



Under 13's Strength & Conditioning Programme – Phase 1



<i>Movement Prep – Outside</i>	<i>Speed and Power : To be done after the Movement Prep Phase</i>
Knee Hugs x 2 – onto tippy toe at end of lift	Stand on Frisbee – Pull up zipper – March – Skip – Pop Float Skip x 4
Knee Cradles x 2 - watch for knee grab, get them to feel it in glute.	Sideways – March – Skip – Lateral Pop Float Skip X 4
Worlds Greatest x 2 – fast feet in between each one	Trapdoor Call – Trapdoor into JUMP and land x 6
Quad Stretch with reach walks x 2 – knee towards middle of body, squeeze glute on side stretching.	Pogo – pogo forward – and STICK X 4
Lateral Squat to Cross Leg and toe touch x 2 – left and right side	Shuffle mechanics – x 4
Squat Walks x 2 – Pivot each time	Cross in front mechanics x 4 (if you aren't sure on this skip it)
1 leg Dead Lift walk x 2 – watch knee caving in and straight leg	
Reverse lunge walk x 2 – get them facing the wall and go backwards with this.	20 m Sprints x 4 to Finish
Knee Hugs x 2 – onto tippy toe at end of lift	
Knee Cradles x 2 - watch for knee grab, get them to feel it in glute.	
Worlds Greatest x 2 – fast feet in between each one	
Quad Stretch with reach walks x 2 – knee towards middle of body, squeeze glute on side stretching.	
Strength 1	
Reverse Lunge 3 x 5/5 add weight slowly – med ball / 5kg DB Etc.	
Walkouts 3 x 8 or Chins (number might stop us)	
Push Up And Rotate 3 x 8	
Plank Drill 3 x 4 Breaths	
Strength 2	
1 Leg Dead Lift 3 x 6/6 Holding DBs or Plate	
Side Plank Breaths 3 x 5/5	
1 Arm Band Row in a Squat Position 3 x 6/6	
Arm Taps in a Push Up Position 3 x 10	
Notes:	Notes:

