

ETAP PIERWSZY ĆWICZENIA BIEGOWE TRUCHTEM

1. Trucht w przód.
2. Trucht z krążeniem uda na zewnątrz.
3. Trucht z krążeniem uda do wewnątrz.
4. Trucht z obieganiem partnera.
5. Trucht i wyskok (boczny) do zderzenia się barkami.
6. Trucht w tył i przód.

Każde z ćwiczeń należy wykonać minimum 2 razy na odcinku 30 m.



ETAP DRUGI ĆWICZENIA SIŁY, RÓWNOWAGI I PLYOMETRIA

Poziom pierwszy - podstawowy

1. Podpór statyczny (deska). (3 serie po 20-30 sekund)
2. Podpór statyczny bokiem (side plank). (3 serie po 20-30 sekund)
3. Pady w przód z partnerem. (1 seria od 3 do 5 powtórzeń)
4. Stanie jedno nogę z piłką. (2 serie po 30 sekund)
5. Przysiad ze wspięciem na palce. (2 serie po 30 sekund)
6. Wyskoki w górę. (2 serie po 30 sekund)

Poziom drugi - średnio zaawansowani

1. Podpór statyczny (deska). (3 serie po 40-60 sekund)
2. Podpór statyczny bokiem z unoszeniem bioder. (3 serie po 40-60 sekund)
3. Pady w przód z partnerem. (1 seria od 7 do 10 powtórzeń)
4. Stanie jedno nogę rzutem piłki do partnera. (2 serie po 30 sekund)
5. Marsz wypadami. (2 serie po 10 powtórzeń na każdą nogę)
6. Przeskoki boczne. (2 serie po 30 sekund)

Poziom trzeci - zaawansowani

1. Podpór z uniesieniem i zatrzymaniem nogi w górze. (3 serie po 20-30 sekund)
2. Podpór statyczny bokiem z unoszeniem nóg (side plank). (3 serie po 20-30 sekund)
3. Pady w przód z partnerem. (1 seria od 12 do 15 powtórzeń)
4. Stanie jedno nogę w rywalizacji z partnerem. (2 serie po 30 sekund)
5. Przysiad na jednej nodze. (2 serie po 10 powtórzeń na każdą nogę)
6. Skoki w różnych kierunkach. (2 serie po 30 sekund)

