

U14 WEEKS 7-8 CONDITIONING



WARM UP

- | | |
|--|---|
| <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"/> 100% sprint walk back - 15m |
| <input type="checkbox"/> Leg Swings Fwd/Back/Lateral - 2 x 10m ea | |

CONDITIONING

DAY 1

WK 1

WK 2

SPEED

- | | | |
|------------------------|------------------------------------|------------------------------------|
| Counter Movement Jumps | <input type="checkbox"/> 2 x 6 | <input type="checkbox"/> 1 x 10 |
| Banded High Knee Runs | <input type="checkbox"/> 2 x 10sec | <input type="checkbox"/> 1 x 10sec |
| Home to First | <input type="checkbox"/> 2 x 2 | <input type="checkbox"/> 1 x 2 |
| Home to Second | <input type="checkbox"/> 2 x 2 | <input type="checkbox"/> 1 x 2 |

COOL DOWN

- | | |
|--|--|
| <input type="checkbox"/> Jog 20m out and back | <input type="checkbox"/> Walk 20m out and back |
| <input type="checkbox"/> Skip 20m out and back | <input type="checkbox"/> Foam roll or stretch 10mins |

DAY 2

WK 1

WK 2

CHANGE OF DIRECTION

- | | | |
|------------------|----------------------------------|----------------------------------|
| Lateral Bounds | <input type="checkbox"/> 2 x 4es | <input type="checkbox"/> 3 x 4es |
| Cross Over Step | <input type="checkbox"/> 3 x 4es | <input type="checkbox"/> 4 x 4es |
| 10 sec Pattern 1 | <input type="checkbox"/> 3 x 4es | <input type="checkbox"/> 3 x 6es |
| 10 sec Pattern 2 | <input type="checkbox"/> 3 x 4es | <input type="checkbox"/> 3 x 6es |