

FOTBOLLSSTYRKA - ÖVNINGSBANK



KAT	PREACTIVATION	POWER	LB PUSH	UB PULL	LB PULL	UB PUSH	ANTIROTATION & ANTI LATERAL FLEXION	ANTITEXTENSION
Övn.nr	SMR	Vertical	2 leg Parallel	2 arm	Hip Dominant	1 arm	Antirotation	Antitension
1	Foamrolling / TP ball	1. Boxjump	1. DB Goblet Squat	1. Inverted Row	1. Glute Bridge	1. 1 arm DB Press	1. Plank Progression	1. Plank Progression
A	Calves	A Drop Squat to NCMJ	A Parallel	A - Trx / Jungle Gym / Bar	A Elevation	A - Normal	A - Shoulder tap	A - Holds 10-30s
B	Hamstrings	B Drop Squat to CMJ	B Split		B - Walks	B - Off bench	B - Arm/leg lifts	B - Minihandwalk
C	Säte	C Drop Squat to Double Contact	C 1 leg		C - Single exchange		C - Clock plank	C - Pike & Roll
D	Quads				D - Dip cycle		D - Plank row	
E	Adductors		2. - Barbell Frontsquat	2. 2 arm row	2. Barbell Hip Thrust	2. 1 arm Bench Press	2. Pallof press	2. Bodysaw
F	IT band	2. Box Push off	3. - Barbell Back Squat	A Split position	A - 2 leg	3. 1 arm standing press	A - Tall kneeling	A - Slider
H	Upper back	B Lateral to stabilize		B - Pull up	B - 1 leg	B - Parallel	B - Half kneeling	B - TRX
I	Shoulder	C Linear to stabilize	4. Trap Bar Squat	A - Chin up	3. Nordic Hamstring	4. - 1 arm Rotational press	C - Split Position	C - Wheel
		D Linear continuous	A Split position	B - Pull up	A - Holds		D - Parallel Position	D - Slider (Flowin)
2	Mobility (Stretch)	FT Vertical Med ball Progressions	5. Split	4. Med ball Slams	B - Band assisted	5. 2 arm	3. Chop	A - Roll out
A	Calves		A Split Squat Progressions	A - Standing	C - Unassisted	A - 2 arm DB Press	A - Half kneeling	B - TRX
B	Soleus Calf stretch Wall		B Goblet	B Jump	4. Copenhagen Adductor progression	B - Alternating DB Press	B - Split position	C - Wheel
3.	Hamstrings	4. Kettlebell Swing	B Weight plate (OH/Side)	5. 1 arm	B - Knee lever	C Alternating + leg lowering	C - Parallel	D - Drag (Flowin)
A	ASLR (w. band)	A Normal	C Dumbbells	A Single arm Db row	B - Foot lever	6. 2 arm Bench Press	4. Lift	A - Dead Bug
B	ASLR Glute (w. band)	B Band resisted	D Bar	B - 1 leg contralateral		B - Legs elevated	A - Half kneeling	B - Alternate leg lowering
4.	Glutes	5. DB Snatch	E landmine split squat	C On bench	5. RDL	7. Push Up Progressions	B - Split position	5. Dragonflag
A	Band Assisted Glute stretch	A Parallel	F landmine 1 leg	6. Single arm standing row	A Plate	A Miniband	C - Parallel	B Ecc - Conc
B	Seated Glute stretch (pigeon)	B Split		A Split position	B Dumbbell/Kettlebell	B Fwd bwd lateral	D - step up	
C	Elevated glute stretch	6. Trap bar Jump Squat		B Parallel	C Bar	C Elevated (bench/ball)	5. Joystick (small-big)	
5.	Groin stretch	7. Hang clean	6. Lunge (fwd bwd)		7. Knee dominant	D Weight west/weight plate	A Parallel	
A	Hockey stretch	A Parallel	A Goblet		A Supine hamstring curls	E Bosu	B - Parallel to split	
B	Hip internal rotation (seated)	B Split	B Weight plate (OH/Side)		B Ball	F Combo	6. Dynamic Push-Pull	
6.	Quad-Hip flexor	8. Horizontal	C Dumbbells		BT-5 Progression (Slider)	G Push up box - altern 1	A - Parallel	
A	Elevated Quad-Hip flexor stretch	A Broadjump	D Bar		B 2 leg Ecc	H Push up box - altern 2		
B	Band Quad-Hip flexor stretch	B 1 leg	E Slideboard bwd		B 2 leg Ecc-Conc	I Push up jump on box	7. Antilateral flexion	
8.	Upper back	FT Horizontal Med ball Progressions	F Landmine lunge to press		B 1 leg Ecc-Conc	8. 2 arm standing press	A Sideplank	
A	90-90 stretch		7. Lateral lunge		8. The Glider	A Split position	B - Holds 10-30s	
9.	Wall sit progressions	9. Sled progressions	A Goblet			B Parallel	C - Leg lift & Arm lift	
		A March	B Weight plate (Side)				D - Leg & Arm touch	
10.	Stability / Activation	B Sled	C Dumbbells				E - Rows	
A	5-way cable hip	C Bound	D Bar				8. Loaded Carrys	
B	Adduction	D Sprint	8. Rear foot Elevated Split Squat				A - Walk	
C	Flexion	E - Sprint	A Goblet				B - Lunge	
D	Abduction	F Lateral crossover	B Weight plate (OH/Side)				9. Farmers walk	
E	Extension	G Crossover pull	C Dumbbells				A - Walk	
F	Crossover		D Bar				B - Lunge	
11.	Hip external rotation		9. Step up					
12.	Leg Lowering		A Body weight Forward/Lateral					
A	Bent legs, 1 leg alternating		B Weight plate (OH/Side)					
B	Bent legs, 2 legs		C Dumbbells					
C	Bent legs, 1 leg - 1 arm alternating		D Bar					
D	Straight leg progressions		10. Elevated Split Squat Jump					
13.	Foot strength (2 leg)		A Bench					
A	Flexion-extension (seated)		B Jungle Gym					
B	Lateral - in and out (seated)							
C	Flexion-extension (standing)							
D	Lateral - medial (standing)							
14.	Toe raises		11. 1 leg Squat to box					
A	2 leg		A Miniband					
B	1 leg		12. 1 leg Squat from box					
15.	Walking Exercises		A Dumbbells					
A	Heel walk (max extension)							
B	Toe walk (max flexion)							
C	Lateral							
D	Medial walk							
E	Lateral rotations 2 leg							
F	Lateral rotation 1 leg							
16.	Ankle Isometrics							
A	Forefoot holds w. ball from side to side							
B	1 leg Ankle iso holds (on box)							
C	1 leg step up holds							
FT	Wall drills							
18.	Skipping rope							
A	2 leg							
B	Alternating							
C	1 leg							