

# SOCCER EXERCISE

GET FIT WITH FOOTBALL

THIS  
GIRL  
CAN



Soccercise is an instructor led aerobic exercise or circuit class, typically lasting 45 – 60 mins in length. It can be delivered indoors or outdoors and combines a variety of fitness exercises with a football. The class should be delivered to music and is based on repetitions of specific exercises (i.e. toe taps, squats, sit-ups). Participants can create their own workout to do at home or take part in exercises as part of a class.

The inclusion of footballs in this class adds co-ordination and core stability to familiar exercises. It also builds familiarity and confidence of working with a football. Exercises contain progressions and simplifiers to allow participation for a mix of abilities and fitness levels.

Soccercise can help introduce you to the game, re-familiarise people that used to play, act as pre-season fitness or as part of a warm-up for a football training session.

The FA were approached to produce resources to deliver football in a fitness environment. Feel free to adapt these in any session with your friends, teammates or colleagues.

Soccercise can be used within existing FA programmes such as Football Mash Up, Team Sixteen and Mars Just Play. Download the Soccercise video and poster from [TheFA.com/Soccercise](https://www.thefa.com/Soccercise)

For more information see the FAQ on page 38.

Before starting any exercise regime you should consider consulting a qualified fitness or sports adviser to ensure the regime is suitable for you and your own doctor if you have a medical condition or taking medication or have related concerns. You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge The FA from any and all claims or causes of action, known or unknown, which may occur as a result of these exercises. If you have asthma, a heart condition, or have experienced any chest pains or dizziness in the last month we strongly advise you NOT to try any of our work outs before consulting your GP.

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# Warm-ups

Zigzag drill  
Stepovers  
Side-to-sides

# ZIGZAG

## AEROBIC



Place the footballs in two parallel lines.



In a zig-zag formation run from football to football. Bend down to touch the footballs with your hand.

**Progression:** Spread the footballs around the room. Change the running to side-steps.  
**Simplify:** Touch the top of the football with your foot instead of hand.

# STEPOVERS

## LEGS



● ● ● ●  
Stand with the football on the floor in front of you.



● ● ● ●  
Move the right leg in a clockwise direction around the football.



● ● ● ●  
Place the foot back on the floor.



● ● ● ●  
Repeat with the left leg moving anti-clockwise around the football. Try not to knock the football. Repeat the exercise.

**Challenge:** How many can you do in 30 secs? **Technique tips:** Be light on your toes, start slow to get you rhythm then build speed. **Progression:** Pick up the speed. **Simplify:** Practise with one foot at a time to get the motion.