PART 2 STRENGTH · PLYOMETRICS · BALANCE · 10 MINUTES

LEVEL 1	LEVEL 2	LEVEL 3
<p>7 THE BENCH STATIC</p> <p>Starting position: Lie on your front, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders.</p> <p>Exercise: Lift your body up, supported on your forearms, and your stomachs, and hold the position for 20-30 sec. Your body should be in a straight line. Try not to rest on only your hands. 3 sets.</p>	<p>7 THE BENCH ALTERNATE LEGS</p> <p>Starting position: Lie on your front, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders.</p> <p>Exercise: Lift your body up, supported on your forearms, and pull your stomachs in. Lift each leg in turn, holding for a count of 2 sec. Continue for 30-60 sec. Your body should be in a straight line. Try not to rest on only your hands. 3 sets.</p>	<p>7 THE BENCH ONE LEG LIFT AND HOLD</p> <p>Starting position: Lie on your front, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders.</p> <p>Exercise: Lift your body up, supported on your forearms, and pull your stomachs in. Lift one leg about 10-15 centimeters off the ground, and hold the position for 20-30 sec. Your body should be straight. Do not let your opposite leg go down and do not rest on only your lower back. Take a short break, change legs and repeat. 3 sets.</p>
<p>8 SIDEWAYS BENCH STATIC</p> <p>Starting position: Lie on your side with the knee of your foremost leg bent to 90 degrees. Support your upper body by resting on your forearm and knee. The elbow of your supporting arm should be directly under your shoulder.</p> <p>Exercise: Lift your opponent leg and hip and your shoulder, hip and knee are in a straight line. Hold the position for 20-30 sec. Take a short break, change sides and repeat. 2 sets on each side.</p>	<p>8 SIDEWAYS BENCH RAISE & LOWER HIP</p> <p>Starting position: Lie on your side with both legs straight. Lie on your forearm and the side of your foot so that your body is in a straight line from shoulder to foot. The elbow of your supporting arm should be directly beneath your shoulder.</p> <p>Exercise: Lower your hip to the ground and raise it back up again. Repeat for 20-30 sec, take a short break, change side and repeat. 2 sets on each side.</p>	<p>8 SIDEWAYS BENCH WITH LEG LIFT</p> <p>Starting position: Lie on your side with both legs straight. Lie on your forearm and the side of your foot so that your body is in a straight line from shoulder to foot.</p> <p>Exercise: Lift your opponent leg and hold it straight in front of you. Repeat for 20-30 sec. Take a short break, change sides and repeat. 3 sets on each side.</p>
<p>9 HAMSTRINGS BEGINNER</p> <p>Starting position: Kneel on a soft surface. Ask your partner to hold your ankles down firmly.</p> <p>Exercise: Your body should be completely straight from the shoulder to the knee throughout the exercise. Lean forward as far as you can, controlling the movement with your hamstring and your gluteal muscles. When you can no longer hold the position, gently take your weight off your hands, taking into a push-up position. Complete a minimum of 3-5 repetitions and/or 60 sec. 1 set.</p>	<p>9 HAMSTRINGS INTERMEDIATE</p> <p>Starting position: Kneel on a soft surface. Ask your partner to hold your ankles down firmly.</p> <p>Exercise: Your body should be completely straight from the shoulder to the knee throughout the exercise. Lean forward as far as you can, controlling the movement with your hamstring and your gluteal muscles. When you can no longer hold the position, gently take your weight off your hands, taking into a push-up position. Complete a minimum of 3-10 repetitions and/or 60 sec. 1 set.</p>	<p>9 HAMSTRINGS ADVANCED</p> <p>Starting position: Kneel on a soft surface. Ask your partner to hold your ankles down firmly.</p> <p>Exercise: Your body should be completely straight from the shoulder to the knee throughout the exercise. Lean forward as far as you can, controlling the movement with your hamstring and your gluteal muscles. When you can no longer hold the position, gently take your weight off your hands, taking into a push-up position. Complete a minimum of 10-15 repetitions and/or 60 sec. 1 set.</p>
<p>10 SINGLE-LEG STANCE HOLD THE BALL</p> <p>Starting position: Stand on one leg.</p> <p>Exercise: Balance on one leg while holding the ball with both hands. Keep your back straight on the ball of your foot. Remember, try not to let your knee buckle inwardly. Hold for 20 sec. Change legs and repeat. The exercise can be made more difficult by passing the ball around your ankles while in your stance. 2 sets.</p>	<p>10 SINGLE-LEG STANCE THROWING BALL WITH PARTNER</p> <p>Starting position: Stand 2-3 m apart from your partner, with each of you standing on one leg.</p> <p>Exercise: Keeping your balance, and with your stomach held in, throw the ball to one another. Keep your weight on the ball of your foot. Remember, keep your knee just slightly forward and do not let your knee buckle inwardly. Keep going for 30 sec. Change legs and repeat. 2 sets.</p>	<p>10 SINGLE-LEG STANCE TEST YOUR PARTNER</p> <p>Starting position: Stand on one leg opposite your partner and at arm's length apart.</p> <p>Exercise: What you both try to keep your balance, each of you in turn has to pull the other off balance in different directions. Try to keep your weight on the ball of your foot and avoid your knee from buckling inwardly. Continue for 60 sec. Change legs. 2 sets.</p>
<p>11 SQUATS WITH TOE RAISE</p> <p>Starting position: Stand with your feet hip-width apart. Place your hands on your hips if you like.</p> <p>Exercise: Imagine that you are about to sit down in a chair. Perform squats by bending your knee and leaning to 90 degrees. Do not let your knees buckle inwardly. Forward should be straight up, no side quality. When your legs are completely straight, stand on your toes for 10 seconds. Repeat the exercise for 30 sec. 2 sets.</p>	<p>11 SQUATS WALKING LUNGES</p> <p>Starting position: Stand with your feet hip-width apart. Place your hands on your hips if you like.</p> <p>Exercise: Lunge forward slowly at an even pace. As you lunge, bend your leading leg with your hip and knee at 90 degrees. Do not let your knee buckle inwardly. Try to keep your upper body straight. Lunge your way across the pitch. Repeat 10 times on each leg and then jog back. 2 sets.</p>	<p>11 SQUATS ONE-LEG SQUATS</p> <p>Starting position: Stand on one leg, lightly holding onto your partner.</p> <p>Exercise: Slowly bend your knee as far as you can manage. Continue as you were, using the knee from buckling inwardly. Bend your knee slowly then straighten it slightly more quickly, keeping your hips and upper body in line. Repeat the exercise 10 times on each leg. 2 sets.</p>
<p>12 JUMPING VERTICAL JUMPS</p> <p>Starting position: Stand with your feet hip-width apart. Place your hands on your hips if you like.</p> <p>Exercise: Imagine that you are about to sit down in a chair. Bend your knee slowly and your feet are flat on the ground. Hold for 2 sec. Do not let your knee buckle inwardly. From the knee position, jump up as high as you can. Land only on the balls of your feet and your hips and knees slightly bent. Repeat the exercise for 30 sec. 2 sets.</p>	<p>12 JUMPING LATERAL JUMPS</p> <p>Starting position: Stand on one leg with your upper back bent slightly forward from the waist, with knees and hips slightly bent.</p> <p>Exercise: Jump sideways. Ten centimeters from the supporting leg on to the free leg land gently on the ball of your foot. Bend your hip and knee slightly on your land and do not let your knee buckle inwardly. Maximum your balance with each jump. Repeat the exercise for 30 sec. 2 sets.</p>	<p>12 JUMPING BOX JUMPS</p> <p>Starting position: Stand with your feet hip-width apart. Imagine that there is a chair marked on the ground and you are standing in the middle of it.</p> <p>Exercise: Shorten your knee jumping forward and backward, then side to side and diagonally across the chair. Jump as quickly and as high as possible. Your knee should be slightly bent. Land only on the balls of your feet. Do not let your knee buckle inwardly. Repeat the exercise for 30 sec. 2 sets.</p>

