



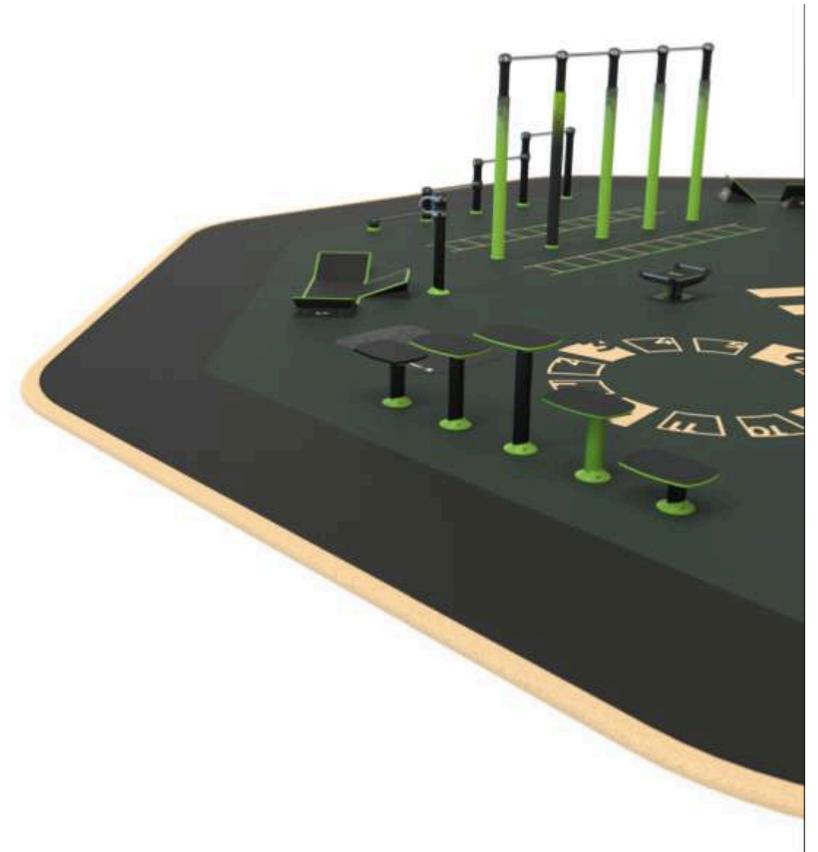
[BESTSTRONG.COM](https://www.beststrong.com)

BE FIT, BE WELL, BE STRONG

BeStrong Soccer Fitness Park



- The BeStrong Soccer Training Park has been designed with full understanding of the physical demand of youth and professional players and the risk factors related to injury.
- The Park provides users of any age or ability the potential to develop their general fitness, their soccer specific strength and their physical resilience which reduces the risk of injury.
- We can manufacture custom designs in any shape, size or configuration, club colors and club logos can be added.
- The BeStrong Soccer Fitness Park has been manufactured from high quality materials and it is resilient to all the weather conditions.
- For the users of the park, we are developing a BeStrong Soccer Fitness Park Application that will provide multi-level training videos to ensure the safe and effective use of the park.
- The Park have been developed with former and current Physiotherapist and Strength Conditioning Coaches of English Premier League clubs.



Increasing physical demands

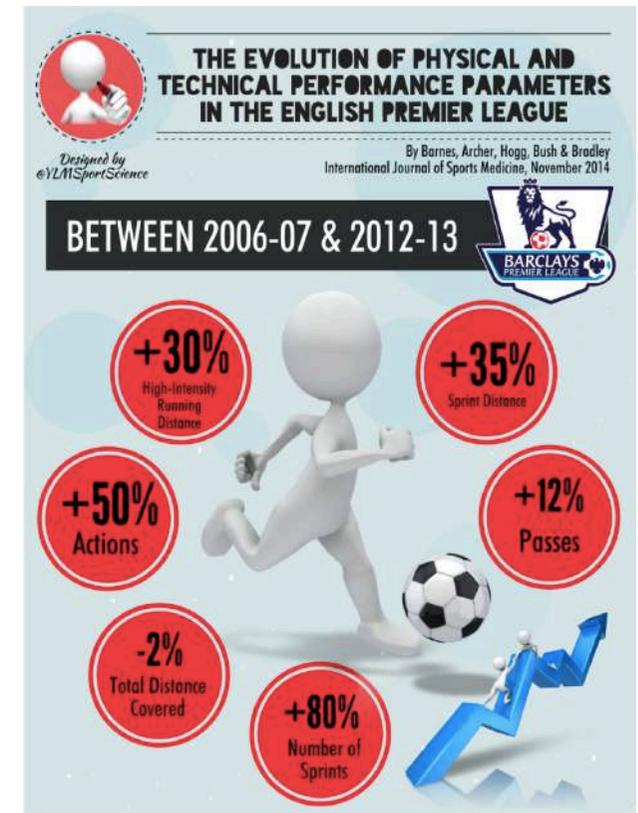
Since the evolution of the soccer and the “professionalism” that has evolved alongside, the physical demands of soccer have significantly increased.

Increases are related to the higher intensity components of the game:

- 80% increase in the number of sprints (most goals are scored following a sprint event)
- 35% increase in sprint distance
- 30% increase in high intensity running distance
- 50% increase in “actions” (events within the game)
- Note however there has been no increase in overall distance

Summary:

- High intensity actions have increased without a concomitant increase in overall distance travelled. These events are more dependent on speed, power and anaerobic contributions.



