

U16 WEEKS 1-4 CONDITIONING (DAY 2)



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% Lateral shuffle to sprint 15m |
| <input type="checkbox"/> Carioca Left/ Carioca Right - 1 x 10m | <input type="checkbox"/> 80% cross over step to sprint 15m |
| <input type="checkbox"/> Leg Swings Fwd/Back/Lateral - 2 x 10m ea | <input type="checkbox"/> 80% cross over step to sprint 15m |

CONDITIONING

DAY 1

WK 1

WK 2

WK 2

WK 2

SPEED

Line Hops	<input type="checkbox"/> 2 x 5 sec	<input type="checkbox"/> 2 x 5 sec	<input type="checkbox"/> 2 x 5 sec	<input type="checkbox"/> 2 x 5 sec
Cone Fast Feet Change Direction	<input type="checkbox"/> 2 x 4es	<input type="checkbox"/> 3 x 4es	<input type="checkbox"/> 4 x 4es	<input type="checkbox"/> 4 x 4es
3sec Pattern 1	<input type="checkbox"/> 3 x 3es	<input type="checkbox"/> 3 x 4es	<input type="checkbox"/> 3 x 6es	<input type="checkbox"/> 3 x 6es
3sec Pattern 2	<input type="checkbox"/> 3 x 4es	<input type="checkbox"/> 3 x 4es	<input type="checkbox"/> 3 x 6es	<input type="checkbox"/> 3 x 6es

ENERGY SYSTEM DEVELOPMENT

Change Direction	<input type="checkbox"/> 2 x 5	<input type="checkbox"/> 2 x 6	<input type="checkbox"/> 2 x 6	<input type="checkbox"/> 2 x 6
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25meter cones. Runs 6/10 out back and out (75m)