# SIDE-TO-SIDES

## LEGS

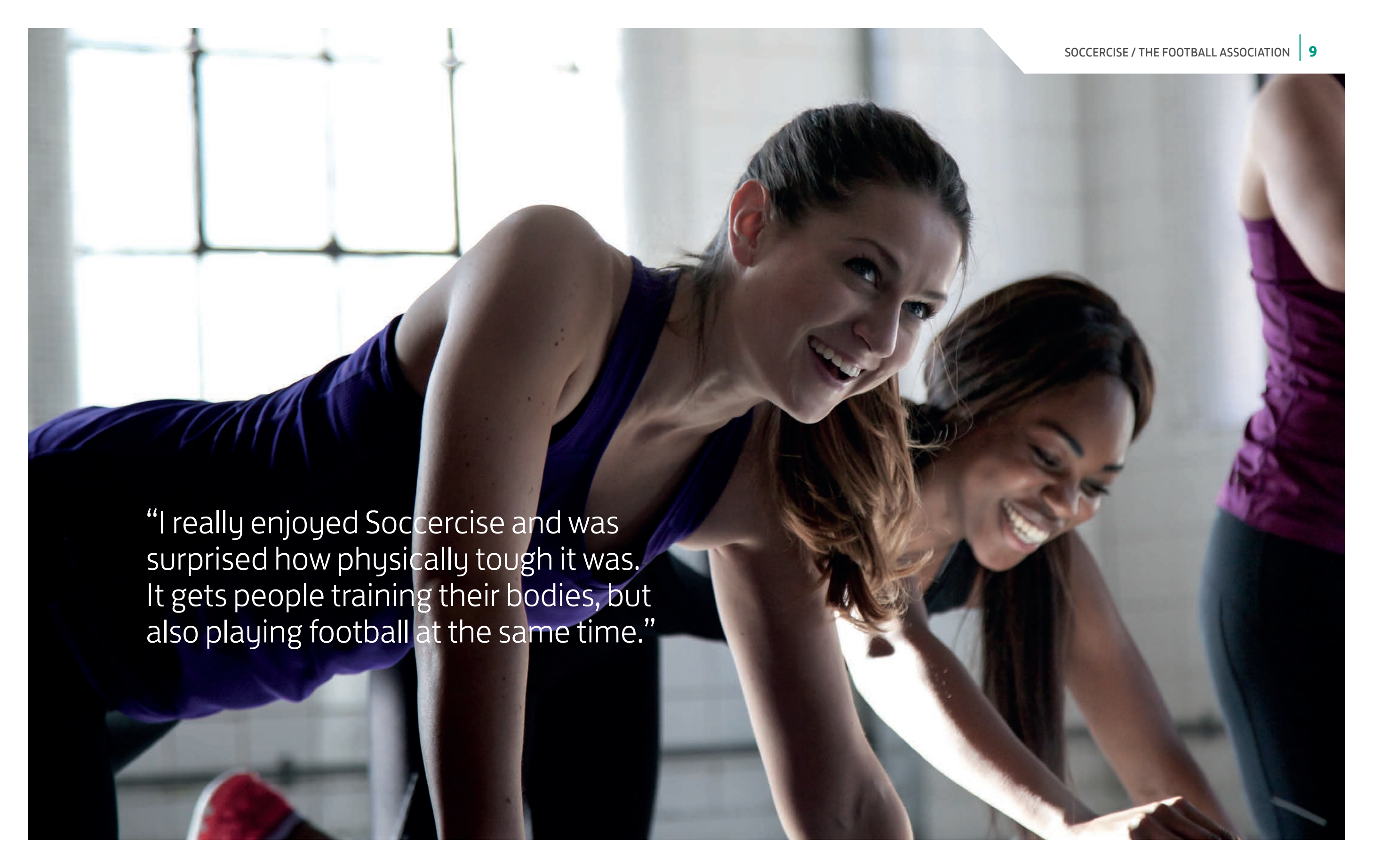


Stand with a football slightly in front of you. Using your instep, knock the football from your right foot to your left foot and back again.

Try to do this whilst on the spot.

**Challenge:** How many can you do in 60 seconds? **Technique tips:** Be light on your toes. Use small touches on the football to maintain control. Keep eyes on the football until you find a rhythm/comfortable speed. **Progression:** Travel with the football forwards/backwards/right/left. **Simplify:** Slow the pace.



A photograph of three women in purple athletic wear, smiling and leaning forward in a gym setting. The woman in the foreground is looking towards the camera with a bright smile. The woman behind her is also smiling and looking down. A third woman is partially visible on the right side of the frame. The background shows a large window with a grid pattern, suggesting an indoor sports facility.

“I really enjoyed Soccercise and was surprised how physically tough it was. It gets people training their bodies, but also playing football at the same time.”



# Exercises

Toe taps  
Lunges  
Squats  
Side pass  
Partner lunges  
Passing  
Thigh passes  
Heading  
Tricep dips  
Press-ups  
Plank  
Leg raises  
Sit-ups

# TOE TAPS

## LEGS



Stand with a football slightly in front of you.



Alternate placing your foot on top of the football whilst jogging on the spot. Repeat the exercise.

**Challenge:** How many can you do in 45 seconds? **Technique tips:** Be light on your toes, start slowly and then build speed. Try to keep touches on the football as light as possible to maintain control of the football  
**Progression:** Travel with the football forwards/backwards/right/left. **Simplify:** Slow the pace.

# SIDE PASS

LEGS / ARMS / CORE



● ● ●  
Stand next to your partner so that your left sides are touching. Partner A holds the football, squats down and touches their right foot with the football whilst Partner B squats and touches their right foot with their hands.

● ● ●  
Both stand up. Partner A brings the football above the head and passes to Partner B.

● ● ●  
Partner B squats down and touches their right foot with the football whilst Partner A squats and touches their right foot with hands. Switch sides so you are squatting down to your left side.

**Challenge:** How many can you do in 45 seconds? Can you beat it next time? **Technique tips:** Squat as low as possible, and reach as high as possible. Try to get as much torso rotation as possible to create the biggest movement. **Simplify:** Move football to knee level, rather than floor. **Progression:** Stand further away from each other.

# LUNGES

## LEGS



● ● ● ●  
Stand with a football in your right hand.

● ● ● ●  
Lunge forward with your left leg.

● ● ● ●  
Pass football under the left leg, from  
right hand to left hand.

● ● ● ●  
Stand back. Repeat exercise with  
right leg lunge.