The English Football Association: Player DNA Concept identifies the **following attributes as critical for elite level performance:**

- Agility, balance, coordination
- Speed/Speed endurance
- Flexibility
- Power
- Strength
- Nutrition and lifestyle
- Physical resilience
- Recovery



FIFA 11+ Injury Prevention Program



- FIFA have developed a program that many research papers have proven to be effective in reducing injuries in soccer.
- FIFA Injury Prevention Strategies revolve around:
 1. Stretching
 2. Eccentric Strengthening
 3. Core Stability
 4. Balance
 5. Strapping and Bracing
 6. Loading
 7. Fitness and Conditioning
- At the center of the BeStrong Soccer Fitness Park philosophy are these principles set alongside a deep understanding of the “demands of the game”.



FIFA 11+

PART 1 RUNNING EXERCISES - 8 MINUTES

| | | |
|---|--|---|
| <p>1 RUNNING STRAIGHT AHEAD</p> <p>The runner is made up of 6 to 10 pairs of cones, approx. 50 metres apart. The runner starts at the far end of cones. They run the first pair of cones, stop together at the top of the pair of cones. At the top of the pair, you can rotate your feet the way you want to go.</p> | <p>2 RUNNING HIP OUT</p> <p>Walk on your heels, stepping at each pair of cones to lift your knee and rotate your hip outwards. Alternate between left and right legs at successive cones. 2 sets.</p> | <p>3 RUNNING QUICK FORWARD & BACKWARDS</p> <p>As a pair, run quickly to the second set of cones then backwards quickly to the first pair of cones, leading your hips and knees slightly back. Lead with the left, running back with your right foot and vice versa. Repeat the exercise until you meet the other side, then jog back. 2 sets.</p> |
| <p>4 RUNNING CIRCLING PARTNER</p> <p>Run forwards as a pair to the first set of cones. Shuffle sideways by 90 degrees to meet at the middle. Shuffle an entire circle around one other and then return back to the cones. Repeat for each pair of cones. Remember to stay on your feet and keep your centre of gravity to landing your feet and knees. 2 sets.</p> | <p>5 RUNNING SHOULDER CONTACT</p> <p>Run forwards in pairs to the first set of cones. Shuffle sideways by 90 degrees to meet at the middle. Then bump sideways towards each other to make shoulder-to-shoulder contact.</p> | <p>6 RUNNING QUICK FORWARDS & BACKWARDS</p> <p>As a pair, run quickly to the second set of cones then backwards quickly to the first pair of cones, leading your hips and knees slightly back. Lead with the left, running back with your right foot and vice versa. Repeat the exercise until you meet the other side, then jog back. 2 sets.</p> |

PART 2 STRENGTH · PLYOMETRICS · BALANCE · 10 MINUTES

| | | |
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| <p>LEVEL 1</p> <p>7 THE BENCH STATIC</p> <p>Starting position: Lie on your back, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders.</p> | <p>LEVEL 2</p> <p>7 THE BENCH ALTERNATE LEGS</p> <p>Starting position: Lie on your back, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders.</p> | <p>LEVEL 3</p> <p>7 THE BENCH ONE LEG LIFT AND HOLD</p> <p>Starting position: Lie on your back, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders.</p> |
| <p>8 SIDWAYS BENCH STATIC</p> <p>Starting position: Lie on your side with the knee of your backmost leg bent to 90 degrees. Support your upper body by resting on your forearm and knee. The elbow of your supporting arm should be directly under your shoulder.</p> | <p>8 SIDWAYS BENCH RAISE & LOWER HIP</p> <p>Starting position: Lie on your side with both legs straight. Lean on your forearm and the elbow of your front leg. Bend your knee to a straight line from shoulder to foot. The elbow of your supporting arm should be directly beneath your shoulder.</p> | <p>8 SIDWAYS BENCH WITH LEG LIFT</p> <p>Starting position: Lie on your side with both legs straight. Lean on your forearm and the elbow of your front leg. Bend your knee to a straight line from shoulder to foot. The elbow of your supporting arm should be directly beneath your shoulder.</p> |
| <p>9 HAMSTRINGS BEGINNER</p> <p>Starting position: Kneel on a soft surface. Ask your partner to hold your ankles from behind.</p> | <p>9 HAMSTRINGS INTERMEDIATE</p> <p>Starting position: Kneel on a soft surface. Ask your partner to hold your ankles from behind.</p> | <p>9 HAMSTRINGS ADVANCED</p> <p>Starting position: Kneel on a soft surface. Ask your partner to hold your ankles from behind.</p> |
| <p>10 SINGLE-LEG STANCE HOLD THE BALL</p> <p>Starting position: Stand on one leg, holding the ball with both hands. Keep your back straight and your feet hip-width apart.</p> | <p>10 SINGLE-LEG STANCE THROWING BALL WITH PARTNER</p> <p>Starting position: Stand 2-3 m apart from your partner with one of you holding the ball.</p> | <p>10 SINGLE-LEG STANCE TEST YOUR PARTNER</p> <p>Starting position: Stand on one leg, holding the ball with both hands. Keep your back straight and your feet hip-width apart.</p> |
| <p>11 SQUATS WITH TOE RAISE</p> <p>Starting position: Stand on one leg, holding the ball with both hands. Keep your back straight and your feet hip-width apart.</p> | <p>11 SQUATS WALKING LUNGES</p> <p>Starting position: Stand on one leg, holding the ball with both hands. Keep your back straight and your feet hip-width apart.</p> | <p>11 SQUATS ONE-LEG SQUATS</p> <p>Starting position: Stand on one leg, holding the ball with both hands. Keep your back straight and your feet hip-width apart.</p> |
| <p>12 JUMPING VERTICAL JUMPS</p> <p>Starting position: Stand with your feet hip-width apart. Place your hands on your hips.</p> | <p>12 JUMPING LATERAL JUMPS</p> <p>Starting position: Stand on one leg with your upper body slightly forwards from the rest, with knees and hips slightly bent.</p> | <p>12 JUMPING BOX JUMPS</p> <p>Starting position: Stand on one leg, holding the ball with both hands. Keep your back straight and your feet hip-width apart.</p> |

