Chapter 9 CUSTOM TRAINING PROGRAM DESIGN

The Catalyst Certified Personal Soccer Trainer uses key elements of a player to design a custom training program that will increase the performance level of the player.

Learning Objectives
- ✓ Know the 3 elements of designing a custom training program

- ✓ Identify the 4 age groups when designing a custom training program

- ✓ Identify the 3 skill levels when designing a custom training program

- ✓ Identify the 4 phases when designing a custom training program

- ✓ Understand the progression of a custom training program

Custom Training Program Design Overview

The following 3 elements –Age, Level, and Phase – are crucial to the development of training exercises in custom training programs (CTP). Whether the Catalyst Certified Personal Soccer Trainer (CCPST) is training an individual in a private setting or a pair, the first step to creating an effective training program is assigning the appropriate Age, Level, and Phase of the player(s) being trained.

Age: The player's age is the first step in program design. A player's age will tell a CCPST what types of drills and exercises will be implemented in the program. The age is particularly important for implementing strength exercises.[1]

Level: The player's level is the second step in program design. A player's level will tell the CCPST the progression of the program. The level is particularly important to the implementation of skill development.

Phase: Once a player's age and level are established the CCPST can then properly place the player in a phase of training and exercises and skill drills can begin to be implemented appropriately. The phase of the player establishes the starting point of a player in a CTP. The program design should incorporate exercises and skills that will advance the player to the next phase following the players SPT.

Age

Identifying the age of the player is important for determining a variety of factors in training sessions: weight of equipment, number of repetitions, rest time, difficulty of technique, and purpose of training.[1] Be sensitive to the priority of safety in challenging workouts when determining equipment, weights and intensity for the age of the player. Age group guidelines below are a generalization and are meant to progress from low to high.

Kids Age 3 – 5: Primarily body weight and proprioception work low intensity for 2-3 sets that include 5-10 reps or 10-30 seconds, start with 60% athleticism and 40% skill training, half way progress to 50-50.

Youth Ages 6-12: Mix of body-weight and 2.5lb-15lb exercises, low-mid intensity for 2-4 sets that include 5-12 reps or 10-45 seconds, start with 70% athleticism and 30% skill training, half way progress to 60-40.[1]

Teens Ages 13-17: Primarily 5lb-25lb and some body weight exercises, mid-high intensity for 2-4 sets that include 5-20 reps or 10-60 seconds, start with 80% athleticism and 20% skill training, half way progress to 70-30.[1]

Adults Ages 18+: Primarily 5lb-45lb exercises, introduce power and Olympic weight lifting, high intensity for 2-5 sets that include 10-25 reps or 15-60 seconds, start with 80% athleticism and 20% skill training, half way 70-30.[2]

Skill Level

Players do not have to possess all qualities listed with each level below. Age is not the sole determinant for the rate of progression through the phases and what exercises should be done. Young players could be at an intermediate level and teenagers could be at beginner level.

Beginner – 1 to 4 years playing recreational, little natural athleticism, poor all-around soccer skills, low tolerance for intense workouts, weak mentality for taking on challenges, needs work on all or almost all areas.

Intermediate – 0 to 4 years playing low to mid competitive plus beginner experience, has natural soccer talent but poor habits or awkwardness, weak mentally and strong physically or vice versa.

Advanced – 0 to 4 years playing top competitive plus intermediate, natural athlete and soccer comes easy, possible previous strength and speed training, fitness and mental focus are sharp, areas for improvement are detailed.