

# Don't over look the power of using just bodyweight

By Taylor Tollison

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As soccer coaches time, facilities, budget, equipment and sometimes know how are all contributing factors to not doing a structured strength training program. It's difficult to get the team together at a gym to lift weights 3-4 times in the offseason. During the season the kids have school and homework obligations that take them away from extra strength training work.

There is an answer to this problem. Use bodyweight to train the soccer athletes at the field. Especially if your athletes are untrained start with low reps and focus on technique first. Here are some guidelines to follow:

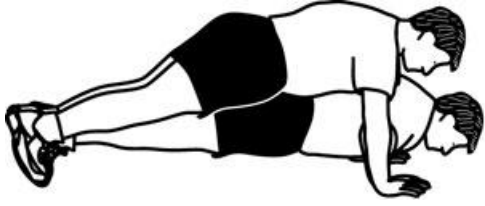
1. Start with low reps and work up.
2. Focus on technique before quantity of work done

Here are a few choices to choose from. Remember if you train one side of the body you need to train to opposing movement. If you do a pull up you should do a vertical pressing movement like a shoulder press. I did not include core work here but you should know it needs to be done. The exercises below are not an exhaustive list of bodyweight exercises but will get you started with some ideas to choose from.

You will need to be creative to do some of the exercises listed below. One of the tools you can use to bring to the field is the TRX trainer. Google it. You can bring it to the field and have you athletes use it for strength training.

**See the next page for the exercises**

Push ups



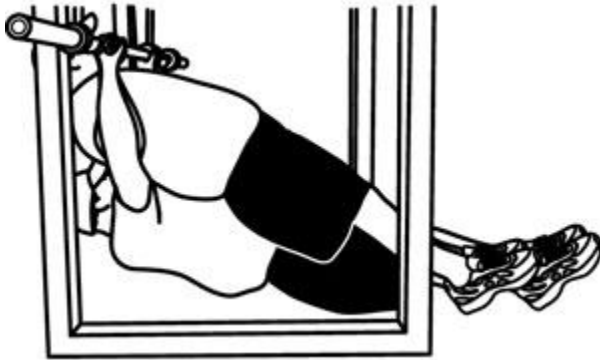
Lunges



Pull ups



Horizontal pull ups



Bridges



Squat jumps



Side lying leg lifts