PART 3 RUNNING EXERCISES - 2 MINUTES

| | | |
|---|--|---|
| <p>13 RUNNING ACROSS THE PITCH</p> <p>Run across the pitch. Then one side to the other. 75-80% maximum pace. 2 sets.</p> | <p>14 RUNNING BOUNDING</p> <p>Run 4-6 steps from the back edge of the pitch. 75-80% maximum pace. 2 sets.</p> | <p>15 RUNNING PLANT & CUT</p> <p>Run 4-6 steps from the back edge of the pitch. 75-80% maximum pace. 2 sets.</p> |
|---|--|---|





**Head Physiotherapist at
Ferencvarosi TC, Budapest**



**Michael Clegg - 1st Team Strength &
Conditioning Coach at Manchester United**

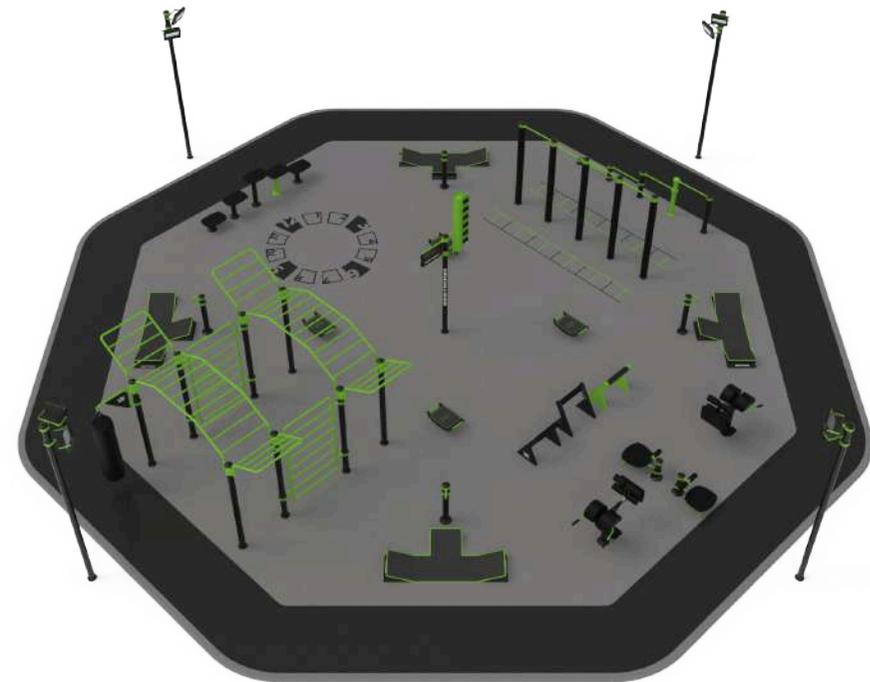
The Park has been developed with Peter Friar, current Head Physiotherapist at Ferencvaros, former Head of Sport Medicine at Sunderland AFC and Michael Clegg, current Head Strength and Conditioning Coach at Manchester United.

BeStrong Soccer Fitness Park Elements



The BeStrong Soccer Fitness Park has 14 different elements:

- Wall bars Pro & Monkey bars Pro
- Boxing bag Pro
- TRX holder Pro & Painted ladders Pro
- Painted ladder Pro
- Lunge clock Pro
- Low bar Pro
- Single leg squat stand Pro
- Rope Pro
- Glute ham raise Pro
- Balance board Pro
- Nordic hamstring station pro
- Jump box Pro
- Lateral plyo box Pro
- Vertec Pro



We offer lighting for the Park as an additional option. Manufactured with the same highest quality columns, rings and design. It can be adjusted to any height and inclination angle.

Wall bars Pro & Monkey bars Pro



Wall bars Pro & Monkey bars Pro

Great athletes strive for optimum physical and muscular balance. This not only facilitates better performance but muscle balance is a key component in injury prevention. The monkey bar and wall bar elements provide an "outdoor gym" to ensure that no part of the performance matrix is missed allowing for whole body exercises with or without accessory attachments.

Size of the element: 4,5m x 2,5 m x 3,5 m



Boxing bag Pro



Boxing bag Pro

Boxing improves stamina, hand to eye coordination and increases your heart rate which burns calories. Soccer is a very demanding sport and players need to stay fit in order to perform at their best, boxing is one of the most effective ways to optimise fitness levels.

Distance from the pole must be 0,8m

Punching bag size:

- Junior (38cm x 92 cm),
- Regular (38cm x 122cm).



TRX holder Pro & Painted ladders Pro



TRX holder Pro & Painted ladders Pro

There are a huge variety of options for anchor points where TRX, battle ropes, resistance bands and other bodyweight training devices can be attached. Agility poles are included for rehabilitation and increased agility.

