



# Junior Training Programs

## Strength and Plyometric

### U14 and under

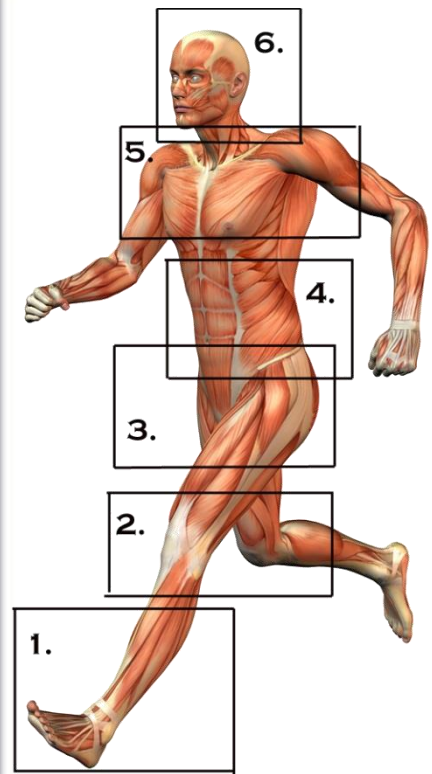


Junior Programs U14 Under














# Warm-up

The definition of warm-up in sport terms;  
to be mentally and physical ready to perform a strenuous act or movement skill.  
Athletes should focus on range of motion movements that prepare them for the sport in which they are performing in combination with mixed movements. Body temperature should be warm to the core not just skin deep. Injury from insufficient warm-up is the most silent enemy of an athlete.  
Warm up must be consistent before jumping and training!!! Do not change due to venue etc.



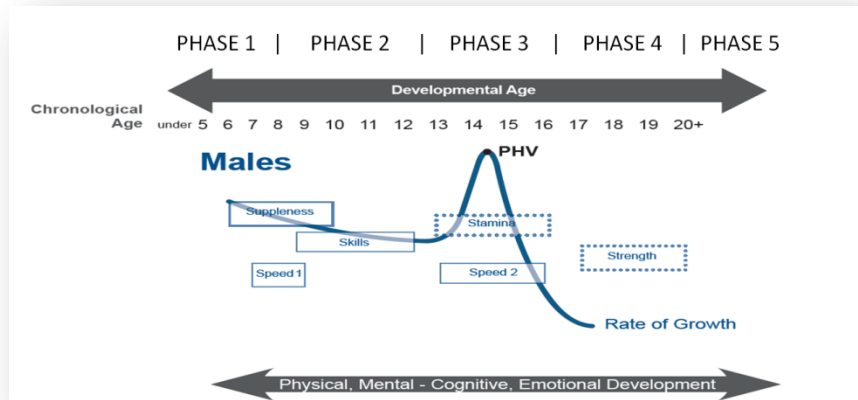
# Example

Design the warm-up to be consistent and with safety in mind. Should be able to do warm-up everywhere and in any kind of conditions; Ice, snow, rain, indoor, outdoor etc. Make sure the warm-up is not a workout and add some light sport specific hops such as, squat jumps, counter movement jumps etc. Wake up the nervous system.

<p>1. Run 02106</p> 	<p>10 mins light jogging</p>
<p>2. Deep squat 01212</p> 	<p>1 x 15 bodyweight squats</p>
<p>3. Leg swings 01189</p> 	<p>1 x 15 each leg Forward/Backward</p>
<p>4. Leg swings 01191</p> 	<p>1 x 15 each leg Lateral</p>
<p>5. Hip rotation 02867</p> 	<p>1 x 6 each leg Close the Gate - walking forward</p>
<p>6. Hip rotation 02868</p> 	<p>1 x 6 each leg Open the Gate - walking backward</p>
<p>7. Hip flexion backward walk 01204</p> 	<p>1 x 8 each leg standing RDL stretch</p>
<p>8. Arm swings 02882</p> 	<p>1 x 10 over and back Arm Circles: around once, stop, then go back bigger circles each rep</p>
<p>9. A-skip 01271</p> 	<p>2 x 10m walk back between</p>
<p>10. B-skip 01418</p> 	<p>2 x 10m jog back between</p>
<p>11. Knee lifts 01272</p> 	<p>2 x 10m High Knees backpedal back between</p>



# MALES



## MOTOR SKILLS

### Phase 2

- ABC's, multi-lateral movement
- Emphasis on proper movement patterns
- Start very basic and develop progressively

## FLEXIBILITY

### Late Phase 1 and first half Phase 2

- Opportunity to improve flexibility
- Continue to focus on in later phases to maintain, increase strength through full range of motion
- Especially important in phase 3 (growth spurt), though likely won't make gains

## STAMINA

### Phase 3

- Aerobic base first before growth
- Sets foundation for higher intensity training after growth
- Important for ability to sustain energy and performance levels through long training day

## STRENGTH

### 12-18 Months after maximum growth is reached

Strength training should begin before this window with emphasis on proper technique

- Prior to this window, gains are from neuromuscular adaptation

High intensity anaerobic power work yields only little gains until after this phase

High impact Plyometrics should follow this phase, prior plyo work must emphasize technique and be low impact only body weight

## SPEED

### Phase 2, late Phase 3

- 3 elements:
  1. Reaction time
  2. Movement time
  3. Forward maximal velocity

Beyond these windows, speed increase primarily due to muscle strength



# MALES

## U-10

**Important:** Flexibility and body weight technique

---Motor Skills---

ABC'S multi-lateral Development

Emphasis on proper movement patterns

Start very basic and develop progressively

In this Phase, flexibility gains are most apparent. It is important to make stretching a habit in your daily life.

