



Bodyweight strength circuit

PHYSICAL · BODYWEIGHT STRENGTH CIRCUIT ·
1 PLAYER, WITH A COACH OR PARENT WATCHING · AGE 12+

CHECKLIST

One round of the circuit

↑ 10 squats to a chair

👉 10 press-ups

🦵 6 lunges each leg

⌚ Plank: hold 20-30 seconds

⌚ Rest 1-2 min, then repeat

Set up

💚 Warm up first

👁️ An adult watching

🧺 A mat

🎯 A sturdy chair

Dose

🔄 2 rounds, rest 1-2 min

📅 2-3x a week, not in a row

Our pick, 2 rounds: 10 squats, 10 press-ups, 6 lunges a leg, a 20-30 s plank. Inside NSCA's 1-3 sets of 6-15 reps.

What it trains

A bodyweight circuit: squats, press-ups, lunges and a plank, one after the other, technique first, low volume, with an adult watching. The lunge is new; episodes 10 and 11 teach the rest. England Football calls regular strength training vital for female players of all ages.

How it works

- 1 Warm up first, every time: the FIFA 11+ Kids warm-up (ages 7-13) or FIFA 11+ from 14 (episode 2 shows it), or your club warm-up, with a coach or parent watching.
- 2 Squats: stand just in front of a sturdy chair, sit back slowly until you touch it, then stand up a little quicker. Do 10-12 (episode 11 shows the technique).
- 3 Press-ups: hands under your shoulders, body straight, lower your chest towards the ground and push back up. Do 8-12 (episode 10).
- 4 Lunges: step forward into a long stride and lower until your front hip and knee are bent to about 90 degrees, back knee just off the ground, then push back up. Do 6 on each leg. The video shows the down and up; a walking lunge steps through into the next one.
- 5 Plank: forearms on the ground, elbows under your shoulders, straight from head to heels. Hold 20-30 seconds. Rest 1-2 minutes, then do the whole round once more.
- 6 Do this 2-3 times a week, never on two days in a row. Add reps only when every rep is clean.

Coaching points

- 1 **Slow down, quicker up**
Lower slowly, then come up a little quicker, on every squat, press-up and lunge. FIFA's squat cue says the same: go down slowly, straighten up more quickly.
- 2 **Straight like a plank**
In the press-ups and the plank, keep one straight line from head to heels, like a plank of wood.

✗ **Not this:** Dropping your chest forward over your front knee in the lunge. Keep your upper body tall and steady, and go only as low as you can control.

➤ HARDER

Movements first, then strength (England Football's advice from 12): only when every rep of 2 rounds is clean, do 3 rounds, or pause for 2 seconds at the bottom of each squat and press-up.

➤ EASIER

1 round, with press-ups on a sturdy bench or a solid wall (an incline press-up) and shorter plank holds. If a growth spurt makes the moves feel clumsy, go back to the easier versions for a while.

🛡️ Safety

- Do this with a coach or parent watching. Bodyweight only: no weights.
- Warm up first. Use a mat or flat grass with space around you, and a sturdy chair that cannot slide.
- 2-3 times a week, never two days running, so there is a rest day between sessions.
- It is not a race: when a rep stops being clean, stop that set and rest.
- Under 16: if your knees or heels hurt when you squat, lunge, run or jump, stop and tell an adult. Knee and heel pain is common while you are growing, and a GP or physio can help. 16 and over: if something hurts, stop rather than training through it, and get it checked by a GP or physio.
- Warm up first. Stop if anything hurts and tell an adult.

📅 Track 12 weeks (tick each session)

W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	W11	W12
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐



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