Size of the ladder: 5m x 50 cm

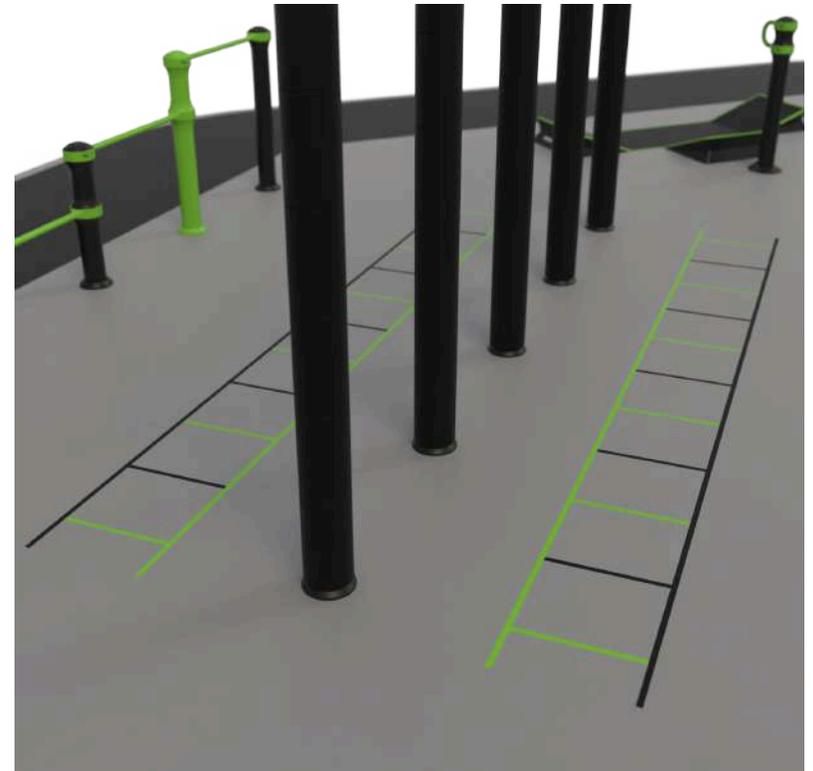
Size of the TRX holder: 5m x 2,2 m (with 1m space between the poles)



Painted ladders Pro

The agility ladders have long been used worldwide to develop the ability to move quickly and accurately, with greater foot speed and coordination. They are also a low level plyometric exercise and can be used across the rehabilitation, and sports performance continuum. Ladder markings create a safe and effective user experience enhancing speed, agility and single leg strength training.

The size of the ladders can be adjusted, but the default size is 5m x 50cm.



Lunge clock Pro



Lunge clock Pro

Lunge training is used worldwide not only during the rehabilitation process but as an integral part of increasing single leg strength, deemed critical for resistance to injury. The clockface offers the user the potential for lunge training, agility training and even cognitive and reactive training.

The diameter of the circle is 2.8 meters, but this can be changed to different sizes. The main directions (3-6-9-12) marked differently for faster perception and provide benchmarks during practice.



Low bars Pro

The low bars allow for an array of training options through the ability of the user to attach fitness bands, resistance belts and other accessories to the bar which will provide a strength and power training option without the need for traditional weight training equipment. Low bars is primarily a tool for exercises with rubber bands.

The four heights satisfies the needs of the different exercises. The heights are 98 cm, 69 cm 40 cm and 11 cm and the length of the bar is 4 meters.



Single leg squat stand Pro



Single leg squat stand Pro

Soccer and many other field and individual sports understand the critical nature of single leg strength and power, not only in terms of resistance to injury but also for sports performance. Speed, strength and power are intrinsically linked and the Bulgarian Split Squat is a "go to exercise" across many sports to develop powerful, robust athletes. The squat provide crucial single leg strength, power and endurance training.

The single leg squat stand is adjustable to four heights from 40cm to 60 cm.



Rope Pro

Poles are used worldwide across all sports to enable a player to perform agility training whilst remaining spatially aware of their environment. They also offer a myriad of training options through their potential for attachment points for accessory equipment such as the Suspended Bodyweight Trainer, Fitness Band and much more.

The size of the pole is 90 cm and the attachment and anchor points can be put to any heights.



Glute ham raise Pro

Glute ham raise Pro

Glute Ham Raises are key exercise in creating strength in the posterior chain. Research strongly suggests that the posterior chain muscles are critical for performance and eccentric hamstring strength is vital as an injury prevention strategy and the Glute Ham Raise element provides a research based training option for the user which is another key element included in the BeStrong Soccer Fitness Park.

The height of the element is 1m and the footboard is adjustable to any heights. Large crescent leg cushions and cylindrical foot cushions made of UV-resistant EPDM. Steps to get on and off the device are assisted by anti-slip plastic sheets.



Balance board Pro



Balance board Pro

As with the likes of strength, power, agility and coordination, according to the English Football Associations player DNA Concept balance is a critical component of a players physical make up and the balance board will provide a multitude of training options for the user.

The height of the balance board is 22cm and the anti-slip surface of the balance board is 39cm x 47 cm.



Nordic hamstring station Pro



Nordic hamstring station Pro

There is no other exercise in sport that has attracted more research over recent years than the Nordic Hamstring Exercise. The Nordic hamstring station embraces this research to allow the user to build strong, injury resistant hamstrings, which is critical for players when hamstring injuries are one of the most common football injuries worldwide.

The height of the ankle bracket is 44 cm and the surface of the station is 47cm x 47cm which is at 27 cm height.



Jump box Pro

Power and jumping ability are key components in soccer not only in terms of situational jumping within the game itself but also as a component of vertical power and plyometric development for speed. The multi level plyometric platforms are designed to allow any user to develop their power regardless of their current abilities. Plyometric Platforms allow for jump training along with options for other key exercises such as the Copenhagen Exercise, used to mitigate adductor injury risk.

