

Why strength training?

It wasn't too long ago that athletes thought that lifting weights would make them muscle bound and less athletic. That is a myth and with the proper training you will evolve as an athlete. It is now known that strength builds the foundation for all athletic qualities including relative body strength, which is the most important for athletes. Your strength in relation to your own body weight is the cornerstone for agility, quickness, speed, and jumping ability. The stronger you are in relation to your body weight, the more you will outperform your weaker opponents.

At the high school level, if you have two evenly skilled/talented soccer players, the one who is stronger will always outperform the weaker. What does that mean for you? If you're a soccer player, that means you need to get stronger.

Another great benefit of strength training for the soccer player is injury prevention. I don't care how good of a soccer player you are. You can't do much for your team if you're injured. Athletes who strength train have fewer injuries, and if they are injured, they usually recover quickly. The reasoning behind this is that strength training strengthens muscle attachments, tendons, and ligaments and increases bone density.

As a soccer player, you need to be strong and powerful. If you are, you will be explosive and have a quick, powerful step. You also need upper body strength and power. Upper body strength may not seem important at first glance, but soccer is a very physical sport. There are times when you have to hold your own with the upper body against an opponent as you fight over the ball. Upper body strength and power also come into play with throw-ins as well.

If you're weak, you will get overpowered every time. The right program will be vital in building strength, speed, agility and performance. Want to know more, contact us today.