- Stamina
- *Flexibility*
- Coordination
- Speed
- Agility
- Balance

[Youth U-10 training program](#)

## U-12

**Important:** Beginning pubescent stage

---Skills---

Refinement of skills before reaching puberty

Athletes have to be proficient in all skills listed in the U-10 category.

Ladies be very careful in this stage as you are reaching your max growth. Stays on top of flexibility while your body if stretching out. Don't expect to see large gains. Be patient

- Stamina
- Flexibility
- Coordination
- *Speed*
- Agility
- Balance

[Youth U-12 training program](#)

## U-14

**Important:** Mid pubescent stage

---Building Strength---

12-18 months after you have stopped growing you can now really start to train to see gains in strength training, stamina and speed.

Be cautious in these years to not miss your opportunity to build strength while staying on top of your flexibility.

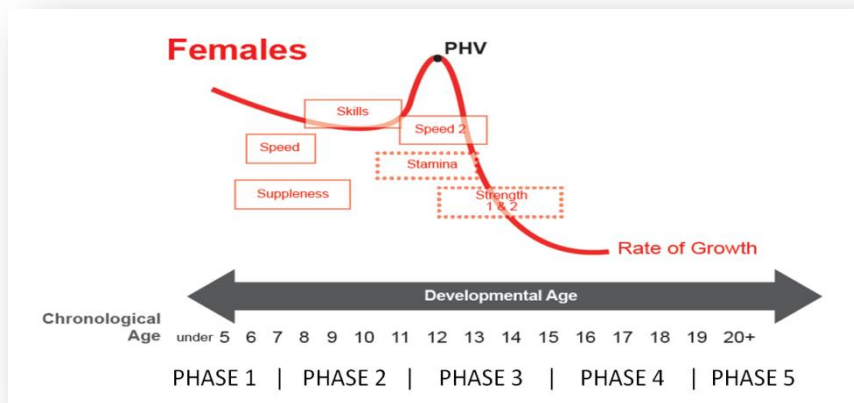
During this age, it is also important to focus on stamina. A 30 minute jog/bike ride 3 times a week would be a great addition to the proposed workouts.

- *Stamina*
- Flexibility
- Coordination
- *Speed*
- Agility
- Balance

[Youth U-14 training program](#)



# FEMALES



## MOTOR SKILLS

### Phase 2

- ABC's, multi-lateral movement
- Emphasis on proper movement patterns
- Start very basic and develop progressively

## FLEXIBILITY

### Late Phase 1 and first half Phase 2

- Window of opportunity to improve flexibility
- Continue to focus on in later phases to maintain, increase strength through full range of motion
- Especially important in phase 3 (growth spurt), though likely won't make gains

## STAMINA

### Phase 3

- Aerobic base first before growth
- Sets foundation for higher intensity training after growth
- Important for ability to sustain energy and performance levels through long training day

## STRENGTH

### Immediately following max growth Girls 2<sup>nd</sup> half Phase 3 and phase 4 on

Strength training should begin before this window with emphasis on proper technique

- Prior to this window, gains are from neuromuscular adaptation

High intensity anaerobic power work yields only little gains until after this phase

High impact Plyometrics should follow this phase, prior plyo work must emphasize technique and be low impact only body weight

## SPEED

### Phase 2, late Phase 3

- 3 elements:
    1. Reaction time
    2. Movement time
    3. Forward maximal velocity
      - Short bursts
- Beyond these windows, speed increase primarily due to muscle strength



# FEMALES

## U-10

**Important:** Flexibility and body weight technique

---Motor Skills---

ABC'S multi-lateral Development

Emphasis on proper movement patterns

Start very basic and develop progressively

- Stamina
- *Flexibility*
- Coordination
- Speed
- Agility
- Balance

[Youth U-10 training program](#)

## U-12

**Important:** Pubescent stage  
Maximize fundamental skills

---Skills---

Refinement of skills before reaching puberty

Athletes have to be proficient in all skills listed in the U-10 category.

Ladies, be very careful in this stage as you are reaching your max growth. Stay on top of flexibility while your body is stretching out. Don't expect to see large gains. Be patient

- Stamina
- Flexibility
- Coordination
- *Speed*
- Agility
- Balance

[Youth U-12 training program](#)

## U-14

**Important:** Post-puberty females

---Building Strength---

You can now really start to train to see gains in strength training, stamina and speed.

Be cautious in these years to not miss your opportunity to build strength while staying on top of your flexibility.

- *Stamina*
- Flexibility
- Coordination
- *Speed*
- Agility
- Balance
- *Strength*

[Youth U-14 training program](#)