The anti-slip surface of the jump box stations are 58cm x 41cm which are at 25 cm, 40 cm, 50 cm, 60 cm and 80 cm heights. The material of the surface is EPDM for ergonomical purposes.



Lateral plyo box Pro



Lateral plyo box Pro

The Lateral plyo box provides the user with a fun but highly effective element to enhance their agility, foot speed, power, coordination and plyometric capabilities. It can be an integral part of many aspects of training including strength, power, endurance, high intensity interval work, plyometrics and even functional work when a ball is included with a partner. Attachment points are located to allow for eccentric muscle and decline training commonly used in rehabilitation and injury prevention

There will be 2 versions of the plyo box 20° and 25°. The length of the plyo box is 2,3 m and the jumping surface is 60cm x 70cm.



Vertec Pro

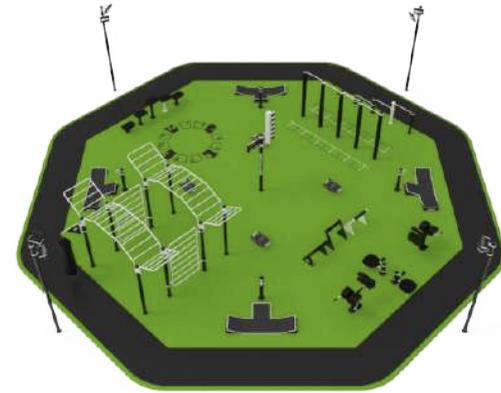
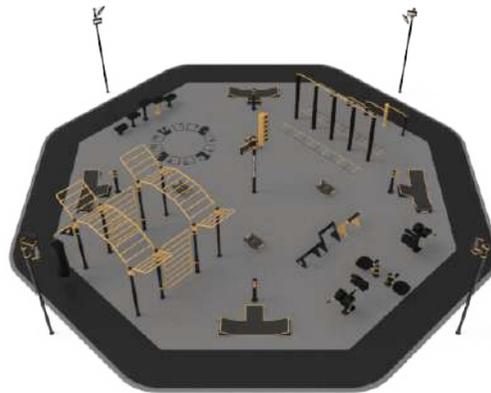
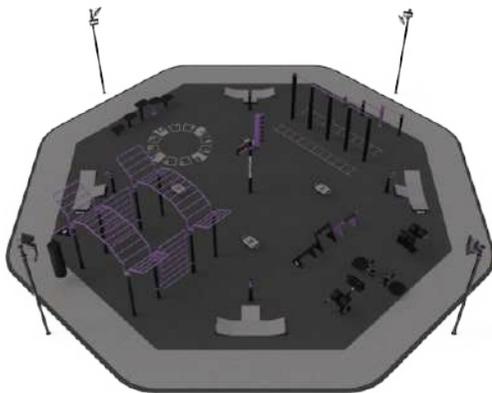
Single and double leg power testing can be trained and measured using the unique Jump Height Measure central to the park. the Vertec is a beautifully engineered measuring tool which can be used to not only help train vertical power but also provide baseline measures of vertical power and improvements in vertical power as a consequence of training.

The height of the vertec will be from 2,1m to 3,3 m and this will be the highest element of the park.



Sizes

- We can manufacture custom designs in any shape, size or configuration, club colors and club logos can be added.
- Reflecting to the demands of the soccer fitness training, we have developed 4 different sized fitness parks:
 - Small group training
 - Starting eleven
 - Match day squad
 - Full squad



Small group training

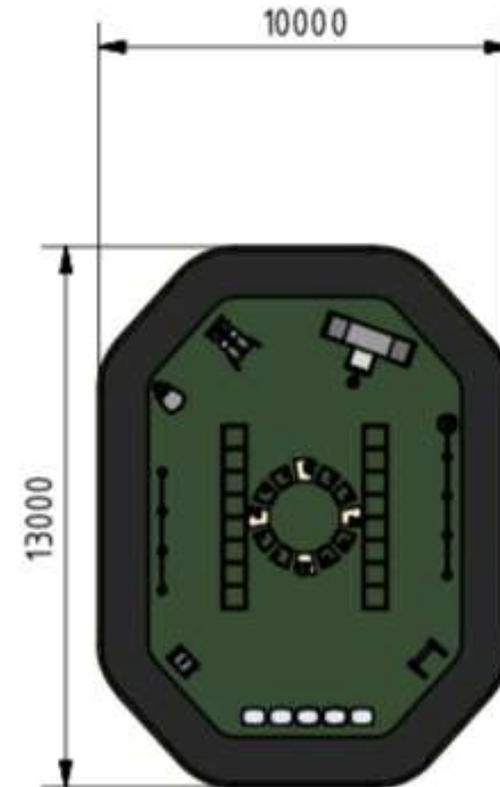
Small group training

The BeStrong 115 Soccer Park is the smallest park in the BeStrong Soccer range and yet offers a vast array of injury prevention and soccer performance training options. Designed for small group or individual use the 115 provides the physical trainer, physiotherapist and player a unique, fun and accessible training park to physically prepare for any level of soccer competition.

