap one resistance band loosely around ankles and another around hips and top arm. Look straight ahead.

**Execution**

- Raise hips until body forms a straight line. Raise top leg and top arm against resistance of band.

Duration

- Hold 20 seconds per side; four reps total.

EXERCISE 2

**Abs, sides, legs, adductors****Starting position**

- Lie on back, with one ball held loosely between knees and a second in hands. Bend knees and drop them to one side.

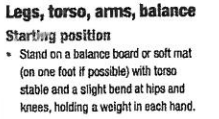
**Execution**

- Raise upper body, chin pointing to chest. Straighten arms while rolling up and in, bringing ball forward over top knee.

**Duration**

- Do 30 repetitions on each side; four sets total.

EXERCISE 3

**Legs, torso, arms, balance****Starting position**

- Stand on a balance board or soft mat (on one foot if possible) with torso stable and a slight bend at hips and knees, holding a weight in each hand.

Execution

- Keeping arms straight, slowly and smoothly raise one weight in front of body, then bring it back down again.

**Execution (continued)**

- Repeat on other side. Arms should cover as wide an arc as possible.

Duration

- Do four 30-second sets.

EXERCISE 4

**Abs, sides, hips, legs****Starting position**

- Lie on back with a resistance band around ankles, holding a ball above chest. Lift legs straight up and spread them against resistance of band.

**Execution**

- Straighten arms and slowly roll shoulders and upper back up off ground, chin pointing to chest, while lifting ball up, first to one foot, then to the other.

**Execution (continued)**

- Roll back down and twist to left and right, touching ball to ground on each side without letting shoulders touch.

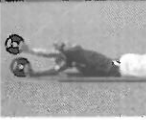
Duration

- Do four 40-second sets.

EXERCISE 5

**Abs, back, arms, legs****Starting position**

- Lie on stomach with arms and legs extended, with weights in hands and around ankles.

**Execution**

- Raise upper body, arms and legs. Raise one arm and opposite leg higher, then repeat on other side. Continue for 10 seconds. Then swing arms and legs out and in for 10 seconds.

**Execution (continued)**

- Now turn over onto back and repeat same moves for 20 more seconds.

Duration

- Do four 40-second sets.

EXERCISE 6

**Abs, back, arms, legs****Starting position**

- Lie on back on a long bench or box with weights around ankles.

**Execution**

- Slide hips to edge and raise bent knees, keeping navel pulled in. Swing one leg up, out and down in a sweeping arc ("pedaling"), then repeat with other leg.

**Duration**

- Do four 40-second sets.

Stability training: Expert 12 (U21 and up)

EXERCISE 7

**Abs, hips, legs****Starting position**

- Lie on back with legs straight, navel pulled in, weights around ankles and a ball between feet. Arms are at sides, palms down.

Execution

- Bend knees and slowly bring them up as close to chest as possible, lifting hips off ground and rolling up from base of spine, keeping navel pulled in.

Execution (continued)

- Then slowly roll back down and straighten legs without letting feet touch ground.

Duration

- Do four 40-second sets.

EXERCISE 8

**Torso, arms, shoulders, legs****Starting position**

- Start in push-up position with legs spread and hands on a ball. Feet may be on a raised surface (box or bench).

Execution

- Slowly lower chest as far down as possible, keeping abs and back muscles engaged, then push back up as quickly as possible.

Duration

- Do four sets of 25–30 repetitions.

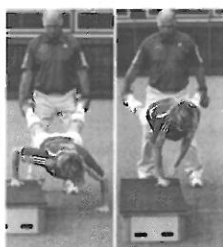
EXERCISE 9

Torso, arms, shoulders, legs**Starting position**

- Start in push-up position with left hand on ground, right hand on a box and a partner holding ankles. Engage hips and keep back straight.

Execution

- Lift left hand up and place it on box, then move right hand to ground on other side. Powerfully straighten arm on ground while partner lets go of opposite leg.

**Execution (continued)**

- Important: Keep body stable throughout exercise (buttocks muscles flexed).

Duration

- Do four sets of 30 repetitions.



EXERCISE 10

**Abs, sides, arms, shoulders****Starting position**

- Lie on back with knees bent, a ball in hands and a resistance band wrapped around wrists. Band is anchored behind head (wall bars, goal post, partner).

Execution

- Do a throw-in movement, rolling shoulders up and bringing ball forward, first straight ahead and then to each side (elbow to opposite knee).

Duration

- Do four sets of 30 repetitions.

EXERCISE 11

**Arms, abs, back, legs****Starting position**

- Lie on stomach on a tall bench or stack of mats with weights on ankles.

Execution

- Grab bench near head, slide hips to edge and let legs dangle, toes pointing in.
- Raise legs to horizontal while simultaneously spreading them far apart and rotating feet outward, keeping navel pulled in.

Execution (continued)

- Then lower legs and bring them back together, rotating feet back in.

Duration

- Do four sets of 30 repetitions.

EXERCISE 12

**Shoulders, torso, hips, legs****Starting position**

- Sit with legs and arms extended in front of body and back straight, holding a ball.

Execution

- Bring one foot in to opposite thigh. Raise that leg off ground and swing it out to side without letting it touch ground, bringing it as far back as possible.

Execution (continued)

- Slowly bring legs back to their starting position without moving torso or arms.

Duration

- Do 20 repetitions on each side; four sets total.