

CORE STRENGTH EXERCISES – Phase 02

1. Stability Ball Knee Extension 04170



2-3 sets on each side. Build up to 10-15 reps. Extremely important to focus on **SLOW CONTROLLED MOVEMENTS**. Take your time to rest between sets, maintain strong balance and core control; minimise body rocking.

2. Side Lying Stabilization Hip Abduction 04423



2-3 sets on each side. Build up to 10-15 reps. Extremely important to focus on **SLOW CONTROLLED MOVEMENTS**. Take your time to rest between sets, maintain strong balance and core control.

3. Stability Ball Roll Out Stabilization 03007



2-3 sets. Build up to 10-15 reps. Extremely important to focus on **SLOW CONTROLLED MOVEMENTS**. Take your time to rest between sets, maintain strong balance and core control; minimise body rocking.



4. Side Lying Hip Abduction 03043



2-3 sets on each side. Build up to 10-15 reps. Extremely important to focus on **SLOW CONTROLLED MOVEMENTS**. Take your time to rest between sets, maintain strong balance and core control; minimise body rocking.

5. Stability Ball Bridging Leg Extension 00474



2-3 sets on each side. Build up to 10-15 reps. Extremely important to focus on **SLOW CONTROLLED MOVEMENTS**. Take your time to rest between sets, maintain strong balance and core control; minimise body rocking.

6. Stability Ball Back Extension 00837



2-3 sets. Build up to 10-15 reps. Extremely important to focus on **SLOW CONTROLLED MOVEMENTS**. Take your time to rest between sets, maintain strong balance and core control; minimise body rocking.



CORE STRENGTH EXERCISES – Phase 02



7. Prone Stabilization 02071



2-3 sets. Build up to 10-15 reps holding 15sec. Extremely important to focus on **SLOW CONTROLLED MOVEMENTS**. Take your time to rest between sets, maintain strong balance and core control; minimise body rocking.

Weekly Recorder

CORE STRENGTH EXERCISE	SETS	REPS	S	M	T	W	T	F	S
1. Stability Ball Knee Extension 04170	2-3	10-15							
2. Side Lying Stabilization Hip Abduction 04423	2-3	10-15							
3. Stability Ball Roll Out Stabilization 03007	2-3	10-15							
4. Side Lying Hip Abduction 03043	2-3	10-15							
5. Stability Ball Bridging Leg Extension 00474	2-3	10-15							
6. Stability Ball Back Extension 00837	2-3	10-15							
7. Prone Stabilization 02071	2-3	10-15sec							

- Core Strength work will assist in the strength and conditioning of young footballers and promote flexibility.
- Alternate daily between Core Strength Phases 1, 2 and 3 and work on Flexibility every day.

**THERE IS NO SUBSTITUTE FOR HARD WORK,
TRICKS WILL ONLY GET YOU SO FAR.**



Disclaimer: No express warranty is given as to the accuracy or completeness of this information. It is not a substitute for, any advice, diagnosis or treatment provided by a fitness or medical professional. You acknowledge that performing incorrectly prescribed exercises or activities may pose a risk to your health. You are solely responsible for all acts