

Weight Training Soccer – How To Maximize Performance

Weight training soccer is something that no soccer player can afford to ignore and avoid. It is very important. If the players have this training right, they simply maximize their chances to get a place in their favorite team.

On the other hand, if they lack such training, they simply carry the risk to end up at the back of the field. Weight training can help the players optimize their overall soccer skills and performance.

Endurance

Endurance is the ability of the player that allows them to remain active during the complete 90 minutes of the game – both in attack and defense – but without showing tiredness or impaired ball control.

The player has to constantly run throughout the game to demand the ball from other fellow players, to steal the ball from the opponent players, or to dribble the ball himself to the goal line so that he could go for shooting and score a goal.

Therefore, it is important for the coach running the weight training session that he design the training in a way that could help the players effectively work and improve their endurance.

Speed

Speed is another physical element that can be substantially enhanced with the correct weight training. The players must be efficient enough to accelerate their speed on the ground depending upon the circumstances, such as to steal to ball or to save the ball from stealing.

What is more, it is not all about the accelerating ability, the players are supposed to maintain this acceleration at the situation demands. For example, if you are playing as forward, you are supposed to accelerate with variation in speed over 3 to 20 yards.

The weight training must work on some of the associated basics, such as right straight ahead running speed, changing direction with speed, variation in speed etc. the coaches have to make sure that the training session designed by them will help the players attain these basics.

Instant Variation In Direction

Depending upon the position, the players may have to change directions instantly. It demands for their agility. There can be many such instances when you need to be agile enough to get the control of the ball effectively – whether it is an awkwardly bouncing ball or getting up quickly after a tackle.

Therefore, in order to enhance the agility of the players, the coaches must include various flexibility exercises in the weight training soccer session.

About the Author

ABOUT THE AUTHOR:

Andre Botelho is a recognized authority on the subject of [weight training soccer](#). His web site, [Teaching Youth Soccer Coaching Drills: www.SoccerDrillsTips.com](#), provides a wealth of informative [soccer articles](#), resources and tips for soccer coaches, parents and players.

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