Size: 115 m²

Capacity: 8 player

Elements: 10



Starting eleven

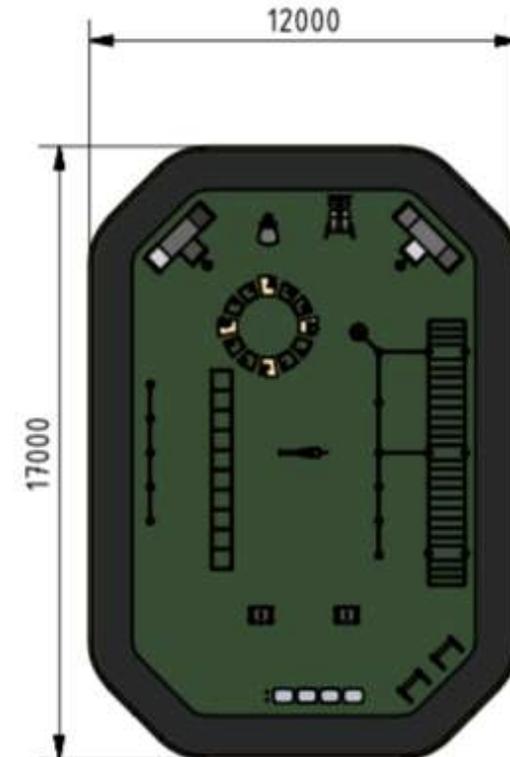
Starting eleven

The BeStrong 190 Soccer Park has been designed to accommodate the equivalent of a "starting 11" and to facilitate soccer specific performance training, injury prevention programs and pre training activation work, either as a "squad" or in smaller groups, including position specific training. Central to the Park is a precision engineered Vertical Jump Testing unit providing the option to periodically test player power.

Size: 190 m²

Capacity: 11 player

Elements: 15



Match day squad



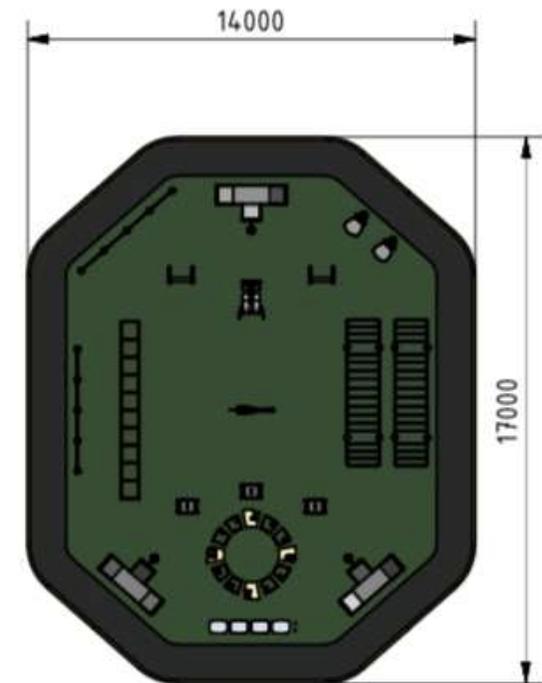
Match day squad

The BeStrong 210 has been designed to accommodate the equivalent of a "match day squad" and to facilitate soccer specific performance training, injury prevention programs and pre training activation work either as a "squad" or in smaller groups including position specific training. Central to the Park is a precision engineered Vertical Jump Testing unit providing the option to periodically test player power.

Size: 210 m²

Capacity: 18 player

Elements: 19



Full squad

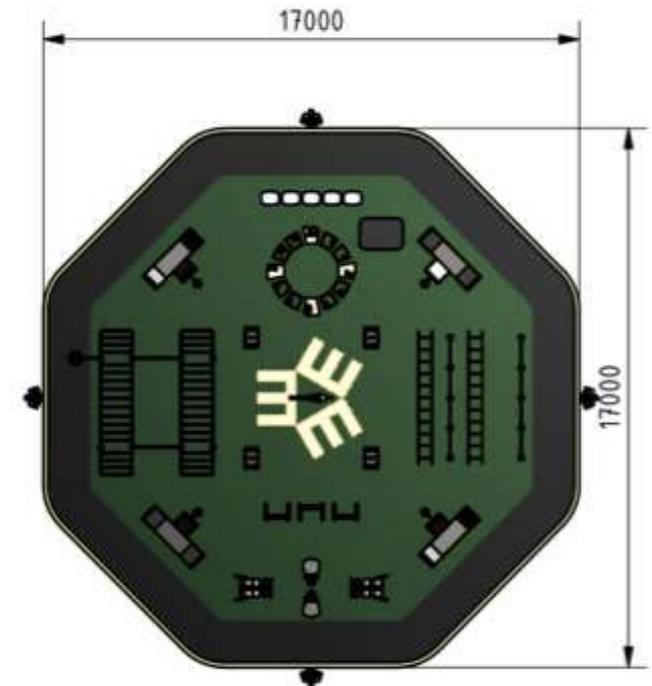
Full squad

The BeStrong 240 Soccer Park is the flagship of the BeStrong Soccer Park range providing an exhaustive potential for soccer specific performance training options, injury prevention programs and pre training activation protocols with provision for full squad training. Central to the Park is a precision engineered Vertical Jump Testing unit providing the option to periodically test player power. All BeStrong Soccer Parks have been designed to reflect the most cutting edge research principles to provide a training platform like no other.