ETAP TRZECI ĆWICZENIA Z FORSOWNYM BIEGIEM

1. [Bieg w poprzek boiska.](#) (odcinek 40 m na 70-80% tempa maksymalnego)
2. [Wieloskoki.](#) (2 serie po 6-8 skoków)
3. [Zwód i ścięcie.](#)

PART 3 RUNNING EXERCISES · 2 MINUTES

<p>13 RUNNING ACROSS THE PITCH</p> <p>Run across the pitch, from one side to the other at 70-80% maximum pace. 2 sets.</p>	<p>14 RUNNING BOUNDING</p> <p>Run with high frequency steps with a high knee lift, landing gently on the ball of your foot. Use an exaggerated arm swing for each step. Opposite arm and leg. Try not to let your leading leg cross the middle of your body, or let your knees buckle inwardly. Repeat the exercise until you reach the other side of the pitch. Then jog back to finish. 2 sets.</p>	<p>15 RUNNING PLANT & CUT</p> <p>Step 4-5 steps, then stick on the outside leg and cut to change direction. A clearly indicated 17° step at high speed (80-90% maximum pace) before you drastically pick a new plant & cut. Do not let your knee buckle inwardly. Repeat the exercise until you reach the other side, then jog back. 2 sets.</p>
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Warunkiem skuteczności tego programu jest jego rzetelna i dokładna realizacja. Należy zwrócić uwagę na dokładność i technikę wykonywanych ćwiczeń. Regularnie wykonywane ćwiczenia mogą znacznie obniżyć ryzyko kontuzji, co zostało potwierdzone badaniami [The Impact of the FIFA 11+ Training Program on Injury Prevention in Football Players: A Systematic Review](#).