**Challenge:** How many can you do in 60 seconds? Can you beat it next time?

**Simplify:** Hold football at waist height, don't pass through legs. **Progression:** Add a jump in between lunges.

# PARTNER LUNGES

CORE / LEGS



● ● ●  
Facing your partner stand 2-3 yards apart with Partner A holding a football.

● ● ●  
Both lunge forward on your right legs, keeping your partner on your right side.

● ● ●  
Rotate towards each other from the waist and pass football from Partner A to Partner B. Return to standing and repeat by lunging on the left leg.

**Challenge:** How many can you do in 60 seconds? Can you beat it next time? **Technique tips:** Rotate from upper body, keep hips and below as straight as possible. **Progression:** Lift football above head as you stand up. **Simplify:** Lunge one side at a time before doing alternate legs.

# SQUATS

## LEGS



Stand with feet slightly wider than hip width apart, holding a football. Squat down so you're in a parallel position (or lower) to touch the football on the floor.



Stand up by pushing your weight through your ankles, knees and hips. Raise the football up to the ceiling, keeping your core tight. Repeat the exercise.

**Challenge:** How many can you do in 45 seconds? Can you beat it next time? **Technique tips:** When squatting, keep your chest up and stick your bottom out.

**Progression:** Add a jump in between squats. **Simplify:** Perform a shallower squat.



# PASSING

## CORE / LEGS



Standing a few yards away from your partner pass the football to each other.

Partner stops the football and returns back to you. Repeat the exercise.

**Challenge:** How many passes can you complete in 60 seconds? Can you beat it next time? **Technique tips:** Use the instep of your foot to pass and control the football. Point your standing foot in the direction of where you want the football to go and kick through the ball. **Simplify:** Stand closer together. Take as many touches as you need. **Progression:** Pick up the speed. Can you pass straight back without controlling it first?

# THIGH PASSES

## LEGS



● ● ●  
Stand a few yards away from your partner. Partner A has the football in their hands.



● ● ●  
Partner A drops the football on to their thigh to pass over to Partner B who catches the football.



● ● ●  
Move your thigh through the middle of the ball. Partner B then repeats this back to you.




**Challenge:** Can you land the football straight into your partners' hands? **Technique tips:** Ensure your leg gets back swing to put power into your pass. Follow through towards your partner.

**Simplify:** Stand closer together. **Progression:** When receiving the football from your partner can you control it on your thigh and then catch it in your hands? Can you juggle the football on your thighs?

# HEADING

## POWER



● ● ●

Stand a few yards away from your partner. Partner A holds the football in their hands

● ● ●

Partner A tosses the football up to their forehead to head it to Partner B who catches the ball.

● ● ●

Partner B then repeats this back to Partner A.

**Challenge:** Can you direct the football towards your partner's feet or hands? **Technique tips:** Keep your eyes open and follow through towards your partner. Use your forehead and not the top of your head. **Simplify:** Stand closer together. **Progression:** Take out the catches. Head to and from each other.

# TRICEP DIPS

ARMS / CORE



● ●  
Sitting on the floor, bend your knees and place your feet flat on the ground. Place your hands behind you with fingers pointing towards you. Place one hand on top of the football (still behind you).



● ●  
Lift your bottom off the floor, bend both elbows keeping your hips lifted and then extend your arms back up. Repeat the exercise.

**Challenge:** Repeat for 10 repetitions then change hand on the football.

**Technique tips:** Keep elbows narrow and directly above wrists, elbows should only bend to 90 degrees.

# TRICEP DIPS – SIMPLIFY AND PROGRESSION

ARMS / CORE



● ●  
**Simplify:** Keep your bottom on the floor as you perform the exercise OR place the football between the knees and not under hands.



● ●  
**Progression:** Take the opposite foot (to the hand on the football) off the floor.

**Challenge:** Repeat for 10 repetitions then change hand on the football.  
**Technique tips:** Keep elbows narrow and directly above wrists, elbows should only bend to 90 degrees.

# PRESS-UPS

CHEST / ARMS / CORE



● ●  
Lie face down and place both hands on the floor directly under your shoulders. Lift yourself into a press-up position so only your hands and toes are in contact with the floor. Place one hand on a football.

● ●  
Complete a press-up. Take your chest towards the floor, when about an inch away, accelerate up by extending the elbow joints. Roll the football over to the other hand and repeat the exercise.

**Challenge:** How many can you do in 45 seconds? Can you beat it next time?

**Technique tips:** Keep your ears in line with your shoulders, shoulders in line with hips, hips in line with knees and knees in line with ankles.

