



Footballfit Academy

Increase your football fitness with this specially designed training programme to improve endurance, strength, speed, mobility and warm up and cool down skills.

With Leyton Orient Centre Of excellence Coach Lee Hughes.

Mondays

4-5.30pm 12-15 year olds

5.30-7pm 16-adults

For ages 12-adults

starts Monday 13th June



The Brentwood Centre
Doddinghurst Road, Brentwood,
Essex CM15 9NN
Tel: 01277 215151


BrentwoodFootballCentre
www.brentwood-centre.co.uk

FOOTBALL FITNESS

GET FIT FOR THE GAME

Keeping fit and healthy is an important part of football as is learning the rules of the game.

- **Fitness Regime** - As we all know getting fit is good in every day life but being fit enough to play sport is a different matter. To get fit enough for the game then you have to put in the hours on the training pitch.
- **Warm-up** - Before you get to the kick off you'll need to have a good and thorough warm-up. Getting those muscles prepared for the exertion that you are about to put them through is vital to be at your very best and to help avoid injuries.
- **Cool Down** - After a game you'll see a lot of players come back out on to the field around twenty minutes after the full-time whistle. They do this to cool down the body. This is important as it helps transition the body from an exercise to a non-exercise state. By doing this it helps avoid muscle stiffness and injury.

Therefore, football training and football coaching need to be helping to target the right muscles for fitness. Football is a sport that requires a multitude of athletic abilities, aim to make improvements in the following to improve your game:

Explosive acceleration and fast sprinting speed

Muscular endurance and strength in the lower body

Muscular balance and high levels of neuromuscular co-ordination

Body awareness and agility, the ability to know where your body is, and be able to move it

Good flexibility to avoid injury, football players are prone to poor hamstring flexibility

Correct balance between your quadriceps and hamstrings, as well as strength imbalances between your left and right leg, The game is played over 90 min's so we will train over 90 min's

WE ARE AT THE BRENTWOOD CENTER EVERY MONDAY

FROM 4PM TO 5.30PM and 5.30PM TO 7PM

CALL TO BOOK **01277 215151** OR Lee on **0782803488177**

The Brentwood Centre
Doddinghurst Road, Brentwood,
Essex CM15 9NN
Tel: 01277 215151



The logo for Brentwood Football Centre features a stylized figure of a person in motion, positioned above the text 'BrentwoodFootballCentre' and the website address 'www.brentwood-centre.co.uk'.

BrentwoodFootballCentre
www.brentwood-centre.co.uk