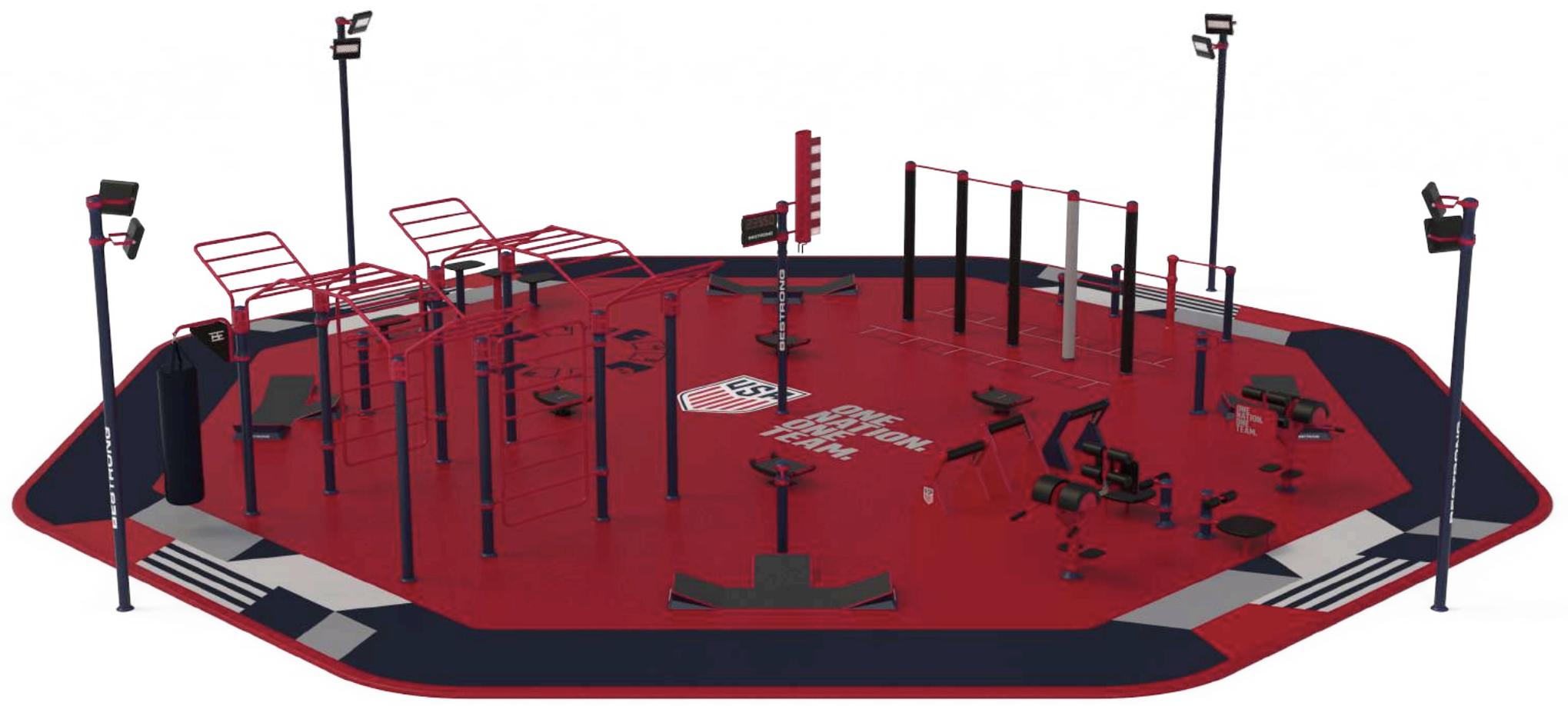
Size: 240 m²

Capacity: 25 player

Elements: 26



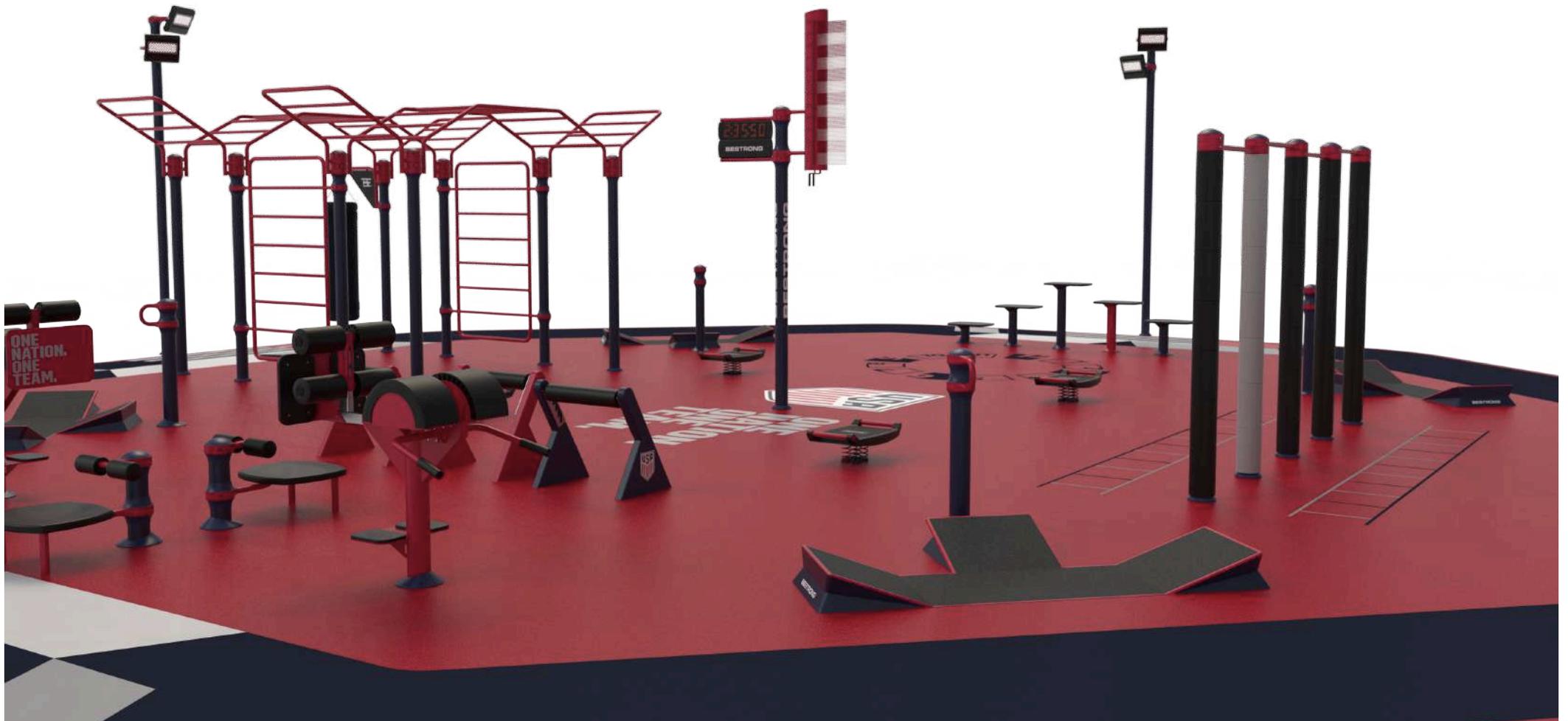
United States Soccer Team



United States Soccer Team



United States Soccer Team



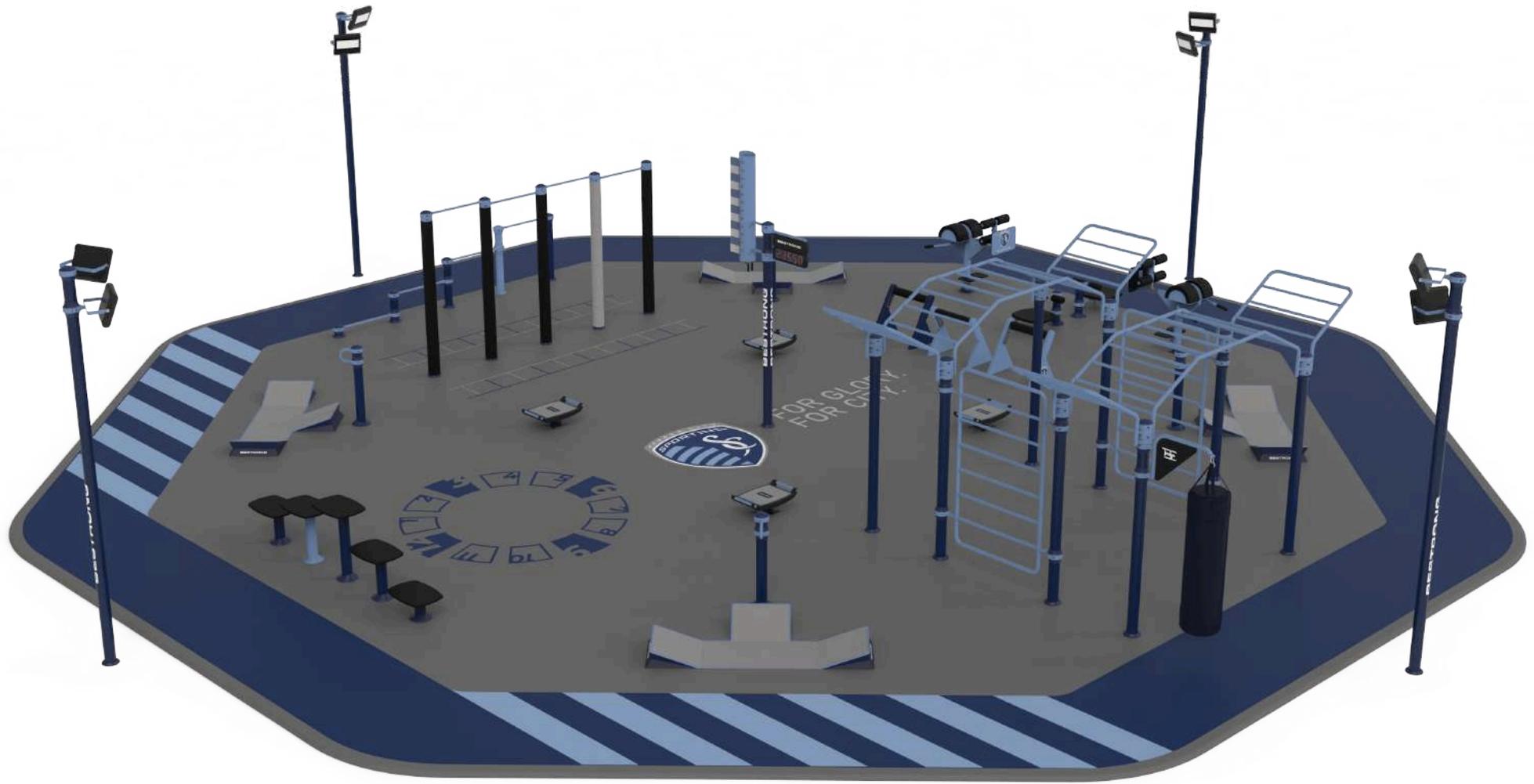
United States Soccer Team



Manchester United FC



Sporting Kansas City



- Our goal is to **develop a number of sport specific Fitness parks to compliment the requirements** and demands of these individual sports.
- **To provide training options specific to these sports for all users, delivering health and fitness benefits alongside the development of sports specific physical attributes.**
- Parallel to these developments will be the continued **evolution of the Training Applications** to reflect current knowledge and understanding related to the sport in question in terms of **conditioning, injury prevention and rehabilitation.**
- **Develop BeStrong into the global leader in outdoor fitness creating and delivering the complete package from equipment to education and technology.**





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