# PRESS-UPS – SIMPLIFY

CHEST / ARMS / CORE



● ●  
Lie face down and place both hands on the floor directly under your shoulders. Lift your feet off the floor so only your hands and knees are in contact with the floor. Place one hand on a football.



● ●  
Complete a press-up. Take your chest towards the floor, when about an inch away, accelerate up by extending the elbow joints. Roll the football over to the other hand and repeat the exercise.

**Challenge:** How many can you do in 45 seconds? Can you beat it next time?

**Technique tips:** Keep your ears in line with your shoulders, shoulders in line with hips, hips in line with knees and knees in line with ankles.

# PRESS-UPS – PROGRESSION

CHEST / ARMS / CORE



● ●

Lie face down and place both hands on the floor directly under your shoulders. Place your toes on a raised platform (i.e. bench or step) so only your hands are in contact with the floor. Place one hand on a football.



● ●

Complete a press-up. Take your chest towards the floor, when about an inch away, accelerate up by extending the elbow joints. Roll the football over to the other hand and repeat the exercise.

**Challenge:** How many can you do in 45 seconds? Can you beat it next time?

**Technique tips:** Keep your ears in line with your shoulders, shoulders in line with hips, hips in line with knees and knees in line with ankles.



# PLANK

CORE / ARMS



● ● ●  
Lie face down and place your hands on a football. Lift your torso and legs off the floor so only your toes and the football are in contact with the floor. Maintain balance. Keep your body straight and core tight.



● ● ●  
**Simplify:** Put your knees on the floor



● ● ●  
**Progression:** Extend your arms to lengthen your core

**Challenge:** Can you hold for 45 seconds? Can you beat it next time?  
**Technique tips:** Keep your ears, shoulders, hips, knees and ankles aligned.

# LEG RAISES

CORE / LEGS



● ●  
Lie on a mat on your back, with your arms by your sides and your legs out straight. Put the football between your feet.



● ●  
Keeping your legs straight, raise the football up to the ceiling, then back down to the floor. Repeat the exercise.

**Challenge:** How many can you do in 45 seconds? Can you beat it next time?

**Technique tips:** Make slow movements. Place hands underneath hips to support lower back.

# LEG RAISES – SIMPLIFY

CORE / LEGS



● ●  
Lie on a mat on your back, with your arms by your sides and your legs out straight. Put the football between your feet. Raise your feet straight up to the ceiling.



● ●  
Lower your feet down to a 45 degree angle, then back up towards the ceiling. Repeat this movement.

**Challenge:** How many can you do in 45 seconds? Can you beat it next time?  
**Technique tips:** Make slow movements. Place hands underneath hips to support lower back.

# LEG RAISES – PROGRESSION

CORE / ARMS / LEGS



● ● ●  
Lie on a mat on your back. With your legs out straight and arms stretched out behind your head. Hold the football in your hands.



● ● ●  
Keeping your legs straight, raise them up to the ceiling. At the same time bring the football to meet your feet.



● ● ●  
Return to resting position and repeat the exercise. Try not to let your feet or the football touch the floor.

**Challenge:** How many can you do in 45 seconds? Can you beat it next time?  
**Technique tips:** Make slow movements. Place hands underneath hips to support lower back.

# SIT-UPS

## CORE



Partner A lies on a mat on their back with knees bent and soles of feet on the floor. Partner B stands over them so their toes touch, holding a football.

Partner B throws the football to Partner A's chest to catch. Partner A then sits-up and returns the ball to Partner B's hands. Repeat the exercise. Change positions with partner.

**Challenge:** How many can you do in 60 seconds? Can you beat it next time? **Technique tips:** Keep your belly button pulled in, lift upwards to ceiling, not forwards. **Simplify:** Don't throw the football. Instead – Partner B holds the football out for Partner A to touch. **Progression:** Partner B throws the football in different directions.



# Circuit training



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TOE TAPS  
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# Cool down

Over and under  
Rotating ball pass

# OVER AND UNDER

CORE / LEGS



Stand back to back with your partner, with legs slightly more than shoulder width apart. Partner A holds a football. Pass the ball over the head for Partner B to receive.

Partner B then returns the ball to Partner A by passing through the legs. Repeat and change direction.

**Challenge:** How many can you do in 30 seconds? Can you beat it next time? **Technique tips:** Reach as high and low as possible to create the biggest movement possible.

**Simplify:** Switch to rotating football pass instead (see page 37). **Progression:** Stand further away from each other.

