

U16 WEEKS 9-12 CONDITIONING

WARM UP

- High Knee Run/ Butt Kicks Back - 1 x 10m
- Skip forward and backwards with arm circles - 1 x 10m
- A Skip / B Skip - 1 x 10m
- Carioca Left/ Carioca Right - 1 x 10m
- Leg Swings Fwd/Back/Lateral - 2 x 10m ea

- Banded external shoulder rotations - 2 x 10m
- Lying book openers - 3 x 10 ea
- 80% sprint walk back - 15m (DAY 1)
- 100% sprint walk back - 15m (DAY 1)
- 80% Lateral shuffle to sprint 15m (DAY 2)
- 80% Cross over step to sprint (DAY 2)

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

	DAY 2	
	WK 1	WK 2
CHANGE OF DIRECTION		
Lateral Bounds	<input type="checkbox"/> 2 x 5es	<input type="checkbox"/> 1 x 5es
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

COOL DOWN

- Jog 20m out and back
- Skip 20m out and back

- Walk 20m out and back
- Foam roll or stretch 10mins