

U16 WEEKS 1-4 CONDITIONING (DAY 1)



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 2

WK 2

SPEED

Skip for Height	<input type="checkbox"/> 2 x 10m	<input type="checkbox"/> 2 x 15m	<input type="checkbox"/> 2 x 20m	<input type="checkbox"/> 2 x 20m	
Pogos	<input type="checkbox"/> 2 x 8	<input type="checkbox"/> 2 x 10	<input type="checkbox"/> 2 x 10	<input type="checkbox"/> 2 x 10	
10m Sprints	<input type="checkbox"/> 3 x 4	<input type="checkbox"/> 3 x 5	<input type="checkbox"/> 3 x 5	<input type="checkbox"/> 4 x 6	Repeat on minute 2 min/sets
Home to Second	<input type="checkbox"/> 3 x 4	<input type="checkbox"/> 3 x 5	<input type="checkbox"/> 3 x 5	<input type="checkbox"/> 4 x 6	90 sec recoveries 3 min/sets

ENERGY SYSTEM DEVELOPMENT

Skip for Height	<input type="checkbox"/> 2 x 5	<input type="checkbox"/> 2 x 6	<input type="checkbox"/> 3 x 6	<input type="checkbox"/> 4 x 6
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