

U14 WEEKS 4-6 CONDITIONING



WARM UP

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|--|---|
| <input type="checkbox"/> High Knee Run/ Butt Kicks Back - 1 x 10m | <input type="checkbox"/> Banded external shoulder rotations - 2 x 10m |
| <input type="checkbox"/> Skip forward and backwards with arm circles - 1 x 10m | <input type="checkbox"/> Lying book openers - 3 x 10 ea |
| <input type="checkbox"/> A Skip / B Skip - 1 x 10m | <input type="checkbox"/> 80% sprint walk back - 15m |
| <input type="checkbox"/> Carioca Left/ Carioca Right - 1 x 10m | <input type="checkbox"/> 90% sprint walk back - 15m |
| <input type="checkbox"/> Leg Swings Fwd/Back/Lateral - 2 x 10m ea | <input type="checkbox"/> 100% sprint walk back - 15m |

CONDITIONING

DAY 1

WK 1

WK 2

WK 3

SPEED

Altitude Landings	<input type="checkbox"/> 2 x 10	<input type="checkbox"/> 2 x 10	<input type="checkbox"/> 2 x 10
Skip for Distance	<input type="checkbox"/> 2 x 10m	<input type="checkbox"/> 2 x 15m	<input type="checkbox"/> 2 x 20m
20m Sprints	<input type="checkbox"/> 3 x 3	<input type="checkbox"/> 3 x 3	<input type="checkbox"/> 3 x 3
- Repeat on minute 3min/sets			
15m Curved Sprints	<input type="checkbox"/> 3 x 3	<input type="checkbox"/> 3 x 3	<input type="checkbox"/> 3 x 3

- 90 sec recoveries Repeat on minute 3min/sets

ENERGY SYSTEM DEVELOPMENT

Tempo Runs	<input type="checkbox"/> 50m runs at 60-70% walk back recoveries 10mins
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DAY 2

WK 1

WK 2

WK 3

CHANGE OF DIRECTION

Icky Shuffle	<input type="checkbox"/> 2 x 4es	<input type="checkbox"/> 3 x 4es	<input type="checkbox"/> 4 x 4es
Lateral Hop and Sticks	<input type="checkbox"/> 2 x 5es	<input type="checkbox"/> 2 x 5es	<input type="checkbox"/> 2 x 5es
5 sec Pattern 1	<input type="checkbox"/> 3 x 4es	<input type="checkbox"/> 3 x 5es	<input type="checkbox"/> 3 x 6es
5 sec Pattern 2	<input type="checkbox"/> 3 x 4es	<input type="checkbox"/> 3 x 5es	<input type="checkbox"/> 3 x 6es

ENERGY SYSTEM DEVELOPMENT

Change Direction	<input type="checkbox"/> Set up cones at 15m. You have 5 seconds to get 15m, 5 seconds back to original cone and 5 seconds out to cone again. Rest 15 seconds and repeat etc. with 3 min recovery in between.
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*es = each side