

- 1st training of the week
 - 20 mins. prevention training (individual training plan)
 - 20 mins. balance training (firm & foam) with and without ball
 - 40 mins. upper body strength training (frontal chain) plus trunk
- 2nd training of the week
 - 20 mins. prevention training (individual training plan)
 - 30 mins. football specific training with ball
 - 40 mins. strength training legs
- 3rd training of the week
 - 20 mins. prevention training (individual training plan)
 - 20 mins. balance training (firm & foam) with and without ball
 - 40 mins. upper body strength training (posterior chain) plus trunk
- 4th training of the week
 - 20 mins. prevention training (individual training plan)
 - 30 mins. football specific training with ball
 - 40 mins. strength training legs
- 5th training of the week
 - 20 mins. prevention training (individual training plan)
 - 40 mins. football specific training with ball
 - 20 mins. strength/strain training
- 6th training of the week (optional)
 - 20 mins. prevention training (individual training plan)
 - 40 mins. football specific training with ball
 - 20 min. strength training mobilization/stabilization