# ROTATING PASS

CORE



Stand back-to-back with your partner. Partner A holds a football in their hands. Partner A rotates to the right whilst Partner B rotates to the left, passing the football to each other.

Partner B then rotates to the right, and Partner A rotates to the left to receive the ball back again. Repeat and change direction.

**Challenge:** How many can you do in 30 seconds?

**Technique tips:** Focus on your core. Rotate with shoulder and waist, try to keep legs and hips stationary.

# Soccercise FAQ

## For participants

Who can take part?

Anyone! You don't need to have played any football before to take part. The exercises cater for all abilities. Adaptions are included to make the exercises easier or harder depending on your fitness level. It's a great way of exercising with your friends, teammates or colleagues.

Where can I find a class?

Soccercise is a new concept so we don't have a search facility just yet. Some Mars Just Play centres run sessions for women aged 16+ and might be running Soccercise classes. To find your local centre visit; [TheFA.com/my-football/justplay](http://TheFA.com/my-football/justplay).

You could also take part within a Team Sixteen, Football Mash Up, Premier League or Football League Trust session. Otherwise feel free to tell your friends, school, college, university, leisure centre or football club about Soccercise to see if they can start running sessions.

How much does it cost?

Costs will vary depending on individual providers. But we would anticipate costs to be in line with a typical exercise class.

What equipment do I need?

Organisers will provide 1 football per participant but there's nothing to stop you taking along your own ball if you have one.

What if I want to play more football?

Great – please visit [TheFA.com/womens-girls-football/participation](http://TheFA.com/womens-girls-football/participation) to see how to get more involved in the game. There are opportunities to play, coach, referee and volunteer all over England. You'll also find information on how to find a session to play in, or join a local club.

Who should I contact for more information?

To find out how to get involved in football in your local area contact the Lead Officer for Women's and Girls' Football [here](http://TheFA.com/womens-girls-football/participation/development-officers); [TheFA.com/womens-girls-football/participation/development-officers](http://TheFA.com/womens-girls-football/participation/development-officers)

## For deliverers

Is there any funding available to deliver Soccercise?

If you're delivering to new female participants aged 16+ contact [justplay@TheFA.com](mailto:justplay@TheFA.com) to enquire about funding opportunities.

Can anyone lead a Soccercise session?

Using the Soccercise exercise cards anyone can deliver a session. It is advisable to use an existing professional such as a fitness instructor, teacher, qualified FA coach, personal trainer or someone with experience of delivering exercise to music, combined with someone who has a knowledge of football.

Where can I find a Soccercise deliverer?

Teachers, coaches or instructors can use the exercise cards to create their own session. Try contacting your local leisure centre, community hall or gym to see if a personal trainers/fitness instructor is available.

What facilities are needed?

Soccercise can be delivered indoors or out. As long as there's enough space for individuals and groups to exercise it doesn't matter if you're in a sports hall, community centre or football pitch.

What equipment do I need?

Try to provide 1 football per participant. There are plenty of paired exercises if you don't have enough for one each. Music is recommended and mats for floor work. Some exercise progressions also require a bench or step.

How can I advertise the session?

PDF and Word Document empty belly Soccercise posters are available to download and edit from [TheFA.com/Soccercise](http://TheFA.com/Soccercise). You can add the details of the session and your logo into the space at the bottom of the poster. Posters can then be printed to advertise your session. If you're sending posters by e-mail please use the Word Document version. Text in the PDF version may be lost when sending to some mobile phones.

When should I put on a Soccercise session?

Popular suggestions are lunchtime clubs, 6 week summer programme, during winter breaks, pre-season fitness, kick-start fitness programmes in January or for warm-ups.

Do I need to sign up to use the resources?

No. Feel free to adapt them to suit the needs of your group/club. The resources are free to use.

Are the resources available in hard copy?

All resources are available to downloadable from [TheFA.com/Soccercise](http://TheFA.com/Soccercise). The poster and exercise cards are printer friendly. No hard copy versions are available at present.

If you've enjoyed taking part in Soccercise and want to explore other football opportunities including playing, coaching, refereeing or volunteering please visit [TheFA.com/womens-girls-football/participation](https://www.thefa.com/womens-girls-football/participation)

Contact details for your local County FA can be found at [TheFA.com/womens-girls-football/participation/development-officers](https://www.thefa.com/womens-girls-football/participation/development-officers)

Thanks to Sport England's I Will If You Will campaign in Bury, Women in Sport, Berks and Bucks County FA and Birmingham County FA for their help with piloting this programme. To see the promotional video visit [TheFA.com/Soccercise](https://www.thefa.com/Soccercise)

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