# Soccer Training Plan

## Introduction

Soccer is a sport that demands various forms of fitness both physiologically and mentally. As such, soccer players need to be prepared both during the pre-season and in-season times. This is important so that the body is a state of continuous preparedness. In this regard, this essay describes a training planning for professional (elite) soccer players during both the off season and in season.

## In–Season Training For the Elite (Professional) Soccer Players

During the in–season training session, there are diverse objectives for the training. The first objective is to maintain the fitness of the player while minimizing the likelihood for fatigue and soreness. The rationale for this objective stems from the observation that the soccer players need to be fit and ready for the games during the in-season (Ronnestad et al., 2011). The second objective that is important during the in-season period regards the development of aerobic capacity of the player. The reason for the development of aerobic capacity as an important objective concerns the idea that soccer players cover long distances almost 6 miles when they participate in the sport and thus, it is important that there aerobic capacity is as high as possible (Damo, 2014). Aerobic capacity facilitates intensified repeated performances that are necessary when soccer players participate in the sports. In other words, aerobic performances will enable the individual to keep up with the demands of the sports during the course of the play.

## Types of Training during the In-Season

During the in season, one of the types of the training that the athlete will be subjected to entails strength training. This will involve working with lifting weights in the gym and the rationale for strength training is that it allows the players have the necessary strength during the matches (Damo, 2014). For instance, strength training involving the legs improves the kicking powers of the players. The second form of training that the players will partake in concerns plyometric and sprint work. The rationale for plyometric and sprint work is that they help to increase the explosive speed and power that is desirable and help the athlete improves the performances (Ronnestad et al., 2011). Another form of training that the players will embrace relates to flexibility and stretching. These forms of exercises will be done to ensure that the players are shielded from potential injuries that are associated with training. Team training will also be used during the in season to improve the mental fitness of the players and also improve the group work. In addition, the players will have rest periods to ensure that their bodies recover and they are ready for the next match in schedule (Damo, 2014).

## Off Season Training

When the season ends, the fundamental objective of the training is to prevent the player from losing the different gains that have been made in the previous season and maintain the body in a fitness state that is capable of switching to desired performances when the season resumes (Damo, 2014). In this regard, the players will be involved in the activities that keep the body ticking over while also encouraging mental freshness for the performances.

## Types of Training during the Off-Season

During the off season, the player should maintain conditioning training through gym work and the importance of the conditioning is that it ensures that the player maintains shape for the physical performances. To achieve this goal, it means that the player should embrace what is defined as cross training or x training where the player incorporates events unrelated to soccer in the training regime (Damo, 2014). For example, it is important that the players do not gain extra weight during the offseason as such might interfere with aspects of the sport such as running. In the off-season, the player should also participate in other forms of sports such as tennis or swimming and the rationale for this recommendation is that such sports allow the players mental break from the demands of soccer (Damo, 2014). When the player returns to soccer, he or she will be in the best mental state to continue with the goals of the sport.

## Conclusion

In essence, soccer is one of the sports that require intense physical and mental fitness. Thus, the players need to be strategically prepared during the in season and off season times. In the off-season, the goal of the training should be to maintain the gains made during the in-season training while for the in-season the goal should be to ensure that the player is the peak position for the performances during the games or matches.

## **References**

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