

**TITLE:**

Utilization of functional excersises for strenght development of lower extremities in adult football players

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**ABSTRACT:**

This researcher focuses on an overview and practical implications of functional movements that could have contributed to developing adult football players' strength skills. The aim is to establish a list of exercises based on the literature review. The research uses several research methods such as literature review, experiment and survey. The research outcome mapped a complex of activities created, especially footballers' needs. A practical program application with gained knowledge could lead to a new training approach or the change in the training purpose used by football players and travers.

**KEYWORDS:**

Condition, football, functional training, strength